

When to Refer an Adolescent for Treatment:

A Quick Reference Guide



Here are some signs or behaviors to look out for:

- School avoidance (10 or more days missed)
- Isolating from friends and family
- Risky behaviors
- Erratic sleeping habits
- Impulsive decision making
- Any self-harm comments or actions
- Problematic social relationships
- Reduced concentration
- Prolonged academic stress

Connections Wellness Group offers intensive group therapy behavioral health programs *for adolescents (10+).*

But ***how do you know*** when this type of treatment is the best fit?

Benefits of Outpatient Daytime Intensive Group Therapy:

- 4-7 weeks of group therapy equates to 90+ therapy sessions
- The outpatient environment provides daily trauma-focused therapeutic structure without removing a child from the home for weeks at a time
- Our program is Monday – Friday and mimics the school day, allowing for family time on evenings and weekends
- The Daytime intensive program incorporates family and individual sessions weekly
- Coping skills and psychoeducation daily

