

## **Child and Adolescent Partial Hospitalization Program**

Edgewood's Partial Hospitalization 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 family conflict, school failure, poor peer relationships and 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 while residing in their homes or other community placement. Youth and families receive a thorough and collaborative treatment and safety plan that addresses the needs identified at the time of referral, and restores 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 remain in their homes and move to a less restrictive treatment setting. Unlike locked inpatient programs, youth at Edgewood have an opportunity to practice skills within a broad community on our six acre campus. Program staff include: licensed clinicians, psychiatrists, nursing staff, mental health counselors, educational staff, recreational and expressive arts therapists, psycho educational instructors and milieu staff.

### **Full Day Partial Hospitalization Program**

- **Serves youth ages 6-17**
- **Short-term assessment and stabilization service (2-4 weeks)**
- **Discharge planning beginning on day one**
- **On-site child psychiatry and nursing services**
- **Individual, family sessions and collaborative team meetings as indicated in treatment planning**
- **Short-term treatment plans implemented**
- **Intensive case management with family focus**
- **Continuous, highly structured and supervised milieu treatment**
- **Skills building & therapeutic groups throughout the day**
- **Educational support services, including coordination with school of origin**
- **Referrals to community supports and services as needed**
- **Parent Support Groups**

### **Getting Started Is Easy**

Just schedule an appointment for an evaluation with our Intake Department at 415.682.3172. During the initial assessment, program fees and insurance information will be discussed.

## While in Treatment, Participants and Families will:

- ✓ Reduce high risk behaviors
- ✓ 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
- ✓ Acquire greater communication and collaborative problem solving skills
- ✓ Learn how to make better decisions by understanding personal thoughts and feelings
- ✓ Discover personal strengths and talents that may have been previously hidden
- ✓ Receive comprehensive medication evaluations and medication management services

## Sample Schedule (5 day)\*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:45	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9:00	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom
11:30	Lunch	Lunch	Lunch	Lunch	Lunch
12:15 2:30	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom	Therapeutic Classroom
3:00	Mindfulness Training	Body/ Movement Therapy	Expressive Arts Therapy	Mindfulness Training	Body/ Movement Therapy
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
5:30** 6:30	Individual or Family Therapy	Individual or Family Therapy	Multifamily Group	Individual or Family Therapy	Individual or Family Therapy

*\*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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