

DEVELOPMENTAL FX



Family Guide

On behalf of the team of Developmental FX, we would like to welcome you to our community. We are passionately committed to helping our clients be fully engaged in their communities with their families, peers, and school. We work hard to understand the basis for our client's strengths as well as their difficulties in a variety of areas: sensory-motor processing, language processing, interpersonal and family dynamics, emotional and behavioral regulation, cognitive and developmental capacities, and attention and executive functioning skills. It is our belief that through understanding we can unlock the magic of childhood and each child's full potential.

This Family Guide is intended to provide you with information about DFX and our 'Therapy that Fits' philosophy - **every child** is met *exactly where they are* and supported to make progress in a manner that matches their needs and strengths. Unlike many clinics, we do not follow a formulary or adhere to a narrow model of intervention. **We set the standard of care and provide highly individualized intervention, specific to each client we treat.** At DFX, we take a **holistic approach**; by thoughtfully assessing each child, challenges can be better understood and the difficulties that a child is experiencing can be resolved more quickly and more fully. Additionally, each child's strengths are harnessed and maximized to help them become fully who they are.

DFX CLINICAL PROGRAMS

Occupational Therapy:

The Occupational Therapy program at DFX is grounded in the belief that children should be met exactly where they are and supported to make progress in a manner that matches their needs and strengths. This 'Therapy that Fits' philosophy is woven across the services we provide within our OT program including assessments, individual treatment, wrap-around services, consultations, and community collaborations. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists use occupations (the activities that occupy our time) both as a therapeutic tool and a goal of therapy. The occupations that are typically targeted for children include their roles as daughter or son, brother or sister, student, player, or self-maintainer (feeding, dressing, toileting and hygiene activities). Pediatric occupational therapy aims to help children become more independent across their occupations and to build capacity to support participation. Occupational therapy intervention is highly individualized, evidence-based, and informed by a variety of philosophies and techniques including:

- Sensory Integration Theory
- Interpersonal Neurobiology
- DIR®/Floortime™
- Neurodevelopmental Treatment (NDT)
- Polyvagal Theory
- And so many more

Speech Language Pathology:

The Speech Language Pathology program at Developmental FX takes a holistic approach to improving communication for our clients, taking into consideration an individual's developmental progress across all modalities and their impact on communication. Sensory-motor, emotional, and cognitive development have implications for the development and mastery of communication skills. Speech and language evaluation and intervention services are provided with this holistic approach in mind.

Intervention is tailored to each individual's specific needs, relying on evidence based interventions and multidisciplinary collaboration. The complete communication profile will be taken into consideration, with priority given to those areas that will positively impact communication success. Communication broadly fits into expressive language, or the ability to share one's wants and needs, receptive language, or the ability to understand what is being communicated, speech production, or the actual production of sound, including articulation, fluency, rate, and voice quality, and finally social communication, which is defined by the individual's ability to function within the shared relationship of communication.

Evaluations of communication include both speech language specific and multidisciplinary evaluations. Speech language pathology specific evaluations will provide an in-depth description of the individual's ability to communicate and will identify and describe the nature of any communication deficits. Multidisciplinary evaluations provide the opportunity to consider communication deficits within the context of occupational therapy and psychology testing. This results in a collaborative report that will allow a family to understand the nature of developmental delays and will inform the development of a comprehensive treatment plan.

Mental Health:

The Mental Health program at Developmental FX provides highly individualized interventions to children and families with a range of neurodevelopmental and emotional needs. Mental health services include individual and family psychotherapy or counseling, psychological evaluations, wrap-around supports, and community collaboration. Mental health interventions are specific to each child, however, our intervention philosophy is evidenced informed and every child is met exactly where they are and supported in a manner that matches their needs and strengths. Interventions draw from various frameworks and philosophies incorporating interpersonal neurobiology, cognitive-behavioral, trauma-informed, play-based, and polyvagal theories. The Mental Health program also provides single and multidisciplinary evaluations to assess a child's neurodevelopmental profile and to support treatment planning and interventions. Collaboration with other therapists, within or outside of DFX, is a critical component to our program. We also coordinate care with schools, doctors, and individuals within the child's community. The Mental Health program strives to increase the child's and family's capacity to understand and cope with challenges, harness strengths, learn effective tools for communication, problem-solving, connection, and coping, and to best support the child from a developmentally-informed perspective.

Wraparound Initiative:

DFX's Wraparound Initiative provides capacity-building to all members of a developmentally disabled child's ecosystem through visits with a multidisciplinary professional who coaches parents and caregivers to create a home environment that promotes healthy child development and connects the parents to sustainable resources in their community. This program is further supported through various grants that enable therapists to work directly within the child's ecosystem, including in-home, school, or community visits, to provide support and resources over a period of months to help those in the child's life understand the unique needs of the child and develop protocols to help the child function at a higher, more fulfilling level.

Community Collaboration:

Collaboration with those within your child's ecosystem is a crucial component of Developmental FX. Our therapists can work closely with your other team members to best understand your child as a whole person and to use this knowledge to inform treatment planning. Sharing information about the nature of your child's profile, including their strengths and weaknesses, with the important people within your child's life allows for a greater success in his/her overall development but inside and outside of the clinic.

INTERVENTION PROCESS

We'd like to introduce you to our intervention process. Throughout this process, our team will prioritize gaining an understanding of your child, capitalizing on their strengths to build capacity in any area that will facilitate natural developmental processes. At the start of treatment and intermittently throughout the course of treatment, we will pause to talk with you, in what we call our **'integration of care meetings.'**

You will be contacted by one of our therapists to begin the process of getting to know your child. We will have a rich conversation to include a careful review of your child's history, current concerns, what interventions have been tried, and what you are hoping to achieve in treatment. We will also discuss who else is active on your child's team, and in what capacity. This conversation will include the therapist and the caregivers without the child.

Our second visit will include the child, and provide the opportunity to get to know one another, observation of skills and preferences, and exploration of therapy activities. Following this visit, the therapist and the caregiver will meet again to develop therapeutic goals, as well as discuss any additional referrals that may be appropriate. You will develop a thoughtful plan with your therapist to determine the nature of your involvement in treatment. This may look any number of ways but will be designed to help you work with your child toward meeting those goals. At the beginning of every quarter, your therapist will schedule an 'Integration of Care' meeting to relook at our goals, track progress, and discuss any changes to the treatment program we feel will be helpful. This meeting can take the place of one of your child's treatment visits if clinically indicated or we can carve out a portion of your child's session to have this discussion. It may happen in person or via telehealth. Treatment will proceed in this manner until the time of discharge, at which time we will be sure you are equipped to understand and support your child. This collaborative time is a highly valued part of the parent education effort that we know is needed throughout the course of therapy.

At DFX, we see magic happening as children are able to access the natural developmental processes once capacity expands and obstacles are removed. We are eager to partner with you and others in your child's community to help facilitate this process!