

The Professional Staff of the Intensive Day Treatment Program

The Intensive Day Treatment Program is jointly staffed by Sagamore Children's Psychiatric Center who provide clinical services and the Western Suffolk BOCES who provide educational services.

Mental health treatment staff from Sagamore include highly trained professionals from all of the major disciplines including child psychiatry, social work, psychology, and nursing. Recreation therapists and mental health therapy aides complement the clinical professionals to provide a well rounded treatment team.

Educational staff from Western Suffolk BOCES include certified special education teachers along with trained paraprofessionals. When it is indicated, additional special education staff can be called upon to provide ancillary services.

The clinical team and the educational staff work together as an integrated team with a focus on each individual student. These staff work together throughout all phases of intake, assessment, treatment, and discharge planning.



**There are two gifts
we should give our children:
One is roots the other is wings.**

—Unknown



**Office of
Mental Health**

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**Sagamore Children's
Psychiatric Center**

30-Day Intensive Day Treatment Program



***"You're braver than you believe,
and stronger than you seem,
and smarter than you think."***

—Christopher Robin from Winnie the Pooh

Psychiatric Evaluation and Treatment for Children and Adolescents

The Intensive Day Treatment Program (IDTP) is a unique outpatient program for children and adolescents with serious emotional and psychiatric difficulties. The program offers psychiatric assessment and treatment services along with discharge planning and collaboration with school districts. IDTP also offers a full school program as well as an extended day to allow for the provision of both clinical services and therapeutic recreation activities designed to promote positive social development. Children and adolescents who attend IDTP typically present with emotional and psychiatric difficulties that impede their ability to function safely and successfully in the school environment. Candidates for IDTP typically have not made treatment gains in outpatient care and have continued to struggle despite the implementation of various supports within the academic setting. These students may also be at risk for inpatient hospitalization and/or residential care, or, conversely, may have already received those services and are in need of a highly supportive, clinically based educational setting.

Structure of the Intensive Day Treatment Program includes:

- Academic and therapeutic programming Monday—Friday, 12 months per year for a 30 calendar day duration
- Small class sizes (maximum of 8 students per class)
- Full school day from 8:45 AM to 2:15 PM with therapeutic and recreational services from 8:45 AM to 12:45 PM during school breaks.

- Therapeutic recreation from 2:15-3:45
- On-site clinical team through all program hours
- Educational programming provided by Special Education Teachers and paraprofessionals
- Individual school districts provide door to door transportation
- Discharge planning and linkage with mental health treatment and case management services as needed
- Ongoing outreach to/involvement of families/legal guardians in all aspects of treatment and discharge planning
- Coordination with individual school districts regarding appropriate academic placement and related services
- Virtual discharge planning meeting with the family and school district to discuss progress in the program and recommendations for future treatment/education services

Population Served by Intensive Day Treatment Program

IDTP provides educational and psychiatric services to children and adolescents within Nassau and Suffolk Counties who range from 5th to 12th grade, up to and including age 17. Students must be referred to the program by their individual school districts, but an IEP is not required. The students at IDTP have typically struggled to make gains via less intensive community based services and may be at risk for more restrictive placements, including inpatient hospitalization or out of home settings. Students attending IDTP present with difficulties such as school refusal, depression, anxiety, mood related difficulties and psychotic symptoms. Many also

have a significant history of trauma that interferes with their daily functioning. For these students, IDTP can provide intense clinical services in a small, highly structured academic environment. These clinical services consist of psychiatric diagnosis and assessment, individual, group and family therapy, medication management, crisis intervention and case management.

Referral Process for the Intensive Day Treatment Program

Referrals to IDTP must be made by student's home school district and must include specific clinical and academic information as specified on the Referral Checklist.

Inquiries regarding this checklist, the referral process and/or the program in general can be made by contacting (631) 370-1883 during regular business hours.

Once all required documentation is received, referrals will be reviewed by the Program Director to determine whether the services provided by IDTP are able to meet the needs of the individual student. If a determination is made that the program may be beneficial to the individual student, a screening appointment will be offered to the family. Participation in day IDTP is voluntary on the part of both the children and the families, and as such, they may decline both the screening and the offer of placement in the program. If the family chooses to move forward with the screening, the treatment team meets in person individually with a representative from the school district, the family and the student. If the student is then accepted into the program, and the student and family is in agreement with participating, medical clearances (e.g., bloodwork and EKG) are typically required. Once these are received, the IDTP teacher coordinator works with the home school district to arrange a start date and transportation.