

ELIGIBILITY CRITERIA

Eligible candidates for day treatment are students who are currently unable to maintain in a traditional school setting and would benefit from a smaller structured setting. Students must have one of the following:

- An IEP;
- A 504 plan; or
- A Behavioral Intervention Plan

We believe in our students and we know that with the right support and encouragement, they can achieve great things.

Sign Up Now!



1918 E. Roosevelt Blvd Ste H,
Monroe, NC 28112



(980) 313-8680



info@lgsservices.org



CHILD AND ADOLESCENT DAY TREATMENT PROGRAM

**AGES
5-18**

THERAPEUTIC DAY PROGRAM

INTERACTIVE LEARNING THROUGH SKILL-BUILDING ACTIVITIES

PROGRAM HIGHLIGHTS

- | | |
|------------------------------|----------------------------|
| ✓ Individual & Group Therapy | ✓ Cultural Diversity |
| ✓ Art Therapy | ✓ Academic Assistance |
| ✓ Music Therapy | ✓ Exercise & Health |
| ✓ Life Skills | ✓ Self-Esteem Building |
| ✓ Behavior Management Skills | ✓ Theater & Role Play |
| ✓ Social Skills Development | ✓ Work Readiness for Teens |

****LUNCH/SNACKS PROVIDED****

****TRANSPORTATION PROVIDED****





CHILD & ADOLESCENT DAY TREATMENT (CADT)

This service is designed to serve children who, as a result of their mental health or substance use disorder treatment needs, are unable to benefit from participation in academic or vocational services at a developmentally appropriate level in a traditional school or work setting.

At LGS, we implement therapeutic interventions that are coordinated with the individual's academic or vocational services available through enrollment in an educational setting. These interventions are designed to reduce symptoms, improve behavioral functioning, increase the individual's ability to cope with and relate to others, promote recovery, and enhance the beneficiary's capacity to function in an educational setting, or to be maintained in community-based services.

LGS Unique Service Delivery

Little Gerald Services will utilize Cognitive Behavioral Therapy as well as Holistic Learning to produce positive outcomes for this population. Through Cognitive Behavioral Therapy and Holistic Learning, LGS will engage the students and teach them age appropriate skills to include problem solving, effective coping skills, conflict resolution, behavior management, self-worth, self-esteem, and more.



Our program will also be inclusive of a Youth Empowerment Plan which all students will complete by the end of the program. This plan is one the students can use to guide them in life and decision-making far beyond their time in our day treatment program. Thus, we have adopted the 3 E's philosophy...**EDUCATE, ENCOURAGE, and EMPOWER!** If we all work and collaborate **TOGETHER**, we **WILL** make a difference in the lives and families of those we teach and serve.

CHILD AND ADOLESCENT DAY TREATMENT SCHEDULE SAMPLE

8:00am-8:30am
Arrivals/Breakfast

8:30am-9:00am
Meditation/Yoga/Stretching

9:00am-10:00am
Group Therapy

- Break into smaller groups
- Activities, games, worksheets, assignments (Topics may include self-image, self-esteem, self-monitoring, voice/temper control, anger management, manners, kindness, self-regulation, empathy, emotions, etc)

10:00am-12:00pm
Academics

- Use structured, skill-building techniques while assisting students with school assignments

12:00pm-12:30pm
Lunch

12:30pm-1:00pm
Reflection/Free Time

1:00pm-2:00pm
Expressive Therapy

- Individual and small groups
- Activities, games, worksheets, assignments (May include music, painting, art, puppet therapy, play therapy, drawing, finger painting, role play, dramatic art/acting, collaging, vision boards, pottery, dance, etc)

2:00pm-3:00pm
Health & Wellness

- Activities, games, worksheets, assignments
- May include walks, exercise activities, cooking, meal planning, fitness challenges, sports (basketball, soccer, football, baseball, volleyball, tennis), animal therapy, dance, yoga, drums, hopscotch, outdoor games/play (freeze tag, parachute, etc), movement games (indoor or outdoor)