HOPE RISING CLINIC
A DIVISION OF WONDERLAND CHILD & FAMILY SERVICES

Welcome to the Hope Rising Clinic's Caregiver Education Program!

This is an 11-week program where you will meet one-to-one with a provider, remotely or in-person. Sessions will include a blend of media, PowerPoint slides, weekly homework assignments, resource recommendations, and supportive discussions.

During these sessions, you will have the opportunity to discuss particular challenges or concerns in depth with the provider, as well as expand your current knowledge of the following session topics:

1) Program Introduction & Setting Goals
2) Prenatal Substance Exposure & the Brain
3) Executive Functioning
4) Sensory Processing
5) Self-Regulation
6) Understanding Your Child with Prenatal Substance Exposure
7) Reframing & Understanding
8) Changing Expectations & the Environment
9) Your Relationship with Your Child
10) Education Advocacy
11) Community Resources & Transitioning to Therapeutic Services

Research shows that caregiver education is one of the most effective ways to promote healthy development and manage behavioral challenges. By understanding the unique needs of your child, learning practical strategies, and building a supportive environment, you can positively impact their emotional regulation, social skills, and overall wellbeing.

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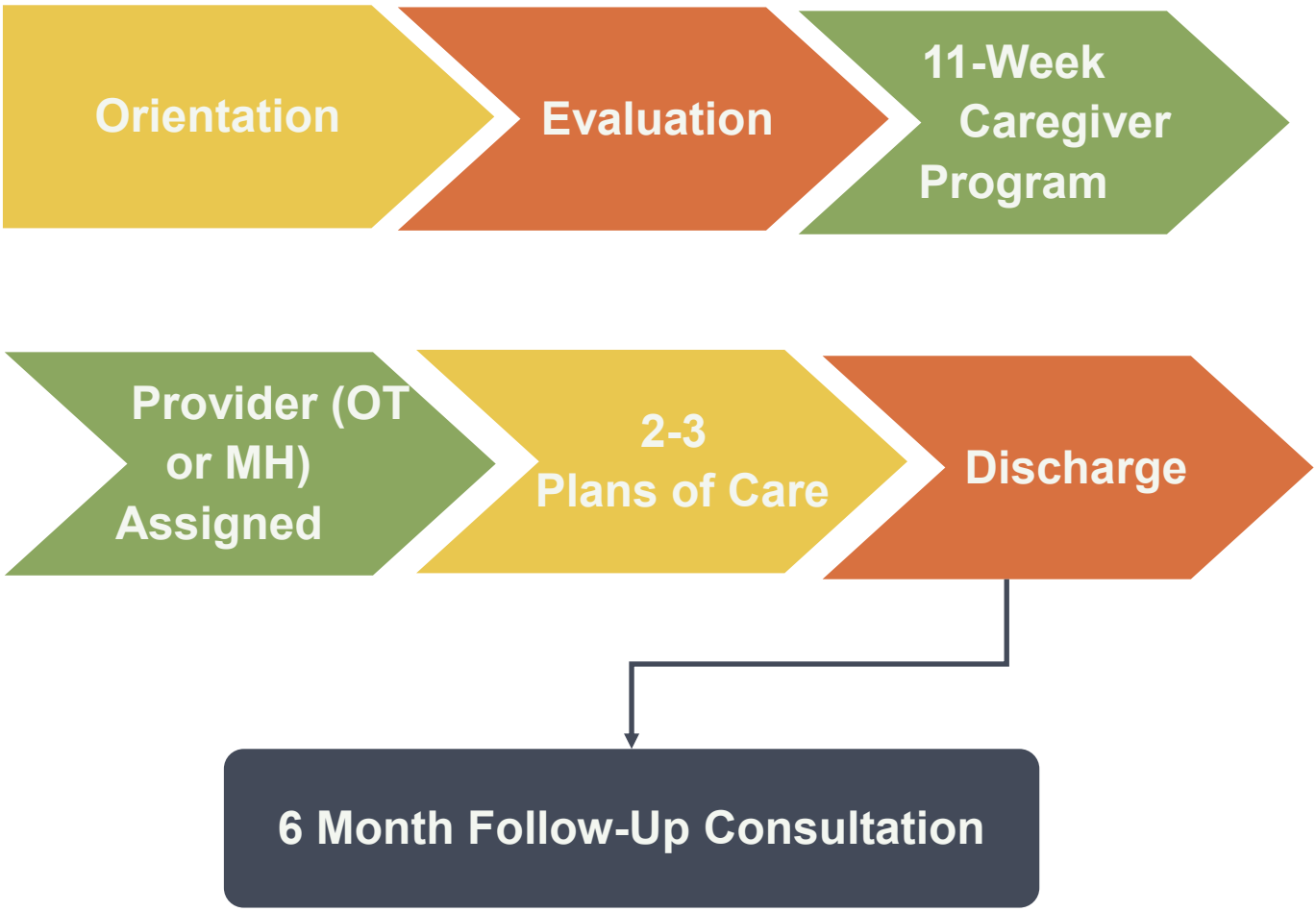
After concluding the 11–week caregiver education program, your child will transition into therapy services with a primary service provider.

Your child can complete 10-15 months of therapy (occupational therapy or mental health therapy) before discharge. After 6 months, your primary service provider will reach out for a consultation and check in.



If you feel your child would benefit from long-term therapy services, your Family Support Specialist will work with you to support finding an appropriate agency to connect you with prior to your child discharging from services at Hope Rising Clinic.