

Program Catalog



Building relationships that nurture the development of
every child and family.

stdavidscenter.org
952.939.0396



St. David's Center
Child & Family Development

Table of Contents

Get Started..... 3

Early Childhood Education 4

Early Intervention & Treatment..... 5-12

Pediatric Therapies

Autism Services

Children’s Mental Health

Zero to Five Home Visiting

Foster Care

Life-Phase Support Services 13-14

Therapeutic Recreation

In-Home Support Services

Discover Where You Belong..... 15

Charitable Giving

Volunteer Opportunities





The CORE at St. David's Center manages all intake, enrollment and referrals, navigating resources and services so you can focus on the most important thing — *your family.*

Friendly, knowledgeable navigators are waiting to:

- Inform you about St. David's Center services
- Match your family's needs with appropriate services
- Coordinate and collect required intake information
- Navigate funding for services
- Schedule appointments
- Collaborate to ensure the most comprehensive care
- Serve as a resource for your family throughout your time with St. David's Center

Contact CORE at: 952.548.8700 | coreinfo@stdavidscenter.org

Minnetonka:

3395 Plymouth Road, Minnetonka, MN 55305

St. Louis Park:

8800 Highway 7, Suite 200, St. Louis Park, MN 55426

Minneapolis:

The Harman Center for Child & Family Wellbeing
1200 Marquette Ave, Minneapolis, MN 55403



Early Childhood Education



At St. David's Center, we know early childhood education lays the foundation for a lifelong love of learning.

We believe learning should be guided collaboratively by children, teachers and environments that promote social and cognitive development through play. We focus on the important relationships in a child's life and invite parents to be involved in their children's early learning.

Core Values:

- Early education lays the foundation for lifelong curiosity.
- Relationships are key to development.
- The teacher's role is to partner with, nurture and guide children in all areas of development.
- Social-emotional development is the foundation for all other areas of learning.
- Indoor and outdoor environments serve as the "third educator" in collaboration with teachers and children.



Program Offerings:

A Reggio Emilia-inspired preschool program for children ages 16 months to Pre-K. 3-hour, 6-hour and full-day options are available. For program specifics, visit stdavidscenter.org/preschool/programs.

- Extended day childcare
- A vibrant summer program (up to age 8)
- Optional enrichment classes during the school year, featuring art, Spanish, music and athletics
- Age-appropriate in-center and out-of-center field trips
- English/Spanish class

Our campus features:

- A DNR-certified school forest and two outdoor classrooms
- 10 acres of land adjacent to Minnehaha Creek
- Two age-specific playgrounds encouraging natural play

Did you know?

We have partnered with Banyan Community to open a preschool classroom at their South Minneapolis location, offering early childhood education to 12 children year-round.



Pediatric Therapies | Early Intervention & Treatment



Our experienced pediatric therapists partner with families to help each child gain new skills.

If a child requires more than one type of therapy, therapists work together to provide an integrated treatment plan addressing all areas of development.

Occupational Therapy

Our occupational therapists collaborate with each family and their other service providers, tailoring therapy to improve the child's functioning at home, school and in the community. Therapists engage children in "just right challenges," building confidence along with skills. Our techniques are developed to elicit joy in play and support independence in daily activities. Areas that may be addressed in treatment include:

- Sensory processing and modulation skills
- Postural, gross and fine motor skills
- Visual perceptual and motor integration skills
- Play and social communication skills
- Attention and organizational skills
- Self-regulation and self-help skills



Did you know?

Our "Super Gym" is one of five OT gyms, boasting 1,500 sq. ft. of space to climb, swing and master that next challenge.



Speech-Language Pathology

In collaboration with families, our therapists develop comprehensive treatment plans for each child, targeting improved speech, language and communication skills. Often using play as a building block, we provide intervention to address the following areas:

- Speech sound disorders
- Fluency disorders
- Language disorders
- Voice disorders
- Cognitive communication disorders
- Feeding/oral motor disorders
- Social (pragmatic) communication disorders

Feeding Therapy

Children who benefit from feeding therapy have severely restricted eating patterns, generally eating foods from only one food or texture group. St. David's Center offers feeding evaluation, consultation and treatment by a team of occupational, speech and mental health therapists. Our approach requires parent involvement, recognizing the importance of continuing the practice of positive feeding behaviors at home.

Did you
know?

Children in our Early Childhood Education program can access therapy services during their school day. Teachers and therapists collaborate to create the best plan for each child.



Autism Services | Early Intervention & Treatment



Utilizing relationship, play, and development-based treatment modalities, services are offered at St. David's Center that treat and support children with autism spectrum disorder (ASD) and their families. We offer two programs specifically aimed at building skills in children with ASD.

Autism Day Treatment

The Autism Day Treatment program at St. David's Center is specifically designed for children age two to six who have a medical diagnosis of ASD or a related condition.

We work with families to develop individualized treatment plans and interventions for each child, aimed at difficulties with social interaction, communication, sensory processing and self-regulation.

Children benefit from the collaboration of mental health professionals and practitioners, occupational therapists and speech-language pathologists. The therapeutic environment is comprised of an interconnected, state-of-the-art day treatment classroom and occupational therapy gym, specifically designed around the sensitivities of children with ASD.



We offer morning and afternoon day treatment in Minnetonka and a culturally attuned program for East African Children in Minneapolis at The Harman Center.

Autism Spectrum Disorder Support Services

Utilizing relationship, play, and development-based treatment modalities, including, but not limited to Greenspan Floortime/DIR (Development – Individual Differences – Relationship) and SCERTS (Social Communication – Emotional Regulation – Transactional Supports), ASDSS Day Treatment staff provide day treatment services to individuals and groups of individuals with a diagnosis of Autism Spectrum Disorder or a related condition.

- Clients range in age/developmental level from 6-11 years in day treatment, and 2 - 26 years in outpatient; clients receive group services based on their developmental level.
- Clients receive day treatment services two days per week for two hours per day; Mondays and Wednesdays from 3:00 pm - 5:00 pm or Tuesdays and Thursdays from 3:00 pm - 5:00 pm in our St. Louis Park location. Outpatient services are available Monday - Friday during regular St. David's Center hours, subject to clinician availability.
- Staff leading the day treatment and outpatient services are Mental Health Professionals and/or Mental Health Practitioners/Clinical Trainees. Staff supporting day treatment are Mental Health Practitioners or Paraprofessionals.



At St. David's Center, we understand that every family's needs are unique.

Many of our mental health services integrate with other St. David's Center programs so we can provide each family with the most comprehensive support. We specialize in children's mental health and serve those with developmental needs and emotional/behavioral disturbances.

Family Place Day Treatment

Family Place is a treatment program for children ages two to six who struggle to manage their emotions and behaviors at home and/or within their childcare or school setting. Family Place promotes healthy development of children by:

- Identifying emotional, social and developmental needs
- Providing opportunities to learn and practice new behaviors in well-supported classrooms
- Helping parents learn ways to respond to the needs of their children



Classroom Intervention: Morning and afternoon day treatment classrooms are available. The goals of classroom intervention are to improve social, emotional and behavioral functioning and improve a child's self-esteem, self-confidence and capacity to engage in successful relationships.

Home Visits: Families are matched with mental health staff who conduct home visits tailored to meet the family's unique needs.

Family Place is available at both our Minnetonka and Minneapolis locations.

Did you
know?

Our Family Place classrooms were designed to meet the needs of children with sensitivities. Calming colors, dim lighting and natural decor make for an ideal learning environment.

Outpatient Clinic and School-Based Mental Health

Center-Based: Our caring, licensed mental health professionals help individuals and families discover tools to identify concerns, face challenges and build healthy lifestyles. St. David's Center offers individual, group and family therapies as well as clinical consultation to meet the diverse needs of families. We serve children and adults with:

- Mood disorders
- Physical/medical challenges
- Trauma
- Autism Spectrum Disorder
- Emotional/behavioral challenges
- Depression/anxiety
- Developmental Needs

Community-Based: Our community-based therapy services focus on improving skills in preschool and elementary-aged children who are struggling socially, emotionally and behaviorally. Through classroom intervention, home visits and consultation, our team partners with parents, caregivers and educators in schools and childcare sites to provide:

- Classroom observations
- Consultation and collaboration with educators
- Individual play therapy and therapeutic playgroups
- Child development and parenting information
- Connections to community resources

St. David's Center therapists are currently located in fourteen schools and early childhood centers in the Hopkins, Osseo and Robbinsdale School Districts.

Testing & Consultation

Multi-Disciplinary Assessments: St. David's Center uses a collaborative approach to identify the needs of children ages two to six years with complex developmental challenges. Our Multi-Disciplinary Assessment Team provides comprehensive early childhood evaluation through:

- Psychological and neurocognitive testing
- Speech and language therapy evaluation
- Occupational therapy evaluation

Psychological Testing: Testing is available for families with children ages two to 18 years who are struggling socially, emotionally and/or behaviorally in their current settings. Following testing, consultation is available to give families and caregivers additional insight about test scores, diagnoses, the child's development and treatment considerations.

All services are flexible to meet the needs of each child, family and service provider and are available at our Minnetonka and St. Louis Park locations and select partner sites throughout the Twin Cities metro.



In-Home Mental Health Services

This service supports and treats children between the ages of four and 18 with various mental health diagnoses. Our mental health practitioners work with clients in their home and community on specific, individualized treatment goals that focus on their unique emotional and behavioral needs. An important aspect of this program is collaboration with parents and guardians to identify ways to reinforce new behaviors. Treatment goals may include:

- Promoting various anger management and coping skills
- Improving mood and self-regulation
- Facilitating problem solving and social skills development

Children's Mental Health Case Management

Case Management provides in-home support and guidance for families with children up to age 18 (or 21 if in high school) diagnosed with a severe emotional disturbance who live in Hennepin County. The case manager and family assess the child's needs to develop a care plan that may include various types of therapy, special education services, mental health support, behavioral management, medical services and other resources. Case managers assist with:

- Referrals for mental health therapy, residential/day treatment and support services
- School advocacy
- Access to community resources and health insurance

Did you
know?

In 2012, we added a Children's Mental Health suite with a private waiting area and seven treatment rooms, including play therapy rooms.



Home Visiting | Early Intervention & Treatment



Healthy child development depends on the quality of the relationship children have with their caregivers.

Our Zero to Five Home Visiting programs provide support to parents and caregivers to foster that important relationship. Families in the Home Visiting programs may be impacted by significant stressors such as financial challenges, stressful relationships, mental health concerns or chemical dependency.

Healthy Families: Infant – Parent Development Program

Part of the Metro Alliance for Healthy Families, the Infant-Parent Development Program is designed for parents who are impacted by significant stressors such as financial challenges, stressful relationships, mental health concerns or chemical dependency. Intervention starts prenatally in most cases, but no later than the infant's second month. Participants in this program at St. David's Center must live in Hennepin County. Participation is voluntary. Families may stay enrolled for up to four years.

Early Childhood Home Visiting

Funded through Hennepin County and the United Way, families with children birth to kindergarten are eligible. Priority is given to first-time parents with a child under 13 months. Families may be enrolled for up to two years.

Working one-on-one with parents, home visiting offers a continuum of services to respond to the unique needs of each family including:

- Emotional support for the challenges of parenting
- Education about child development and realistic developmental expectations
- Insight into the impact parental histories and life circumstances have on parent/child relationships
- Referrals to community resources
- Advocacy to ensure services are received



Foster Care | Early Intervention & Treatment



St. David's Center Foster Care services provide stable home environments for individuals who have experienced trauma or abuse or have emotional, behavioral, physical or other developmental needs.

Our foster care team works in conjunction with county social workers, foster parents and the child's family to tailor services aimed at building strong family relationships, nurturing home environments and the best outcomes for each client.

Treatment Foster Care Oregon

This program supports and treats children ages seven to 11 with significant mental health and behavioral challenges. An evidence-based alternative treatment model, it provides a level of intensity similar to residential treatment in a more natural setting — the home of a licensed foster parent. Services are offered through an individualized treatment plan with goals that focus on:

- Improving the child's emotional and behavioral functioning
- Promoting positive educational outcomes
- Building strong family relationships

An important aspect of this treatment model is support for the family or alternate caregiver during and after treatment.

Respite Foster Care

Respite Foster Care offers parents or primary caregivers a temporary break from the everyday demands of raising a child with special needs. Each child or adult is carefully matched with an experienced, licensed respite provider. Services are offered in the provider's home for periods of 24 to 48 hours.

Shelter Foster Care

Our licensed foster homes are designated to receive emergency shelter placements of youth up to age 18 with a variety of behavioral and/or developmental needs. All referrals are routed through a Hennepin County case manager and last up to 90 days. Services include treatment plan development and transition/discharge planning.

Therapeutic Foster Care

This program provides placement and mental health treatment for children up to 18 years old who have been removed from their homes by county child protective services. Individualized treatment plans include goals that focus on:

- Providing a safe, stable and nurturing environment for the child
- Giving the child an opportunity to build new relationships
- Improving the child's emotional and behavioral functioning

Life-Phase Support Services



St. David's Center is committed to helping children, adolescents and adults with enduring special needs thrive in their homes and communities.

Life Phase Support Services work with individuals with a variety of developmental disabilities and chronic health conditions, emphasizing community involvement, healthy and independent living, and opportunities to build friendships.

In-Home Support Services

This program focuses on fostering the optimal development of life skills in the homes and communities of individuals who qualify for DD and CADI waivers.

Services may include:

- Hourly respite
- Personal support
- In-home family support



Did you know?

St. David's Center employs 249 individuals that work in the homes and communities of individuals with enduring special needs.



Life-Phase Support Services

Therapeutic Recreation

Our structured, therapeutic group environments offer adolescents and young adults with special needs opportunities to build friendships, improve health and wellness and become actively involved in the community.

Adventure Program: Through after-school and summer programming, adolescents and young adults with special needs ages 11 and up engage in a variety of “adventures” that allow them to experience new activities in their community in a safe and therapeutic setting. Full-day programming and overnights are also available on school release days and occasional Saturdays.

Activities include:

- Creative arts
- Community service
- Healthy cooking
- Sports, exercise and a variety of games

Community outings include:

- Bowling
- Sporting events
- Museums and theatres
- Zoos
- Amusement and water parks

For more information on Adventure Program, visit stdavidscenter.org/adventure.

Destination...Anywhere!:

This program offers a respite opportunity two weekends per month for individuals with developmental disabilities, ages 16 and up. The group engages in supervised overnight outings designed to provide enjoyable social experiences.

A weekend may include: a sporting event, theatrical performance, city festival, amusement park, water park or movie theatre as well as dining out and a hotel stay. *Individuals are supported by staff throughout the entire duration of the outing in a 1:3 ratio.*



Adventure Locations:

- West Metro
- Central Metro (Minneapolis)
- East Metro

Program Options:

- M - F After School
- All Day Summer
- Occasional Saturdays / Release Days



Discover where *you* belong.



Make an Impact

Donate

Your gift fuels our innovative work and results in better outcomes. Insurance, government funding and fees cover only 88% of the cost of services.

Advocate

Your involvement in our cause ensures other families who need services will have a place to go for services and support.

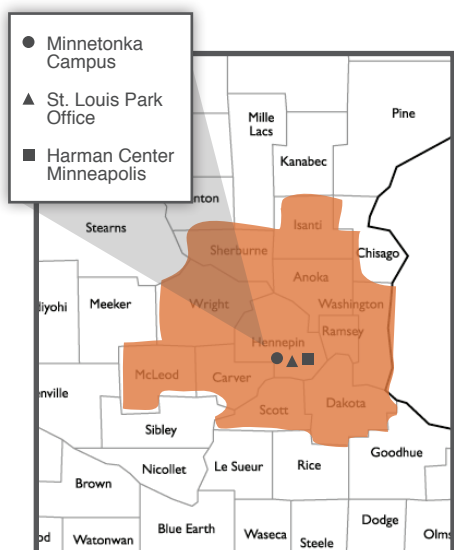
Volunteer

Your time and talent helps every child and family thrive. We rely on over 600 individual and group volunteers to support our mission annually.



To get involved, visit stdavidscenter.org or call 952.548.8608.





"I hope every parent facing what we have faced can get the same support and care we have received. I am grateful for the support I have gotten from St. David's Center and the support they provide to my community."

St. David's Center is a unique place where children and families thrive.

Parents, teachers and specialists are partners working together to achieve the best possible results for every child. Volunteers and donors find a meaningful connection where they know they have an impact in the lives of others. Staff members collaborate in a supportive team environment to find answers.

Read our stories and discover where you belong at

stdavidscenter.org/advocate

