

The Extended Day Treatment is specifically designed to work with children and youth (6-14 years old) and their families who struggle to manage daily life, particularly when it impacts their regular school environment.

Considerations for referral for the Extended Day Treatment Program include:

1. Chronic unhealthy and anti-social acts including self-harming behaviour, harm towards others and property and disrupted family life; and
2. Child/youth and family/ caregiver must be willing to participate in twice a week in-home support and family therapy.

This Intensive Day Treatment Program is comprised of four components:

- Assessment and stabilization
- Weekly in-home support
- Weekly family therapy
- Transition supportback to home school

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Extended Day Treatment Program



Children's Mental Health Services

in partnership with

Hastings Prince Edward
District School Board

and

Algonquin Lakeshore
Catholic District School Board

PROGRAM OVERVIEW

PROGRAM RESOURCES

- Typical school day, based upon school timetable, from September to June
- Dedicated Child and Youth Workers
- Dedicated Child and Family Therapist
- Dedicated Teacher and Educational Assistant (Board of Education Staff)
- Access to all CMHS clinical resources
- Normalized classroom setting
- Access to assistive technology
- Transition Support back to homeschool

FAMILY COMMITMENT

- At minimum 2 hour-long sessions per week:
 - One in-home support with Extended Day Treatment staff
 - One family therapy session with Child and Family Therapist
- Daily communication with Day Treatment program staff through the Communication Book and occasional phone calls

- Monthly Review Meetings with Children's Mental Health and School Board Partners

PRIMARY TREATMENT TARGETS OF THE PROGRAM

- Enhance children/youth's strengths and competencies
- Promote improved family functioning
- Promote academic success

PRIMARY INTERVENTIONS OF THE PROGRAM

- Motivational Interviewing for engagement of child/youth and family
- Individual and Family Therapy
- Systematic Training for Effective Parenting (STEP) Parenting Program to enhance parenting skills
- Skillstreaming for social skills
- Mindfulness for emotional regulation

REFERRALS

Typically, referrals are planned and result from treatment planning with the youth and their family and a multidisciplinary process however the program is able to accept referrals directly from our intake department.

All referrals must be assessed for suitability and approved by the Day Treatment (CTCC) Governance Committee prior to admission.

Direct referrals can be made to the program through our Central Intake at 613-966-3100.

General program inquiries can be made to the program Supervisor at 613-848-4945.

