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#### Greenhouse Vision

*To become the leader for therapeutic intervention of children with developmental challenges, provide hope to their families, and create a better Oklahoma where the neurodivergent can thrive.*

## BIG ANNOUNCEMENT COMING SOON



### Keeping Your Family Well

COVID-19 is still going strong and is being joined by influenza. Help stop the spread.

**Stay Home When You Are Sick**

**Wear Your Mask | Social Distance**

**Exercise | Get Plenty of Rest**

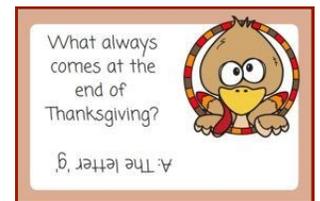
**Wash Your Hands | Eat Your Veggies**

*Stay mentally healthy by trying things like yoga!*

### Thanksgiving Fun!



Head outside with a basket to collect pretty fallen leaves. Glue the back row of your leaf 'feathers' in a rainbow shape. Glue the next row just below it, and glue the rest of your leaves to fill in the middle. On a separate piece of paper, draw the number 8 and color it in to make the turkey's body. Cut out the body and glue it at the bottom of your leaves. Meet your turkey! What would you name it?



### Sick or Out of Town? Reschedule or Try TeleHealth



We understand with illness, quarantine, and busy lives in general, sometimes it is unavoidable to miss a session. We appreciate the effort you put in to arriving to your sessions on time, and to always try to reschedule if you must cancel. Another option is to do a TeleHealth session! This format is a great option for those quarantined, having travel issues, and when you're out of town for the holidays.

**Turn the page for a TeleHealth Q&A!**

## TeleHealth Q & A

We get questions all the time about how TeleHealth works. Let's answer a few together!



### **What does a Greenhouse TeleHealth session look like?**

Like our in-clinic sessions, TeleHealth sessions are individualized for each child. We still focus on regulation, engagement, and reciprocity through play and through the child's preferred interests. Therapists and caregivers work together to prepare for sessions. TeleHealth sessions also provide a great opportunity for coaching caregivers.

### **What will you do during a TeleHealth therapy session?**

Our TeleHealth sessions are unique to each child, just like our in-clinic sessions. For some clients, we spend a lot of time coaching parents on strategies. Other clients do complex cooperative activities, like baking cupcakes. Many of our clients work on play skills similarly to how they do at the clinic. Your child's therapist will work with the family to prepare before the session starts. Sessions are still based on the child's interests and needs. Through TeleHealth sessions, we've experienced waterplay, playdoh, hikes, coloring, slime, pretend elf and orc hunts, Feeding Therapy, games, learning new skills like friendship bracelets, writing stories, and just enjoying acting really silly. It is amazing to see progress towards goals by building relationships.

### **But I don't have a swing or sensory gym at home. How can they work on regulation?**

One of the advantages of having a TeleHealth session is that the therapist can see what you do have available in your home and give great recommendations on how to provide the right sensory input for your child.

### **Will the goals change?**

Initially, the goals will stay the same. We've found that some kiddos do much better via TeleHealth and actually need new goals because they've met their current goals. Other children are struggling more with the state of things. We can put their current goals on hold and add new goals that better suit their current needs.

### **Does my insurance cover TeleHealth?**

If your child's insurance covers in-clinic sessions, it likely will cover TeleHealth sessions, at least during the COVID-19 pandemic. Soonercare/Medicaid covers OT and ST for TeleHealth consistently. Blue Cross Blue Shield has been waiving the co-insurance and co-pays for several of our clients for TeleHealth sessions. Please call the number on the back of your child's insurance card and ask them if they cover TeleHealth Occupational Therapy or Speech Therapy for in-network providers.



*Do you have a specific question that isn't answered here? Feel free to contact us for more information.*



Greenhouse Owner/ CEO Kassie Allison, MOT, OTR/L, had the privilege recently of being a guest host on the Educate to Advocate podcast, speaking on Sensory Regulation :  
What Is It, & Why Is It Important?

We are so proud to share it with you! Consider sending the link to your friends, and teachers and principals, too, as they also discuss these elements in play in the classroom environment.

[Apple.co/3pMamEG](https://apple.co/3pMamEG)

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