

VOL 42 | APRIL 2024

IN THE LOOP

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Updates for patients, families & friends

What to Expect From a Mental Health Occupational Therapist



Our Occupational Therapists provide therapy intervention for kids with mental health disorders!

Occupational therapy may encompass any of the following:

- Self care
 - addressing the barriers to self care including decreased energy, poor motivation, and/or variable mood to be able to complete dressing, eating, toileting, bathing, and grooming tasks
- Emotional regulation
 - facilitating the recognition of abandonment, loneliness, fear of rejection, and unworthiness and then teach strategies to cope
- Social skills
 - teaching children how to interact appropriately with others including role playing, group activities, and social stories
- Sensory integration
 - helping children regulate their responses to sensory input such as sound, touch, and movement
- Stress reduction
 - assisting with engagement in activities and/or exercise that promote relaxation and mindfulness- *our warm water aquatic therapy pool is a great place to start!*

Call us to schedule an OT eval today, (920) 803-1617!



April is National Occupational Therapy Month! We will be celebrating our Occupational Therapy team with activities during the week of April 15th!

OVERVIEW:

- What to Expect From a Mental Health Occupational Therapist
- Month of the Young Child-Community Passport
- New Faces at Progbeg ~ Meet Ellan
- The Vital Role of Physical Therapists in Concussion Management

Upcoming Events:

- 4/2: Autism Awareness Day
- 4/6: Jenny K, PT Birthday
- 4/7: Ellan, Billing Manager Birthday
- 4/8 Zoo Lovers Day
- 4/10: Farm Animal Day
- 4/11: National Pet Day
- 4/15-4/19: Activities Celebrating Occupational Therapy Month
- 4/24: Administrative Professionals Day



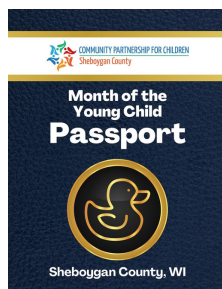
Shout outs!

- My daughter loves going because she gets to have fun while working towards meeting her goals. Everyone is met with a smile and is surrounded with a positive, motivational, and caring environment. I couldn't be happier. Everyone is always striving to do better for their patients here. Thanks to all that have helped my daughter!

Visit us at www.progbeg.com | Call 920-803-1617 to schedule your appointment today

Month of the Young Child-Community Passport

Did you know April is the Month of the Young Child? To celebrate, Progressive Beginnings is collaborating with the United Way's Community Partnership for Children as well as several other agencies around Sheboygan County to put together a passport where children with their families will collect stamps by participating in activities and/or visiting the agencies. The passport will then earn prizes for your children and raffle entries! Every stamp is worth a raffle entry, so the more activities you attend, the better your chances of winning! Pick and choose which events your family wants to attend; no matter the number of stamps in your passport, your kids will still earn prizes! When your family is done attending events for the month, turn in your passport to any participating agency to be entered in raffle drawings and receive prizes. Scan the QR code or visit uwofsc.org/CPCpassport to find the most up-to-date list of participating events and additional options to turn in your passport!



New Faces at ProgBeg ~ Meet Ellan

Hello I'm Ellan! I have a degree in Healthcare Business Services and am currently serving as the Billing and Collection Manager for Progressive Beginnings. In addition to my professional role, I am a parent to two wonderful young children who keep me very busy. Outside of work, I cherish summers spent at our cabin, going to all of the sports functions for my kids, and have a deep love for reading. I am excited to be a part of a company that aligns with my values and commitment to the community, and I eagerly anticipate our shared journey of growth and a promising future together. The purpose and impact we create in our organization are truly inspiring!

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The Vital Role of Physical Therapists in Concussion Management

Concussions are complex injuries that require comprehensive care to ensure a smooth recovery and minimize long-term effects. The involvement of physical therapists (PTs) in concussion management is crucial. Here's a glimpse into how physical therapists play a vital role in guiding individuals through concussion recovery.

Assessment and Rehabilitation: through specialized assessments, PTs evaluate balance, coordination, strength, and cognitive function to tailor rehabilitation programs to each individual's needs. By addressing these impairments, physical therapists help patients regain function and return to their daily activities safely.

Vestibular Rehabilitation: concussions often disrupt the vestibular system, leading to symptoms such as dizziness, vertigo, and imbalance. PTs can provide targeted exercises to restore balance and reduce the risk of falls during the recovery process.

Visual Rehabilitation: Visual disturbances are common following concussions affecting activities such as reading, focusing, and tracking objects. By targeting visual rehabilitation, PTs help patients overcome visual challenges and regain functional vision.

Graduated Return to Activity: PTs play a key role in guiding individuals through a graduated return-to-activity protocol following a concussion. By monitoring symptoms and progress, they ensure that patients gradually reintegrate into physical and cognitive activities without exacerbating symptoms or risking re-injury.

PTs play a multifaceted role in concussion management, addressing physical, cognitive, and emotional aspects of recovery.



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