

## Occasional Family Intervention Program (OFIP)

This program is for families who...

- Ⓞ Have completed a block of therapy sessions and are looking for a “tune-up” or review of their previous strategies learned OR
- Ⓞ Are unable to visit the farm as often as they wish for reasons such as distance, cost, or scheduling.

Children feel more secure and do better in therapy when they have consistent appointments. If your family is having difficulty coping, it is important that you seek more frequent help in addition to the *Occasional Family Intervention Program* at Fiddlehead Care Farm.

	<b>Individual/Family Counselling</b>	<b>OFIP</b>
Frequency of visit	Every 1-2 weeks	Every 4-6 weeks
Cost	\$100/session	\$100/session
Goals	<ul style="list-style-type: none"> <li>Ⓞ To support the individual or family’s needs</li> <li>Ⓞ Based on formal assessment and proposed treatment plan</li> <li>Ⓞ Eg. Coping skills, wellness strategies, increasing self-confidence, diagnostic teaching, emotional expression</li> </ul>	<ul style="list-style-type: none"> <li>Ⓞ To support and strengthen the family unit</li> <li>Ⓞ Interventions to better understand the feelings, needs and wants of each family member</li> <li>Ⓞ Eg. Improve communication</li> </ul>
Therapist involvement	<ul style="list-style-type: none"> <li>Ⓞ 1:1 (one primary therapist)</li> <li>Ⓞ Homework may be provided to highlight learnings</li> <li>Ⓞ Therapist available between sessions for consult</li> </ul>	<ul style="list-style-type: none"> <li>Ⓞ 1: family (one primary therapist)</li> <li>Ⓞ Will assign family tasks/ homework to be completed</li> <li>Ⓞ May provide resources/handouts to review at home</li> </ul>
Treatment plan	<ul style="list-style-type: none"> <li>Ⓞ Full assessment</li> <li>Ⓞ 1:1 with regularly scheduled family sessions for information sharing and role modelling of strategies</li> <li>Ⓞ Animal-assisted therapy, nature-based activities</li> <li>Ⓞ Block of sessions (approx.8) offered before reassessment</li> <li>Ⓞ Report provided</li> </ul>	<ul style="list-style-type: none"> <li>Ⓞ Assessment activity</li> <li>Ⓞ Support for family unit all together</li> <li>Ⓞ Implement shared experiences (group activities) to build family strength</li> <li>Ⓞ Animal/Nature-based activities</li> <li>Ⓞ Block of sessions (approx.4) offered before reassessment</li> </ul>

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