

Behavioral Health

Rushford provides integrated care for adolescents with co-occurring disorders. This refers to the presence of psychological and behavioral conditions, which can include: anxiety disorders, mood disorders, conduct disorders, depression, bipolar disorders, etc.

The program utilizes a fully integrated, evidence-based approach that treats the whole person - not just the symptoms. This method has been proven effective in helping youth and their families meet the complex and unique needs of adolescents experiencing mental health disorders.

Rushford has the appropriate experience and resources to address the unique emotional, developmental, physical, psychological, familial, social and cultural factors of each adolescent involved in the program.

PARTIAL HOSPITAL PROGRAM

Highly structured, intensive treatment for adolescents ages 13-18 who do not require 24-hour supervision but are unable to function adequately or safely without extensive therapeutic intervention for significant portions of the day. This program operates Monday - Friday, from 1:30 - 5:30 p.m.

INTENSIVE OUTPATIENT PROGRAM

This level of care is appropriate for those who require continued support while working toward greater independence from a structured therapeutic setting. This program provides a transition enabling the client to readjust to their community and stabilize after the crisis that originally led them to treatment.

The program operates 2:30 - 5:30 p.m. with a transitional step down to three days weekly.

OUTPATIENT SERVICES

Outpatient services are offered for adolescents who benefit from ongoing support and relapse prevention once they have successfully completed the intensive outpatient treatment program. The program operates once a week for 90 minutes. Rushford also offers individual therapy for adolescents who benefit from one-on-one treatment.

PROGRAM COMPONENTS

- Group Therapy
- Anger Management, Self -Esteem/Strengths
- Stress Management/Coping Skills
- Substance Abuse Psychoeducation Groups
- Recreational Therapy Groups
- Family Therapy/Parent Education
- Psychiatric Consultation & Medication Management



MERIDEN

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ACCREDITED BY THE JOINT COMMISSION

www.rushford.org

To make an appointment please contact our Access Center at 1-888-203-2916.