

PRIMARY PSYCHIATRIC | EVIDENCE-BASED

# ADOLESCENTS 14-17

## RESIDENTIAL & DAY TREATMENT



### HEALTHY FUTURES

Located in Atlanta, the Skyland Trail adolescent program treats teens ages 14 to 17 struggling with:

- major depressive disorder
- bipolar disorder
- anxiety disorders

Our approach combines the best evidence-based mental health care with a curriculum focused on coping skills and healthy habits that provides teens and their families with a roadmap to a more healthy future.



866-528-9593

[skylandtrail.org](https://skylandtrail.org)



WATCH VIDEO



PSYCHOLOGICAL TESTING | MULTIDISCIPLINARY EXPERTISE | ACADEMIC SUPPORT | FAMILY ENGAGEMENT

“What Skyland Trail taught my daughter is beyond what I hoped for. This program is life-changing. I have my daughter back again, and our family is on the way to rebuilding relationships.”

- PARENT OF A SKYLAND TRAIL GRADUATE



## RESIDENTIAL TREATMENT

Adolescent clients who admit to the **residential treatment program** typically stay at the residential level of care for about 12 weeks. Our longer length of stay gives our treatment team more time to get to know each teen and tailor treatment to their individual needs. The 12-week treatment program also gives our clients the time and space to learn, practice, and adopt skills that will help them change unhealthy behavior patterns and engage more positively with their families, schools, and communities. Residential clients may step down to day treatment for an additional 4 to 6 weeks of treatment.



### Reset to Healthy Living

Residential clients receive 24/7 care and support. Residential and nursing staff help clients re-establish healthy sleep and meal schedules, adopt self care and hygiene habits, embrace medication adherence if applicable, and build appropriate peer relationships.

Teens reside in private bedrooms with private bathrooms.

### Psychological Testing

After admission, residential clients participate in psychological testing. Results are used to clarify diagnoses and to help match clients with the most appropriate evidence-based treatment. Testing may uncover learning, behavioral, emotional, psychiatric, or cognitive challenges as well as identify strengths that a teen may apply to achieving their goals. Families may use results to guide continued treatment or to request specialized services from schools or other programs.

## DAY TREATMENT

Clients who meet clinical criteria may admit directly to day treatment, sometimes called partial hospitalization or PHP.

Day treatment may also be an appropriate next step for clients who have completed the 12-week residential treatment program.

Day treatment clients come to the J. Rex Fuqua Campus weekdays, 8:30 AM to 3:00 PM. The estimated day treatment length of stay is four to eight weeks.

Day treatment clients work individually with their primary therapist and psychiatrist and participate in group therapy and activities. An advanced daily core group helps teens explore

using skills in situations they are encountering at home and in their communities. Weekly family therapy is a continued requirement.

Adolescent day treatment clients receive academic support and services. Any partnerships established with schools during residential treatment remain in place throughout day treatment.



## Academic Support

Residential and day treatment clients receive an educational needs assessment at admission and academic education services year-round. Daily schedules include **at least 3 hours of structured academic support each weekday**. Our education team helps clients continue to make progress toward academic goals while in treatment and develop organizational and study skills. The team also coordinates with teachers and schools and communicates with parents. Clients without a current school of enrollment participate in a third-party online accredited academic program.

## Family Involvement

Family programming and involvement is an important part of the residential and day treatment programs. Families are required to participate in **family therapy sessions** at least once each week. Sessions with the family therapist focus on the family system and require introspection and adjustments from all family members, not just the adolescent.

Families also are required to participate in the Family Program: **weekly mental health education, skill building, and peer support sessions for families**. The program is led by the family therapists and includes presentations from our multidisciplinary team of experts.



## Structured Daily Schedules

Residential and day treatment clients participate in a structured daily schedule that includes mindfulness activities, academic support, fitness and wellness activities, and individual and group therapy sessions. Clients meet with a dedicated therapist one-on-one at least twice each week. Clients meet individually with a psychiatric provider at least once each week.

## Evidence-based Therapy

Residential and day treatment clients are assigned to one of two diagnosis-specific core groups: **CBT Skills** or **DBT Skills**. Core groups meet each weekday.

All clients also participate in **Ecological Systems Theory** groups, family therapy, and behavioral activation groups.

## Specialized Psychiatric Care

Residential clients may also be assigned to **dual diagnosis groups** to address co-occurring mild to moderate substance use challenges.

Residential clients diagnosed with co-occurring PTSD may also be assigned to individual **prolonged exposure therapy**.

## Admission Criteria

Teen clients and their families must be willing to positively participate in the treatment program.

### Primary Diagnoses\*

Clients should be ages 14 to 17 and be diagnosed with one or more of the following:

- **Bipolar Disorder**
- **Major Depressive Disorder**
- **Anxiety Disorders**

Clients must be fully vaccinated for Covid-19 and be current on all childhood immunizations recommended by CDC.

### Co-occurring Disorders\*

Depending on presentation: mild to moderate substance use, PTSD, emerging borderline personality disorder, ADHD, autism spectrum disorder, and others

### Not Appropriate for Our Programs\*

- significant cognitive impairment
- primary diagnosis of: autism spectrum disorder, eating disorder, substance use disorder, some personality disorders, OCD
- recent or ongoing violent behaviors
- unwilling to stay on campus

\*see website for complete admission criteria

LEVELS OF CARE ► SERVICES AVAILABLE ▼	Residential Treatment	Day Treatment (PHP)
Private Room & Bathroom	◆	
Staff Psychiatrist	◆	◆
Individual Therapist	◆	◆
Family Therapy	◆	◆
Psychological Testing	◆	
Academic Services	◆	◆
Evidence-based Groups	◆	◆
Expressive Therapies	◆	◆
Recreational Therapy	◆	◆
Primary Care / Wellness	◆	
Dietitian / Fitness Education	◆	◆
Family Education & Support	◆	◆



Skyland Trail treatment programs are in-network with many plans offered by Aetna, Blue Cross Blue Shield, Cigna, ComPsych, Magellan, Optum/United Behavioral Health/Oscar Health, and Humana Military / TRICARE East. Financial aid may be awarded to families who meet need-based criteria to cover a portion of program costs.



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