

Summer Skills Program: an intensive outpatient program for adolescents at Lindner Center of HOPE

The summer months can provide a more flexible opportunity for teens to engage in programming aimed at teaching a variety of practical, social-emotional skills without interfering with academics. Participants will receive 3 skills-based groups per day, 3 days per week grounded in Dialectical Behavioral (DBT) and Cognitive Behavioral Techniques (CBT). The Summer Skills Program will prepare teens to effectively handle stressors in real time while empowering them to adapt for future needs.

Schedule:

8:30am -11:30am; Tuesday, Wednesday, & Friday

Duration:

3-4 weeks (depending on individual progress)

Age Range:

12-18 years old

Group topics will be dynamic and will include:

- Goal setting
- Interpersonal communication skills (including social media use)
- Distress tolerance skills
- Mindfulness
- Thoughts/feelings/actions loop
- Recreational therapy skills

Additional services provided:

- a psychiatric assessment prior to the program start date to assure fit and commitment
- a nursing and social work assessment on Day 1
- a teacher assessment by Day 2
- team communication with guardian(s) on progress and aftercare resource options
- each participant will build a portfolio around their learned skills to be used as a future reference



Program Facts:

- Summer Skills Program enrollees check in every morning between 8:15 and 8:30 am and check out at 11:30 am.
- Programming primarily takes place in group room space on the second floor of Lindner Center of HOPE.
- Program participants ideally will have an established outpatient provider who can provide mental health services after discharge. Social work can help with referring to aftercare if needed.
- Enrollees will be approved by the Adolescent treatment team.
- Admission process entails:
 - Arriving at scheduled admission time.
 - Allowing at least 30 minutes for the admission process.
 - Being prepared to complete an admission packet by providing phone numbers and addresses for the adolescent's outpatient providers.
 - Planning for the adolescent to attend the program for the rest of the session.
- The overall program is group-based.
- Groups are primarily skill development.

Phone: 513-536-0KID (0543)

Financial Obligation for Summer Skills Program:

At Lindner Center of HOPE, we understand that dealing with the financial implications of mental illness can be difficult. That is why we are here to help. Together we can work through your financial obligations and insurance questions.

Many insurance plans have specific partial hospital benefits. Insurance plans with mental health benefits, but without specific partial hospital benefits, are typically willing to provide 2 days of partial hospitalization at the reimbursement rate of 1 day of inpatient hospitalization. Physician fees are billed separately. We will work with families to understand their financial responsibilities and that which may be covered by insurance. Lindner Center of HOPE is not a Medicaid provider.