

# Summer Child/Adolescent Partial Hospitalization



1-800-528-6624

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30 - 9:00 am	Milieu and Check In	Milieu and Check In	Milieu and Check In	Milieu and Check In	Milieu and Check In
9:00 - 9:45 am	Community Meeting/ Goals Group 45 minutes Clinical	Community Meeting/ Goals Group 45 minutes Clinical	Community Meeting/ Goals Group 45 minutes Clinical	Community Meeting/ Goals Group 45 minutes Clinical	Community Meeting/ Goals Group 45 minutes Clinical
9:45 - 10:30 am	Child/Adol DBT Skills 45 minutes Clinical	Child/Adol DBT Skills 45 minutes Clinical	Child/Adol DBT Skills 45 minutes Clinical	Child/Adol DBT Skills 45 minutes Clinical	Child/Adol DBT Skills 45 minutes Clinical
10:30 - 12:15 pm	Therapeutic Activities 115 minutes Nursing Staff	Therapeutic Activities 115 minutes Nursing Staff	Therapeutic Activities 115 minutes Nursing Staff	Therapeutic Activities 115 minutes Nursing Staff	Therapeutic Activities 115 minutes Nursing Staff
12:15- 1:00 pm	Lunch/Mindfulness Exercise 45 minutes Nursing Staff	Lunch/Mindfulness Exercise 45 minutes Nursing Staff	Lunch/Mindfulness Exercise 45 minutes Nursing Staff	Lunch/Mindfulness Exercise 45 minutes Nursing Staff	Lunch/Mindfulness Exercise 45 minutes Nursing Staff
1:00 - 1:45 pm	DBT with Alternative Modalities 45 minutes Clinical	Med Ed Group 45 minutes NPP	Please Skills 45 minutes RN	Art Therapy 45 minutes Ker Beckley MS, LCAT	Substance Abuse Education 45 minutes Clinical
1:45 - 2:30 pm	Child/Adol DBT Skills (Homework & Discussion) 45 minutes Clinical	Child/Adol DBT Skills (Homework & Discussion) 45 minutes Clinical	Child/Adol DBT Skills (Homework & Discussion) 45 minutes Clinical	Child/Adol DBT Skills (Homework & Discussion) 45 minutes Clinical	Child/Adol DBT Skills (Homework & Discussion) 45 minutes Clinical
2:30 - 3:00 pm	Treatment Review and Evening Goals 30 minutes Clinical	Treatment Review and Evening Goals 30 minute Clinical	Treatment Review and Evening Goals 30 minute Clinical	Treatment Review and Evening Goals 30 minute Clinical	Treatment Review and Evening Goals 30 minute Clinical

MM = Milieu Manager

kl revised 7/17/2017

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## Description of Activities and Groups

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**Art Therapy:** A Licensed Art Therapist teaches art as a means of expression and self-soothing. Therapeutic concepts such as mindfulness, distress tolerance, and emotion regulation are reinforced through this alternate modality. Data from art therapy projects is combined with other information gathered by the treatment team to inform an accurate diagnosis and treatment plan.

**Child/Adol DBT Skills Group:** Groups are derived from standard Dialectical Behavior Therapy for Adolescents. Topics center around coping with fear and depression, or anger without giving into urges to act impulsively. Also focus on overcoming problems with depression such as anhedonia and lack of initiation, maintaining relationships, and increasing self-respect

**Community Meeting/Goals Group:** “Business” such as attendance, reading of community guidelines, and management of community-related concerns. Assessment of each patient, review of his or her progress and his/her reports from home about the evening or weekend. Staff members assist patients to identify and prioritize their own problem behaviors and to make a goal for behavior change during the program day. Useful coping skills are reviewed in order to help the patient meet his or her target

**DBT with Alternative Modalities:** mindfulness and emotion identification training through rhythm and pitch. Group members have the opportunity to use a variety of musical instruments.

**DBT Skills Group:** Adapted for children from standard Dialectical Behavior Therapy for Adolescents. Topics center around coping with fear and depression, or anger without giving into urges to act impulsively. Also focus on overcoming problems with depression such as anhedonia and lack of initiation, maintaining relationships, and increasing self respect

**PLEASE skills:** Psychoeducation regarding healthy lifestyles including nutrition education, exercise education, coping skills for stress, anxiety, and depression and relapse prevention and recovery from substance abuse.

**Medication Education:** Review of individual medication concerns and group discussions regarding compliance, side effects, and other medication issues.

**Mindfulness Exercise:** Practice and concrete application of age-appropriate mindfulness techniques.

**Reflections and Repairs:** Patients are given the opportunity to reflect on positive behaviors and to consolidate gains, as well as the opportunity to make repairs for problem behaviors. Counselors equipped with a variety of skills training worksheets and self-soothing boxes are made available to children who need assistance accepting loss of points/levels.

**School:** Attendance at the Four Winds Hospital Learning Center includes group and individual tutoring at grade level.

**Social Skills Group:** Topics center around cooperation, learning to make and keep friends, social ethics, and overcoming social anxiety. Skills adapted from the Interpersonal Effectiveness Module in Dialectical Behavior Therapy are incorporated into role plays. Modalities include therapeutic games as well as role plays, projects, stories, and discussion.

**Substance abuse education:** Informative discussions about the dangers of recreational substances and addictions in general, led by a certified alcohol counselor.

**Therapeutic Activities** Outdoor and art programs for children and adolescents to promote relaxation and socialization during the months that school is not in session.

**Treatment Review and Evening Goals:** Detailed assessment of patients' points for the day, mood state and level of safety as well as goal-setting for the evening. Patient peers and clinicians participate in giving feedback to each community member regarding their behaviors over day, and a level is awarded, with corresponding privileges.