



WELCOME TO DAY TREATMENT

Some important information regarding day treatment at Youth Care.

Be punctual:

Arrival Time: 8:00

Departure Time: 5:00

Please do not arrive or depart early or late without prior arrangement. Treatment works best when attendance is consistent.

Dress Code:

Students will dress in such a manner that will not draw undue attention while at Youth Care or on activities. In addition, students should not dress in a way that would be considered detrimental to a therapeutic environment (i.e., all black clothing, gang attire, excessive makeup, glorifying substance use, modestly dressed, etc.).

What to Bring:

Please limit the items you bring to day treatment, including toys, fidgets, books, stuffed animals, jewelry, hygiene items, art supplies, MP3 players, and personal items. Please be mindful with bringing any items that could be unsafe in a treatment center. Students may bring in a backpack, binder, calculator, and notebook for school. Cell phones, keys, wallets, and medication will be collected during check in and will be handed back to students at end of day.

Consistency:

Students benefit from consistency between the program and the home. Therefore, it is important that (neutral, positive and negative) consequences and interventions be implemented consistently between Youth Care and home. Interventions and consequences depend on the student and will be communicated and/or designed with parent/guardian input.

Random Drug Testing/ Student Searches:

Day treatment students may be subjected to random drug testing and Students will be searched for safety daily.

Phone Contacts:

Youth Care Therapist: _____	
Youth Care Main Number	801-572-6989

Please call the Main number if student will be absent.

Day Treatment Schedule:

Below is a sample schedule. Individual and family therapy sessions will occur each week as arranged with the therapist.

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00	Check in/UA/Pocket Check	Check in/UA/Pocket Check	Check in/UA/Pocket Check	Check in/UA/Pocket Check	Check in/UA/Pocket Check
8:30	GOAL GROUP	GOAL GROUP	GOAL GROUP	GOAL GROUP	GOAL GROUP
9:00	SCHOOL *Individual and Family Therapy	SCHOOL *Individual and Family Therapy	SCHOOL *Individual and Family Therapy	SCHOOL *Individual and Family Therapy	SCHOOL *Individual and Family Therapy
9:30					
10:00					
10:30					
11:00					
11:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
12:00					
12:30	Psych Ed	Psych Ed	Nursing Psych Ed	Psych Ed	Psych Ed
13:00					
13:30	Process Group	Process Group	Process Group	Process Group	Process Group
14:00					
14:30	DBT Homework Group	Rec Therapy Life Skills	Rec Therapy	Rec Therapy	DBT Skills Group
15:00					
15:30	LIFE SKILLS	LIFE SKILLS	LIFE SKILLS	LIFE SKILLS	LIFE SKILLS
16:00					
16:30	Check out/Pocket Check	Check out/Pocket Check	Check out/Pocket Check	Check out/Pocket Check	Check out/Pocket Check
17:00					
17:30					
	*Individual and Family Therapy will occur once per week, respectively.				

Youth Care Points Sheet:

Students are responsible for asking Parents/ Guardian to complete and bring back the Youth Care Point Sheet each day. Point sheets will be given out weekly to students.