



## Day Treatment Program

The Southwest Key Day Treatment Program provides intensive day support programming for troubled youth, particularly disadvantaged, minority youth. These youth, who might otherwise be placed in residential treatment facilities or secure care institutions, are provided with a full-range of treatment, academic and recreational services while living at home. By maintaining youth in their home and providing counseling and educational programs for parents, Southwest Key Day Treatment Program provides a holistic, family-centered approach to reform and rehabilitation. Each week day, youth are transported to and from the Day Treatment Program to participate in 8-12 hours of structured program activities, including classroom and computer-based instruction, behavior management programming and group and individual counseling. Recreational activities and educational opportunities are also provided during evenings and on weekends for youth and their families.

The primary goal of the Southwest Key Day Treatment Program is to provide rehabilitation for troubled youth while providing protection to the community. The program provides the supervision, support services, discipline and structure necessary to initiate a change process which results in the reintegration of the youth into the community and family as a law-abiding citizen, and helps the youth develop skills which enable her/him to successfully pursue educational, vocational or employment goals.

### Program Components

- **Academic Education** - The program provides a full-day academic program that focuses on re-motivating each student to the concept of learning through unique, high impact learning experiences and instructional variety. The academic program also includes pre-vocational and workplace skills training. As part of the learning environment, youth explore career options and are assisted in establishing positive vocational and educational goals for the future. When deemed ready by the treatment team, youth are re-integrated into their home schools with program support to ensure a smooth transition.
- **Case Management** - At intake, an Individual Development Plan (IDP) is designed for each youth, which serves as a guide for treatment, education and rehabilitation. It is also used as a measure of progress toward individual and program goals.
- **Group Counseling** - Groups are designed to confront and effectively limit anti-social behaviors and lead youth toward pro-social values and behavior, this approach.
- **Individual Counseling** - Youth receive both formal and informal individual counseling daily with the Southwest Key Clinician, a licensed MSW, or with Caseworkers. When needed, referrals to outside community resources are made.
- **Behavior Management** - Appropriate behavior and demonstration of pro-social attitudes and values is rewarded by a level system which links privileges to responsibility and hold youth accountable for their own behavior.
- **Recreation** - In addition to teaching the youth appropriate ways to have fun and spend free time, recreation provides a constructive outlet of aggressive energy, allows experimentation with new roles and behaviors, and builds relationships between youth and staff.
- **Intensive Supervision** - This "tracking" component enables caseworkers to bring structure, supervision and accountability to facets of the youth's life that might otherwise present significant exposure to negative influences.
- **Family-Centered Services** are designed to strengthen the family unit as the most powerful influence on children and youth. Group and Individual Counseling is accessible to families as well as educational opportunities. Employability skills and advocacy services are extended to the entire family and recreational activities for the youth and their family occur at least once a month.

The Day Treatment Program is designed to serve youth ages 10-19. The cost is \$80-90 per day, per youth depending upon the number of youth and their length of stay.

For more information about the Day Treatment Program or any other Southwest Key Program please contact us at:

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