

FAQs for Structured Day Program

1. What is the Structured Day Program?

A: The Youth Focus Structured Day (SD) Program is a licensed day treatment program for middle school and 9th graders who have moderate to severe behavioral problems. SD offers both academic and therapeutic services to these youth. Our students have a range of mental health diagnoses such as: Attention Deficit Hyperactivity Disorder, Oppositional Defiance Disorder, Conduct Disorder, Bipolar Disorder, Post Traumatic Stress Disorder, Depressive Disorder, and Mood Disorder.

2. What are the criteria for admission into the program?

A: Students must be in the 6th – 9th grade, have moderate to severe behavioral problems in the classroom, and must be enrolled in a Guilford County School (if they are in middle school). If the student is not court involved, they must have Medicaid or Health Choice insurance.

3. What does the program's staffing look like?

A: As our setting is small, our students receive individualized treatment. The program's staff consists of licensed mental health therapists, mental health technicians who work in the classroom, and certified teachers. In each classroom, there is a NC certified teacher and one mental health technician present for every 6 students.

4. What is the referral process?

A: Referrals come from court counselors, schools, parents, mental health providers and community members. To make a referral contact the Office Manager at 273-4687 x. 300 to request a referral form. There is a referral form on our website for your convenience. Once the referral form is submitted, school records are requested. The student's parents/guardians, school, and referral source are then contacted to gain information regarding the student's situation and to assess if the student fits the admission criteria.

5. What is the procedure for the waiting list?

A: If the program is full, the prospective student will be placed on the waiting list. Once a spot opens up in one of the classrooms, the student's parent/guardian will be contacted and the referral process begins. Court-involved referrals receive priority over community referrals.

6. Once a spot is open and the referral has been made, what is the process for admission?

A: Prior to admission, a clinical assessment and intake are completed. Once a start date is determined, the referral source and school are informed of the admission. The student is marked as a "visiting student" at his/her home school if they are in middle school. If they are in high school, they will be withdrawn from their home school.

7. What services are offered within the program?

A: At admission, the student and his/her clinical team identify the treatment goals that the student will work on during his/her time at the SD program. SD utilizes evidenced-based interventions in treating the referral behaviors. The various services and interventions that we provide to work with our students include: Individual therapy, Group therapy, Milieu therapy, Academics, EC services to address the needs of students with IEPs, Behavior Management System, Social skills development, Psychiatric evaluations, Medication Management, Crisis Intervention, and Case Management.

8. When a student is ready for discharge, what is the process like?

A: When the student makes progress on his/her treatment goals, the clinical team will begin to prepare for transition back to a traditional school setting. The Guilford County Schools Transition Counselor helps assist in this process. At discharge, the student's grades are reported to the home school where the student is enrolled.

9. What are the hours of operation?

A: Program operates Monday – Friday from 8:30 am – 2:30 pm. We **do not** adhere to the Guilford County school schedule. A schedule of days off for students will be provided upon admission.