

Trauma Informed Day Treatment Frequently Asked Questions

What is Trauma Informed Day Treatment?

Trauma informed Day Treatment is an educational program provided by C&A to assist severely emotionally and behaviorally dysregulated youth who cannot maintain safe and appropriate behaviors and interactions in the typical school setting. The TIDTx program follows the rules and standards established by the state of Ohio Department of Mental Health and Addiction Services to provide therapeutic services to increase students' abilities to improve psychosocial, educational, vocational, and cognitive functioning, and learn to manage their symptoms. The TIDTx program utilizes trauma-informed treatment modalities to assist student in developing skills to regulate emotions and behaviors.

Who participates in the Trauma Informed Day Treatment (TIDTx) program?

Children and adolescents, ages 5 -18 and are enrolled in Kindergarten through 10th grade. They have been referred by their home school districts, admitted to the program, and assessed by a multidisciplinary team, including mental/behavioral health and educational personnel. TIDTx students remain students of the school district while participating the TIDTx program and therefore can only be referred by school district administration. If the student has an IEP, the IEP team must meet to amend the IEP to indicate that the student will be attending a separate facility to provide education and therapeutic interventions to increase social-emotional and behavioral success.

What qualifies a youth to attend TIDTx?

Youth in the day treatment program, are youth who struggle to maintain in the traditional educational setting due to emotional and behavioral challenges that exceed the school's ability to maintain them in their settings. Youth in the program have often experienced high levels of trauma which has caused severe emotional and behavioral difficulties. Through a mental health evaluation, we identify strengths and problem areas like trauma and life events, safety, behavioral, emotional, social, educational, and familial.

What are TIDTx classes like?

We have four classrooms which are divided by age/grade and tend to have a two to three year age/grade span. Class size averages 7-8 students per class while maintaining a program minimum ratio of one staff for every four youth. Typically, students in the TIDTx program also have an ETR and IEP which our teaching staff uses to create individualized lesson plans for each students based on their academic strengths and needs. Each classroom is staffed with a teacher, a behavior interventionist, and has an assigned therapist to work with the youth in that classroom.

Who staffs the TIDTx program?

In the classroom, the educational staff is comprised of a state certified teacher under the direction of a state licensed superintendent. The state licensed superintendent ensures that the educational staff are providing the highest quality, individualized curriculum and education to the TIDTx students.

The clinical staff is comprised of state licensed mental health providers under the supervision of the TIDTx Clinical Supervisor. The clinical staff of the TIDTx program have all been trained to provide trauma-informed mental health interventions and treatment to increase students ability to regulate emotions and successfully navigate the social environment.

The Behavior Interventionists are highly skilled para-professionals who have received training and experience in assisting students with maintaining and regulating emotions and behaviors. The TIDTx Clinical Supervisor is an independently licensed therapist through the state of Ohio Department of Mental Health and Addiction Services. The supervisor oversees the clinical staff and programming ensuring that the program and clinical providers meet the standards and expectations of Mental Health Day Treatment service provisions as defined by the state of Ohio.

The TIDTx Program Manager has over 15 years of experience in the mental health field and 10 years of experience, specifically working with and in schools to integrate mental health services helping students to be successful in not only the school settings but also the home and community settings.

All staff receive annual training to maintain appropriate licensure and stay up to speed on the latest most effective trauma-informed treatment and education possible.

Does TIDTx only happen during the school year?

The TIDTx program not only follows the school year but also in order to ensure continuity of care and ongoing opportunity for increased skill building, summer programming including individual, family and group therapy is offered.

Does TIDTx provide Substance Use Disorder treatment?

While most of the TIDTx students are young and likely not using substances, a significant portion of them may have been affected by significant others' alcohol and drug use and some may, indeed, be affected by their own substance use. It is a known fact that if substance use disorders (SUD) go unidentified and/or untreated the effectiveness of mental health intervention is very limited. Therefore, TIDTx is acutely aware of the need for SUD intervention for individual students who may require it as well as family systems/members that are being affected by SUD. TIDTx therapists works to address and treat SUD issues within the context of the individual and the family system. When it is clear that trust between the TIDTx staff, the individual, and the family have been established, TIDTx staff work with the individual and family to provide the appropriate intervention and/or refer to the appropriate service/agency.

Does TIDTx provide culturally competent treatment?

The Trauma Informed Day Treatment program is dedicated to serving all of its clients fairly and equitably and free from prejudice and discrimination. As such, the program strives to maintain cultural sensitivity while communicating and interacting with students and their families, understanding that there are many different perspectives and points of view when conceptualizing, developing, and implementing mental health and educational plans. TIDTx uses a restorative justice model to increase inclusivity, understanding, connectedness, acceptance in and among staff and students from all backgrounds with the goal of generalizing

these feelings to students' environments outside of therapy and school. TIDTx staff are committed to providing effective and efficient mental health and educational interventions to improve the functioning and well-being of the individual student and his/her family regardless of race, ethnicity, sexual orientation and identity, mental and/or physical disability, age, religious status, marital status, or socio-economic status. For those clients requiring linguistic adaptations, it is C&A's policy to provide interpreters for therapy. Such interpreters are provided at no cost to the client.

Are there costs associated with the TIDTx program?

Yes. The school district, through an official referral, agrees to pay an educational per diem to the program to provide educational services to the student. Therapy services are typically billed through a student's insurance. Currently Medicaid and Tricare are the only insurances that cover day treatment services. However, if a family does not have these insurances, payment for therapy services can be covered through other avenues.