

Adolescent Services



Acute Inpatient Program

This highly intensive program is designed to provide stabilization for adolescents ages 11–17 in severe distress or exhibiting unsafe behavior.

- Case management
- Group therapy
- Family therapy
- Family workshops

Daily Interaction with Multidisciplinary Team, Which Includes:

- Board-certified child and adolescent psychiatrists
- Nursing services
- Social services
- Expressive and recreational therapy
- Discharge planning with family involvement begins upon admission

Residential Program

Serving adolescent boys and girls, ages 11–17, who demonstrate a persistent pattern of severe emotional and/or behavioral issues that are disruptive, frequent and cannot be treated in a lesser level of care. We provide intensive treatment in a structured, therapeutic environment.

- Gender-specific programs
- TRICARE®-certified
- Individual therapy three times a week
- 12-month licensed school
- Psychiatric visits twice a week
- Family therapy weekly
- Substance abuse education
- Life skills, social skills and leisure education groups
- Psych-educational and process groups

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- Supervised therapeutic community outings
- Special-issue groups focusing on anger management, grief and loss, discharge readiness, trauma, self-injury and children of military parents

Residential Program for Sexually Abusive Youth

Dedicated to empowering young men ages 11–17 to address sexually abusive behaviors.

Staff and residents work together through a four-phase evidence-based system of treatment to include areas of interest like disclosure; family issues (past and present); identifying defense mechanisms, cognitive distortions and cycle of abuse; victim empathy; and relapse prevention.

Other services include:

- Psychiatric visits twice a week
- Family therapy weekly
- Life skills, social skills and leisure education groups
- Psych-educational and process groups
- Residents attend 12-month licensed school
- Individual therapy three times a week

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At Poplar Springs Hospital no emergency room visit, or referral, is needed.

