

## Who We Are

### Return to School (RTS)

#### GROUP PROGRAM

The RTS Group Program is facilitated by a Speech Language Pathologist (SLP) and is designed to meet the specific needs of students who are intending to return to studies or have already returned.

Our goals are to make mild brain injury and concussions manageable by providing opportunities to enhance the understanding of the effects of brain injury on various aspects of cognitive communication including reading, writing, and social communication. Specific strategies are taught in a seven week module based program.

Strategies and skills are presented in a hands-on group format designed to simulate a classroom setting. Seven sessions are facilitated by the SLP, two hours per session; session attendance is mandatory.

#### Additional Information:

<https://www.sjhc.london.on.ca/acquired-brain-injury-program/outpatient-rehabilitation>

<https://www.sjhc.london.on.ca/concussion-mtbi/our-services>

## Contact



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## Parkwood Institute

### Return to School (RTS) Group Program\*

For students intending to return to secondary or post-secondary education following a mTBI or concussion!



\* A Speech-Language Pathology Initiative

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## Who we serve

- Individuals following a mild brain injury/concussion
- Students attending school, or those planning to return to school in the near future (secondary or post-secondary education)
- To qualify for the Return to School Group Program, a physician's referral is required

## Referral information

- Referrals are accepted from within the 10 counties of Southwestern Ontario: Essex, Lambton, Middlesex, Elgin, Kent, Oxford, Perth, Bruce, Grey, and Huron
- Assessment is required by a Speech-Language Pathologist for acceptance into the program

Physician referral form:

<https://www.sjhc.london.on.ca/concussion-mtbi/referral>

## Program modules



The following topics will be covered during the Return to School sessions:

### Introduction:

Changes following brain injury, access to services at school, self-advocacy

### Social communication, verbal skills and presentation:

Organizing thoughts & ideas, verbal/non-verbal communication

### Reading:

Comprehension/visual processing

### Study skills:

Test taking strategies, how to study, learning styles

### Technology supports:

Tablets, Smartphones, Apps, Software

### Writing:

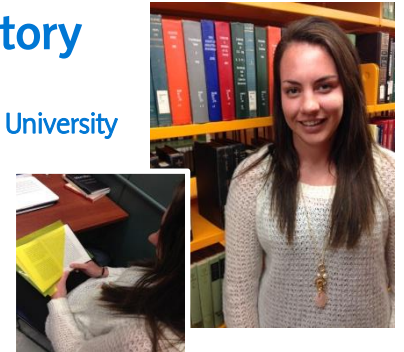
Note taking, organization, reports, essays, social media

### Wrap up:

Review of strategies, special topics as needed.

## My story

Ashley,  
Western University



*"Before starting the Return to School Group Therapy Program I felt **helpless**. Trying to finish my homework and keep up in my classes was a struggle. I always ended up feeling frustrated, depressed and stressed. I felt that no one really understood what I was going through, not even my family or roommates. The RTS program allowed me to meet people who were also experiencing the effects of brain injury and create supportive relationships. I found the strategies that I have learned through the RTS program have made me more confident and excited about going back to school. The technology I learned was essential. I was able to use these techniques in my schooling to make things easier, and more adaptable to my own capabilities. I still know to this day that things take me twice as long, but I now have tools to conquer my difficulties – thanks to the RTS program!"*