

# VALLEY'S CHILDREN AND YOUTH PROGRAMS

## DAY TREATMENT PROGRAMS

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### **Kids Intensive Day Services (KIDS)**

*Ages 5-12*

*Length of Treatment: 8+ weeks*

KIDS is a short-term, intensive day program for youth with serious behavioral and emotional challenges, with a focus on keeping children in their families and communities. Our goal is to prevent more restrictive mental health placements and/or help youth step down from more restrictive settings.

### **Dialectic Behavioral Therapy (DBT)**

*Ages 12-17*

*Length of Treatment: 3-5 months*

DBT Day Treatment is provided for a total of 16 adolescents in the custody of the Department of Children and Family Services (DCFS), the Division of Juvenile Justice Services (DJJS), or in parental custody. Children who are admitted may exhibit intense and unstable interpersonal relationships, frantic efforts to avoid real or imagined abandonment, impulsivity that is potentially self-damaging, recurrent suicidal or para-suicidal behavior, affective instability, chronic feelings of emptiness, inappropriate intense or uncontrollable anger and transient stress-related paranoid ideation, or severe dissociative symptoms.

### **Adolescent Substance Abuse Program (ASAP)**

*Ages 12-17*

*Length of Treatment: 3 months*

ASAP Program is for youth who are struggling with addiction and substance use issues, and often with mental illness as well. Services include outpatient, intense outpatient, and day treatment services. Needs-specific programs include individual, family, and group therapy.

### **Adolescents in Motion (AIM)**

*Ages 12-17*

*Length of Treatment: Unspecified*

AIM is an intensive day program for youth with serious behavioral and emotional challenges and focuses on keeping children in their families and communities. Our goal is to prevent more restrictive mental health placements and/or help youth step down from more restrictive settings. Clients will attend school at the AIM Program provided by Granite School District.

## INTENSIVE OUTPATIENT PROGRAMS

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### **Acute Children's Extended Services (ACES)**

*Ages 5-12*

*Length of Treatment: 12 weeks*

ACES is an after school treatment service for children with severe emotional and behavioral problems. We teach social and crisis management skills through recreational and community activities as well as home and school behavioral monitoring.

### **Teen Acute Children's Extended Services (Teen ACES)**

*Ages 13-17*

*Length of Treatment: 12 weeks*

Teen ACES is an after school treatment service for youth with severe emotional and behavioral problems. We teach social and crisis management skills through recreational and community activities as well as home and school behavioral monitoring.

Let's deal with it together.



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## WHY ARE WE RESTRUCTURING OUR DAY TREATMENT PROGRAMS AND SERVICES?

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- ACES and Teen ACES: There is a need in the community to support kids and youth in stepping down from a day treatment program and returning to school full time. The ACES and Teen ACES Programs will be that extra support for kids and helping them adjust to returning to school and everything that goes along with those changes.
- KIDS: We have had long waiting lists for our younger KIDS groups and services, this will allow us to serve more KIDS in the 5-12 age range and alleviate the long waiting lists.
- AIM: By having all of our teen programs on one campus, this will allow us to coordinate care between programs much more easily. This will allow teens to keep up on their school work while attending the program, so when they return to school, they won't be behind in credits.
- ASAP: We have worked together with the courts and probation offices and have identified the need to provide different levels of care for substance abuse services. This change will allow us to determine the level of care and incorporate the necessary care at ASAP and not just day treatment services.

## WHAT'S THE BENEFIT

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- If your child attends the KIDS program they will receive more individualized treatment based on their behavioral plan that you work on together with your child's clinician.
- If you have a teen, they will be able to get the behavioral care that they need and also keep up on their education and school credits.

## HOW DOES THIS AFFECT MY CHILD

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- If your child is age 13 and older and is currently attending the KIDS program, they will be transferring to our AIM Program.
- Transportation has already been made aware of these changes and are working on new routes for the vans to take your youth to the correct program.
- The new KIDS and AIM programs will begin on September 4, 2018.
- The new Teen ACES program is set to open on October 1, 2018.

All Referrals for Day Treatment Programs can be sent to [www.daytreatmentreferrals@valleycares.com](mailto:www.daytreatmentreferrals@valleycares.com)