

## **NEIL HELLMAN DAY TREATMENT PROGRAM**

---

Neil Hellman Day Treatment program is licensed by the NYS Office of Mental Health (OMH) to provide integrated clinical and educational programming for youth who have serious emotional disturbances. The program serves youth who live at home or in the community within 50 miles of Parsons Child & Family Center's main campus in Albany who have been identified and referred by their school districts. Youths and their family members create comprehensive plans that address their social, emotional, psychological, psychiatric, health, and educational needs. Neil Hellman Day Treatment staff is trained in state-of-the-art practices in the assessment and treatment of youth who have experienced trauma. Educational classes are provided onsite at the Neil Hellman School.

### **AVAILABLE SERVICES**

Program staff provide integrated and coordinated care. Partnership with caregivers and youth is critical, and links with community services organizations are essential and central to "wrapping" services around youths with complex needs. Trauma-informed, strength-based, individualized care is the intent.

- Assessments (psychiatric, psychosocial, educational, health)
- Comprehensive treatment and discharge planning
- Therapeutic services such as verbal therapies (individual, family, group) and medication therapies
- Therapeutic recreational program in the afternoon
- Symptom management
- Crisis management
- Case management and referral services
- Socialization, task and skill training, and social training
- Educational services such as individualized educational planning and special education instruction or prevocational services
- Integrated care within community (e.g., mental health, child welfare, education)
- Assistance to families when program is not in operation

### **BENEFITS**

- Improvement in youths' emotional functioning through assessment, diagnosis, and individualized treatment
- Improvement in the youths' family functioning, especially with regard to managing youths' mental illness or emotional handicap
- Greater capacity for youth to function within a family, school and community setting
- Success in the youths' transition from a residential facility to community living when youth continue to require integrated service delivery to succeed educationally
- Success in the youths' transition to less restrictive educational settings within the shortest amount of time possible
- Year-round (12-month) programming

**Who can access services?** The Day Treatment Program serves youth who are:

- Age 5–21
- Live within an approximate 50-mile radius of the school
- Identified by their school district's Committee on Special Education (CSE) as emotionally handicapped
- Assessed by their school district's CSE as in need of coordinated special education and counseling services that are not available within the home school district.
- Assessed by Parson's Clinical Team as capable of benefiting from Day Treatment level of care. Day Treatment level of care is designed for youth with a mental health diagnosis or behavioral acting out that impacts youths' daily functioning in school, home, and/or community. Examples of functioning impairment might be, the inability to form or maintain interpersonal relationships; inability to participate in appropriate educational activities; rigid thinking patterns; or impairment of the individual's ability to recognize or avoid danger.

**When are services available?** The program is located at 60 Academy Road, Albany, and operates year-round, 12 months a year, 5 days per week (Monday through Friday), with office hours 8:30 a.m.–4:30 p.m. Emergency afterhour services are available through Parsons Residential On-Call system, which operates 24 hours a day, 7 days a week.