



## clinical services

### ▶ Individual Therapy

Individual therapy can help students resolve conflicts that interfere with relationships, learning and self-esteem. Every Dearborn Academy student receives individual psychotherapy at least once a week at school. Students meet with a Dearborn therapist one-on-one to discuss problematic behaviors, beliefs and feelings. Often these sessions may involve an activity such as working on a project, taking a walk or playing ball. Being active in therapy can reduce the student's anxiety and make it easier to talk about difficult subjects.

### ▶ Group Therapy

Group therapy takes different forms at Dearborn Academy. For younger students, groups may be classroom-based and co-led by the classroom teacher and a clinician. Such groups often focus on friendships, working more effectively together and discussing conflict in the classroom. For middle and high school students, clinicians lead thematic groups that focus on subjects like anger management, social skills or the challenges of being an adolescent. High school groups may also focus on themes such as substance abuse and may include activities such as therapeutic yoga, mindfulness and meditation, or jogging.

### ▶ Family Therapy and Parent Counseling

Sometimes it's helpful for parents and families to meet with a trained clinician to help improve relationships in the family. Family therapy and parent counseling are available to families and is provided by members of our clinical team. Parents may request therapy through the program director or their child's counselor.

### About Our Clinical Staff

Dearborn Academy's psychotherapists are an important part of the life of the school. You'll see them in classes and at sports and on field trips. They work closely with our teachers and other experts and regularly meet with each student's team to assess needs, track progress and solve problems. They also help everyone in the school understand and appreciate the challenges and difficulties our students and families face.

All Dearborn clinicians have at least a Master's degree in counseling, psychology or social work, and are licensed by the Board of Registration with an LMHC (Licensed Mental Health Counselor) or LICSW (Licensed Independent Clinical Social Worker).

In addition to our counseling staff, Dearborn Academy provides training for five clinical interns who work as part of our clinical teams under close supervision by one of the licensed staff. Interns come from Boston University, Simmons College, Boston College and Salem State College schools of social work, and Lesley University and Boston College counseling psychology programs.

Psychiatric services are available through our affiliation with the Cambridge Health Alliance.



## ▶ Medication Assessment and Treatment

Medication assessment and treatment is available by Dearborn Academy's consulting psychiatrist who provides medication assessment and treatment. Referrals for assessment are handled through our school nurse, the program director, student's clinician or directly from the parent. The psychiatrist will assess the child and make a determination about prescribing medication after talking with the parent. In such cases the psychiatrist meets regularly with the student to assess progress, and communicates about the student with members of the student's treatment team. If the student has an outside provider, the psychiatrist may be asked to assess the child and then communicate regularly with the child's provider to make recommendations and to track any changes in the medication.

## ▶ Treatment Coordination

Dearborn Academy's clinicians can also serve as case managers for students. We will collaborate with other service providers or agencies working with our students. We can coordinate with an outside therapist or psychiatrist or agencies such as Department of Children and Family Services, the Department of Mental Health and afterschool programs to ensure that students receive the optimum care and support.

## ▶ Additional Student and Family Support

Our clinicians also help families access resource they need, including helping them gain access to services, help parents find outside therapists, afterschool programs and a summer experiences.

*"When I cam to Dearborn. Academy in the sixth grade, I was diagnosed with depression, panic disorder and OCD. I went through the trials and tribulations of going on different medicines and figuring out which ones worked best. It was a long road. But as the year went on I started getting over my anxiety. I became more social; I never cried in school, I never felt the desire to go home. I was truly in a good place. I was never scared. I wasn't sad. This school was changing my life."*

*—Dearborn student, Shawn S.*

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