

# ADOLESCENT PSYCHIATRIC & SUBSTANCE ABUSE OUTPATIENT SERVICES

## PSYCHIATRIC & SUBSTANCE ABUSE OUTPATIENT SERVICES

High Focus Centers is accredited by the Joint Commission and licensed by the NJ State Department of Human Services.

PROVIDING UNPARALLELED CLINICAL CARE SINCE 1994

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# HIGH FOCUS CENTERS

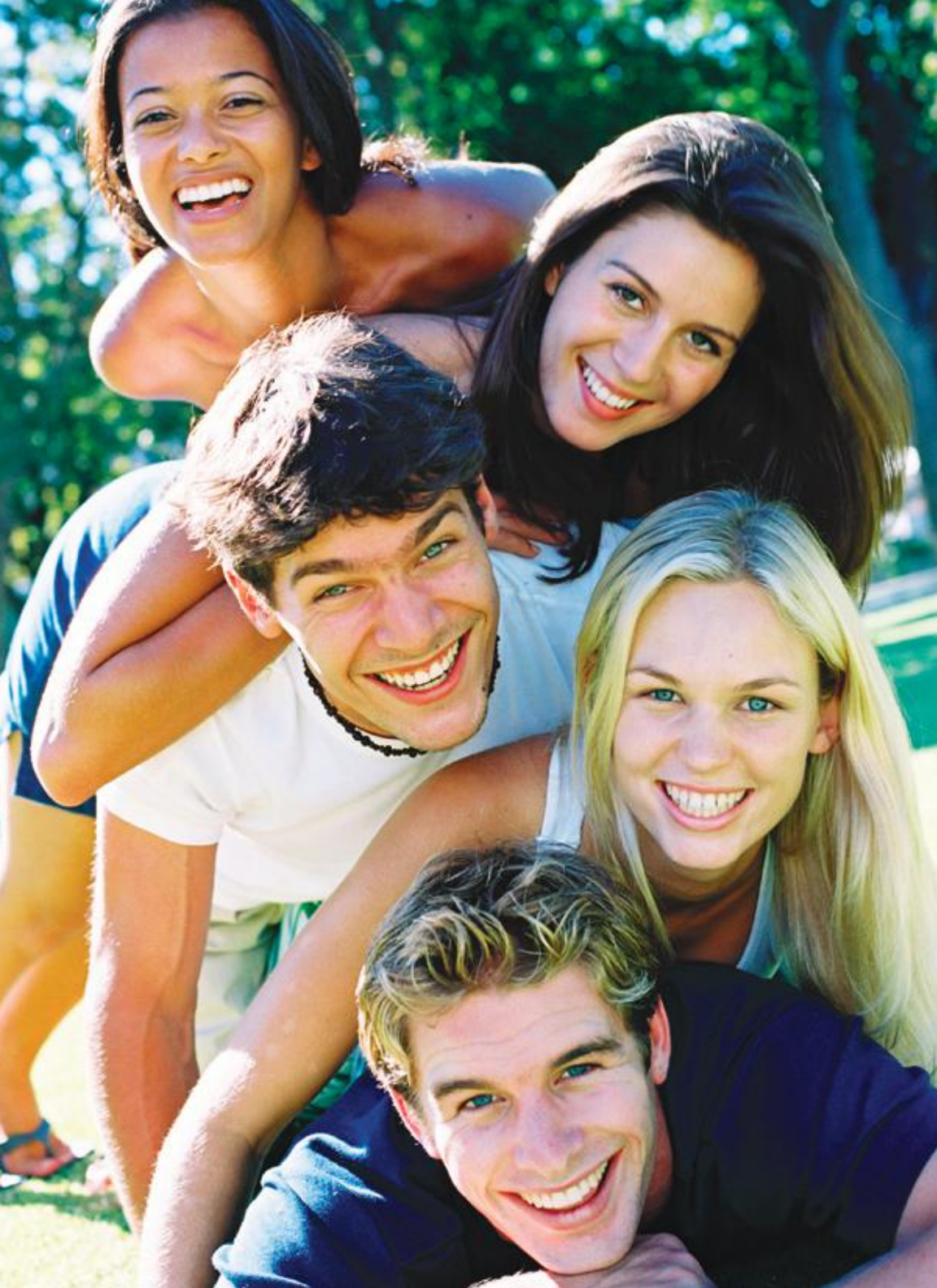
## Our Commitment to Adolescents

Throughout our 20 year history, programs at High Focus Centers have evolved to reflect an empirically validated model of highly effective treatment. This can be attributed to the broad experience of the clinical staff, the structure of the programs, and our individualizing of treatment to address each patient's unique problems.

Our Mission is to provide the best possible care for our patients.







# ADOLESCENT SERVICES

Adolescent programming at High Focus Centers has been carefully designed to address the unique circumstances many teens face. Whether suffering from a psychiatric, substance abuse, or co-occurring disorder, teens between the ages of 13 and 17 are provided relief as they attend treatment tracks that fit their individual needs.

## LEVEL OF CARE ASSESSMENT

An experienced clinician will conduct a comprehensive bio psychosocial assessment to determine the optimal course of treatment. The first priority is always stabilization of acute symptoms and mitigation of risk, followed by a continuum of individualized treatment that fits the adolescent's unique needs.

### **Psychiatric**

Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day

Partial Care Program: 5 days per week, 6 hours per day

### **Co-Occuring**

Intensive Outpatient Program: 2 - 5 days per week, 3 hours per day

### **Substance Abuse**

P.E.A.K. Program (Promoting Education, Awareness, & Knowledge):

1 day per week, 2 hours.

R.I.S.E. Intensive Outpatient Program (Risk Intervention & Substance Education):

After school 2 days per week, 3 hours per day.

P.A.T.H. Intensive Outpatient Program (Providing Addiction Treatment & Hope):

After school, 3 - 4 days per week, 3 hours per day.

With school, 3 - 4 days per week, 5 hours per day.

If structured outpatient is not the appropriate level of care, High Focus Centers has long-standing relationships and expert knowledge of other resources in the community. If necessary, we can facilitate transfers to hospitals or rehabilitation programs that best fit the patient's individual needs.

# ADOLESCENT PSYCHIATRIC SERVICES

High Focus Centers provides highly structured, specialized treatment programs for adolescents who are struggling with a psychiatric disorder and seek to change the course of their life and begin to reach their full potential

## **Primary goals for psychiatric treatment are:**

1. Stabilize the crisis.
2. Properly diagnose the patient.
3. Prescribe the correct medication if necessary.
4. Alleviate symptoms and improve functioning.
5. Ensure appropriate engagement in continued psychiatric care upon discharge.

We offer programs with varying levels of structure and intensity to provide options that fit the individual needs of the patient. Multi-disciplinary treatment teams in our psychiatric programs are always headed by a psychiatrist and may include psychologists, licensed mental health professionals, nurses and mental health technicians.

## **Partial Care Program**

The Partial Care Program provides a full day of treatment every day, Monday thru Friday. The regimen includes a variety of group therapies, individual counseling, family therapy, psychiatric nursing, psychiatric evaluation and medication monitoring.

The highly individualized program consists of:

- 5 day schedule per week, 6 hours per day.
- 4 group therapy sessions per day.
- 3 individual sessions every week (1 with therapist, 1 with psychiatrist, 1 family session).
- Daily Dialectical Behavior Therapy (DBT) skills group.
- Participation in a state approved tutoring program (to obtain credit for school attendance).
- Transportation to and from High Focus.

## **Intensive Outpatient Program**

The psychiatric Intensive Outpatient Program (IOP) offers structured treatment for those teens who require an intensive intervention, but not the structure of a full day of programming. The IOP can be a step-down from the Partial Care Program or serve as an initial intervention for those individuals who present with less severe symptoms.

The program is flexible and includes:

- 2 - 5 days per week, 3 hours per day.
- 3 group therapy sessions per day.
- 2 individual sessions every week (1 with psychiatrist, 1 individual or family therapy session).
- Transportation to High Focus.

## **Stepping Down**

A critical component of the IOP is the emphasis on a proper transition from a structured treatment program at High Focus to weekly psychotherapy and medication monitoring in the community. The treatment team works carefully to properly link the adolescent and his/her parents with the professionals who will continue care upon discharge. This coordination is critical in insuring that the gains made at High Focus Centers continue and grow with time.





# CO-OCCURRING DISORDERS

Intensive Outpatient Program for adolescents with both a substance abuse and a psychiatric disorder

The experience of an adolescent is undoubtedly unique. Social pressures, physiological and hormonal changes, and the stress of making major life decisions all weigh heavily on the mind of a teenager. These challenges become exponentially more complex when the teen begins to struggle with psychiatric symptoms AND substance abuse. Special care must be given in order to ensure that the individual can successfully alleviate the risks associated with their co-occurring illness.

The Co-Occurring IOP at High Focus Centers employs a multidisciplinary team which addresses the needs of each client from both perspectives, using a combination of evidence-based protocols from both our adolescent psychiatric and our substance abuse programs. Each patient participates in both individual and group therapy. Daily DBT skills training sessions provide tools for managing impulsivity and improving relationships, while relapse prevention and psycho-educational groups strengthen client knowledge on both disease states. The program also includes weekly family therapy as well as psychiatry sessions, where medication monitoring can be provided if necessary. Random drug screens are administered to closely monitor sobriety and compliance with medication.



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# ADOLESCENT SUBSTANCE ABUSE SERVICES

No two adolescents are alike. At High Focus Centers, the treatment plan is customized to fit the needs of the individual, optimizing chances of a successful recovery.

## **P.E.A.K. Program - Promoting Education Awareness & Knowledge**

The P.E.A.K. Program is an educational program for adolescents who have begun experimenting with alcohol and other drugs. The 6 week program consists of:

- Weekly group visits.
- Random urine screens.
- Multi-family therapy sessions.

The goal of P.E.A.K. is to provide the adolescent and his/her parents with education and skills that can interrupt the drug and alcohol cycle and prevent the need for a structured treatment program.

## **Substance Abuse Intensive Outpatient Programs**

Our multi-modal approach integrates a twelve-step model of recovery, a dynamic understanding of adolescence and a family centered model of treatment.

- Adolescents who are recommended for IOP attend two to four of afternoons per week, changing frequency as a function of his/her progress.
- Transportation to the facility is provided for adolescents at no additional cost.
- Random state of the art drug/alcohol screens.
- Weekly individual therapy sessions.
- Weekly multi-family group therapy program.
- Psychiatric evaluations and follow-up sessions are provided, as needed.

## **R.I.S.E. Intensive Outpatient Program**

**Risk Intervention & Substance Education (2 days per week, 3 hours/day)**

The R.I.S.E. Program is a 6 week program for teens whose substance abuse has become a source of continued conflict and distress, both in and out of the home.

High Focus Centers recognizes the individual needs of an adolescent who is seeking help before substance abuse develops into a full blown addiction. The R.I.S.E. program seeks to provide an Intervention that reverses this progression and restores the way to a brighter future.

## **P.A.T.H. Intensive Outpatient Program**

**Providing Addiction Treatment and Hope (3-4 days per week, 3.5 hours/day)**

Adolescents struggling with addiction may lose their ability to function in a productive lifestyle. The Addiction IOP at High Focus offers a high intensity treatment program for teens who seek to end the downward cycle that substance abuse brings to themselves and their families.

- In addition to 3 groups per day, High Focus Is now offering a school component for adolescents who cannot attend school and are in need of credit for school attendance.

*Achieving abstinence, strengthening the family system and providing parents and adolescents with the tools of recovery are the goals of this program.*

## **FAMILY SERVICES**

**Engaging the family is an essential part of treatment, and we strongly encourage as much participation as possible.**

In addition to regular Individual family sessions, adolescents participate in specialized groups to help them learn to behave in a different and more productive manner within their family system.

Parents of patients in our substance abuse programs participate each week in a multi-family therapy group, in which families work as a whole and learn from each other, and two “parents only” groups in which a therapist provides participants with education, support and guidance on how to approach their child’s problem.

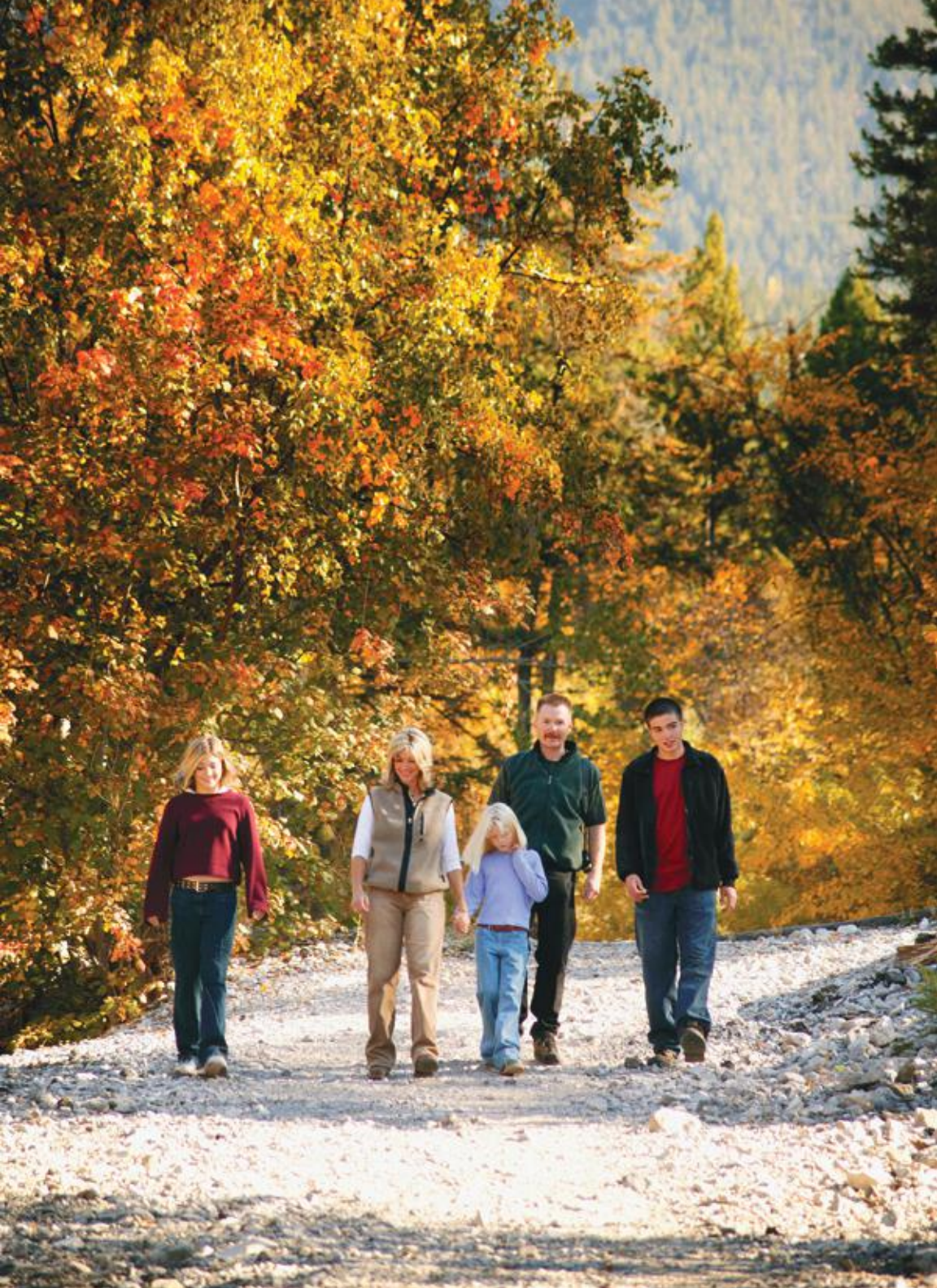
There are no fees for any of our family services.

## **TRANSPORTATION**

High Focus Centers provides transportation services at no additional cost to assist parents in transporting their adolescents to our facilities. In our Partial Care Programs, we provide transportation for adolescents to and from the facility. In our psychiatric and substance abuse Intensive Outpatient Programs, we provide transportation from either school or home to our facility and parents pick up their children at the end of the treatment evening.

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