

## **FOR SCHOOLS**

### **What is Lighthouse?**

Lighthouse is a voluntary, short-term, transitional program that allows students to build skills to be more successful in school. The goal of the program is for students to return to their home schools upon completing the program unless the home school determines another program better fits a student's needs.

The program is designed to support students from 6<sup>th</sup> through 12<sup>th</sup> grades. The small supportive environment of the classroom includes an 8:1:1 ratio with a teacher and teaching assistant supporting academics and a social worker providing therapeutic support.

### **What is the academic part like?**

At Lighthouse, our purpose is to help students gain academic confidence, learn executive functioning skills, and focus on reasonable goals set by both the home schools and the students. Our goal is to reengage students in learning and to successfully transition them back to their home school. In order for students to feel confident reentering their classroom, they should be up-to-date with the curriculum, which is why we ask teachers to provide current work as much as possible. And, with the understanding that we have approximately 3 academic hours a day, and 40 minutes a day participating in specials such as Art, Music, and Library. Additionally, students will participate in PE 3 times a week and will receive credit for their full participation. Students who are required to sit for Regents must return to their home school for testing; however, we can administer NY State 6-8 paper testing in the spring.

### **What is the therapy part like?**

Students will work with a social worker in 1:1 counseling. They will also attend group counseling during the week with the staff and other students. Counseling is primarily focused on building Cognitive Behavioral Therapy and Dialectical Behavioral Therapy skills students can use when they return to their homeschool, including cognitive restructuring, distress tolerance, acceptance and mindfulness. Our social worker is integrated into the classroom and is able to provide therapeutic support and create safety for students throughout the day.

### **How much is the family involved?**

Families are involved from the beginning to the end. Family involvement is one of the keys to success in the program. The social worker and/or teacher have at least weekly contact, usually more, with the family to provide updates on student success and challenges, psychoeducation, and community resources. Families are also supported in building stronger relationships with the school and included in the meetings and conversations, especially those involving transition planning and student needs.