

MINDFUL CARE

1. *Children's Day Treatment Program offers extra attention*
2. *In-School Clinics make getting help easy*
3. *Unique approaches from our Center for Specialized Children's Services*
4. *Meet our staff*





Children's Day Treatment Program

For children who may need a little extra attention

"Children are special." Nothing could be more true when it comes to children and their mental health needs. At Four Rivers Behavioral Health we recognize children need special care and our Center for Specialized Children's Services is designed with their needs in mind. Our Children's Center includes traditional outpatient therapy, in-school clinics and more. Part of our plan of care includes FRBH's Day Treatment Program for Children.

Our day treatment program is for

adolescents and pre-adolescents who need a little extra attention beyond traditional outpatient therapy, but not so serious as to be hospitalized. The program works with children who struggle with anxiety and depression, children with a trauma background, children who have suicidal ideation, thoughts of hurting themselves or others and other severe emotional disorders.

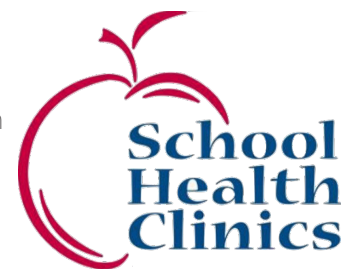
Day treatment includes a comprehensive educational

... see EXTRA on page 4

In-School Clinics

Children don't come to us
we go to them

Four Rivers Behavioral Health, in cooperation with Baptist Health Paducah, provides on-site counseling services to students and staff in nearly every school in the region through in-school health clinics. Our goal is to provide convenient, accessible care to meet the needs of busy families and reduce absenteeism. Each school clinic has a certified behavioral health counselor on-site for behavioral health issues such as stress, anxiety, depression, substance abuse counseling and more.



... see CLINICS on page 8

Extra

from page 3

component within the school year, daily psychiatric monitoring, and intensive therapy in both group and



individual settings.

The program is conducted five days per week, with children attending seven hours each day. Treatment is provided by a multidisciplinary treatment team, and educational services are contracted through the city's independent school system.

The program is housed in a classroom like setting and, in fact, includes school learning as part of the typical day. This enables kids to have more intensive treatment but not miss out or fall behind on school work.

Most children are in the program somewhere between six and eight weeks before returning to a regular school setting.

The typical day includes breakfast and lunch followed by individual, group and family therapy and school sessions. In addition, our Director of Medical Services, Dr. Duncan E. Darnell, MD, observes the students in the classroom and therapy environment to help direct their course of treatment. Dr. Darnell is the only Board Certified Child Psychiatrist in the region and is trained to work specifically with children.

Many of our kids are coming from a hospital setting and are headed back to full-time school. We work to make sure they are ready for school when they leave the constant care of day treatment. Our goal is that children are in the least restrictive environment necessary. Many of our children move on from day treatment to outpatient care and are then seen by one of our clinicians on a regular basis.



Children's Services

Unique approaches for unique clients

The Center for Specialized Children's Services is committed to providing quality behavioral health care services to children, adolescents and their families.

We work closely with school systems and have clinicians on-site at many schools in the region. This enables youth to see a therapist without having to leave school. Sessions at school can also accommodate parental involvement. This is one of the many ways, Four Rivers Behavioral Health is working to make quality care as accessible as possible to as many people as possible.

The Center for Specialized Children's Services has several different approaches to care. Each approach is clinically proven and is individually designed.

We offer Children's Outpatient Therapy, which is what many would consider a "traditional" therapy service. We have sessions individually, with the family and often in group settings to help children and adolescents with emotional, social and behavioral problems. Our staff develops an individual plan to meet the needs of the child and family. Because we have an entire clinical staff dedicated to children who need behavioral health treatment. Each treatment plan is unique to the child's needs.

In addition to outpatient therapy services and a host of treatment approaches specially designed for children, Four Rivers Behavioral Health offers an Intensive Outpatient Treatment Program for adolescents with a substance abuse problem or a mental health concern in conjunction with substance abuse.

We also maintain a Day Treatment Program for adolescents aged nine through 17 (you can read more about day treatment on page three), and a complete Testing & Assessment Center to help determine the best course of action for children with mental health concerns,

Our Testing & Assessment Center performs comprehensive psychological evaluations of cognitive functioning, academic achievement, development, personality, behavior, and executive functioning.

The Testing Center works with toddlers, children, adolescents and adults to assess problems like Intellectual Disabilities, Learning Disorders, Attention Deficit/Hyperactivity Disorders, Autism Spectrum Disorders, Developmental Delays and more.

Our Approaches

Our clinicians are always learning new ways to treat young people. Some of the most recently adopted treatment methods - which have been proven in clinical studies over time - are used by our clinicians. These methods are constantly evolving and changing based on new evidence and clinical trials. We have detailed information about treatment services on our website at www.4rbh.org.

Parent/Child Interaction Therapy

This treatment approach is especially useful with children aged two to ten and is exactly what it sounds like - working to build the parent/child relationship and reduce problem behaviors.

Incredible Years - Dinosaur School

A group treatment focusing on different age groups from three to 8 year old children that targets social competence, classroom behavior, self-calming and problem solving.

Child/Parent Psychotherapy

This treatment approach focuses on addressing trauma in children up to five years old and the attachment between caregiver and child.

Child/Adult Relationship Enhancement

A child to early teen approach to promote positive and secure attachments with caregivers.

Trauma Focused Cognitive Behavioral Therapy

Provides children and parents skills to process the trauma, manage thoughts and feelings connected to the trauma and enhance family communication.

Seven Challenges

A group treatment approach addressing adolescent behavior and substance use issues focusing on assisting the youth to make thoughtful decisions.

Social Skills

A group intervention program to assist those with an autism spectrum disorder or other emotional disorders with developing positive social skills for success in school and at home.

Other Group Therapy Initiatives

The Center for Specialized Children Services is constantly updating and offering various groups to meet needs of children and adolescents.

Clinics

from page 3

There is no appointment needed and the clinic accepts all major health insurance plans.

In addition to our partnership with school medical clinics, we also offer in-school counseling, without medical clinics, to students and staff at schools without full medical services. A certified behavioral health counselor is on-site at these schools for behavioral health issues such as stress, anxiety, depression, substance abuse counseling and more. For more information check with your school's guidance counselor or visit our website at www.4rbh.org.



DID YOU KNOW

You may not know that Four Rivers Behavioral Health has a complete Medical Services Center which employs Board Certified Psychiatrists and Nurse Practitioners who provide medication management to both adults and children in collaboration with their therapy.

Our onsite pharmacy, Genoa, is available for patients to fill

prescriptions or ask questions that relate to their medications.

Our medical director, Dr. Duncan E. Darnell, MD, graduated medical school from James H. Quillen College of Medicine and completed residency in General Psychiatry and a fellowship in Child/Adolescent Psychiatry at the Medical University of South Carolina's Institute of Psychiatry.

Dr. Darnell is the only Board Certified Child Psychiatrist in the region.

Meet our staff



Sally Carter, LPCA
Children's Day Treatment Program Manager

Meet **Sally Carter**. Sally has been with Four Rivers Behavioral Health for just over five years. Sally has a Masters of Education in Counseling and Human Development.

She began her tenure with FRBH in Adult Services and quickly moved to Children's Services - where she truly has a passion for the people she helps.

Soon after, Sally began counseling work at our school clinics throughout the region (*you can read more about school clinics in the story on page three*).

Sally has been an integral part in the expansion of our school clinics program and continues to rely on the contacts she made in the school system.

Sally spent more than three years in our school clinics and this summer, she transitioned back to Children's Services where she now heads up our Day Treatment Program for Children.

This classroom like setting is for children who need a little extra attention and who may not be able to participate in regular school curriculum, but are not candidates for hospitalization. Our goal is to provide the best level of care for children, while at the same time making sure that level of care is the less restrictive care necessary.

You can read more about our Day Treatment Program for Children on page three of this issue.



425 Broadway
Paducah, KY 42001
270.442.7121
866.442.7121
Crisis 800.592.3980
www.4RBH.org