

## Overview

The Heartwood Program at Healthy Foundations Group provides a fee-for-service based intermediate level of care for adolescents who would benefit from more intensive services, but are not in need of inpatient psychiatric care. This level of care, delivered in the evening, provides a 12-week comprehensive program while accommodating regular school attendance.

The goals of our program include identifying and reshaping negative behavior patterns, developing individual and family problem-solving skills, improving school performance, and improving relationships. Our clinical services team has developed a program that integrates the latest research to provide clients and their families with tools to master the practical challenges of everyday life. Individual, group, expressive, and family therapies are provided (see attached schedule).

The Heartwood Program is appropriate for those struggling with:

Depression	Anxiety	Distress Tolerance
School Avoidance	Abandonment	Communication Non-
Suicidal Self-Injury	Grief and Loss	Maladaptive Social Skills
Family Discord	Relationships	Self-Esteem Issues

Services Provided:

Interdisciplinary Diagnostic Assessment  
Pharmacologic Evaluation and Management  
Individual and Group Therapies  
Individual, Family, and Parent Interventions  
Coordination of School Accommodations

## Evaluation and Intake Process

Our initial evaluation is done in several parts. We begin with an interview of the client and the clients' parents by the provider who will be the client's individual therapist while in the program should they be enrolled. Either prior to or immediately following this interview, we work to obtain collateral information from all relevant providers (i.e. therapists, psychiatrists, pediatricians, etc.). We also like to take this time to review any available testing/evaluations that have been previously completed.

After our evaluation is complete, the entire treatment team meets for review (Thursday afternoons). If at that time our program isn't deemed appropriate, we

work as a group in collaboration with the outpatient team to develop a recommended treatment plan, complete with any applicable referrals, and contact the family to provide that information. The family has the option for this to be done either in person or over the phone, however we encourage this be done in person.

If our group is deemed an appropriate next step, the intake coordinator will contact the family to start the process of scheduling a start date, as well as individual and family therapy appointments. Additional questions/needs will be addressed at that time.

## **Heartwood Program Schedule**

(4/21/17)

### **Tuesday**

3-3:30	Check-In	Group Room 1
3:30-4:20	DBT	Group Room 1
4:30-5:50	Process	Group Room 1
6-6:50	Goals (dinner)	Conference Room

### **Wednesday**

3-3:30	Treatment Review **if applicable	Group Room 1
3-3:30	Check-In	Group Room 1
3:30-4:20	Narrative	Group Room 1
4:30-5:50	Art Therapy	Group Room 1
6-6:50	Nutrition/Medication (dinner)	Conference Room

### **Thursday**

3-3:30	Check-In	Group Room 1
3:30-4:50	Process	Group Room 1
5-5:50	Mindfulness	Group Room 1
6-6:50	Wrap Up (dinner)	Conference Room
7-8:00	Parent Support Group **every other week	Group Room 1

### **MISC**

\*\*Individual/family sessions and Psychiatry visits are scheduled based on client and clinician availability.

**\*\*Referrals: Contact Dr. David I. Driver at (301) 969-2269 or  
Driver@HealthyFoundationsGroup.com**