

Sometimes it's startling when parents look at their teenagers and discover, "something is wrong. This isn't what we hoped for."

It is often easier to see problems when children are young. And most parents know exactly what to do to help.

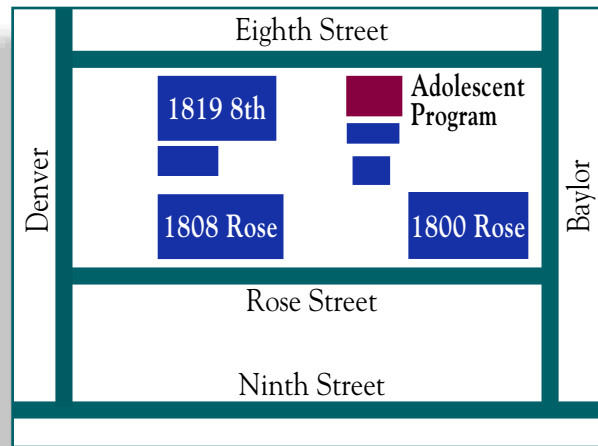
But when a child becomes a teenager, there's a whole new world of problems. Between the ages of 12 and 18, everything changes. It's a time when social, peer, academic and parental pressures combine with emotional and biological changes. The results can be both exhilarating—and overwhelming.

School, relationships, concerns about self-image and decisions about the future can overwhelm even the most "together" teenager. Inability to cope with the pressures of growing up may lead to depression, truancy, poor self-image, violence or experimentation with drugs and alcohol.

It's important that parents learn to recognize the warning signs and seek early professional help. The professionals at ROSE STREET, an Adolescent Day Treatment & Therapeutic School offer young people a fresh start - an effective approach to regaining self-control over their emotions and their lives.

Admission Criteria

Admission criteria is based on the American Academy of Child and Adolescent Psychiatry guidelines. Our programs are approved by most major insurance carriers, including Medicare and Medicaid.



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Rose Street Adolescent Day Treatment & Therapeutic School



Our Program

ROSE STREET, an Adolescent Day Treatment & Therapeutic School is an acute day treatment program provided to young people, ages 13 to 18. Highly individualized care is provided in a safe, secure, structured setting. We work with adolescents having a wide range of emotional problems and psychiatric diagnoses that include:

- Attention Deficit Hyperactivity Disorder
- Depression
- Anxiety and Panic Disorders
- Family Conflict and Divorce
- Alcohol and Drug Abuse
- Learning Disabilities
- Oppositional Defiant Disorder
- Eating Disorders
- Developmental Disorders
- Sexual Abuse Issues
- Behavioral Disorders

The Treatment Team Staff

Supervised by an adolescent psychiatrist, treatment teams include adolescent psychologists, licensed professional counselors, social workers, chemical dependency counselors, registered nurses, and educators. Treatment plans focus on emotional, developmental, social, and educational aspects of adolescent life. In addition to highly individualized goals, our treatment programs emphasize personal responsibility. We believe in the positive possibilities of a young person's future and focus on strengths rather than weaknesses. The treatment aim is the restoration of the ability to cope with the challenges of adolescence in the world of family, school, and community. Each adolescent's multi-disciplinary team meets regularly, reviewing progress and the treatment plans effectiveness.

Evaluation

Diagnostic evaluation is supervised by a fully trained adolescent psychiatrist certified by the American Board of Psychiatry and Neurology. The process begins with a comprehensive evaluation of problems, needs, and strengths. The adolescent's medical, psychological, social, family and educational history are thoroughly reviewed and social and recreational skills are assessed. Neuropsychological and psychoeducational testing may also be included. These assessments are coordinated by the treatment team to develop a plan specific to each individual and the family.

Program Components

Programs are based on learning and personal growth. Through participation in various group and individual activities, adolescents learn to deal with issues that are causing conflict at home, in school, and within themselves.

Programs include:

- Community and Goals Group
- Group Psychotherapy
- Team Building
- Family Therapy
- Alcohol & Drug Counseling
- Leisure Skills
- Social Skills
- Relaxation Training
- Self-Esteem Group
- Family Leisure Skill
- Sex Education
- Therapeutic School

Education

ROSE STREET's unique therapeutic school program is the result of a collaborative effort with ROSE STREET, Midwestern State University, and a national consulting firm, Curriculum Solutions, Inc., specializing in innovative, result-focused educational programs. Adolescents who are having difficulty coping with behavioral or emotional problems usually have accompanying academic difficulties. As an integral part of our treatment program, each adolescent receives an educational evaluation to identify specific learning problems. An individualized educational plan is then created to address the areas in which a student is having difficulty. ROSE STREET's unique school program includes classroom goals for developing motivation and positive attitudes toward learning. Classes are taught by certified WFISD educators. Teachers meet regularly with other treatment team members to review progress and coordinate with public school counselors and teachers to facilitate successful reentry into the adolescent's home school. Credits earned are transferable.

Family Participation

Family participation is an extremely important part of an adolescent's treatment. Often, families struggling with an adolescent's growth process become disabled as they feel frustrated, angry and helpless. Problems in family relationships often interact with the teenager's emotional difficulties and poor ability to cope. Family pain resulting

from the adolescent's behavior often needs to be addressed before a new start can be made. Through family counseling and therapy, parents and adolescents learn to communicate, share insights and experiences and help each other cope. If family therapy or reentry into the family is not possible, adolescents are helped to accept what cannot be changed and to focus on what can be changed.

Warning Signs

Adolescents experiencing difficulty coping with the pressures of growing up may exhibit the following Warning Signs:

- Mood Swings*
- Sleep disturbance*
- Loss of interest*
- Isolation, withdrawal*
- Secretiveness*
- Change in appetite and weight*
- Low energy - motivation*
- School decline/failure*
- Change in dress*
- Self mutilation*
- Change in peer groups*
- Destructiveness*
- Preoccupation with death*
- Anger and rage attacks*
- Feelings of hopelessness or helplessness*

Admissions and Referral

Strict confidentiality is maintained at admission and throughout the treatment process. Referral may be through family, patient's primary care physician, psychologist, social worker or through other professional therapists, agencies or individuals from whom the patient has asked for help. When necessary, admission may be by court recommendation. Admission to the program will be determined by the attending psychiatrist.

ROSE STREET's adolescent programs begin at 8:00 a.m. and continue throughout the day, Monday through Friday.

For more information about
ROSE STREET Adolescent Day Treatment &
Therapeutic School, please call 322-9456.