

Centerstone

Centerstone's Transformative Children's Wing and New Evidence-Based Therapies to Support Children and Families in Crisis

Delivering care that changes people's lives is at the heart of Centerstone's mission. Its initiative, ***Centerstone's Transformative Children's Wing and New Evidence-Based Therapies to Support Children and Families in Crisis***, will allow clinical staff to more deeply address children who have experienced trauma, provide facilities conducive to new therapies, and train staff in the most current evidence-based practices. The Impact100 SRQ grant will fund the remodel of a portion of the Sarasota outpatient clinic into a Children's Wing for approximately 600 children each year. The total initiative budget of \$109,500 will transform two underutilized offices into a therapeutic sensory room and renovate the lobby and restrooms. It will also provide \$20,000 for staff training.

With a transformed therapy room and a one-way mirror, parents in an observation room will be able to view and communicate through an earpiece with a therapist behind the mirror. This will help parents learn how to de-escalate the child in crisis and how to interact calmly and respond to their child in a productive way, so the interventions can be repeated at home and in other settings. The space will be outfitted with softly padded flooring, customized lighting effects and colors, weighted blankets, sensory touch toys, and sound tools. The lobby and restrooms will be child-friendly and appropriately scaled. Centerstone leadership will train their staff in two evidence-based therapies they currently are not able to provide: Parent-Child Interaction Therapy and Child-Parent Psychotherapy.

This new treatment space will allow Centerstone to offer sensory therapy to 600 young children and their families. The space will provide a calming environment for children with high-level needs and stress, help improve attachment between parent and child, help the child follow directions and social rules, and help reduce anger outbursts. The therapies will serve as a complementary approach to enable self-regulation, reduce distress, and foster recovery.

Minimal cost is associated with sustaining the transformed sensory room, lobby and restrooms once they are renovated. The evidence-based therapy programs that take place in the room will continue to be funded through government grants, community-based philanthropic grants, and insurance reimbursement.

Providing the best therapies and spaces for early intervention can help prevent a lifetime of mental health concerns beyond childhood. Centerstone is a leading behavioral health system staffed with experts in the mental health field. This initiative will allow them to continue to pave the way for innovative child therapies in this newly transformed therapeutic sensory room.