

Pediatric Intensive Group Therapy



In our pediatric intensive group program, we offer two levels of care:

Partial Hospitalization Program (PHP): This program is offered Monday – Friday from 8:30 am – 3 pm; participants of this group focus on stabilization of dangerous and high-risk behaviors and/or worsening psychiatric symptoms. They will also receive support from our nurse practitioner, who will assist with initiating, changing or continuing medications in a safe, monitored setting.

Intensive Outpatient Program (IOP): This program is offered Monday, Tuesday and Thursday from 9 am – 12 pm or 1 pm – 4 pm; participants of this group focus on treating depression and anxiety symptoms, as well as self-harm and suicidal thoughts.

Overview

Both PHP and IOP provide a safe setting for group therapy participants. Our patients will receive education and practice healthy coping skills to reduce symptoms of depression and anxiety. Patients will learn stress management techniques such as relaxation activities, skills related to reducing stress in both home and school settings, and steps towards regulating intense emotions.

In the safety of the group setting, participants will practice identifying and expressing emotions, obtain support, and work on forming and maintaining healthy habits. There are opportunities for all group members to share throughout their time in the program and they are encouraged to discuss their experiences and insights related to the topics discussed.

Both group therapy programs also incorporate individual therapy to review progress, work on individual goals, and assist with discharge planning, as needed.

What Can We Expect?

Our therapists use two evidence-based treatments for facilitating groups:

- Cognitive Behavioral Therapy (CBT), which focuses on the connection between our thoughts, feelings and behaviors
- Dialectical Behavior Therapy (DBT), which helps teens understand and tolerate difficult emotions in a healthy way

Our programming is time limited; the team uses a solution-focused approach that targets current stressors and family dynamics.

The pediatric PHP and IOP include a combination of the following types of groups: psychotherapy, psychoeducation, family therapy, art therapy, music therapy, recreation therapy and experiential therapy.

Group Topics

- Coping skills
- Emotion navigation and regulation
- Healthy communication
- Challenging and reframing unhelpful thoughts
- Self-esteem and confidence
- Identifying values and needs
- Gratitude and mindfulness
- Healthy relationships and boundaries
- Health and wellness
- Perspectives and behavior patterns
- Self-care
- Safety planning

Group placement depends on several factors such as:

- Severity of symptoms
- Referral source
- Provider recommendations
- Willingness to participate.

Insurance

Most commercial insurance health plans have benefits for PHP/IOP as a specialty service. Please call your insurance plan to confirm specific coverage. Medicaid plans require determination of medical necessity before attending. Out-of-state Medicaid plans do not cover this program, and out-of-state commercial plans may need to be verified first.

How To Get Started

Step 1: Call 904.376.3800 #4 to learn more about our program.

Step 2: Have your insurance card and the patient's information ready to share with our office specialists.

Step 3: Our office specialist will connect you with one of our new patient coordinators to schedule an intake assessment.

Step 4: Based on the recommendation of the clinician completing your assessment, the treatment plan is reviewed and groups are scheduled.

Sample PHP Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am	Community/ Mindfulness	Community/ Mindfulness	Community/ Mindfulness	Community/ Mindfulness	Family Session
9 am	Process Group (CBT)	Process Group (CBT)	Process Group (CBT)	Process Group (CBT)	
10 am	Individual Session	Recreation Therapy	Recreation Therapy	Recreation Therapy	Recreation Therapy
11 am	Coping/Skills (DBT)	Coping/Skills (DBT)	Individual Session	Coping/Skills (DBT)	Coping/Skills (DBT)
Noon	Lunch	Lunch	Lunch	Lunch	Lunch
1 pm	Art Therapy	Medication Check (APRN)	Art Therapy	Art Therapy	Art Therapy
2 pm	Experiential Music	Pharmacy/ Nutrition	Purpose and Meaning	Medication Check (APRN)	Purpose and Meaning
3 pm	Pick-Up	Pick-Up	Pick-Up	Pick-Up	Pick-Up

Sample IOP Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9 am - 1 pm	Process Group (CBT)	Process Group (CBT)		Process Group (CBT)	
10 am - 2 pm	Coping/Skills (DBT)	Coping/Skills (DBT)		Individual Session	
11 am - 3pm	Individual Session	Art Therapy		Art Therapy	

Baptist Behavioral Health

Counseling, psychological and psychiatric services for all ages.

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