

## CLARA'S HOUSE EARLY CHILDHOOD AGES 3 - 5 (PRE-K)

### Reasons to refer...

- **Significant difficulties in daily functioning:** Significant disruptions in the child's sleeping, eating, toileting, communication, or play behaviors. Experiencing significant stressors or adverse events.
- **Social-emotional challenges:** Difficulty forming age-appropriate social-emotional relationships and/or troubles participating in childcare or school settings (e.g., suspensions or expulsions from childcare or preschool). Not engaging with caregivers to share joy, seek comfort or reassurance.
- **Difficulty with co-regulation and separation:** Difficulty being soothed by caregivers or struggling with age-appropriate separation from caregiver, or a lack of age-expected fears regarding new people, places, or experiences.
- **Emotional dysregulation:** Persistent and intense emotional dysregulation (e.g., angry, fearful, excited, sad) that disrupts daily functioning and/or results in harm to self, others, or property.
- **Sensory sensitivity or behavioral rigidity:** Over or under sensitivity to sensory stimuli, difficulty adapting to minor changes in routine, refusal to speak outside the home (even with reassurance), and/or rigid, repetitive, or anxious behaviors that interfere with daily activities.
- **Caregiver stress:** Caregivers may be experiencing significant stress due to managing the child's emotional and behavioral needs. This stress can interfere with positive parenting, affect their performance at work, strain relationships, and negatively impact their health.



## What's the program?

The **Early Childhood Unit** Hours are 8:00 AM - 1:00 PM.

Family therapy may be scheduled after 1:00 PM.

- **Therapeutic groups** focus on social-emotional development and education through play, including the use of art, recreation, movement, and music.
- **Psychiatry services** provide individual psychiatric evaluation and medication management.
- **Occupational therapy** supports development in the areas of sensory integration, processing, and motor skills.
- **Individual play therapy** is tailored to the child's unique needs and therapeutic goals. Further psychological assessment may be available if needed to clarify diagnosis and treatment plan.
- **Family therapy with the child** addresses family dynamics and improves attachment and attunement in the caregiver-child relationship.
- **Family therapy without the child** focuses on caregiver needs and strategies for enhancing positive parenting skills.
- **Parenting education and family support group** builds caregiver skills for managing challenging situations and fostering healthy family interactions.

## How to refer...

- **School districts, special education, social services, therapists, doctors, or other providers outside of CentraCare:** Complete and return the referral form on the CentraCare website:  
<https://www.centracare.com/services/behavioral-health/st-cloud/child-adolescent-partial-hospitalization/>
- **CentraCare providers:** Place an order (AMB Consult Behavioral Health) for a Clara's House referral through Epic. In the order, select: SCH Claras House Behavioral Health Child and Adolescent.

Clara's House is a mental health partial hospitalization program for children and adolescents ages 3-18.

Clara's House provides intensive therapeutic services with a goal of stabilization and improving emotional well-being.



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