



What Is Day Treatment?

The RHA Day Treatment Program is for children and adolescents who have been diagnosed with mental health-related conditions and have experienced challenges that prevent them from being successful in school and other social settings. Treatment focuses on supporting the child and family as they work to achieve goals important for success at home and in school.

Day Treatment Services are intended to be short-term and will vary from person to person. The typical duration of services is approx. 6 to 9 months.



CONTACT US

To make a referral or begin services, please contact the RHA office closest to you. Our locations and more information about our behavioral health services can be found on our website:

www.rhahealthservices.org

We accept Medicaid, NC Health Choice and, when available, NC state funding.



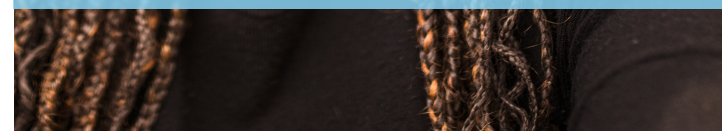
Find us on 



DAY TREATMENT Services



Day Treatment Services can help your child get the behavioral health support needed to get back on the "success track" at school and at home.





It's About Finding Support In Your Community

The Day Treatment staff is available whenever you need them - 24/7/365.

Stage 2: Evidence-Based Interventions and Treatment (12 -16 Weeks)

■ **Continuation of Individualized Treatment Program:** In Stage 2 of Day Treatment Services, the young person continues his Individual and Group Therapies using evidence-based practices and begins learning symptom management skills. Therapies may include:

- **Cognitive Behavioral Therapy**
- **The Positive Action Curriculum**
- **Skill Streaming**
- **Aggression Replacement Training**

■ **Parents receive training and support services**

■ **The Child and Family Team continues transition and discharge planning**

Day Treatment is a 3-step process designed to support youth with behavioral challenges as they receive the treatment they need, learn to manage their symptoms and enhance their chances of success in traditional school environments.

Stage 1: Assessment (4 - 8 Weeks)

■ **Develop a Person-Centered Plan:**

During Stage 1 of Day Treatment, our Child and Family Team works with the youth, his family and a school representative to develop a complete Person-Centered Plan outlining treatment needs and goals.

■ **Provide crisis stabilization**

■ **Begin individual treatment**

■ **Begin planning for child's eventual transition back to a traditional school setting**

"The RHA Day Treatment Program serves youth who are unable to benefit from the traditional academic setting due to their mental health treatment needs."

Stage 3: Transition (4 - 8 Weeks)

■ **The "Step Down" Method:** During the final stage of Day Treatment, the Day Treatment team provides teacher support and training while the young person practices his new skills. This typically begins with a half-day at school and a half-day in Day Treatment Services. Once the young person is comfortable and successful with this arrangement, he will make the final transition to a full day at school.

