

Achieving Therapeutic Success

Achieving success takes a team effort! By signing this contract you are agreeing that you will participate alongside your therapist in the development of treatment goals, and actively participate in therapy sessions and home programs provided. Being present in the session includes collaboration and problem-solving with your therapist, participating to your ability in the session when asked, and being open and honest regarding any barriers that are impacting home programs or your child's behavior.

If you have other children we recommend that you make arrangements for their childcare so you will be able to be actively involved with the child who is receiving service at CTD. If you are unable to make other childcare arrangements, and your other children cannot sit quietly in the session, you will be asked to sit in the waiting room. Your therapist will bring you back to discuss any new additions to the home program towards the end of the session.

We are so excited to be a part of your and your child's development! Your Plan of Care will include a set number of visits to promote skill development, educate you on how to best help your child, and develop a home program with you. You will be advised frequently of the progress your child is making. Should your child reach a point in therapy where their *progress plateaus** or desired therapeutic outcomes are not achieved, services will cease. As an outpatient facility, we are required to serve children who require the skills of a licensed therapist. This means if the parent can teach the skill at home without the guidance of a therapist the service is not medically necessary.

The therapist is responsible for determining if Connect The Dots is the correct placement for your child's needs. Please understand this determination may not occur in the first session and may evolve as the therapist learns more about your child. Services will cease if progress plateaus or parent engagement and participation are not sustained. We understand that stopping services can cause anxiety for the parent and the child. This anxiety can be mitigated through team collaboration with your therapist throughout the treatment plan who will coach you in strategies to help your children be successful in the goals that have been established as well as give you the confidence and skill sets to problem-solve future obstacles.

As the parent/guardian of _____, I agree to follow the following rules:

- I agree to remain on-site and attend all sessions, and if I am not available I will have another caregiver present at the session.
- I understand that sitting in the session provides the best outcome for understanding how to help my child.
- There may be times that my full attendance in the session is not required, based on the specific goals of the plan of care. This will be addressed and managed on a case by case at each treatment session.
- If my child is acting out or not cooperating I will help manage my child's behavior.
- I understand other parents and clients may be in the room and I will share space.
- I will ask questions or gain clarification if I do not understand something.
- I will be responsible for ensuring my child participates in the home program and be open and honest when the home program is not going well. This allows the therapist to help problem solve with you how to adapt the program to be more successful and enjoyable.
- I will follow school rules regarding illness or infection and provide as much as possible notice if I need to cancel.
- If I no show for scheduled appointments two times I will be removed from the schedule. My child may also be moved to a flexible schedule if I cancel frequently. Missed appointments are my responsibility to reschedule. I understand availability may be limited.
- Connect the Dots uses a team approach to therapy and my child may see several therapists over the course of treatment. I understand I may not be notified prior to a change in therapist. I will

embrace the change as a chance for my child to practice how real life really works. This will give my child the opportunity to experience adjusting to change in a setting that is equipped to deal with helping children navigate transitions.

- I will be open and honest with my therapist about my child's behaviors, needs, medications, skills, and family dynamics that may impact their therapeutic success.

I agree _____ Date _____

*A developmental plateau can be an indicator that it is time for your child to practice and integrate the skills they have developed in therapy at home. This should be viewed as a celebration and achievement! Before we reach the point of taking a practice and integration "break", you and your therapist will have discussed and developed a plan for continued growth within the home.

*Maintenance care