

# OCCUPATIONAL THERAPY

## GENERAL EDUCATION

### MTSS SUPPORT

Integrative Therapy (IT) offers high quality school-based occupational therapy (OT) services to empower children, educators, parents, and therapists to maximize their potential for learning, success and joy.



### PARTNER WITH IT FOR OT GENERAL EDUCATION SUPPORT.

Our unique OT perspective focuses on function in the classroom, considering the environment, task demands, and skills required to be successful with self-regulation and motor skills development. We understand the challenges that students and teachers have traditionally faced and the new set of challenges they're being met with as a result of the pandemic. We also wholeheartedly believe that all students deserve to feel successful in the classroom and that together – **we can achieve that!**

#### INTEGRATIVE THERAPY'S UNIQUE APPROACH TO SELF-REGULATION



##### Experts in sensory-based strategies and interventions

- + Support for learning and self-regulation with extensive knowledge of how the brain and sensations react in response to the world around us
- + use of movement, muscle work and other sensations to up/down regulate our arousal and emotional state



##### Extensively trained in school-based experiences

- + 10+ years of experience in a variety of school settings PreK - 12th grade, including a plethora of strategies to support student learning and behavior
- + use of a trauma-informed lens, cognitive behavioral strategies, mental health supports, and implementation of a variety of social emotional learning (SEL) curriculums



##### Well versed in occupation and evidence-based interventions

- + skilled in uncovering foundational areas that are challenges with self-regulation, and engaging in activities to improve student's behaviors
- + use of strategies that focus on active learning by doing, feeling the sensations in the body, and interventions are grounded in science



##### Empathetic to teacher challenges

- + partner with teachers to support their students and understand the many challenges teachers face
- + concise communications that provide easy, practical solutions to work into their daily classroom routines

#### A CUSTOMIZED MTSS SUPPORT PLAN TO MEET YOUR STUDENT & SCHOOL NEEDS

MTSS TIER	STUDENT WELL BEING/SELF-REGULATION
Tier 1	*Teacher Training *Weekly Whole Classroom Self-Regulation Lessons
Tier 2	Targeted Small Group Self-Regulation Lessons
Tier 3	Individual Student Consultation

**TIER 1 SUPPORT SELF-REGULATION:** Schools who want to improve the wellbeing of students with respect to self-regulation would benefit from this support for all students.

**TIER 1-2 SUPPORT:** Schools would receive the above-mentioned Tier 1 support, along with adding Tier 2 targeted support that includes screening of student's needs and data tracking as part of the RTi process.

**TIER 1-3 SUPPORT:** Schools would receive the above-mentioned Tier 1 & 2 support, along with adding Tier 3 individual support providing a comprehensive plan that encompasses all levels of MTSS.

*The COVID-19 pandemic greatly impacted the physical and mental health of our children and the adults that support them, a collective trauma we all have experienced. Traumatic stress can interfere with the child's daily function and interaction with others. Studies show that improvements can be seen in children's behaviors when teachers are supported with how to improve emotional regulation.*

— Heather Schmidt, MS, OTR/L  
 Founder & President  
 Integrative Therapy

#### ADDITIONAL OPTIONS

##### For Teachers

- Training & Coaching
- Self-Regulation/ Well Being Instruction
- Self-Regulation/ Well Being Videos or Written Information for Staff

##### For Students

- Tier 1 - 3 Motor Skills
- Development & Handwriting Interventions
- Special Education Advisory Council
- (SEAC) In-Service to Support Parents

##### Environment Consultation and/or Setup

- Sensory/Motor Room
- Break Space Within the Classroom
- Whole Classroom
- Cafeteria