

Your Child's Success

Your involvement is extremely important in your young person's success. We invite you to participate in weekly family sessions that include parents, the child or adolescent, and the case counselor or therapist. Communication between program staff and parents is structured within the program.

CHILD & ADOLESCENT DAY HOSPITAL AND INTENSIVE OUTPATIENT PROGRAM (IOP)

Lancaster
780 Eden Road, Bldg. 5
Lancaster, PA 17601
(717) 735-7770

Lebanon
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(717) 270-2476

York
1245A West Princess Street
York, PA 17404
(717) 845-2482

WELLSPAN PHILHAVEN
283 S. Butler Road
P.O. Box 550
Mt. Gretna, PA 17064
(800) 932-0359

www.WellSpanPhilhaven.org



Contact Us

Your child or adolescent can be referred by schools, physicians, social service agencies, mental health providers, family members or pastors. Your first appointment will last approximately three hours. Please bring the following information with you: child's social security card, insurance card(s), immunization record, custody agreement (if applicable) and any medication in the original bottle.

Referrals

Philhaven's Access Center: (800) 932-0359

WellSpan Philhaven is south central Pennsylvania's most comprehensive behavioral health organization, serving Adams, Dauphin, Lancaster, Lebanon and York counties through 54 programs and 27 care locations. For 65 years, we have focused on treating the whole person – mind, body and soul. We offer services for all ages and various levels of care, including hospitalization, residential and day programs, outpatient counseling, and services in the home, school and community. WellSpan Philhaven is part of WellSpan Health, an integrated health system serving the region with more than 1,200 physicians and advanced practice clinicians, six respected hospitals, 15,000 employees and more than 130 care locations.

Child and Adolescent Day Hospital and Intensive Outpatient Program



Your WellSpan Philhaven Experience

We believe that each child is unique and special and needs a positive and encouraging environment to thrive. At WellSpan Philhaven, we also desire that all children and adolescents have the opportunity to discover what hope, healing and wholeness can mean to them. The Child and Adolescent Day Hospital and Intensive Outpatient Program offers mental health treatment specifically designed to serve children in grades K-12 who have a diagnosis of a mental health illness and who are experiencing serious to severe levels of emotional distress.



The structured Day Hospital/Intensive Outpatient Program is designed to deliver a high level of therapeutic intervention in a relatively short period of time. Services are provided Monday through Friday from 8:30am to 2:30pm. Treatment length depends upon the severity of symptoms and insurance. The program continues through the summer months.

Services include:

- Psychiatric evaluation
- Medication management
- Therapeutic groups
- Individual and family counseling
- Academic support with a therapeutic component

Our Program Philosophies

- To treat clients and family with dignity and respect
- To promote the active participation of the client, family and other involved persons in the decision-making process and identification of treatment choices
- To recognize the uniqueness and individuality that all clients and families possess
- To actively collaborate and communicate with family or caregivers
- To be aware of and sensitive to ethnic, cultural and spiritual differences and needs
- To promote positive growth and change in clients and families

Our Outcomes

Throughout the program, we will encourage children and adolescents to improve skills such as:

- Coping skills
- Anger management
- Stress management
- Relationship skills
- Self esteem
- Problem solving
- Regulating emotions

Skills Development

Through structured therapeutic groups and activities, children and adolescents are taught the skills necessary to navigate day-to-day challenges and stressors in the home, school and community settings. Children and adolescents are provided opportunities to practice skills in a structured, therapeutic setting, with coaching and support from program staff. Family sessions are provided to assist the family with reinforcing the child's use of skills in these settings, and to provide the family education about the child's symptoms and diagnosis.

Academic Support

A certified teacher works closely with the student and his/her school to provide daily academic instruction with a therapeutic component. The goals are to help the student maintain his or her academic level and to teach students to use therapeutic skills to manage their emotions in an educational setting. Schoolwork is based on instructional levels and is provided by request. Parents and teachers are encouraged to provide individual academic assignments to be completed in the program. Communication between the school and program staff assists in the student's transition back into school.