



SIERRA SCHOOL OF SOLANO — DAY REHAB



Building Confidence and Competence Through Personalized Academic Interventions

SCHOOL OVERVIEW

- ◆ County: Solano
- ◆ Facility: 21,000 square feet
- ◆ School Size: 12.5 acres
- ◆ Capacity: 30 students
- ◆ Staff-to-Student Ratio: 1:3
- ◆ Multidisciplinary staff includes: Mental Health Specialists, Mental Health Therapists & Clinical Director

STUDENT BODY

- ◆ Grades: 3–12
- ◆ Ages: 7–18
- ◆ Classroom Population: 8–10 students
- ◆ Serving students with an ED diagnosis and an AB3632 designation with a specific mental health diagnosis that impacts academic function; also students with SLD (specific learning disabilities), a variety of health, neurological, and cognitive impairments, autism, and multiple disabilities

PROGRAM HIGHLIGHTS

- ◆ Intensive Day Rehabilitation Program
- ◆ Therapeutic Milieu within Classroom Environment
- ◆ Community Meetings
- ◆ Individual & Group Therapy
- ◆ Art Therapy & Sandtray/Play Therapy
- ◆ Adjunctive Therapies
- ◆ Skill-Building Groups
- ◆ Girls' Group

Solano Day Rehab is an intensive mental health program located on the campus of the Sierra School of Solano County. Although we are fully integrated with the academic component of the larger facility, our program is designated exclusively for students who have intensive mental health needs that are impeding their academic success. Accordingly, they receive targeted attention and treatment for a minimum of four hours a day in separate classrooms specially equipped to meet their specific needs and achieve their IEP goals.

Each classroom is staffed with a mental health specialist who provides mental health support and one-on-one instruction all day, as well as a registered or licensed therapist who delivers individual therapy on a weekly or as-needed basis. Additional features of our program include: morning check-in sessions, daily journaling, focused process groups, customized psychotherapy, life skills and vocational training, and a great deal of family involvement — all in an effort to show students that they are not alone in their struggles and that they can learn to positively interact with others, gain self-awareness, self-regulate behaviors, and achieve personal objectives.

The Solano Day Rehab program collaborates with local school districts and Solano County Mental Health to transition special needs students as smoothly and successfully as possible through the most appropriate steps for them within the system. Ultimately, the goal of our unique program is to help students address their particular challenges by developing proper coping mechanisms and acquiring the necessary social skills that will allow them to become productive, participating members of society.

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