



## School Based Therapy Services

[www.schoolbasedtherapyservices.com](http://www.schoolbasedtherapyservices.com)

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March 201

Call SBTS to discuss how to lower your therapy costs without compromising the quality of care.

# Therapy Times Newsletter

## Free professional development series for Fall 2015

School Based Therapy Services offers one complimentary staff development lecture to all of our contracted districts. Why? Because we believe that with proper education, training, and supports special education students can not only learn in the mainstream environment, but they can THRIVE.

This year a wide-range of topics were presented in multiple public schools. A few of the workshop titles included-

- Sensory Issues- A Description of Sensory Processing Disorder and Treatment Ideas for Teachers
- Occupational Therapy in the School System
- Sensory Integration Therapy for the Child with Autism Spectrum Disorder
- Children and Yoga- Evidenced Based Research on the Effectiveness of Yoga for Children with Autism and ADHD

Topics for the in-services are tailored to the unique needs of the school district. Trainings are conducted during school hours, after school and on-site (school district) or off-site (our spacious office). Teachers and school administrators of course received credit hours for attendance. All PowerPoint and extended references are provided. Most importantly, attendees receive valuable and practical information that can be utilized the next day in the classroom.

## Planning Ahead

It is hard to believe that we are more than half way through another academic year. As students take the much anticipated PARCC, we are preparing for extended school year and related services for 2015-16.

Extended school year, or esy, is offered to special education students who are at risk for skill regression during the summer break. Our therapists are already planning their summer schedules and writing students' esy goals and objectives, which will help students maintain their current level of performance and perhaps even make some measurable gains.

## Latest Offering at the Clinic

## Sassy Girl Yoga Warrior Boy Yoga

A fun innovative movement and character building class for tweens and teens, Sassy Girl Yoga and Warrior Boy Yoga is a 45 minute yoga class followed by a 30 minute structured group. The yoga class is led by a dual trained pediatric occupational therapist and yoga instructor, Anna Lupinacci. The group activity is conducted by a licensed social worker, Jessica Alcius, who has expertise in counseling and working with children and adolescents. The yoga portion will introduce a theme for the day, which will be woven throughout class and the group activity. Children will move through a series of yoga asanas (or poses). Poses will be modified, if needed, so every "body" will be able to safely express the asanas with proper biomechanical alignment. The children will simultaneously strengthen their bodies, increase exibility and feel empowered. Following the movement portion, children will expand upon the theme of the day. Themes will center on developing a positive self-image, which in turn will build self-esteem and condence.



### Occupational Therapy & Yoga in the News:

Yoga is an ancient practice of exercise and breathing that has many proven benefits for children and adults. Recently, yoga has become very popular in the therapy world and the community. Therapeutically, yoga is prescribed to patients suffering with multiple sclerosis, cancer, chronic pain, anxiety disorders, and OCD (Koenig et al, 2012).

A very interesting pediatric study was published in the American Journal of Occupational Therapy. Forty-eight Autistic students with an age range of 5-12 participated in a 16 week, 20 minute morning yoga routine in their classroom. These children were given pre and post-tests and results were compared to students who did not participate in a yoga program.

The results, when comparing children who participated in daily morning yoga to children who did not, showed a statistical difference for the yoga group in a reduction of behaviors including irritability, lethargy, social withdrawal, hyperactivity, and non-compliance.

This research study shows promising results. I am certainly willing to give this intervention a try. Check our website for a current schedule and join us for some yoga.

\*Koenig, K. et al, (2012). Efficacy of the Get Ready to Learn Yoga Program Among Children With Autism Spectrum Disorders: A Pretest-Post Test Control Group Design. *American Journal of Occupational Therapy*, 66, 538-546

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**Anna-Angela Lupinacci, MS, OTR/L - Clinical Director**

Anna earned a Bachelor of Arts degree in Psychology from Seton Hall University (1997) and a Master of Science degree from Columbia University (1999). She is currently a practicing occupational therapist, as well as the CEO of a well-established staffing company, School Based Therapy Services, or SBTS (schoolbasedtherapyservices.com). Over the past decade, SBTS is proud to have grown to a staff of 28 talented and caring professionals providing occupational, physical, speech, and behavioral therapies in school districts throughout New Jersey. Staff members develop therapy programs and carry out treatment plans on a permanent basis. This outsourcing model allows school administrators to focus on education, while SBTS manages and delivers the highest quality services in a cost-effective manner.



Anna is dedicated to sharing her knowledge base and advancing the field of occupational therapy. She is frequently invited to give lectures at various schools, hospitals, universities and parent support groups. In addition, she gladly serves as a clinical supervisor for graduate level occupational therapy students fulfilling their Level 1 and Level 2 pediatric internships.

**Robert McMahon, MS, OTR/L - Administrative Director**

Robert obtained a Bachelor of Arts in Psychology from Kean University (1997) and a Master of Science in Occupational Therapy from Columbia University (2000). He is a licensed, registered, and school certified occupational therapist in both New York and New Jersey. Robert has extensive experience working in public and private school settings with children of all ages and diagnoses. He has worked as an assistive technology evaluator and has provided therapy for the Early Intervention System in both NY and NJ. In addition, Robert has provided therapy services to adults in community hospitals, rehabilitation hospitals and specialized medical centers.

Along with Anna, Robert has served as an integral partner of School Based Therapy Services.



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