Western Foothills Regional Program
Student & Family Guide

Teaching Minds. Supporting Hearts. Building Futures.

Welcome

Welcome to Western Foothills Regional Program (WFRP)! We are a PreK–8 therapeutic program where students are known, supported, and challenged to grow.

Mission, Vision & Core Beliefs

Mission: Provide individualized therapeutic educational programming that promotes academic achievement, emotional regulation, healthy relationships, and successful reintegration.

Vision: Every student will develop the confidence, resilience, and skills needed to become a successful learner, community member, and lifelong problem solver. Through individualized instruction, therapeutic supports, and meaningful relationships, WFRP prepares students for success both within our program and beyond.

Core beliefs include relationships first, safety supports learning, every student can grow, families are essential partners, and high expectations paired with compassion.

Growing WFRP: 2026–2027

This year WFRP is growing in exciting ways.

We are transitioning to a PreK–8 therapeutic program focused on earlier intervention.

We are launching two pilot nature-based classrooms that support regulation, engagement, executive functioning, collaboration, and authentic learning.
We added an Instructional Coach to support evidence-based instructional practices, teacher growth, and implementation of nature-based learning.
We continue to work toward preparing breakfast and lunch in-house. Every WFRP student receives breakfast and lunch at no cost as part of our program. We believe nutritious meals, predictable routines, and shared mealtimes support regulation, relationship building, and readiness to learn while removing barriers that can interfere with student success.

Why is WFRP different?

Students learn through individualized academics, integrated therapeutic supports, hands-on experiences, and caring relationships. Our goal is to help students build the skills needed for success in school, at home, and in the community.

What Does "Therapeutic" Mean?

The Western Foothills Regional Program is a therapeutic day treatment school, which means that education and therapy work together every day to support the whole child.

Our students come to WFRP not only to strengthen academic skills, but also to develop the social, emotional, behavioral, communication, and self-regulation skills needed to be successful learners at school, at home, and in their communities. We recognize that every child has unique strengths and challenges, and we work together to help each student build confidence, resilience, and independence.

Unlike a traditional school where therapy may occur separately from classroom learning, therapeutic supports at WFRP are intentionally integrated throughout the school day. Students have opportunities to practice new skills in real-life situations with the support of caring adults who know them well.

Students may receive support as indicated by their Individualized Education Plan (IEP) through:

- **School Social Work**: Individual and group counseling, social-emotional learning, crisis intervention, family collaboration, and support with developing healthy coping and relationship skills.
- **Behavioral Health Professionals**: Therapeutic support throughout the school day to help students build regulation, communication, and problem-solving skills.
- **Occupational Therapy**: Support for sensory regulation, fine motor development, self-care, participation in classroom routines, and independence.
- **Speech-Language Pathology**: Support for communication, social language, self-advocacy, and problem-solving skills.
- **Teachers and Educational Technicians**: Instruction and daily opportunities to reinforce academic, social, emotional, and behavioral skills across every part of the school day.

Because these services are integrated into students' daily experiences, they are able to immediately practice new skills in meaningful ways, whether they are learning in the classroom, participating in ArtVan, exploring our nature-based classrooms, enjoying community-based learning experiences, swimming at the University of Maine at Farmington Fitness and Recreation Center, sharing meals with classmates, or interacting with peers and staff throughout the day.

Our goal is not simply to help students be successful while they are at WFRP. Our goal is to help them develop the confidence, skills, and independence needed to be successful throughout their lives and, whenever appropriate, to transition successfully back to their home schools.

Learning Beyond the Classroom

ArtVan visits WFRP every week, giving students opportunities for creativity, self-expression, and therapeutic art experiences.

Students also participate in regular community-based learning experiences where they practice important life skills in real-world settings.

On a mostly biweekly schedule, students swim at the University of Maine at

Farmington Fitness and Recreation Center, building confidence, wellness, teamwork, and perseverance.

Helping Students Return to Learning

We believe behavior is communication. Adults help students regulate emotions, solve problems, repair relationships, and return to learning using trauma-informed practices and Cornell TCIS.

Family Partnerships

Families are valued members of every student's educational team. Together we support growth, independence, and successful reintegration whenever appropriate.

At WFRP we believe,

You belong here. We believe in your strengths. We will work together to help you learn, grow, and succeed.

WFRP and RSU #10

Regional School Unit #10 (RSU #10) is the fiscal agent of WFRP. WFRP follows all applicable RSU #10 Board Policies, administrative procedures, and state and federal education requirements.

This guide is intended to complement, not replace, the official policies and procedures of RSU #10. For complete district information, families are encouraged to visit the RSU #10 website or contact the WFRP office.

Important District Information

For detailed information regarding the following topics, please refer to RSU #10 policies and communications:

- Student attendance
- Student records and confidentiality (FERPA)
- Student rights and responsibilities
- Transportation

- School safety
- Bullying and harassment
- Title IX
- Medication administration
- Technology and acceptable use
- School cancellations and emergency notifications

Additional Resources for Families

WFRP Resources

- Program Director
- Classroom Teacher
- School Social Worker
- Occupational Therapist
- Speech-Language Pathologist
- Behavioral Health Professionals

Contact Information

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