



MAINSTAY  
PROGRAM  
PROGRAM SERVICES  
FOR SCHOOL DISTRICTS



The Mainstay Program is a Division of Lakeside Educational Network

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Is school  
a struggle for  
your students?

*We can help.*

## CONTACT INFORMATION

To make a referral to the Mainstay Program or for additional information, contact Delana Woodward at 215.518.9312 or email [dwoodward@lakesidelink.com](mailto:dwoodward@lakesidelink.com).



### In-School Programming

A cost effective way to provide support services to a large number of students is through the placement of Mainstay Program personnel in school districts. Mainstay is able to furnish school districts with part-time or full-time staff who can provide services to students in need.

The specific role of Mainstay Program personnel can be tailored to meet each school district's needs. For information about in-school programming, contact Brian Dager at 215.542.7737 or email [bdager@lakesidelink.com](mailto:bdager@lakesidelink.com).

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## INTRODUCTION

Lakeside's Mainstay Program has a long history of working with young people who have experienced significant difficulties achieving personal and academic success in their lives.

*"Your staff have given me hope that I can be successful again. All of my teachers just thought I was taking up space and a chair and that I could never learn anything. I have learned more this year than I have in a very long time."*

*Student, Norristown Area School District*

*"You have given me back my life and I am so grateful. I will tell anybody who wants to know how helpful this program has been."*

*Parent, Council Rock School District*

*"A lot of agencies say they deliver, but you and your staff really do!"*

*Juvenile Probation Officer, Montgomery County*

*"If only all the agencies I work with were as efficient as your staff! You follow through so well and communicate with me very quickly."*

*Special Education Supervisor, Council Rock School District*

*"I like working with you because you believe in kids and want to see them be successful. You also work with the whole family."*

*Juvenile Probation Officer, Montgomery County*

Mainstay has emerged as one of the most comprehensive therapeutic and academic mobile programs in the region. School districts, juvenile probation departments and other agencies utilize Mainstay as a way to transition students, with many diverse problems, to real success.



## SUSPENSION ALTERNATIVES

Dealing with problem behavior can be time consuming for school district personnel. Suspension is not always an effective consequence for changing problem behavior. Mainstay offers alternatives that can be used instead of, or in conjunction with, suspension from school.



### Assessment

Meet with Student and School District Personnel to Assess Behavioral Needs  
Design of Intervention Plan

### Intervention

Individual Counseling  
Written Process Recordings Related to Behavioral Infraction  
Development and Implementation of Behavioral Plans  
Anger Management Training  
Decision Making Skill Development  
Problem Solving and Conflict Resolution  
Problem Solving Consultation with Teachers  
Monitor Academic Make-up Work  
Facilitate Making Amends with Offended Parties  
Consultation with Parents/Guardians

### Transition

Transition Planning  
Preparation for Return to Class/School  
Follow-up Support

### Also Available

Social Skills Training  
Tutorial Support  
Behavior Management Services



## ▶ PARENT CONSULTATION & SUPPORT

Schools occasionally identify needs in students that can best be met through services provided directly to parents. Mainstay Staff work with parents on a fee-for-service basis to assist them in developing parenting skills essential to their childrens' progress and success in school.

### Services

- In-Home Consultation
- Liaison with School District Personnel
- Parenting Education and Training
- Mentoring/Coaching
- Individual Counseling
- Support and Encouragement
- Decision Making Skill Development
- Problem Solving and Conflict Resolution
- Development and Implementation of Behavioral Plans
- Anger Management Training
- Crisis Intervention



## ▶ PROGRAM COMPONENTS

### Individualized Services

Mainstay staff meet with students, parents and school district personnel to design individualized services that meet the needs of students.

### Interventions

Mainstay interventions encompass both academic and therapeutic approaches that identify underlying issues, provide supportive services to deal with those issues and engage students on a new path to personal growth and school success.

### Phased Programming

Mainstay's services are designed specifically to meet students' needs through a phased process. Once students' needs are identified, trained professional staff are assigned to work with them. The goal of the program is to permanently transition students to success in their homes, schools and communities. Student progress is evaluated through the varied phases by joint assessment of the Mainstay staff, students, parents and school district representatives.

### Mobile

Mainstay operates on a mobile basis, providing services to students in their homes, schools and communities, so as to maximize their present educational placements.

### Eligibility

Mainstay is equipped to provide academic and therapeutic support services to all school age children, both general and special education, identified by their school district.

## TRUANCY



Truancy is indicative of numerous problems that can occur in students' lives. It becomes a life-dominating pattern of habits that often leads to long-term cycles of failure and severe consequences. Simply helping students comply with attendance rules does not resolve the underlying issues related to truancy.

### Orientation

- Assessment
- Design of Intervention Plan

### Intervention

- Attendance Accountability
- Individual Counseling
- Consultation with School District Personnel
- Consultation with Parents/Guardians
- Crisis Intervention



### Transition

- Transition Planning
- Team Conferencing
- Follow-up Support

### Also Available

- Academic Accountability
- Tutorial Support
- Independent Study Credit
- Credit for Remediation
- Transportation to School
- Parenting Education and Training



## GRADUATION REQUIREMENTS



### Orientation

- Assessment
- Design of Intervention Plan

### Intervention

- Consultation with School District Personnel
- Academic Tutoring
- Independent Study Credit
- Credit for Remediation
- Achievement of IEP Goals and Objectives
- Individual Counseling
- Support and Encouragement
- Consultation with Parents/Guardians

### Transition

- Transition Planning
- Team Conference
- Follow-up Support

### Also Available

- Casemanagement Services
- Parenting Education and Training
- Crisis Intervention



## DROP OUT PREVENTION

There are times when the feasibility of students completing school is very low due to repeated failures, family issues, peer issues and/or emotional difficulties. Mainstay can provide services to help students achieve success through non-conventional, individual programming.

*Drop Out Prevention services include:*

- GED Preparation/Career Counseling
- Graduation Requirements



## GED PREPARATION/CAREER COUNSELING



### Orientation

GED Assessment  
Career Assessment  
Design of Intervention Plan

### Intervention

GED Tutoring  
Individual Counseling  
Assistance in Obtaining and Maintaining Employment  
Support and Encouragement  
Consultation with School District Personnel  
Consultation with Parents/Guardians

### Transition

Transition Planning  
Team Conferencing  
Follow-up Support

### Also Available

Casemanagement Services  
Parenting Education and Training  
Crisis Intervention



## EMOTIONAL/BEHAVIORAL INTERVENTION

Students' educational progress may be adversely affected by significant emotional and behavioral problems. Often when this occurs, students begin a downward spiral that leads to failure and other difficulties both in and out of school. It is important to assist students in resolving emotional and behavioral problems so they can progress academically.



### Orientation

Emotional/Behavioral Assessment  
Design of Intervention Plan

### Intervention

Development and Implementation of Behavioral Plans  
Intensive Individual Counseling  
Consultation with School District Personnel  
Problem Solving Interventions with Teachers  
Provision of Counseling as Related Service Delineated in IEPs  
Crisis Intervention  
Support and Encouragement  
Consultation with Parents/Guardians



### Transition

Transition Planning  
Team Conferencing  
Follow-up Support



### Also Available

Casemanagement Services  
Behavior Management Services  
Classroom Observations  
Group Counseling  
Academic Accountability  
Tutorial Support  
Independent Study Credit  
Credit for Remediation  
Parenting Education and Training  
Participation in IEP Conferences

## ▶ ALTERNATIVE SCHOOL PLACEMENT PREVENTION

Students caught in a cycle of failure can become disruptive to the school community thereby requiring an out of school placement. With early identification and the provision of support services, stabilization can occur enabling students to remain in their home schools.

### **Orientation**

- Assessment
- Design of Intervention Plan

### **Intervention**

- Development and Implementation of Behavioral Plans
- Problem Solving and Conflict Resolution
- Consultation with School District Personnel
- Problem Solving Interventions with Teachers
- Individual Counseling
- Support and Encouragement
- Academic Accountability
- Decision Making Skill Development
- Anger Management Training
- Crisis Intervention
- Consultation with Parents/Guardians

### **Transition**

- Transition Planning
- Team Conferencing
- Follow-up Support

### **Also Available**

- Social Skills Training
- Behavior Management Services
- Casemanagement Services
- Classroom Observations
- Tutorial Support
- Independent Study Credit
- Credit for Remediation
- Parenting Education and Training

## ▶ TRANSITION FROM PLACEMENT

Returning to public school from outside placements is a crucial time when students need assistance to employ newly developed skills and maintain the success they have worked hard to achieve. Transitioning from a highly structured environment to one that expects independence requires careful planning and ongoing support. Mainstay Transition Counselors can help students transition smoothly while maintaining success.

### **Services**

- Individual Counseling
- Consultation with School District Personnel
- Support and Encouragement
- Attendance Accountability
- Academic Accountability
- Casemanagement Services
- Problem Solving and Conflict Resolution
- Problem Solving Intervention with Teachers
- Consultation with Parents/Guardians
- Crisis Intervention

### **Also Available**

- Tutorial Support
- Independent Study Credit
- Credit for Remediation
- Parenting Education and Training
- Behavior Management Services