

## Referral Process

-Referrals can be made by parents, schools, therapists, doctors or others who are working with the family.

-To make a referral you may contact the programs directly:

### Children's Treatment Program

**319-369-8728**

### Adolescent Life Program

**319-369-8535**



**UnityPoint Health**  
St. Luke's Hospital

Children's Specialty Services  
4050 River Ridge Drive NE  
Cedar Rapids, IA 52402  
319/369-8728 or 8535

[unitypoint.org/cedarrapids](http://unitypoint.org/cedarrapids)

UnityPoint Health – St. Luke's Hospital  
Children's Specialty Services

## Adolescent LIFE Program and Children's Treatment Program



*Preventing psychiatric hospitalizations  
and out of home placements for  
adolescents and children*



**UnityPoint Health**  
St. Luke's Hospital

## Program Description

The Children's Treatment and the Adolescent Life Programs are Intensive Outpatient Programs for youth from 6-18 years old. Our programs operate from 2:30 – 5:30 p.m. during the school year and from 9:30 a.m. – 12:30 p.m. during the summer months. Youth who are experiencing behavioral or emotional challenges in their home, school or in the community are good candidates for the programs. The programs use a cognitive behavioral therapy approach to address the behaviors of the children in a group setting.

While in the program, children and adolescents work on their identified goal areas. Everything we do is in a group setting and the staff focuses on a different theme or skill area each week. These topics include identifying feelings, anger management, coping skills, teamwork and several others.

The underlying goal is to teach the children and adolescents to better cope with challenging life situations

The staff works closely with your doctor, therapist and school to make sure the needs of your child are being met in all settings.

The program is covered by most insurance companies.

Our average length of stay is 6-8 weeks and is individualized for each child in the program

The Children's Specialty Services assists with transportation as needed by the family.

## Staff

Our professional staff includes:

- Therapists
- Psychiatric Nurses
- Youth Counselors
- Recreation Therapists

The other professionals working with your child are included in the treatment planning process.

## Typical Schedule

- 2:30-3:30 – Community Meeting
- 3:30-4:15 – Skill Development Group
- 4:15-5:00 – Skill Development Group
- 5:00-5:30 – Community Meeting/Goal Setting

