



CRC PROGRAMS

Providing child-centered, family-focused mental health services in Wood County

SUMMER PROGRAMS

SPARCS

SPARCS is an evidenced-based treatment designed to equip adolescents with tools for coping when their responses to current and future stressors are impacted by past painful events.

- Ages- 12-18 years old
- Time- 2.5 hours, 2 days/week for 5 weeks
- Where- At the CRC, in person. Transportation will be provided.
- When- Starting Mid/late June

ADHD Summer Camp

ADHD Summer Camp is a program modeled after The Summer Treatment Program (STP) developed by Dr. William Pelham. STP is an evidence-based program designed to help children with ADHD get along better with others and improve their academic skills through sports skills training and practice. Children are placed in age-matched groups and receive intensive experience in functioning as a group, making friends, and interacting appropriately with adults.

- Ages- 6-12 years old
- Time- 2.5 hours, 5 days/week for 5 weeks.
- Where- At the CRC, in person. Transportation will be provided
- When- Starting Mid-June

YEAR ROUND PROGRAMS

Skills Group

Skills Group serves children and adolescents who experience severe emotional difficulties and high risk behaviors across settings. Clients learn and practice skills in a safe therapeutic setting with the intention of transferring these skills to other settings (i.e. home, school, and community). The goal is to help reduce high risk behavior and improve functioning to prevent more restrictive placements.

- 2 days/week ...about a year long
- Age groups 7-9, 10-12, 13-15

Coping Skills/Emotional Regulation

Coping Skills group provides support with emotional regulation, increasing healthy coping skills and mindfulness regarding the multiple changes/stressors clients are experiencing- school, pandemic, illnesses, loss of routine and normalcy in their lives.

- 1 day/week.....10 weeks
- Age groups 7-9, 10-12, 13-15

Adventure Therapy

Adventure Therapy is a trauma-informed model that involves active and multidimensional experiences including, challenging team problem solving initiatives, games, projects, and challenges which provide opportunities for learning and growth. Youth work effectively together in a group and develop new behaviors and skills that lead to success in their homes, schools, and communities. Adventure therapy staff are assisting your children in the moment to interrupt dysfunctional responses, reinforce desired responses, and strengthen better choices when focusing on communication, problem-solving, frustration tolerance, and working with others. The focus is to incorporate these skills in a fun and interactive way to encourage continued growth of these skills for your child. Benefits of Adventure Therapy include increased self-regulation, emotions, and behaviors; improved relationships with adults and peers; and learning skills including problem solving, emotion regulation, communication, teamwork, and leadership.

- 1 day/week... about a year long
- Age groups 10-12, 13-15, 16-18

If you are interested in registering for one of these programs or would like to learn more about other services that CRC provides, please call the number listed below.

419.352.7588
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