



## ARMOR FOR TEENS INTENSIVE OUTPATIENT PROGRAM FACT SHEET FOR REFERENTS

### Program Details

Clients typically attend the ARMOR program for three hours, four days per week. They spend the majority of the time in group. The group schedule varies somewhat by day, but content includes the following:

- DBT skills
- CBT techniques
- Psychoeducation
- Other therapeutic activities

Clients will set goals for the time they are in group as well as for their time outside of group. Time is allocated for them to set and process their goals as well as to discuss how successful they have been in meeting them. Additionally, clients will be asked to complete homework daily and will review their experience with the homework at the next session. These homework assignments are designed to help clients practice the skills taught during group sessions and to assist them in creating new habits of thinking and behaving.

### Benefits of Group Therapy

Group therapy can seem intimidating but is very beneficial for many people. Participating in a group allows people to see that others share similar struggles. It also gives group members the opportunity to practice their new skills in a safe, non-judgmental social setting. This can give them the confidence and ability to generalize these skills into other aspects of their lives. Group also allows group members to learn from and teach each other. This provides different perspectives as well as builds confidence for members when they are able to help each other learn a new skill or provide empathy and support for one another.

### Who Benefits from Programming? What Should I Look for When Referring?

ARMOR is appropriate for adolescents 14-17 struggling with anxiety, depression, bipolar, schizophrenia, or borderline personality disorder, and other mental wellness challenges affecting their everyday life. Intensive Outpatient Programming benefits an individual who may be looking for a lower level of care if stepping down from partial hospitalization or inpatient, or for an adolescent who has regressed or plateaued in the traditional outpatient counseling setting.

*more information on back*



## **Use of Dialectical Behavior Therapy (DBT)**

Most days, clients will focus on a specific DBT skill. Dialectical Behavior Therapy is a cognitive-behavioral counseling approach that has been found to help individuals with a variety of mental health struggles. DBT operates from the assumption that clients are doing the best they can; unfortunately, these individuals struggle, both individually and in their relationships, because they have not learned or mastered many healthy strategies and coping skills. DBT teaches skills to promote emotional well-being and healthy relationships, assisting clients to change what is possible and accept what is not. In the end, DBT promotes resilience and helps clients build a fulfilling life. The program also incorporates other approaches, such as Cognitive Behavioral Therapy (CBT) and solutions-focused therapy.

## **Working with Schools**

We recognize that the ARMOR program is a large investment of time for the client and will mean lost time in school. However, for many of the clients we serve, their mental health diagnoses are affecting their lives to the point where their functioning and performance at school is suffering. We understand that many parents worry about whether their child will be able to catch up when they return to school full time. We encourage school counselors, who support admission to the ARMOR program, to work with parents to ease these worries and create a plan for how their child will attend the ARMOR program without it having a negative effect on their long-term grades. We are also happy to work with school staff to create this plan as needed. We strongly believe that investing time in the ARMOR program will help each client grow and learn new skills that will help them be more effective in every aspect of their lives, including school.

## **Psychiatry Support**

Clients may also meet weekly or biweekly with our program psychiatrist. The psychiatrist will assess their need for medication and prescribe and monitor any appropriate medications. This additional service means that your client will have access to medication management within the week they begin the program, if needed. This level of coordination of care means no wait times and improved ability to implement skills and improve quickly.

## **Case Management**

With the parents' permission, program staff will contact you to obtain any relevant information you might have about the client and their treatment goals. The staff will also contact the client's outpatient therapist and psychiatrist as the client nears discharge to schedule an appointment. If the client does not have outpatient providers, the program staff will assist the client in finding a provider and scheduling intake appointments for soon after discharge.

## **Making a Referral**

If you would like to make a referral, you can encourage the client's parent or legal guardian to call us at 800.438.1772. The intake team will help the parents to determine if the ARMOR program is right for their teen. This call may take 30 to 45 minutes, so please encourage them to plan accordingly. Once the intake screening is completed, it will be reviewed with the attending psychologist and a treatment recommendation will be made. Clients and their parents will need to attend a diagnostic assessment appointment and sign consents prior to beginning the ARMOR program. We strive to have clients begin group within a week of the initial intake call whenever possible.

## **Incorporating Spirituality in the ARMOR Program**

Individuals can apply the faith-based piece as little or as much as they would like. We respect clients' beliefs and meet them where they are at.

***If you have further questions, please contact our intake team at 800.438.1772. They will do their best to answer your questions and will connect you with program staff if needed.***