



**THE LIGHTHOUSE**  
CENTER FOR WELLBEING



**SPEECH &  
LANGUAGE  
THERAPY  
SERVICES**



## SPEECH & LANGUAGE THERAPY SERVICES

AT THE LIGHTHOUSE ARABIA, SPEECH & LANGUAGE PATHOLOGISTS, OR SPEECH THERAPISTS, ARE CERTIFIED AND LICENSED PROFESSIONALS WHO PROVIDE SERVICES TO CHILDREN AND ADOLESCENTS FROM AGES 18 MONTHS – 18 YEARS OLD, IN THE SCREENING, DIAGNOSIS, ASSESSMENT, AND TREATMENT OF COMMUNICATION DISORDERS.

## ISSUES WE CAN HELP WITH

*We work with individuals with various conditions, including:*

- Dyslexia
- Apraxia
- Stuttering & cluttering
- Hearing loss
- ADHD
- Cerebral Palsy
- Developmental delays
- Autism Spectrum Disorder
- Down Syndrome

*The communication difficulties that children and adolescents we serve may be struggling with include:*

- Oral-motor difficulties
- Expressive and receptive language delays
- Social communication difficulties
- Articulation & phonological issues
- Auditory processing difficulties
- Executive functioning skills
- Use of Augmentative and Alternative Communication (AAC)
- Difficulties with literacy skills (i.e., reading & writing)

Research suggests that **50% – 90% of children with persistent communication needs** go on to develop reading difficulties and **only 1 in 5 children** with speech, language, and communication needs **reach the expected levels for their age** in both English and Math at age 11.

# OUR SERVICES

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## ASSESSMENT

Assessment drives intervention. At The LightHouse, we complete holistic speech and language assessments in order to understand a child's strengths and needs as well as the environments where he/she lives and learns. We use a combination of the following assessment methods and tools to reach our goal:

- Parent, teacher, and/or child/adolescent interviews
- Dynamic assessment
- School observation
- Informal play-based assessment
- Standardized assessments
- Speech and language sample analysis

During the assessment, the speech therapist analyzes the child's language proficiency, speech intelligibility, social pragmatics, and literacy skills.

Once the assessment is completed, a detailed report is generated with testing results and interpretation, as well as recommendations for home and school.

## INDIVIDUAL THERAPY

At the start of therapy, an individualized treatment plan is put in place with short-term and long-term goals that target the child or adolescent's areas of need. The structure of the therapy sessions is determined by many factors such as the client's age and specific challenges. The therapist will use a variety of structured and unstructured multi-sensory activities and materials, including toys, games, books, arts & crafts, and curriculum-related worksheets to achieve communication targets.

During or after each session, parents are coached and will be given strategies to reinforce treatment goals outside of therapy sessions. Home program/practice is a vital part of therapy. Another important aspect of treatment is consistent attendance. To make the best progress, it is important to be committed to regular scheduled therapy sessions as each treatment session builds on the last one.

## GROUP THERAPY

In this intervention model, a group of 2-5 children with similar treatment goals and speech/language profiles are joined together to target specific skill areas. This treatment model offers opportunities to promote social interaction, incidental teaching, peer modeling, and functional application of communication skills and generalization of these skills. It is also offered at a lower cost in comparison to individualized sessions.

## PARENT SUPPORT & TRAINING

"Parent Training" is education and support that is provided to the parents and/or caregivers following an outlined curriculum. It involves sessions with parents alone, as well as practice sessions with the child. The goal of the training is to give parents the tools, knowledge, and confidence to support their child's growing communication and social interaction skills. Parent training sessions can be provided individually or to a group of up to eight families at a time, with one or both parents in attendance. One of the benefits of group parent training is that participants learn from one another, in addition to the information and support offered by the Speech & Language Pathologist leading the group.

"Parent Training" programs may follow a curriculum that has been designed by one or more of our team members, or curriculums created by outside agencies. The best examples of these are the "Hanen® Parent Training Programs."

## About the Hanen® Programs

- Build from the philosophy that parents are their child's first and best teachers
- Help parents use typical, everyday situations as opportunities for the child to learn to communicate
- Provide parents with high-interest, relevant information
- Combine group sessions, individual videotaping, and feedback sessions for maximal learning and practice

*Specific programs address the communication needs of individual children.*



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