



NEWSLETTER

NOVEMBER 2020

WHAT'S INSIDE

PEDIATRIC PT/OT/SPEECH

Learn how Therapy Solutions can help your child thrive

MENTAL HEALTH

See how our pediatric counselors can help manage DMDD in children

HAVE YOU MET YOUR ANNUAL DEDUCTIBLE?

You may be eligible for therapy at no cost



Staff Spotlight
Meet our pediatric therapy team!



PEDIATRIC THERAPY CAN HELP YOUR CHILD!

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PROPER MILESTONES FOR THEIR AGE?*

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PEDIATRIC SPEECH THERAPY CAN ADDRESS THE FOLLOWING SPEECH CONDITIONS/DIFFICULTIES:

- ▶ Muscle weakness, tightness in the throat or tongue
- ▶ Difficulty speaking and understanding spoken language
- ▶ Difficulty understanding written language
- ▶ Changes in memory, attention, orientation
- ▶ Changes in the quality of voice
- ▶ Chewing or swallowing difficulties (which poses a health risk)
- ▶ Difficulty expressing thoughts or identifying common objects or people

Pediatric speech therapists help your child learn to communicate, chew and swallow properly, and help improve their overall morale. They utilize neurological and speech exercises to help with a wide array of speech/language difficulties, and will be able to assess your child's speaking abilities. This way they can determine if there are any problems, and then create a treatment plan with specific exercises to improve it.

If your child is having difficulties with their speech, contact our office today to schedule an appointment with one of our pediatric speech therapists.

▶ At Therapy Solutions, we provide many types of pediatric therapy to help your child. You can rest easy knowing that your child's treatment will be as seamless as possible through our integrated care plans. We work with children of all ages and ensure the best quality of care for each child. Our patients face developmental delays and have challenges meeting their milestones, making it difficult for them to interact, learn, explore and play.

Therapy Solutions strives to create a fun exercise environment for your child to recover from their injury or improve their speech and gross motor skills. Our therapists will teach them exercises that they can do at home with your supervision, so that they can get back in the game as quickly and safely as possible.

If your child needs speech, physical, or occupational therapy, contact our office today to learn more about our pediatric services.

SPEECH THERAPY

When a child experiences speech delays, it can cause them to develop self-esteem issues and cease communicating with others out of insecurity or embarrassment. Therapy Solutions offers pediatric speech services to our patients. Several things can result in your child having difficulty with speech; our therapists can pinpoint any underlying issues your child might have.

MENTAL HEALTH

► As a parent, you know your child—their behavior, their character, their attitude—better than anyone. You've watched them grow, taken care of them and gotten to know who they are. But what do you do if you notice that they start to change in unexpected ways and begin behaving in ways that concern you?

It's easy to label troublesome behavior as "growing pains," but we can't brush off changes in behavior if they seem abnormal or excessive, especially if they happen frequently or interfere with our child's daily routine.

One diagnosis that presents only in children aged 7-18 is called Disruptive Mood Dysregulation Disorder (DMDD). DMDD is a condition in which a child experiences chronic, severe irritability and anger. Primary symptoms include an irritable mood and temper outbursts. Tantrums can occur typically around three to four times a week and will usually be out-of-proportion to the situation.

A child experiencing DMDD may express their aggression through verbal rages, damaging property or hurting themselves or others. It's also common that they'll have difficulty getting along with others (adults and other children). Due to a low frustration tolerance, they may also have difficulty taking part in activities at school and at home.

If your child is often intensely angry and aggressive, they may be experiencing symptoms of DMDD. If you're not sure what to do, you can start by seeking professional help. Call Therapy Solutions to schedule an appointment with one of our trained and experienced pediatric counselors.



PHYSICAL THERAPY

From birth, children are eager to play, explore and learn. They interact with their surroundings through rolling, crawling, walking, running and jumping...all through play. Playing, learning, and exploring is what prepares a child for adulthood. When your child is unable to do these things without pain or discomfort, there's a problem.

Physical therapy is recommended for children who are not meeting their milestones, as well as children who are experiencing physical challenges as a result of a health condition or injury affecting their musculoskeletal system.

Our goal is to help you and your child live their best life, participate in family routines, play and grow like you would want them to, and get them prepared to do anything they put their minds to do!

There are several conditions a child may have that will require support from a skilled pediatric physical therapist at Therapy Solutions. Some children have difficulty with gross motor skills as a result of being born prematurely or have neurological impairments that can be the result of a genetic disorder or complications during birth.

Below is a list of conditions pediatric physical therapy is recommended for:

- Genetic disorders
- Autism
- Muscle weakness
- ADHD
- Balance and gait issues
- General developmental delays
- Gross motor delays, coordination problems

Our therapist's ultimate goal is to ensure your child can live the highest quality life possible while keeping you in the loop regarding their treatment. We encourage parents to work with their children at home often, to ensure continued growth and progress.

OCCUPATIONAL THERAPY

Occupational therapy is a safe, effective, and non-invasive treatment option. This kind of therapy can relieve pain resulting from a wide range of musculoskeletal conditions. Pediatric occupational therapy focuses on helping children who struggle with these conditions to develop the necessary skills for growing into independently functioning adults.

HAVE YOU MET YOUR ANNUAL INSURANCE DEDUCTIBLE?



► An insurance deductible is the amount of money that you must pay before your insurance company pays for your medical services. If your deductible is met, your therapy may not cost you anything.

Patients with family plans or those who have had major surgeries or have a chronic illness are especially likely to have a \$0 balance remaining on their out-of-pocket expenses. This means that the cost of physical therapy could be minimal or completely covered by the patient's insurance plan.

If you are close to or have met your insurance deductible for the year, then now is the time to come in for your therapy needs! Are you feeling aches and pains? Need to work on your core? Let us help you get a head start for 2021. Contact us today to schedule your appointment.

MEET OUR PEDIATRIC THERAPY TEAM!



Jennifer Rosario, LMSW, Sondra Kolling, COTA/L, Maria Fairfield MS, CCC-SLP Lexi Hauck, DPT and Terry Halverson, MOTR/L

► Therapy Solutions would like to take this opportunity to introduce you to our **Pediatric Therapy Team!**

Terry Halverson and Sondra Kolling are our occupational therapists. Lexi Hauck is our physical therapist. Maria Fairfield is our speech therapist and Jennifer Rosario is our mental health therapist. We are proud to serve Dickinson and the surrounding communities with a clinic in Dickinson, Killdeer & Richardton.

Therapy Solutions is dedicated to providing the most integrative and comprehensive approach to help improve the lives of children by using evidenced based treatment strategies. Our therapists evaluate and plan individualized programs using a variety of therapies and treatments to meet clients where they are at. Our clients are important to us and building a relationship with them that fosters clients to feel empowered is key, at Therapy Solutions.

At Therapy Solutions we strive to meet our patients where they are at and to offer the best quality of care. We believe in the inherent dignity and worth of everyone who walks through our doors, we hope to give hope and healing so you will be able to "Take Your Life Back."

If you would like to make a referral or schedule an appointment please give us a call at 701.483.1000. We proudly accept Medicaid, BCBS, Sanford and most other insurances. Call us today!



THERAPY SOLUTIONS' PEDIATRIC OCCUPATIONAL THERAPISTS CAN ADDRESS MANY CONDITIONS, INCLUDING THE FOLLOWING:

- Sensory integration
- Reflex integration
- Developmental delays
- Visual deficits
- Emotional regulation
- Fine motor skills

If your child needs occupational therapy, their therapist may work with them on their social skills, taking care of themselves (grooming habits), as well as their cognitive skills, gross motor skills, and fine motor skills. Your child's treatment plan will also focus on increasing physical activity, balance levels, range of motion, and flexibility.

CONTACT US TODAY

Our pediatric therapists will assess your child's condition, growth and development, as well as pain symptoms and injuries if there are any. From there, they will work one-on-one with your child to create a customized treatment plan that is specific to your child's needs. Our therapists' ultimate goal is to ensure that your child is meeting the proper developmental requirements necessary for them to gain independence.

If your child is living with a chronic condition, having problems hitting normal milestones for their age, or experiencing difficulty with speech and language, call Therapy Solutions today. We will do everything in our power to help them find relief and prevent pain and limitations in the future. Schedule a consultation and get started on the first steps of your child's treatment plan.

For more information about how Therapy Solutions can help you, visit our website at therapy-solutions.net.

Therapy Solutions
TAKE YOUR LIFE BACK.