

Department of Behavioral Health and Psychiatry
Child & Adolescent Partial Hospitalization Programs
PROGRAM SUMMARY

GOALS

The goal of the **Child and Adolescent Partial Hospital Programs** is to work in partnership with children and their families to maintain children who may have emotional, behavioral or substance use and psychiatric needs in their home and in the community. We collaborate with families, schools, professional staff and community personnel agencies to plan strategies and interventions, which support the child's safe level of functioning at home and in the community setting.

OBJECTIVES

The objectives of the Partial Hospital Programs include but are not limited to:

- Increasing social skills
- Teaching coping mechanisms
- Improving frustration tolerance
- Enhancing self-esteem
- Improving communication skills
- Improving impulse control
- Decreasing aggression
- Assisting families in managing their child's behavior effectively
- Maintaining substance use abstinence

STRUCTURE

A multidisciplinary staff including Child Psychiatrists, Nurses, Licensed Clinicians, Creative Art Therapists, Family Specialists and Program Assistants provide a therapeutic milieu structure. Emphasis is placed on promoting positive behavior in the program, at school, and at home. Treatment plans are developed and regularly evaluated with the family and child/adolescent. We also welcome the participation of community agencies in the treatment planning process.

SERVICES

The children and adolescents enrolled in the Partial Hospital Programs receive the following services:

- Psychiatric Evaluation
- Individual & Family Therapy
- Skill-Based Group Therapies
- Creative Arts Therapy
- Medication Monitoring/Evaluation (If applicable)
- Substance Abuse Education (if applicable)
- Urine Screening (if applicable)

PROGRAMS

DAY TREATMENT

The Day Treatment Partial Hospital Program provides an intensive therapeutic milieu for youth between the ages of 5-17. Program hours are Monday thru Friday, from 8:30am to 3:30pm. Lunch is provided and transportation is available for parts of Union County and Essex County. Academic education is provided as approved by the home school district.

ADOLESCENT CO-OCCURRING PROGRAM

The Adolescent Co-Occurring Program provides an intensive therapeutic milieu for teens between the ages of 13-17, who have been diagnosed with a psychiatric and substance abuse problem, who are at risk of losing their school, home placement, and/or of being sent to juvenile detention. Program hours are Monday thru Friday, from 8:30am to 3:30pm. Lunch is provided and transportation is available for parts of Union County and Essex County. Academic education is provided as approved by the home school district.

CHILD HALF DAY (Elizabeth clients only)

The Child Half Day Program provides an intensive outpatient therapeutic milieu for youth between the ages of 5-8. Program hours are Monday thru Friday, from 1:30pm to 4:30pm. Transportation is available for Elizabeth. Children are brought from school to the program and from the program to home. *(In the summer the program runs during morning hours and transportation is to and from home.)*

AFTER SCHOOL PROGRAM

The After School Program provides an intensive therapeutic milieu for youth between the ages of 9-17. Program hours are Monday thru Friday, from 4:30pm to 7:30pm. Dinner is provided and transportation is available for parts of Union County. *(In the summer the program runs during morning hours.)*

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