

## **Child and Adolescent Hospital Diversion Program**

Edgewood's Hospital Diversion Program was specially created for children and adolescents between the ages of 6 and 17. Our program is designed to assess and stabilize a broad range of youth and family challenges including high-risk behavioral and emotional issues resulting in aggressive and/or self-harming behavior. In addition to a short-term stabilization service, we also specialize in diagnostic assessment and psychotropic medication evaluation and management, allowing youth to receive acute care outside the confines and cost of a locked inpatient unit. Youth and families are discharged from the Edgewood Diversion program with a thorough and collaborative safety and treatment plan that concretely addresses referral needs and redeems hope and quality of life.

The Edgewood multidisciplinary team takes a strength-based approach with families and other involved professionals to promote safety, assess and teach skills and to develop a realistic treatment plan so that youth can return to their families. Unlike locked inpatient programs, youth at Edgewood have an opportunity to practice skills within a broad community on our six acre campus. Our residential cottages are spacious and strive to feel more like a home away from home than an institution. Program staff include: licensed clinicians, psychiatrists, nursing staff, mental health counselors, educational staff, recreational and expressive arts therapists, psycho educational instructors and milieu staff.

### **Hospital Diversion 24 Hour Program**

- **Serves youth ages 6-17**
- **Short-term (10-14 day) comprehensive stabilization and assessment service**
- **Safety planning**
- **On-site child psychiatry and nursing services**
- **Discharge planning begins at the time of the Intake Assessment**
- **Continuous, highly structured and supervised milieu treatment**
- **Individual, group and family therapy**
- **Skills building & psychotherapeutic groups**
- **Parent Support Groups**
- **Educational support services**
- **Collaborative treatment planning with youth, family and other providers**
- **Referrals and linkages to community programs as necessary**

### **Getting Started Is Easy**

Call our Intake Department at 415.682.3172 for immediate assistance between the hours of 8am-6pm. Inclusion criteria considered are ability to function outside a locked facility, medical needs, referral question and age. Our Intake Coordinator will work with you in a flexible and efficient manner to best meet your needs. During the intake consultation, program availability, fees and insurance coverage will be discussed.

## While in Treatment, Participants and Families will:

- ✓ Reduce high risk behaviors
- ✓ Develop a comprehensive safety plan
- ✓ Receive comprehensive medication evaluations and management services
- ✓ Gain essential stress management and coping skills
- ✓ Develop an effective discharge plan for continuing to enhance skills after graduation
- ✓ Improve relationships with parents, siblings and peers
- ✓ Identify needed community resources and supports

## Sample Schedule (7 day)\*

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine	Morning Routine
9:00	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Life Skills Group	Life Skills Group
11:30	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
12:15	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Recreation	Therapeutic Recreation
2:30						Skills Practice	Skills Practice
3:00	Mindfulness Training	Body/ Movement Therapy	Expressive Arts Therapy	Mindfulness Training	Body/ Movement Therapy	Relaxation and Skills Practice	Multi-Family Support Group
4:00	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy		
5:00	Expressive Arts Therapy	Skills Building Group	Skills Building Group	Expressive Arts Therapy	Skills Building Group	Expressive Arts Therapy	Skills Building Group
5:30**	Individual or Family Therapy	Individual or Family Therapy	Multifamily Group	Individual or Family Therapy	Individual or Family Therapy	Life Skills Group	Life Skills Group
6:30	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7:00 BED	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group	Evening Activity/ Relaxation Group

***\*Schedule changes are made based on individual treatment planning.***

***\*\*\*Individual and/or family sessions with the primary therapist, and visits with child psychiatrist are scheduled based on the individual's needs and treatment plan.***

For more information or to make a referral:

**415.682.3172**

**Michael Clumeck, Intake Director**

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