

OTCES NEWS

August 2018



TIPS FOR ACADEMIC SUCCESS:

- Get Back into a Sleep Routine.
- Shop Supplies Together.
- Re-Establish School Routines.
- Set Up a Homework Station.
- Prepare for The Unexpected.
- Make an Afterschool Game Plan.
- Turn Off The TV & Video Games.
- Plan Family Time.
- Review School Material.
- Get Organized.

TIPS FOR SOCIAL PARTICIPATION:

- Participate in Community Resources
- Communicate Regularly with Educators
- Identify & Build On Strengths
- Promote Extracurricular Activities
- Provide Leadership Opportunities
- Ask for Help When Needed
- Model Positive Behavior
- Monitor Your Child's Habits & Routine

MESSAGE FROM THE TEAM: BACK TO SCHOOL

Fall Groups: Please check in during the middle of September for fall group offerings.

***Play with Purpose:** We are gearing up for our fall open gym "Play with Purpose". Please call or email if you or someone you know would be interested, as there is limited space available and this group fills up fast! Please register your child **by September 10th** by calling or emailing our clinic:

AGES: Birth through 5 (preschool age)

WHEN: Wednesday, 10:00-11:00AM;

10 weeks beginning September 12th – November 14th, 2018

Early Bird Registration Bonus

If enrolled in Play with Purpose by September 10th there is a free *bonus* which includes an additional open gym time & free developmental screenings.

Additional open gym time:

Begins Wednesday September 19th - November 14th, 2018

Here's a direct quote from our national OT association:

“Occupational therapy can help students succeed in academic performance and social participation. Occupational therapy practitioners use their unique expertise to help children with and without disabilities be prepared for and perform important learning and school-related activities to fulfill their roles as students. In the school setting, occupational therapy practitioners support academic and nonacademic outcomes, including social skills, math, reading, writing, recess, participation in sports, self-help skills, prevocational or vocational participation, and more. They are particularly skilled in facilitating access to curricular and extra-curricular activities for all students through support, design planning, promoting healthy routines, and other methods. The goal is for students to build upon their strengths while developing academic and social skills necessary for future independent living”

<https://www.aota.org/About-Occupational-Therapy/Patients-Clients/ChildrenAndYouth/School-Tips-Academic-Success-Social-Participation.aspx>

“You’re off to great places. Today is your day! Your mountain is waiting, so get on your way!”

-Dr. Seuss



OTHER NEWS/REMINDERS

Welcome Our Newest Member!

Mekayla is a 2018 alumnus of Jefferson College of Health Sciences where she received her Associates of Applied Sciences in Occupational Therapy Assistant and Bachelor's of Science in Health Sciences with a minor in Psychology.

Mekayla has always known that she wanted to pursue a career working with children with special needs. Over the years Mekayla has volunteered at therapeutic equine centers working with pediatric and adult clients with a variety of diagnosis including autism, developmental delay, sensory processing disorder, ADHD, and traumatic brain injuries. While attending Jefferson, Mekayla had the opportunity to complete several fieldwork rotations in various settings. However, she always felt the most competent working in pediatrics. Mekayla completed her final level II fieldwork rotation at OTCES in the Spring of 2018 and fell in love with the staff she worked alongside of and clients she was able to serve.

Appointment Cancellation Policy: We will be enforcing our cancellation/no show policy in an effort to improve consistency and effectiveness of provided services. Our primary goal is to improve outcomes for the children that we see and this is done best when there is consistency for the child, family and therapist.

Pick up and Drop Off: If you are not participating in therapy sessions, **please plan to come 5-10 minutes before the start and conclusion of each session** so that we can talk with you about any new developments, provide recommendations, and discuss any other important information. We also want to ensure that we maximize the time we have with each child and family and are respectful of others' appointment times. Although, we may have volunteer support in emergency situations, they are not authorized to provide direct care.

Insurance cards & visit limits: If you have a change in insurance, please notify us and provide your card right away. Also, our billing office does its best to track visits and provide notice when close to the visit maximum established by your insurer, however due to the variations in plans we may not always have the most accurate information. It is recommended

that you check with your insurer periodically to confirm that visits will continue to be covered.

Facebook & Overcoming Barriers: Please visit our facebook page as well as contact overcoming barriers for upcoming programming in our community!

Holiday Schedule:

*Please make sure to check with your therapist in regards to these closing times, as they may vary between therapists.

- November 19th – November 23rd (Thanksgiving Break)
- December 19th – January 2nd (Winter Break)
- January 21st (Martin Luther King Jr. Day)



Contact Us

JMU-OTCES

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Check out our Social Media!

Facebook: [JMU OTCES](#)

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[Watch for our Next Newsletter in December!](#)