

## WHAT IS DAY TREATMENT?

Day Treatment helps children and adolescents with severe emotional and behavioral problems through intensive group, individual, and family counseling services. This outpatient program is offered Monday through Friday, year-round. To create long term success, youths typically join the program for 3-6 months.

Three units operate in the Green Bay area from 8:15 am to 2:00 pm:

Elementary School

Middle School

Adolescent / High School

Day Treatment services can be paid out of pocket or by private insurance or Medical Assistance.

## WHO CAN BENEFIT FROM DAY TREATMENT?

The program is designed to meet the mental health needs of children and adolescents ages 7 - 18 who have difficulty understanding, identifying, and managing emotional problems such as depression or anxiety. Day Treatment provides a structured therapeutic environment for those having problems at home, school or in the community; severe acting out behaviors; or difficulties with relationships.

We recognize each youth's individuality and tailor goals and objectives to best meet their needs. Through Day Treatment, children and teens will...

- ▶ Learn how to manage emotions like anger and sadness and improve their coping and communication skills
- ▶ Participate in specialized groups which focus on self-esteem, depression, anger management, and parent and child relationships
- ▶ Develop responsible thinking, positive decision making, and improve academic success
- ▶ Receive therapy for issues like family problems, abuse, and exposure to trauma
- ▶ Receive psychiatric evaluation and medication monitoring as needed

## ADMISSION PROCESS

### Intake Interview

▶ An intake interview is completed with the parent by phone to determine eligibility, which takes about 20 mins. To schedule, call our intake coordinator at (920) 433-3372 x100, between 7am - 3pm, Mon-Fri.

### Releases & Prescriptions

▶ The youth's doctor must sign a prescription for the Day Treatment program and a verification of a recent physical.

Parents sign release forms and provide access to past treatment records.

### Assessment

▶ As soon as all the proper forms are received, the youth will be assessed by a Day Treatment clinician and placed into the appropriate developmental unit.