

# Center for Neurodevelopmental Services

## PATHWAYS ACADEMY

**Roya Ostovar, Ph.D.**  
**Director**



McLean Hospital

115 Mill Street Belmont, Massachusetts 02478-9106  
Telephone (617) 855-2847, Fax (617) 855-2833

Dear Parents / Guardians,

Thank you for your interest in Pathways Academy. Enclosed please find a packet of information describing our program and an application form. Please make sure to review the **Required Application Material** list and return the requested information. If you are waiting on test results, reports, or other materials, please indicate on the checklist when you might anticipate receiving the information.

Please feel free to contact us at **(617) 855-2847** if you have any questions. For additional information on CNS Programs please visit [www.mclean.org](http://www.mclean.org), choose patient care, child & adolescent programs, and click on the Center for Neurodevelopmental Services (CNS). We look forward to hearing from you.

Sincerely,

Roya Ostovar, Ph.D.  
Director  
Center For Neurodevelopmental Services (CNS)  
Pathways Academy  
Camp New Connections  
Fellowship and Training Program Director (CNS)

Laura Mead, MS.Ed.  
Educational Administrator  
Pathways Academy  
McLean Hospital

## **History and Philosophy**

Pathways Academy was established under the auspices of the Center for Neurodevelopmental Services (CNS). The center's main goal is to integrate services to meet the educational, social, and developmental needs of individuals with Asperger's Syndrome and related learning and developmental disorders. Some students may also present with co-occurring psychiatric conditions.

## **The Center for Neurodevelopmental Services (CNS) consists of**

- Pathways Academy
- Camp New Connections

It is a component of the McLean Hospital/Partners Center for Excellence for Children and Adolescents with Developmental Disorders.

## **Mission Statement**

The Center for Neurodevelopmental Services (CNS) - Pathways Academy is a year-round, day school that provides comprehensive therapeutic and educational services to children and adolescents with Asperger's Syndrome, NLD, and related disorders. Pathways Academy is fully approved by the Massachusetts Department of Education.

Pathways Academy was developed to meet the physical, social, and academic needs of children and adolescents who are out of school or struggling in school. These students have difficulty understanding social cues and tend to misunderstand and misinterpret social situations. They have difficulty integrating their experiences and interactions and drawing expected inferences. Their reduced ability in these areas often leads to feelings of frustration, limited success, and low self-esteem. They also may have co-occurring psychiatric diagnoses, including depression, social and academic anxiety and other behavioral difficulties. Each student's program is customized based on his/her individual academic, social, and cognitive profile.

Pathways Academy is fully approved by the Massachusetts Department of Education (DOE). Its curriculum is developed and implemented utilizing strategies that maximize a student's learning, social skills, and success. This is done in collaboration with the student's community-based treatment team and the referring public school system. The curriculum and educational methodology is designed to emphasize each individual's strengths, and to accommodate each individual's learning needs and neurocognitive profile.

The community-based team members are selected by the family and often include psychotherapists, pediatricians, psychopharmacologists, neurologists, nutritionists, and educational advocates, as determined by each student's unique needs. Pragmatic language therapy, as well as sensory integration, is incorporated across the curriculum. The educational team, including the student's sending school district, works together so that whenever possible, a student maintains curriculum status in his/her community and prepares students for appropriate inclusion opportunities.

## **Profile of Candidate**

Pathways Academy serves children with Asperger syndrome and related disorders who need a specialized program that will provide active instruction in Social Pragmatics as a core subject and a curriculum taught at the competency level of each student. Many of our applicants may have a secondary or co-occurring psychiatric disorder such as ADHD, Bipolar Disorder, Depression, Anxiety Disorder, and Learning Disorders. Pathways Academy depends on a collaborative working relationship with the students' families, school districts, and community service providers for a successful placement.

### **Populations Not Served**

- Primary diagnosis of Emotionally Disturbed
- Primary diagnosis of Behaviorally Disordered
- Students who require an ABA program

## **Enrollment**

- Age Range Served: 6-22
- Age of Admission: 6-22
- Program Schedule: Monday – Friday Day Program (Wednesday is early release day)
- Number of operational months: 12
- Annual Number of school days: 216
- Staff to student ratio 1:2

## **Tuition Information**

Current: \$88,883.13 (yearly) \$411.50 (daily)

## **Classes**

Small, highly structured language-based classrooms (maximum 4 students per classroom) with a staff to student ratio of 1:2 allow for individualized academic instruction to meet each student's needs. Each class is run by a Special Education Teacher with a school counselor.

## **Program**

Pathways is a developmentally-based program, given the complexity of the students' emotional, social, and learning needs and the fact that much of the students' behavioral difficulties are as a result of their neuro-developmental disorder. All behaviors are viewed as communication and the function of each behavior is assessed. Pathways Academy designs and implements developmentally based psychoeducational behavior plans consisting of positive behavior support and pragmatic training. Through the use of accommodations and modifications, students access the Massachusetts State Curriculum Frameworks for his or her grade level, while building upon foundation skills in mathematics and English Language Arts.

## **Specialized Services**

The program combines a variety of interventions such as occupational therapy and sensory integration, speech and language therapy, pragmatic language and social skill classes, verbal skills training and problem-solving strategies throughout the day, crisis intervention, and academic

support to help the students integrate their experiences in a useful way as they go through their academic day.

### **Admission Procedure**

Pathways Academy serves students age 6 to 22. Most children present with an Autism Spectrum Disorder such as; Pervasive Developmental, Asperger's Syndrome, or Nonverbal Learning Disorder with and without comorbid psychiatric conditions, and a range of cognitive and adaptive abilities. As long as space is available, there are no admission deadlines; early admission is encouraged. One admission visit is required for most applicants. Pathways Academy staff may also be available to observe potential students in their current school placement in addition to or in place of an admissions visit. Supporting materials from schools and diagnosticians are essential in helping to make admissions decisions. For further information, please contact the school's Admissions Department at (617) 855-2847.

### **Program Calendar**

Pathways Academy operates 12 months, 216 school days a year. The school day runs from 8:30 am to 2:30 p.m. Mondays, Tuesdays, Thursdays and Fridays and from 8:30 am to noon on Wednesdays. Wednesday afternoons are reserved for Clinical Rounds during which a multidisciplinary team reviews specific clinical and psychoeducational needs of the students.

### **Staff**

The Faculty of CNS Pathways Academy consists of educators and clinicians familiar with the difficulties affecting children and adolescents with Asperger's Syndrome and other disorders on the Autism Spectrum as well as the psychiatric co-morbidities that often accompany neurodevelopmental disorders. Each program (the lower school and the upper school) has a master's level team leader with certification in special needs. Each classroom is lead by a special needs certified educator. Student-to-staff ratio is 2:1 at all times. The clinical staff supervised by Dr. Ostovar, works closely with the faculty and staff to fully integrate academic and clinical services for each student. Laura D. Mead MS.Ed works with the faculty and staff as school principal and special education administrator. School-wide specialists include a licensed speech and language therapist, licensed occupational therapist, social worker, clinical psychologist, neuropsychologists and child psychiatrists. Graduate psychology interns and fellows provide additional services such as pair (dyad) therapy and classroom/individual pragmatic training services.

# Pathways Academy Application for Admission

*Please forward the following three page application packet along with any other supporting materials to:*

Pathways Academy  
Attn: Laura Mead, MEd  
115 Mill Street  
Belmont, MA 02478  
Phone 617-855-2805  
Fax 617-855-2833

## Student Information

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ School District: \_\_\_\_\_

Current School Placement: \_\_\_\_\_

Diagnoses: \_\_\_\_\_

Interests: \_\_\_\_\_

## Parent Information

Parent Name: \_\_\_\_\_

Phone number(s): \_\_\_\_\_

Best time to reach you: \_\_\_\_\_

# Pathways Academy Application for Admission

*Please indicate which of the following reports you are including with your application.*

<b>Reports</b>	<b>Sending</b>	<b>Not Sending</b>
Neuropsychological/Psychological Assessment Report		
Academic Achievement Testing Reports		
Current Individualized Education Plan (IEP)		
Occupational Therapy/Sensory Integration Testing and reports		
Speech and Language/Social Pragmatics evaluation and reports		
Health/Physical Form from Pediatrician		
Psychiatry/Psychopharmacology Information/Medications		
School District Approval		
Pathways Academy Authorization for Release of Information (Consent Form) to speak to school(s), clinicians, specialists, and other service providers (see attached form)		

Please contact Laura at (617) 855-2805 if you require further clarification regarding required application information.

# Pathways Academy Application for Admission

## Authorization for Release of Information

I authorize Pathways Academy to contact the following health care providers (psychiatrist, psychologist, therapist, physician, etc.) as part of the application process:

1. Name: \_\_\_\_\_ provider type: \_\_\_\_\_

Contact information: \_\_\_\_\_

2. Name: \_\_\_\_\_ provider type: \_\_\_\_\_

Contact information: \_\_\_\_\_

3. Name: \_\_\_\_\_ provider type: \_\_\_\_\_

Contact information: \_\_\_\_\_

4. Name: \_\_\_\_\_ provider type: \_\_\_\_\_

Contact information: \_\_\_\_\_

## **Directions**

**\*\*\*Please Note: Pathways Academy is located in East House\*\*\***

### **How to Find McLean Hospital**

McLean Hospital is located at 115 Mill Street in Belmont, Massachusetts, west of Boston. McLean is accessible by the Massachusetts Turnpike, Route 128/95 or Route 2.

### **From Logan International Airport via I-90 West (Mass. Turnpike or "Mass Pike")**

- From Logan Airport, follow the signs to the Ted Williams Tunnel.
- Go through the Ted Williams Tunnel (toll before tunnel entrance), the tunnel turns into Rte 90 West (Massachusetts Turnpike)
- Take Exit 20, the Brighton/Cambridge exit, and go to the right side of the tollbooth following signs for Cambridge. (After you come out of the tunnel it is the first toll.)
- After the toll, merge left and turn left onto Storrow Drive (not marked as such).
- The Charles River will be on your right. Move to the middle lane and follow the road to the right for Arlington/Cambridge just after the right exit for Harvard Square.
- Go over the Elliot Bridge and follow the right lane, then get left immediately before the entrance to Memorial Drive, which will be on your right. Continue to keep left as you approach a big intersection with Mount Auburn Street, where the road will split into two sets of two lanes. From the left set of lanes you should merge onto Mount Auburn Street, where you should see the Mount Auburn Cemetery on your left.
- Bear right onto Belmont Street at the Star Market on the right.
- Proceed on Belmont Street for 1.1 miles. At the signal go straight and Belmont Street becomes Trapelo Road.
- Proceed on Trapelo Road for 1.4 miles. At the signal bear right on Mill Street. (You will have just passed a Shaw's market and a Getty Gas Station on the right.)
- Travel up the hill and the entrance to the hospital will be on the right at the signal.

### **From Boston**

- From Storrow Drive West
- The Charles River will be on your right. Move to the middle lane and follow the road to the right for Arlington/Cambridge just after the right exit for Harvard Square.
- Go over the Elliot Bridge and follow the right lane, then get left immediately before the entrance to Memorial Drive, which will be on your right. Continue to keep left as you approach a big intersection with Mount Auburn Street, where the road will split into two sets of two lanes. From the left set of lanes you should merge onto Mount Auburn Street, where you should see the Mount Auburn Cemetery on your left.
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- Travel up the hill and the entrance to the hospital will be on the right at the signal.

### **From the Massachusetts Turnpike (I90 East or "Mass Pike")**

- Take the Route I-95 exit North. Take exit 29A to Route 2 East. Follow directions for Heading East on Route 2.

### **Coming from the South or North on Route I-95/128**

- Take exit 29A to Route 2 East. Follow directions for Heading East on Route 2.

### **Heading East on Route 2**

- Take exit 56 - Winter Street/Waverly.
- Turn right onto Winter Street.
- Follow Winter Street to the end and take a left onto Concord Avenue.
- Bear right at the fork (at gas station) onto Mill Street. The entrance to McLean is approximately 3/10 mile down Mill Street at the first traffic light.
- Take a left onto the hospital grounds.

### **Heading West on Route 2**

- Take exit 56 - Routes 4/225, Lexington/Bedford.
- Bear right towards Routes 4/225.
- At the end of the exit ramp, take a left onto Winter Street and cross over Route 2.
- Follow Winter Street to the end and take a left onto Concord Avenue.
- Bear right at the fork (at gas station) onto Mill Street. The entrance to McLean is approximately 3/10 mile down Mill Street at the first traffic light.
- Take a left onto the hospital grounds.

### **Public transportation**

- To reach McLean by subway, take the Red Line to Harvard Station, then take the #73 bus to the end of the line at Waverly Square, Belmont. To reach McLean by commuter rail, take the train to Waverly Square. From Waverly Square, you may either walk to the hospital, approximately 1/2 mile, or wait for the McLean shuttle van at the MBTA bus shelter (sign posted inside van windshield). Call **(617) 855-2121** to check [shuttle departure and arrival times](#). Taxi service is available by calling **(617) 489-9999** (Yellow Cab) or **(617) 484-2000** (Belmont Cab).

### **Suggested walking route**

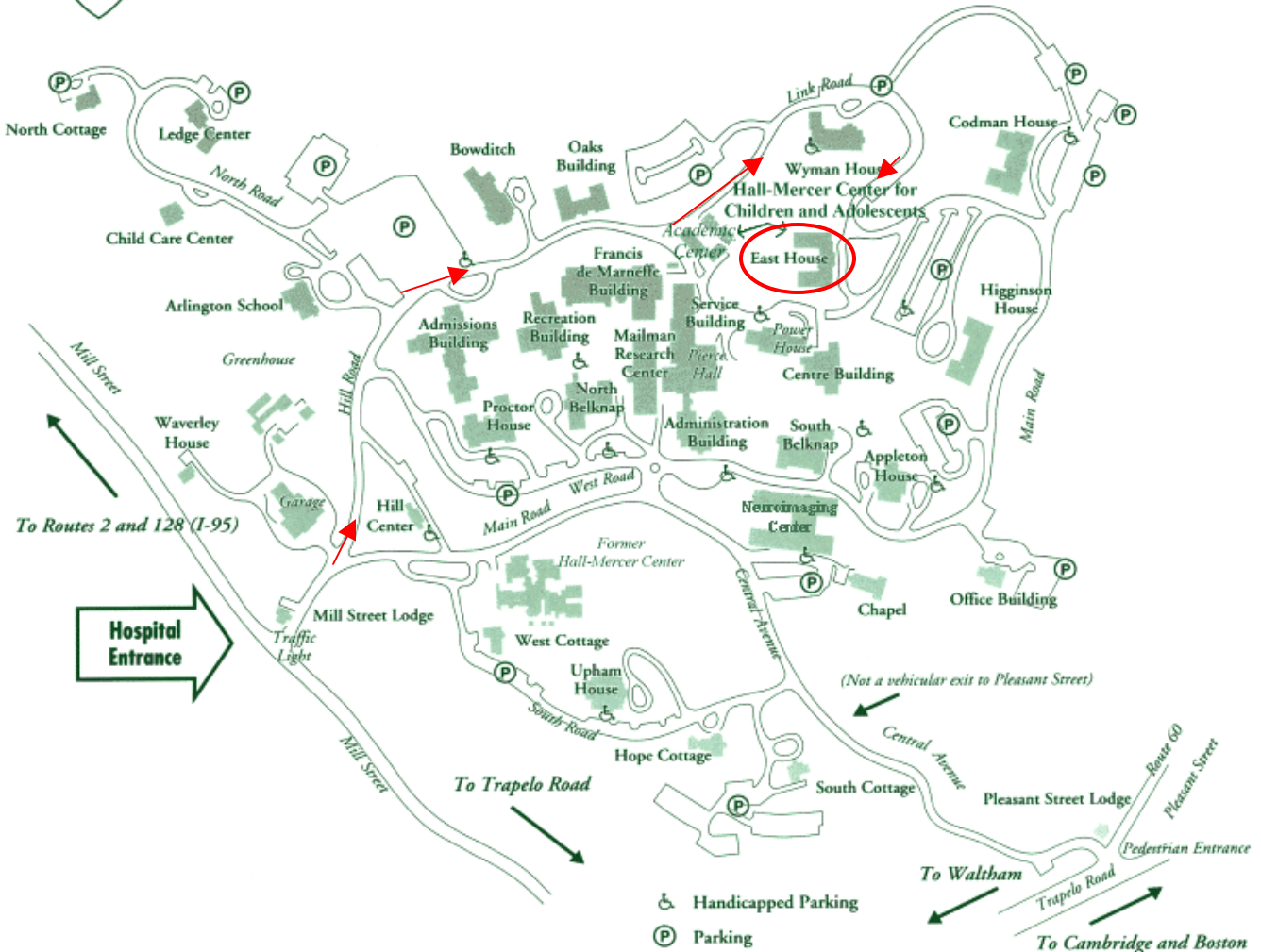
- (The hospital is located approximately 1/2 mile up a large hill). From the bus and rail station at Waverly Square, cross Trapelo Road at the Shaw's market traffic light. Walk west towards the gas station, cross Pleasant Street and enter the McLean grounds at the gatehouse (located at the corner of Pleasant Street and Trapelo Road). Proceed up the footpath. The hospital buildings are at the top of the hill.

**For further information call McLean Hospital at (617) 855-2000.**

**McLean Hospital  
115 Mill Street  
Belmont, MA 02478**



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115 Mill Street, Belmont, MA 02478



### Helpful Telephone Numbers

Hospital Operator (617) 855-2000  
 Information, Referral and Outpatient Services (617) 855-2300  
 Clinical Trials (617) 855-2867  
 Civil Rights Office (617) 855-3406  
 Consumer Comment Line (617) 855-3128

Patient Accounts (617) 726-5301  
 24-hour Crisis Care, Evaluation and Admission (617) 855-3141 or 1-800-333-0338  
 Jonathan O. Cole, MD, Mental Health Consumer Resource Center (617) 855-3298

*(offers publications, tapes and materials on a wide variety of psychiatric disorders)*