



CONNECTIONS

WELLNESS GROUP

Vianey Reinhardt, LPC



MENTAL HEALTH

TREATMENT: CHOOSING

A LEVEL OF CARE





CHALLENGES FACING TODAY'S YOUTH

- Trauma – Big “T” & Little “t”
- Family problems
- Academic pressures
- Social stressors (including 24/7 social networking)
- Body image issues
- Substance abuse
- Crime



BEHAVIORAL & EMOTIONAL DISORDERS IN YOUTH

Up to 20% of children & adolescents have 1 or more diagnosable mental disorders

Anxiety Disorders

Stress-related disorders

Mood Disorders

Disruptive Behavioral Disorders

(ADHD, Conduct Disorder, Oppositional Defiant Disorder)



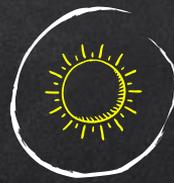
GOOD NEWS & BAD NEWS



Diagnoses such as anxiety & depression are treatable with excellent recovery rates

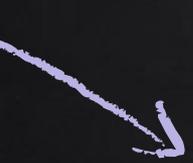


An estimated 80% of kids with diagnosable anxiety disorder & 60% of kids with a diagnosable depression are not getting treatment.



WHAT KIND OF TREATMENT IS AVAILABLE?

- ✓ Outpatient treatment – Individual or family therapist, psychologist and/or psychiatrist
- ✓ Intensive Outpatient Program & Partial Hospitalization Program
- ✓ Drug and alcohol rehabilitation center
 - ✓ Detox
 - ✓ 30, 60, 90 day programs
 - ✓ Sober Living
- ✓ Psychiatric inpatient hospital
- ✓ Residential treatment center
- ✓ State hospitalization



OUTPATIENT TREATMENT

Individuals who have a masters level degree in counseling and are licensed to practice in the state of Texas

LPC – Licensed Professional Counselor

LMSW/LCSW – Licensed Social Worker

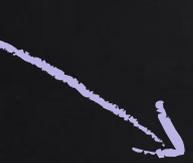
LMFT – Licensed Marriage and Family Therapist



Psychologists have doctoral level training and have earned a PhD and are licensed to practice in th state of Texas

Psychiatrists have advanced medical training and are MDs





OUTPATIENT TREATMENT

What to Expect: Therapist

Sessions are typically 45–50 minutes one time per week.

Individual Therapy

Play Therapy

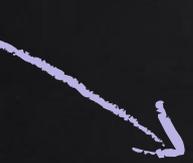
Group Therapy

Family Therapy



Can be conducted in therapist's office, community mental health center, mental health clinic, the client's home or via tele-mental health services.





OUTPATIENT TREATMENT

What to Expect: Therapist

Therapists specialize in different treatment approaches/modalities/topics:

Eating Disorders

Substance Use

Trauma

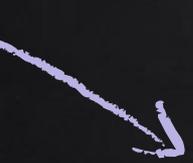
Self-Injury

ABA



An appropriate initial intervention option.





OUTPATIENT TREATMENT

What to Expect: Psychologist

Therapy sessions are usually 45–50 minutes one time per week.

Individual Therapy

Group Therapy

Family Therapy

Primarily conducted in psychologist's office.



Can also conduct psychological assessments to assist in determining diagnosis. Typically conducted in two sessions lasting 2 – 3 hours each.





OUTPATIENT TREATMENT

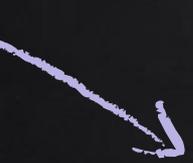
What to Expect: Psychiatrist

Primarily focus on medication evaluation & management if it is determined that medication can be helpful (some also conduct traditional talk therapy sessions)



Usually one initial sessions with follow up sessions occurring once per month and ultimately once every three months (varies)





OUTPATIENT TREATMENT

What to Expect: Community Mental Health Program

Financially based



Provide services including:

Outpatient therapy

In-home services (YES waiver, family liaison, life skills training)



Case Management services

Medication Management

IOP/PHP

What to Expect: Intensive Outpatient Program (IOP) &
Partial Hospitalization Program (PHP)

Also referred to as “Day Treatment”

More intensive programming
that generally involves:

- daily group therapy
- weekly family therapy
- psychiatric services
- academic support

Clients attend treatment
for 6 hours per day usually
5 days/week. Roughly 4–6
weeks.

Provide significantly more
therapeutic support for
child/teen who is
struggling.

PHP/IOP

What to Expect: Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP)

PHP

Clients attend treatment for a minimum of 20 hours per week.

Usually attend 4 hrs/day 5 days/week for roughly 2-3 weeks.

School hours can also be included ~ 2 hrs/day.

IOP

Clients attend treatment for a minimum of 9 hours per week.

In Day Treatment, clients usually attend 3 hrs/day 5 days/week. Roughly 2-3 weeks.

Evening IOP can include 3 hrs on 3 nights/week.

DRUG & ALCOHOL REHABILITATION PROGRAM

What to Expect: Drug & Alcohol Treatment Program



Intensive therapeutic support in a daily live-in environment.

Programs can include:

- Detox
 - Individual therapy
 - Group therapy
 - Family Therapy
 - Psychiatric Services
 - Academic Support
- 

Treatment can last anywhere from 30 - 90 days.

Primarily focus on substance dependency/addiction disorders.



DRUG & ALCOHOL REHABILITATION PROGRAM

What to Expect: Drug & Alcohol Treatment Program

Sober Living

Programs can include:

- Individual therapy
- Group therapy
- Family therapy
- Housing
- Job placement
- Sponsor

Can remain in sober living
up to 6 months*

Primarily focus on
maintaining sobriety &
reintegration into the
community.

INPATIENT PSYCHIATRIC HOSPITALIZATION

What to Expect: Inpatient Hospitalization



Intensive therapeutic treatment in a psychiatric hospital or psychiatric unit of a medical hospital

Programs can include:

- Daily group therapy
 - Daily doctor visits
 - Family Therapy
 - Recreational therapy
 - Academic Support
- 

Treatment stays vary based on nature and severity of symptoms.

Primarily focus on crisis stabilization for acute mental health issues such as suicidal thoughts, homicidal thoughts & psychosis.



INPATIENT PSYCHIATRIC HOSPITALIZATION

What to Expect: Inpatient Hospitalization – VOLUNTARY

Must meet criteria for this level of care:

- Harm to self
- Harm to others
- Inability to care for self that includes a level of self danger
- Active psychosis
- Medical detox

Children ages 3–12 are housed separately from adolescents and adult patients.

In the state of Texas, ages 16 & 17 are legally allowed to sign themselves in.

INPATIENT PSYCHIATRIC HOSPITALIZATION

What to Expect: Inpatient Hospitalization - INVOLUNTARY

Must meet criteria for this level of care:

- Harm to self
- Harm to others
- Inability to care for self that includes a level of self danger
- Active psychosis

Although involuntary hospitalization is held in the Texas Code, this currently does not apply to mental health for children.

RESIDENTIAL TREATMENT CENTER RTC

What to Expect: RTC



Intensive therapeutic support in a daily live-in environment.

Programs can include:

- Individual therapy
 - Group therapy
 - Family Therapy
 - Psychiatric Services
 - Academic Support
- 

Treatment in an RTC can last a few weeks to several months.



Primarily focus on treating behavioral and emotional disorders.

RESIDENTIAL TREATMENT CENTER RTC

What to Expect: RTC

Types of programs:

- Residential facilities
- Wilderness camps
- Eating Disorder program
- Chemical Addiction
- Autism treatment
- Boot/military style camps
- Juvenile Justice programs



STATE PSYCHIATRIC HOSPITALIZATION

What to Expect: State Hospitalization

Admission Criteria:

- Chronic behavioral symptoms that have failed at multiple lower levels of care
- Ongoing danger of risk of harm to self or others
- Inability to stabilize medication

State hospitalization can only be initiated via:

- Court – judge ordered
- CRCG – recommendation
- Inpatient hospital request

WHAT TO EXPECT FROM TREATMENT: WHEN WILL THINGS GET BETTER?

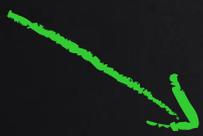


Expectations can vary depending on the program, providers, and client motivation.



Motivation, involvement in treatment and willingness to work on issues can result in positive outcomes.

WHAT IF THINGS DON'T GET BETTER?



Consider a higher level of care if:

- Symptoms persist
- Person's functioning declines
- Improvement is not made even with involvement in lower level of care.



Hope & Help is available



THANK YOU!

Any questions?

You can find me at:

vianey.reinhardt@connectionswellnessgroup.com