



Roots: Therapeutic Access Program An Overview

Roots: Therapeutic Access Program is a special place for children to spend time with the people in their lives that they may not live with but are connected to.

This program has a psycho-educational focus so that families have the opportunity to not only spend time with their children but also receive support in a safe and respectful milieu. Each family will be provided with a trained Clinician who is attuned to the individual family needs for visitation and interaction. The Clinician will meet with families prior to the access process to identify treatment goals that are specific to their families needs.

While utilizing the *Roots: Therapeutic Access Program*, family members will have the opportunity to strengthen their relationships utilizing play based interventions. Each session will be videotaped so the family members and clinician can review it in a feedback session. Clinicians will meet with the adults after each session to debrief and provide support and ideas in order to:

- ✓ ensure that a safe environment is established for the child to express feelings
- ✓ provide opportunities for the family to establish dynamics that are both child focused and strength based
- ✓ assist parents in setting boundaries
- ✓ enhance the adult's capacities to both engage and enhance the family relationships
- ✓ teach parenting skills that focus on developmental appropriate expectations
- ✓ teach behaviour management skills
- ✓ help the parent understand how past trauma experiences impacts on the day to day functioning of the adult , child and family unit.
- ✓ Lastly, determine the structure of the next family contact so that specific goal areas are addressed utilizing play based and recreational resources such as crafts, games, indoor and outdoor play.

Roots will offer services at the Branching Out facility to encourage a normalizing environment for family connections. This centre has an abundance of gardens on site including a “forest of feelings”, fish pond and stream, outside play area with swings and slides, basketball, soccer and an outdoor pool. Indoor facilities have three family visit areas as well as kitchen facilities if families would like to prepare and/ or share a meal. At *Roots: Therapeutic Access Program* we want to support the family in creating a new child focused culture.

Root’s families begin and end this program by participating in a Marschak® assessment which is then utilized to establish the contact goals.

A treatment plan review then occurs after 12 sessions in order to identify the short term and long term goals as well as family strengths and adult strategies. Sessions are taped for parent education purposes and, for purposes of confidentiality, are then erased once contact notes are completed.

Parents have the opportunity to attend a monthly parental support group as well as contact their identified clinician with the expectation of receiving additional feedback within 24 hours. Service contracts are redefined after treatment plan reviews.

The \$80.00 cost per hour reflects the involvement of the Clinician with each family. For example, the Clinician will meet with the adults for a half hour before the visit to review goals, will then observe the visit for an hour, and then meet with the adults for a half hour after the visit is ended to review the tape and work, as a team, on feedback and to determine the next visit’s specific goal areas.

Roots is an intensive family intervention for families who may have children returning home or children whom they will visit until their Crown Wardship Order expires. Families are at the centre to visit with their own children hence they are provided the space and support in order to do so. It is hoped that this intensive process will support families to both enhance their parent/child relationships as well as the tools to then transition back to their own Children’s Aid Society visitation centre at treatment end. A report that is created in conjunction with the parents will be provided at the end of service.

For further information or to make a referral, please call 905-799-7589