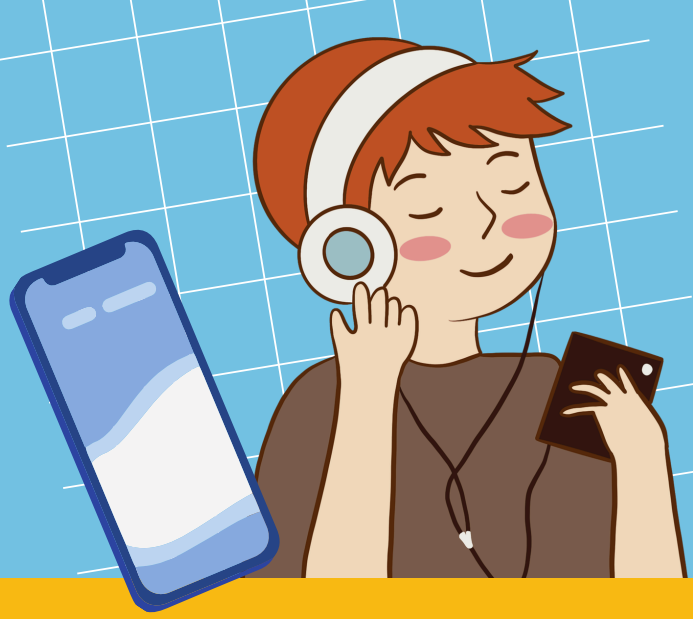
SAFE & SOUND PROTOCOL

FAQs for Parents & Caregivers



UNDERSTANDING SSP

WHAT IS SSP?

The Safe and Sound Protocol (SSP) is a listening-based program that uses specially filtered music to support nervous system regulation. It is designed to complement therapy and support emotional regulation, connection, and participation in everyday activities.

COULD SSP BE A GOOD FIT FOR MY CHILD?

SSP may be helpful for children experiencing challenges with:

- Emotional regulation and managing big feelings
- Anxiety and heightened stress responses
- Sensory or auditory processing
- Social engagement and connection
- Participation in therapeutic activities

HOW MUCH DOES SSP COST?

The program costs **$400** and is self-pay. Insurance is not accepted for SSP.

This includes a welcome consultation, five hours of listening, pre- and post-program assessments, ongoing support, and a completion reward from SOTH.

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GETTING STARTED WITH SSP

HOW DOES THE PROGRAM WORK?

Your child listens to specially filtered music at home through the Unyte Health app.

The five hours of listening can be divided into shorter sessions based on your child's needs and comfort, with guidance from the program manager.

HOW CAN I SUPPORT MY CHILD DURING SSP?

Create a comfortable, low-pressure listening routine. Your child can enjoy quiet activities like drawing, reading, or puzzles while listening. Stay nearby to help and observe how your child responds.

WHAT WILL WE NEED?

- A smartphone or tablet compatible with the Unyte Health app
- Over-ear headphones
- A quiet, comfortable listening space
- A parent or caregiver to provide support

OUR PROGRAM MANAGER WILL GUIDE YOU THROUGH SETUP AND GETTING STARTED

- Interested in learning more about SSP?
- Contact Skills on the Hill to schedule a welcome consultation.
- DC: (202) 544-5439 | VA: (571) 527-0818

skills on the hill
pediatric therapy