

Germaine Lawrence offers the only all-girls special education-approved day school in Massachusetts. Our clinically sophisticated program is designed for adolescent girls in grades 7 through 12 who require a highly structured program with special therapeutic and academic supports.

Target Population

Our program best serves girls ages 12-18 with the following characteristics:

- Serious behavioral and emotional problems
- Truancy and school refusal
- Trauma history and symptoms
- Depression, suicidal and/or self-injurious behavior
- Eating disorders
- Substance abuse
- Peer conflict or poor social skills
- Step-down from hospital or residential school

Academic Services

The Germaine Lawrence day school curriculum is based on the content and skill requirements outlined in the Massachusetts Curriculum Frameworks. Core subjects are supplemented by art, physical education and life skills classes. We manage a broad range of academic abilities through an individualized approach to learning. Extensive support and structure in a small classroom setting help students develop the confidence that will allow them to achieve academic advancement.

Executive Functioning. Executive functioning skills are embedded into the curriculum to teach strategies that help students set goals, improve cognitive functioning, monitor behavior, and adapt to changing situations.

Social pragmatics and daily living skills. Students receive explicit instruction in social pragmatics and daily living skills including nutrition, time management, and self-advocacy. In addition, yoga and other mind/body techniques that help students improve concentration and manage their emotions and behavior are incorporated throughout the day.

Clinical Services

Cognitive/behavioral programming, including DBT, is woven into the daily routine to help build social and emotional coping skills. A masters-level clinician is designated for each student and provides therapy services, case management and collaboration with any outside providers. In addition, crisis management staff are available to support students as needed.

Individual therapy. Weekly individual therapy is offered. Our clinicians teach students new skills to manage difficult feelings and trauma symptoms, as well as how to begin to develop and navigate healthy relationships. They use role-plays, skill coaching, and a directed nurturing approach to teach students concrete grounding techniques, emotion regulation strategies, and effective interpersonal skills.

Group therapy. After-school group therapy will also be provided. Using role plays, expressive arts and facilitated discussions, the groups are a safe forum for girls to learn about high risk behaviors, and practice skills so they can better manage their emotions and build constructive relationships. Clinicians will develop groups based on the students needs, and may include topics such as DBT skills; treatment issues identified in IEP such as school truancy, running, or other high risk behaviors; social skills; substance abuse prevention; or women's empowerment.

Family Therapy and Support The clinician assigned to a student is also the primary contact with the family to help support a successful day placement for the student and stable home environment. Regular family therapy is offered and clinicians provide on-going support, communication, feedback and skill development to families of every student. In-home therapy and coaching is available at additional cost if requested.

We provide a range of parent-oriented services, including parent support groups, parent advisory meetings, and parent seminars on topics of interest. Parents receive regularly updates on their students' academic achievement and progress meeting IEP goals. Homework assignments and other classroom information are posted on a password protected website.

Extended Day

Our Monday – Thursday afternoon extended day program will provide:

- Academic tutoring including homework support and, when appropriate, college counseling and test prep
- Social skills training, life skills coaching and other therapeutic groups
- Art, music, drama, yoga and other activities
- Intramural and interscholastic sports teams

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