



NEWSLETTER

JULY 2021

WHAT'S INSIDE

MEET THE TEAM

Meet Our Occupational
Health Manager,
Doug Jilek!

OCCUPATIONAL THERAPY

Live Comfortably Once
Again With OT

SHARE YOUR SUCCESS STORY!

We Make It Easy To Leave
A Review!



JULY IS...
National Make
A Difference to
Children Month!



THE IMPORTANCE OF PLAY THERAPY & HOW IT CAN BENEFIT YOUR CHILD

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& HOW IT CAN BENEFIT YOUR CHILD



► Jennifer Rosario, LCSW attended a 2-day, Play Therapy Conference, in Bismarck, ND featuring a training by Paris Goodyear-Brown, LCSW, RPT-S. Paris Goodyear-Brown, the founder and director of Nurture House, is a Licensed Clinical Social Worker and a Registered Play Therapist-Supervisor with 20 years of experience. Paris presented on TraumaPlay. TraumaPlay™ is a flexibly sequential play therapy model for treating traumatized children that has been in development for the last 20 years as Paris Goodyear-Brown has worked with children and families with complex trauma to integrate several evidence based treatments into a developmentally sensitive play-based treatment continuum.

Child play therapy is a way of being with a child that honors their unique developmental level and looks for ways of helping in the “language” of the child – play. Licensed mental health professionals therapeutically use play to help their clients, most often children ages three to 12 years, to better express themselves and resolve their problems. Jennifer Rosario, LCSW and Russ Fast LCSW, mental health therapists at Therapy Solutions, have attended many conferences to

learn different techniques to integrate play into their sessions with children.

Play Therapy works best when a safe relationship is created between the therapist and client, one in which the latter may freely and naturally express both what pleases and bothers them.

Play Therapy techniques are utilized as a primary intervention or as supportive therapy for: Behavioral problems, such as anger management, grief and loss, divorce and abandonment, and crisis and trauma. Behavioral disorders, such as anxiety, depression, attention deficit hyperactivity (ADHD), autism or pervasive developmental, academic and social developmental, physical and learning disabilities, and conduct disorders.

Research suggests Play Therapy is an effective mental health approach, regardless of age, gender, or the nature of the problem, and works best when a parent, family member, or caretaker is actively involved in the treatment process.

Would your child benefit from Play Therapy techniques? Contact our office today at 701-483-1000 or visit our website at Therapy-Solutions.net to find out how we can help your child thrive!

MEET OUR OCCUPATIONAL HEALTH MANAGER

Doug Jilek, Occupational Health Manager

Doug graduated in 1993 with a Bachelor of Science Degree from Dickinson State University. After graduating, he spent over 25 years in the manufacturing industry, starting in factory manufacturing support, then working his way up to Vice President where his responsibilities included human resource, safety, health/wellness, and training. He is a past president of the Southwest Area Human Resource Association (SAHRA) and the Southwest Area Safety Association (SASA). In May of 2021, Doug joined the Therapy Solutions team as an Occupational Health Manager.



Doug's Areas Of Education/Experience Include:

- ▶ Principles of Lean
- ▶ Real Colors Personality Facilitation
- ▶ Behavior-Based Safety
- ▶ Truth or Consequences Presentations
- ▶ Worksite Wellness
- ▶ Human Resource and Safety

Why Doug Works For Therapy Solutions:

“TAKE YOUR LIFE BACK’ is the mission of Therapy Solutions and is what attracted me to work with their company. ‘TAKE YOUR LIFE BACK’ means to be free, free to live the life for which you were created, personally and professionally. As an Occupational Health Manager, Therapy Solutions allows me to use my past work experience and the services they provide to help all companies ‘TAKE THEIR’ LIFE BACK.”



**JULY IS NATIONAL MAKE A
DIFFERENCE TO CHILDREN MONTH!**

For more information, visit

nationaltoday.com/national-make-a-difference-to-children-month/



LIVE COMFORTABLY ONCE AGAIN WITH OT

Do you notice your muscles feeling painful or achy throughout the day? Are you recovering from a recent injury or surgical procedure? Are you living with a chronic condition that causes constant discomfort? Whatever the case may be, occupational therapy can help improve your health. If you are experiencing discomfort, contact Therapy Solutions today for more information.

WHAT CONDITIONS ARE TREATED BY AN OCCUPATIONAL THERAPIST VS. A PHYSICAL THERAPIST?

Whether you're receiving physical therapy treatments, occupational therapy treatments, or a combination of both, natural and conservative care is the most effective way to treat pain and injury. In fact, according to the American Physical Therapy Association, conservative treatments have worked even better than surgical treatments for the correction of certain conditions, such as carpal tunnel syndrome. Physical therapy treatments and occupational therapy treatments cover a wide range of conditions, and sometimes they even overlap.

HOW DO I KNOW IF I SHOULD SEE AN OCCUPATIONAL THERAPIST?

Occupational therapy is more than just addressing an injury. At Therapy Solutions, our dedicated occupational therapists focus on the functional needs of each patient by implementing certain exercises and activities that promote physical and psychological well-being.

The American Occupational Therapy Association (AOTA) also states that in addition to dealing with an individual's physical well-being Occupational Therapy practitioners address psychological, social, and environmental factors that may hinder an individual's functioning in different ways. For example, occupational therapy for a young patient may include using a special tool to make cupcakes at home. If an adaptation to a utensil needs to be fashioned, an occupational therapist will do it.

This unique approach makes occupational therapy a vital part of health care for patients. People feel better emotionally when they can comfortably engage in their hobbies and everyday activities.

GET BACK ON TRACK TODAY

Whether you are looking for relief, looking to prevent an injury, or simply looking to improve your physical function, occupational therapy is here for you. Your occupational therapist will work closely with you, in order to help you reach your goals. If you're ready to get started on the path toward improved health, contact our office today!



SOCIAL COMMUNICATION GROUP AT THERAPY SOLUTIONS

Stroke and traumatic brain injuries can cause a wide-range of difficulties-communication being one of them. Oftentimes, patients with communication difficulties find themselves struggling to participate in meaningful activities they had previously enjoyed. Some patients tend to avoid communicative situations altogether, which can risk losing friendships and becoming socially isolated. My hope with a social communication group for adults following a brain injury is to provide a safe place for all participants to thrive in their communication abilities. I want patients to share their difficulties, which may be different for each person, and bond with one another over topics and conversations.

Each week we will come together to discuss topics that are of interest, work on building up social communication skills specific to each patient and create meaningful connections with others experiencing similar difficulties. Having a licensed and certified SLP facilitate this group will allow patients to be successful in any mode of their communication. SLP's are knowledgeable in different methods of cueing, prompting, picture communication boards, and Augmentative Alternative Communication (AAC). These methods will be utilized to keep the topic of conversation going throughout the 1-hour session.

The flexibility to adapt, adjust and take part in meaningful activity in spite of post-stroke or post-TBI communication

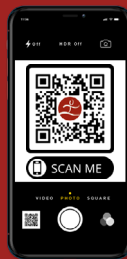
difficulties are significant and important for patients. Studies have suggested that participating in meaningful activity is an ongoing process and describe participants' experiences of finding a balance between the things they could still do and those they were no longer capable of. I hope to bridge that gap with my communication group.

The overall goal of this program is to create tiers and multiple groups overtime. Tiers of communication groups, depending on skill level and progress through the program will help many different individuals become successful in communicative situations for everyday life. For example, after the first group completes the first 8 weeks, they may continue with the same group for another 8 weeks starting tier 2. In tier 2 we will continue to build on relationships and skills learned to help improve communication while another group could be starting tier 1.

If you know of anyone that would benefit from this program, please contact Maria Fairfield, M.S., CCC-SLP at 701-483-1000.

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

Therapy Solutions
TAKE YOUR LIFE BACK.



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Scan the code with you camera app,
and post your success story on our
Google reviews page!



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