

# Adolescent Acute Partial Hospitalization and Afterschool Intensive Outpatient Programs

Our mission can be defined by the acronym ACCEPT. This acronym was developed in a collaborative effort between our staff and adolescent community members. ACCEPT reflects our guiding principles especially those of inclusion, love, kindness, and dedication to providing the highest quality and effective care. Our programs use the Evidence-Based Treatments of Cognitive Behavioral Therapy (CBT), Dialectical Behavioral Therapy (DBT), and Behavioral Activation (BA).

## Adolescent and Child Center for Empowerment and Positive Transformation

### Adolescent Acute Partial Hospitalization Program

Children's Pine Center, Wexford, and Franklin Building,  
South Side

The Adolescent Acute Partial Hospitalization Program (AAPHP) provides an intensity of treatment similar to that available on an inpatient unit, in a less restrictive, community-based setting. This short-term, intensive level of care allows adolescents to benefit from consistent, structured treatment while maintaining their usual living arrangements with their families in their communities. Acute partial hospitalization programs can provide a "step down" level of treatment for adolescents discharged from inpatient programs, or a "step up" level when outpatient treatment is not effectively meeting an adolescent's needs.

We serve adolescents ages 13 to 18 (12 on a case-by-case basis) who are struggling with depression, suicidal thoughts, anxiety, poor impulse control, psychosis, unsafe coping skills, combined with family, social, and school difficulties. We provide family, individual, and group therapy as well as medication management and school transition support.

### School Support

The Adolescent Partial Program employs certified educators with a wealth of experience in school avoidance, special education, IEPs, and school transition. These educators serve adolescents by providing academic support as well as facilitating face-to-face and virtual school meetings. These meetings are designed in collaboration with the treatment team and the adolescent to develop a plan for the adolescent to transition back to school with success.

### Admissions considerations:

- Adolescent is experiencing an acute or chronic mental illness with an increasing level of acuity of symptoms
- Active lethality (experiencing suicidal and/or homicidal ideation with a specific plan or attempt)
- Active psychosis
- A significant stressor has resulted in a significant decrease in daily functioning
- In need of a significant medication change that could potentially lead to a deterioration of functioning
- Hospital diversion
- Step-down from inpatient
- Step-up from outpatient settings

Continued

## Adolescent Acute Partial Hospitalization and Afterschool Intensive Outpatient Programs continued

### Adolescent Afterschool Intensive Outpatient Program

Children's Pine Center, Wexford, and Franklin Building,  
South Side

Four days a week (Monday, Tuesday, Thursday, Friday)  
from 3 to 6:30 p.m.

The Adolescent Afterschool Intensive Outpatient Program (AIOP) is a community-based mental health program designed to meet the unique mental health needs of adolescents ages 13 to 18 (12 on a case-by-case basis). The AIOP provides a "step down" level of treatment for adolescents discharged from inpatient or acute partial hospitalization settings, or a "step up" level of treatment when traditional outpatient services are not effectively meeting the needs of the adolescent.

The AIOP offers a level of intervention that is more structured in both the frequency and the variety of services offered than traditional outpatient treatment. The AIOP provides a range of individualized intensive therapeutic socialization and skills development opportunities in addition to more traditional individual and family interventions. This treatment setting allows adolescents to continue to attend their own schools during the day and return to their homes in the evening while still receiving a high level of treatment, structure, and support. AIOP programming uses CBT and DBT, just as the adolescent partial program, but in order to provide a unique skill-based experience, the curriculum is different.

### Meet the Team

William Davies, EdD

*Program Director*

Children's Pine Center, Wexford

Alexis Fertig, MD

*Psychiatrist*

Rebekah Ventura, LPC

*Program Manager*

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Rameshwari Tumuluru, MD

*Medical Director*

Krissy Schultz, LCSW

*Program Manager*

To refer a patient or if you have additional  
questions, please call **412-235-5497**.