



**The Frost School** is a nonpublic, twelve-month special education day school serving students ages five to 21 with emotional and behavioral disabilities and autism spectrum disorder. The Frost School was established in 1976 and is a program of Sheppard Pratt Health System. The school contains several smaller programs, each providing a supportive and structured environment integrating specialized academic instruction, counseling, transition services, and behavioral modification specific to each student population. By establishing a comprehensive, integrated school and psychiatric treatment approach, our programs offer students and families in the Washington, D.C. metropolitan area an alternative to residential treatment. The major goal of The Frost School is to permit our students to continue living in their homes, while working toward re-entry into the regular education system, the working world, post-high school training, or college.

The Frost School is approved by the Maryland State Department of Education as a Type I, full-day, non-public, separate special education school. Our hours of operation for the school day are 8:45 a.m. until 3:15 p.m. Students are referred to The Frost School by public school systems in Maryland, Virginia, and Washington, D.C. Individual school systems provide transportation to and from our school.

### OUR PHILOSOPHY

Our philosophy begins with concern for each student as a whole person with many facets and many needs. The individual does not function in isolation, and a child or adolescent is affected by a variety of forces, including family, peer, school, and community. His or her actions are not only self-impacting, but affect other people as well, including parents, siblings, peers, and the community in which he or she lives. We believe that the most appropriate program is one which addresses every force and influence in the student's life and which helps the student to recognize and change his or her impact on self and others.

### OUR PROGRAMS

We are proud to offer a robust blend of unique programs to meet the needs of all of our students. Our programs include:

**The Therapeutic Community Lower School:** Serves students in grades k-8 in self-contained classrooms using a hybrid model for students who could benefit from a combination of small classes, behavioral support, integrated counseling, and social skills training as developmentally appropriate for the student. This program offers students a classroom model that includes a combination of behavioral and therapeutic approaches in addition to specialized academic

instruction. The model provides students with a structured and predictable learning environment utilizing positive behavior supports, visual activity schedules, child-directed and play-based therapy, integrated sensory motor activities and techniques, and introduction to individual and group counseling as appropriate, in addition to other related services.

**The Therapeutic Community Programs, Middle School and High School:** Serve middle and high school students with emotional and behavioral disabilities and autism spectrum disorder utilizing a therapeutic community/group model. Students are part of a supportive community in which they have daily community meetings, individualized academic instruction, small classes, small group counseling, and family counseling. Personal responsibility, accountability, and communication skills are emphasized through the context of establishing and maintaining positive relationships and sharing feedback with peers and staff. Students are taught communication skills, personal accountability, problem solving, conflict resolution, and relationship building skills through the daily group counseling sessions and community meetings.

**The Lodge Program:** Serves high school students with emotional and behavioral disabilities and autism spectrum disorder. This model utilizes a combination of individual counseling techniques, family counseling, and group counseling once a week.

The Therapeutic Community Programs and The Lodge Program offer related services including speech and language therapy, occupational therapy and embedded counseling, vocational training and internship opportunities, as well as transition services for students starting middle or high school.

**The Oakmont Secondary Program:** Offers a unique program for students with autism spectrum disorder in high school who are on a diploma track. Content area courses are taught by certified and experienced special education teachers with the support of trained educational assistants. Students in the Oakmont Secondary Program participate in daily social skills training and social skills groups, resource support, and related services. Individualized behavioral programs are developed by a team that includes a behavioral psychologist, behavior specialists, and special educators. All students are placed on a motivational system incorporating high levels of positive reinforcement.

**The Oakmont Primary Program:** Serves students ages five to 15 with autism spectrum disorder and other related disorders. Students are taught in highly structured, self-contained classrooms utilizing a variety of strategies including



# The Frost School

PART OF THE SHEPPARD PRATT HEALTH SYSTEM

discrete trial, direct instruction, play-based instruction, motor skill development, sensory integration strategies, natural aided language stimulation, community-based instruction, and positive behavioral support. Individualized behavior and academic plans are formulated by a team of certified teachers, licensed psychologists, behavioral support staff, licensed speech and language pathologists, occupational therapists, educational assistants, and 1:1 assistants.

## RELATED SERVICES

At The Frost School, we also offer:

- Individual, group, and family counseling
- Speech and language therapy
- Occupational therapy
- Physical therapy
- Psychological services
- Academic remediation
- Transition services
- Psychiatry
- School nursing

**Transition and Career Services:** The Frost School has a full-time transition coordinator who assists students with exploring and preparing for post-secondary opportunities like college, vocational training, or employment. Job coaching, mentoring, and ongoing guidance and support are important features of our transition and career services.

We also have an experiential work study program which gives students the opportunity to gain job-readiness training and valuable work experience while in school. As students demonstrate success in the workday program, they are then recommended for an offsite internship.

## CONTACT THE FROST SCHOOL

For further information, contact us by phone at **301-933-3451**, or visit [frostschoool.org](http://frostschoool.org).

**Admissions:** Carol Hobbes

**Program Director:** Claire Cohen, LCSW-C

**Education Director:** Chip Maust, EdD

**Principal, Oakmont Primary Program:** Laura Pickard M.Ed.



**Sheppard Pratt Health System** is dedicated to improving quality of life through mental health, special education, and addiction services for children, adolescents, adults, and older adults. Our patient-centered treatment approach, combined with our legacy of clinical excellence, sets us apart from other health systems on both a local and national level. We have been ranked among the nation's top psychiatric hospitals for 24 consecutive years by [U.S. News & World Report](#).

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