



DEDICATED TO IMPROVING THE LIVES OF CHILDREN AND TEENS

The caring professionals at Kempsville Center for Behavioral Health understand that the decision to seek treatment for your child is not an easy one. We are here to help make the process easier so your child or teen can receive the appropriate level of care and return home as soon as clinically possible.

We are focused on healing with a team approach that includes a psychiatrist, therapists, nurses, teachers, mental health technicians and other allied therapy professionals.

No-cost assessments are offered 24/7 and no referral is necessary. Call 757-461-4565 and our clinical team can answer your questions and set up an appointment. For more information, visit kempvillecbh.com.



Branches
A service of Kempsville Center for Behavioral Health



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AdvancED and Measured Progress are now



Physicians are on the medical staff of Kempsville Center for Behavioral Health, but, with limited exceptions, are independent practitioners who are not employees or agents of Kempsville Center for Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 253652135-3652138 4/25

**THE NEXT STEP:
DAY TREATMENT
PROGRAM**



kempvillecbh.com



Multiple levels of care to provide the individualized treatment your child or teen needs

Treatment program includes:

- Individual Treatment Plans
- A Multi-Disciplinary Team
 - Medication management professional
 - Nursing
 - Mental health technicians
 - Pediatric medical professionals
 - Recreational therapy professionals
 - Special education professionals
 - Master's-prepared clinicians
- Individual therapy
- Family therapy
- Clinical and social group work
- Recreational activities
- Opportunities for physical fitness activities
- Planning for aftercare and return to the home, community and school environments

FULL-TIME DAY TREATMENT

Full-Time Day Treatment is an intensive, multidisciplinary, outpatient treatment program for youth ages 8-18. This program is the NEXT STEP for youth discharging from acute hospitalization, residential treatment or who are struggling with traditional outpatient care to function at home, school and in the community.

Sometimes youth who are not currently in mental health treatment may also need this intensive care.

How long will my child be in treatment?

The length of treatment is different for every youth. The average length of stay for Day Treatment will vary from three to six weeks. Your child's therapist will talk with you more about this after the first few days of treatment and length of stay will be evaluated weekly.

What treatment will my child receive in the program?

Full-Time Day Treatment addresses the developmental, emotional and mental health concerns of each patient through a cognitive behavioral therapy focus. Your child will receive medication management, individual, group, activity and family therapy.

What about schoolwork?

Day Treatment focuses on building the skills, patience and focus to aid youth in being successful in academic, home and community settings. There is an academic support block built in to each day during school months. Our staff will assist youth and their support system in navigating the best use of this block of time and coordination of assignments.

How long is the day?

The treatment day starts promptly at 8:30 am. Patients can arrive as early as 8 am. The day ends at 4:30 and patients must be picked up by 5 pm.

I am not sure if this program is right for my child.
How do I find out more?

NEXT STEPS

Call us at **757-461-4565** to speak to a member of the Intake Team about your child or teen. There is someone available 24 hours a day, 7 days a week.

More information about these programs can be found on our website at kempsvillecbh.com.

