

PRAIRIE GRIT

THERAPY

DECEMBER 2022 NEWSLETTER

WITH **GRIT** ANYTHING IS POSSIBLE



To Our Patients, Families, and Supporters:

2022 was a year of growth, professional development, and expansion at Prairie Grit Therapy. We solidified our partnership with the Minot Family YMCA and now have a home for those in our community of all abilities for their recreational, fitness, and therapeutic needs. Our clinic continues to grow as we added new therapy services, in addition to the use of the YMCA's facility and equipment. This unique facility allows for therapy services to be provided within a peer setting to target specific goal areas and address skills in a functional, motivating, and natural environment.

Our pediatric therapy services are flourishing! Our physical and occupational therapists evaluated 150+ new patients with various therapeutic needs in more than 1,500 total visits. We are excited to expand these services by offering speech and language therapy starting in January!

This year, our therapists lent their expertise to four daycare facilities and two preschools in the community to provide free development screenings. To provide more comprehensive treatment for patients,

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Prairie Grit Therapy offers therapy services in a group setting amongst peers. This allows patients to further expand their skills before returning to their home, school, and community. In 2022, we offered a developmental preschool group and a social skills group. We plan to expand our group therapy offerings in 2023.

Prairie Grit Therapy strives to provide the gold standard of pediatric therapy services, ensuring our providers are up to date with evidence-based therapeutic strategies and tools. Our occupational therapists are trained with the Early Start Denver Model to appropriately evaluate and provide early intervention treatment to children with autism. Our physical therapist is certified to use the Therasuit Method with the use of a Universal Exercise Unit (Spider Cage) to assist those with neurologic, sensory, and/or motor impairments achieve their full potential. This unique piece of equipment was made possible by St. Joseph's Community Health Foundation's Twice Blessed campaign and our generous community members.

Through all the exciting ventures this year, we continue to have one goal in mind: to provide Minot and the surrounding communities with rewarding, evidence-based, and family-centered pediatric therapy services. We are excited to continue to grow and spread our mission in 2023. Thank you for being an important part of an amazing year!

Wishing you a joyful holiday season and a happy New Year!

Kaari Pieper, DPT, Clinic Director



Hess Corporation made a generous donation of \$40,000 to assist with the expansion of the Prairie Grit Therapy Clinic to help individuals with therapeutic needs thrive.

