

# 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 very much 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)

Helen Murgida, Ed.D.  
Head of School  
Special Education Administrator  
Pathways Academy

## **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 disorder 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 disorder, NLD and other 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 with strategies that maximize a student's learning, social skills, and success. This is done in collaboration with the student and family's community-based treatment team and the referring public school system. 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, are incorporated into the curriculum. The educational team, including the student's community school, works together so that whenever possible, a student maintains curriculum status in his/her community and prepares students for appropriate inclusion opportunities.

The curriculum and educational methodology is designed to emphasize each individual's strengths, and to accommodate each individual's learning needs and neurocognitive profile. Language pragmatics and social skills training, as well as sensory integration services, are incorporated into the curriculum and program. The educational team, (including the student's community school), work together so that whenever possible the student maintains grade level in his/her community and prepares each student for appropriate inclusion opportunities.

## **The Program**

The program is a developmentally based program, which considers all Behavior issues. Therapeutic behavior support and strategies are provided within naturalistic group settings.

## **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:
  - Emotionally Disturbed
  - 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

Student to Staff Ratio: 2:1

## **Tuition Information**

Current: \$81,429.18 (yearly) \$376.99 (daily)

New rate as an approved school currently being set by Operational Service Division, Commonwealth of MA for September 2006.

## **Classes**

Small highly structured language-based classrooms with small student to teacher ratio allow for individual academic instruction when necessary.

## **Program**

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.

## **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 services students who range in age from 6 to 22. All children present with a Pervasive Developmental Disorder such as NLD Disorder with at least average cognitive and adaptive abilities. As long as space is available, there are no admission deadlines; early admission is encouraged. At least two admission visits are required for the applicants. 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 for children and young adults ages six to 22. The school day is 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 each child's progress in the week.

## **Staff**

Staff of the CNS Pathways Academy are educators and clinicians who are familiar with the difficulties affecting children and adolescents with Asperger Disorder and Nonverbal Learning Disabilities. Each program (the lower school and the upper school) has a master's level team leader with certification in special needs. 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. Dr. Murgida works with the staff as Special Education Administrator. School wide specialists include a licensed speech and language therapist, licensed occupational therapist, clinical psychologist, neuropsychologists and child psychiatrists. Graduate psychology interns and fellows provide additional services such as pair (dyad) therapy and individual pragmatic training services.

## **Administrative Staff**

Roya Ostovar, Ph.D.

Director  
Center for Neurodevelopmental Services  
Pathways Academy  
Camp New Connections  
Fellowship and Training Program Director  
McLean Hospital

Helen Murgida, Ed.D.

Head of School  
Special Education Administrator  
Pathways Academy  
McLean Hospital

Cynthia Kaplan, Ph.D.

Administrative Director  
Child and Adolescent Programs  
McLean Hospital

Joseph Gold, M.D

Clinical Director  
Child and Adolescent Programs  
McLean Hospital

## Required Application Material

Dear Parents/Guardians,

Please forward the following information to Pathways Academy, or Indicate that information is not available at this time.

<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	(will be sent to you by mail)	

Please contact us at (617) 855-2847 if you require further clarification regarding required application information.

Roya Ostovar, Ph.D.  
Director

Helen Murgida, Ed.D.  
Head of School

## **Directions to Pathways Academy East House**

### **From Route 128 (I-95)**

Coming from the north on Route 128, take Exit 28, and turn left onto Trapelo Road.

Coming from the south on Route 128, take Exit 28A, and turn right onto Trapelo Road.

Proceed along Trapelo Road for approximately 3 ½ miles to Mill Street. (Mill Street is the first left after the second traffic light that is approximately ½ mile past Metropolitan State Hospital.)

The entrance to McLean is about ¼ mile up the street, on the right, at the traffic light.

### **From Route 2**

Coming from the west on Route 2, take the Winter Street exit, and turn right onto Winter Street.

Coming from the east on Route 2, take the Routes 4/225 exit, bear right, and turn left onto Winter Street.

Follow Winter Street to the end where it meets Concord Avenue, and take a left onto Concord Avenue. Bear right at the gas station onto Mill Street. The entrance to McLean is about ¼ mile down the street, on the left, at the traffic light.

### **From Logan Airport**

Follow the one-way flow of traffic exiting the airport. Bear left at the sign marked Route 1A/Boston, which leads directly to the Sumner Tunnel. At the end of the tunnel, take Route 93 North for about 1/3 of a mile. Take Exit 26, marked Cambridge/Somerville-North Station/Storrow Drive. Stay left and follow the signs for Storrow Drive. Once on Storrow Drive West, stay right and follow the signs for Arlington. After 6 miles, bear right at the sign marked Arlington Routes 2/3. Cross over the Charles River via a small bridge. Turn right, following the signs for Arlington, and stay left. At the second intersection, follow the sign marked Route 16 South-Watertown/Waltham. This is Mt. Auburn Street. After about a mile, bear right at the traffic light after Star Market onto Belmont Street.

Stay in the right lane, and Belmont Street will turn into Trapelo Road. Follow Trapelo Road for two miles and after passing Route 60 on the right, take the next right onto Mill Street. The McLean Hospital entrance is about ¼ mile up the street, on the right, at the traffic light.

### **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 ½ mile, or wait for the McLean shuttle van at the MBTA bus shelter (sign posted inside van windshield). Call (617) 855-2121 to check 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 ½ mile up a large hill)

From the bus and rail station at Waverly Square, cross Trapelo Road at the Star Market traffic light. Walk west towards the gas station, cross Pleasant Street and enter 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.

#### Directions to Pathways Academy after entering McLean Hospital

Once you enter the hospital you will go up a little hill and you come to a fork, where you can bear right or bear left. You want to bear left. You will pass the big hospital parking lot on your left side and the Clinical Evaluation Center (CEC), a red brick building, on your right side. Keep driving. You will pass a white building on your right side called the Demarneffe Building, the cafeteria. After passing the cafeteria, the road will fork and you want to bear left. After bearing left, keep driving. You will then pass the Pavilion Building on your right side. Keep driving straight. The road will then curve a little bit, just follow the path and you will then reach the East House Building. You will see a green sign posted on the right side stating “East House”. This is where Pathways Academy is located. Please drive up to the front entrance, right in front of the stairs. A teacher will be outside to greet you and the students. Please call if you need assistance at (617) 855-2847.