

# ITSP PROGRAM (6:1:1)

## Program Description

At the Rise Center for Success, our Intensive Therapeutic Support Program (ITSP) offers a comprehensive, trauma-informed approach tailored to students requiring specialized educational support and mental health services beyond what our 8:1:2 programs offer. This nurturing program provides a therapeutic environment with evidence-based interventions personalized to each student's unique needs. Students in the ITSP program receive personalized care that includes individual and group counseling sessions, family therapy, Adventure Based Counseling, and monthly pediatric psychiatric consultations which can include medication management. These services are carefully designed to enhance individual and family functioning, with the ultimate goal of preventing the need for a more restrictive residential placement. Our ITSP program aims to empower students to overcome challenges, build resilience, and achieve success in school and beyond.

## Curriculum

Differentiated, scaffolded instruction aligned to the standards with focus on closing individual learning gaps.

Continuous formal and informal progress monitoring to ensure mastery.

Relevant, research-based curricular programs tailored to student needs.

Multi-modal instructional tools and techniques to engage all learners.

Embedded Digital Citizenship curriculum promoting responsible technology use.

## Program Overview

### THE CLASSROOM

- Small student to staff ratio of 6:1:1 - (6 Students: 1 Teacher: 1 Teaching Assistant).
- Serving grades 6-12.
- Decreased academic load.
- The environment is set to be calming.
- Trauma-informed best practices to support the social-emotional needs of all students.
- Restorative Practices and "Circle-Ups" to promote community, build

relationships, and resolve conflict.

- Mindfulness and coping strategies/skills taught and practice.

### CURRICULUM INCLUDES

- Content aligned with the New York State Next Generation Learning Standards.
- Strong social-emotional and character education components.
- Differentiated Instruction tailored to student needs.
- Work experience opportunities for students aged 14 and older.
- Regents level courses provided in addition to academic intervention coursework as needed.

### STUDENTS COMPLETING THE PROGRAM

- Develop a toolbox of pro-social skills they can use in the future.
- Earn High School Local or Regents Diploma and may also receive a CDOS Credential.
- Gain confidence in their abilities.
- Strengthen their academic and social skills.
- Are prepared for post-secondary success in college and/or workforce employment.

### PROGRAM SERVICES

- Counseling (2x30 individual and 2x30 group)
- Family Therapy/Support (1x60)
- Psychiatric Consultation (1x60)
- Adventure Based Counseling (weekly, with monthly excursion)
- Transition Services
- Additional Services per the IEP

### STUDENT ADMISSION CRITERIA

- Demonstrates symptomology consistent with a DSM V Mental Health Diagnosis.
- Identified as having an emotional disability.
- Has a full-scale IQ of 75 or greater.
- Must have the cognitive ability to benefit from verbal therapies and social skills groups.
- Has family/caretaker willingness to enroll the student voluntarily and to become involved in their treatment, including psychiatric consultation and family therapy.
- Capable of being managed by the family/caretaker in the community.



**At the Rise Center for Success, we are committed to empowering our students to achieve their full potential, both academically and personally. Join us on a transformative journey towards growth, resilience, and lasting success. For more information about our Autism Program and other CVES Special Education Services, please visit: [www.cves.org/special-education](http://www.cves.org/special-education)**



## Program Highlights

**Restorative Practices:** Our classrooms embrace Restorative Practices as a framework for building community and addressing challenging behavior. This approach shifts our focus from punishment to authentic dialogue, helping us understand and resolve conflicts while strengthening our classroom community. By fostering a supportive environment, we ensure that all students feel accepted and have the opportunity to succeed.

**Individual and group counseling:** Students participate in regular individual (2x30) and group (2x30) counseling sessions each week facilitated by the school clinician that is built into each classroom (either a school counselor, school psychologist, or a school social worker). These sessions provide a safe space for students to explore their emotions, develop coping strategies, and build essential social-emotional skills.

**Family Therapy and Psychiatric Consultation:** Recognizing the crucial role of family dynamics in a student's well-being, our program offers monthly family therapy sessions (1x60) led by an experienced pediatric psychiatrist. These sessions are tailored to strengthen familial bonds, enhance communication, and provide families with strategies to support their child's development and recovery. Moreover, these sessions facilitate a deep understanding of each student's unique needs, enabling the development of personalized treatment plans. The psychiatrist also provides expert medication management when necessary, ensuring comprehensive care for each student.

**Adventure-Based Counseling:** In partnership with Behavioral Health Services North (BHSN), our program offers weekly Adventure-Based Counseling sessions. These experiential activities, conducted in a natural setting, promote team building, problem-solving, and confidence-building, while providing opportunities for students to practice newly acquired coping strategies in a supportive environment. Such activities have included hiking, kayaking, rock climbing in addition to equine therapy.

**Community Outings:** We believe in the value of regular community outings as part of our holistic approach to education. These outings provide our students with hands-on learning experiences, enhance their social skills, and connect classroom learning to the real world. By incorporating regular community outings into our curriculum, we aim to enrich our students' educational journey and foster a deeper understanding of the world around them.

A trauma transformed approach to support the social and emotional needs of all our students. All staff are trained and maintain certification

in Therapeutic Crisis Intervention for Schools 2 (TCIS2). TCIS2 provides staff with the skills and knowledge to prevent, de-escalate, and manage crisis situations in a therapeutic manner.

Premier transition coordination annually for students 14 years and older in collaboration with students' circle of support teams. Needs assessments are conducted to identify gaps in services and to ensure students and families are connected with resources both in school and in the community and link families with outside agencies for long-term student supports such as ACCES-VR, OPWDD, and Commission for the Blind.

Focus on character education through The Positivity Project (P2). Building positive relationships is at the heart of our student support model. P2 involves the entire school community and aims to create a positive culture through character and relationships.

## Additional Services & Supports

### HEATED THERAPY POOL (*Plattsburgh Campus*)

Pool available for instructional swim or free swim (schedule specific).

### RELATED SERVICES AS IDENTIFIED ON IEP

Speech and Language Services are provided individually and may be provided in the classroom or therapy room.

Speech evaluations and assistive technology services available

Physical therapy services target the development of a student's gross motor skill set.

Occupational therapy services target the development of a student's fine motor skills, sensory-motor, and visual perceptual skills.

### BREAK SPACES

We offer break spaces aligned with NYS regulations utilizing procedures outlined in the student's IEP and BIP with a goal to decrease use over time.

### BEHAVIORAL HEALTH SERVICES NORTH (BHSN) COUNSELING (*Plattsburgh Campus*)

### ESSEX COUNTY MENTAL HEALTH SERVICES (*Mineville Campus*)

Mentally healthy children are more successful in school and life. Agencies offer School-Based Mental Health Services at both Plattsburgh and Mineville Campus which allows their clinicians to provide mental health treatment to students in the safety of our own school, dramatically reducing lost classroom time and increasing the accessibility and consistency of this vital mental health support.