

A photograph of several young children sitting at a table, focused on coloring. They are using various colored markers on a piece of paper. The background is slightly blurred, showing a classroom or activity room setting.

# Therapeutic Preschool



safer, healthier relationships  
for children and families

Highly structured environment utilizing trauma-informed, developmentally sensitive interventions for children ages three to five experiencing emotional and behavioral difficulties.

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## METHODS

FamilyForward's Therapeutic Preschool provides structure and stability in a nurturing, therapeutic environment. The program helps children learn problem-solving skills and new ways of processing feelings and emotions. Highly trained teachers and therapists provide individualized care for children who have experienced trauma. The program incorporates interventions supportive of sensory integration and self-regulation.

## Services

- The program operates year-round, with the exception of weekends and major holidays. Therapeutic Preschool hours are Monday through Friday, from 9:30 am to 1:30 pm. Breakfast and lunch are served to the children daily.
- In addition to utilizing a cognitively oriented early childhood curriculum, individual play therapy and family therapy are key components of the program. Children also have access to occupational and speech therapy. Support to obtain consideration for an Individualized Education Program (IEP) or 504 educational plan is provided.

## Eligibility

- The program is offered at no cost to children who are residents of St. Louis County and/or eligible for MO HealthNet (Medicaid).
- FamilyForward's Therapeutic Preschool serves children who have experienced early adversity.

## Approach

- Caregiver engagement is an important element of the program. In addition to offering family therapy, the program provides home visits, and parent coaching and psychoeducation using the Attachment, Regulation, and Competency (ARC) Framework.
- The Neurosequential Model of Therapeutics (NMT) is a trauma-informed, developmentally sensitive approach to understanding the impact of a child's history on current functioning. NMT provides the structure to best recognize the presenting behaviors and needs of each child in the Therapeutic Preschool. Assessments and evaluations offer individualized recommendations to support children at home, in school, and with therapeutic interventions.
- There is one teacher for every four children in the Therapeutic Preschool. Staff members are trained in Trauma Smart, a model founded on evidence-based interventions and recognized to be effective in helping children and the adults who care for them address the impact of violence and trauma.
- This whole child approach helps family members, teachers, therapists, and other professionals best meet the needs of each child in the program.

## LEARN MORE

Call **314.534.9350** and ask for Intake or email [intake.dept@familyforwardmo.org](mailto:intake.dept@familyforwardmo.org) to learn more about FamilyForward's Therapeutic Preschool.



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**OUR MISSION:** FamilyForward moves vulnerable children in the direction of hope by delivering comprehensive therapeutic and educational services to support biological, foster, and adoptive families.

