



Getting Started – Therapy at River's Edge Forest Play, LLC

Thank you for your interest in River's Edge Forest Play (REFP) Therapy. We use the licensed clinical practices of Clinical Professional Counseling and Occupational Therapy to connect children to themselves, others and nature so they can thrive. We are a nature-based practice and predominately work outside in all weather. Please complete this inquiry information and schedule a 15-minute call. These steps will help to determine if REFP is a good fit for your child and family. You will receive a call or email to SCHEDULE a quick 15 minute informational call. The next step will be to complete our intake paperwork.

Therapeutic Approach

- REFP is a nature-based practice that believes connecting with nature promotes health and wellness through lowering anxiety and depression and slowing the pace of life. Children learn through play and engaging their senses and nature is the perfect environment to do so.
- Our therapists use cues of safety, awareness and trust, sensory supports, and relationship-based interventions to support children in sessions.
- A key component to success with REFP is our strong working relationship with our parents. Regular communication, therapy that is focused on very functional and meaningful objectives that the parent helps to write and parental education are key to growth and success. Parents are expected to be active partners in the therapy process. REFP's goal is not to "fix" your child but to bring awareness and understanding as to the strengths and needs of your child. We are your partners in this journey to help your child thrive.
- We say yes to the mess ... every time. At REFP, your child will leave therapy sessions a little (or a lot) dirty (or wet), sometimes stinky, and sometimes a little tired. We will not ask your child to NOT play in the mud if they are interested, instead, we WILL play in the mud with them!
- REFP is an all-weather setting. Therapy sessions take place in the heat, cold, rain, wind, and sun; we shelter during extreme weather. We embrace all of these weather variables as opportunities in the therapy process.

REFP values the treatment modalities and environment in which we practice and realize this might NOT be the appropriate setting for every child or every family. When you select River's Edge Forest Play to help your child be their best through nature therapy, you understand the above is the REFP therapeutic approach and you are ready for your child to grow and learn and thrive under these principles.

- I have read and agree with the REFP Therapeutic approach (above).

Yes

No

- I understand that REFP does not work directly with any insurance company. REFP is a fee for service practice offering different monthly programs to meet the needs of your child. Each program is a 4 month commitment and billed on the first of each month. REFP will provide a Superbill to a family upon request. Initial _____

- I have reviewed the individual therapy services that REFP provides.

<https://www.riversedgeforestplay.com/foresttherapy-for-kids>

Yes

No

- Which individual service package are you interested in?

___ Foundations Package

___ Essentials Package

___ Comprehensive Package

___ Undecided, I would like to discuss my options further

- Are you a returning River's Edge Forest Play client?

Yes, we have been a part of previous REFP services

No, we are new to REFP services

- Child's Full Name _____

- Child's Birthdate _____

- Child's Age _____

- Parent / Guardian Name _____

- Parent / Guardian Phone Number _____

- Parent / Guardian Email _____

- Where did you hear about River's Edge Forest Play?

___ Friend / word of mouth

___ Facebook

___ Instagram

___ Google

- What are your primary concerns? Why are you seeking therapy services for your child? _____
- Please briefly describe any therapy services that your child is currently receiving or has received in the past. _____
- If your child is currently receiving services or has completed a recent evaluation, what is the date of your child's most recent evaluation or re-evaluation? _____
- Please upload a copy of your child's most recent evaluation (if it was within the last 12 months).

Behavior Policy

Children who attend our individual therapy services are receiving therapy services in a one-on-one setting. Our therapists use cues of safety, awareness and trust, sensory supports, and relationship-based interventions to help children handle big emotions and behaviors. Children who attend our services must be able to follow directions (most of the time!), and have basic safety awareness to be in wild nature settings with the therapist but NOT always within arm's reach.

We are practice on over 10 acres of natural space with access to a creek, elevation changes, trees, and natural hazards like thorny plants and potential animals. This is not an ideal environment for children who have significant behaviors or support needs for safety in this setting. If a child has disruptive behaviors that impact the safety of themselves or the therapists in this environment, we will immediately consult with the parents to discuss relationship-based strategies to further support safety in the environment. Should it be decided by the therapist and parent that this setting is not a good fit for the child, services will be terminated and a prorated refund will be issued minus a \$50 administrative fee.

Please verify that your child meets these requirements.

- I fully expect that my child is able to (check all that apply):
☐ Stay with the therapist while in the woods
☐ Maintain personal safety with the therapist nearby not always within arms reach
☐ Navigate the outdoor space with no more than moderate physical support
- Please leave any comments, questions, or concerns you have about your child's participation in outdoor occupational therapy based on the above behavior policy below.
- All of the above information has been reviewed. I will now schedule a 15-minute informational call with River's Edge Forest Play.

Thank you for your time and interest!

Your next step is to schedule a 15-minute informational call with our lead therapist, Teece Nowell, to verify your child is a good fit for our services.

