

Is my child eligible for Therapeutic Day Treatment?

- At risk of hospitalization or out of home placement due to behavioral or emotional concerns.
- Has inappropriate behavior that recent and repeated interventions by mental health, social services, educational system, or judicial system have not resolved.
- Has difficulty with significantly inappropriate social behaviors or are unable to recognize personal danger.

Children must also meet one of the following:

- Has deficits in social skills, peer relations, or dealing with authority. Are hyperactive; have poor impulse control. Are extremely depressed or marginally connected with reality.
- Would otherwise be placed on homebound instruction because of severe emotional or behavioral problems, or both.
- Require year-round treatment in order to maintain emotional or behavioral goals.
- Behavioral and emotional problems are so severe they cannot be handled in self-contained or resource emotionally disturbed (ED) classrooms without this service.
- Children in preschool enrichment and early intervention programs when the children's emotional or behavioral problems, or both, are so severe that they cannot function in these programs without additional services.

How are goals set?

Mount Rogers Community Services' Therapeutic Day Treatment Program is focused on creating individualized goals for each student. Some examples of goals include, but are not limited to; improving behavior, improving school attendance, improving academic performance, improving social skills, improving peer support systems, and improving healthy coping skills.

- Program treatment services are person-centered, using interventions that build on strengths and focus on success.
- The program uses individualized treatment. Structure and expectations are developed for each child through an individualized services plan that provides the greatest opportunity for the youth to have a successful experience
- Day Treatment staff believe that with appropriate interventions, all children can learn new behaviors which lead to success and replace negative behaviors, patterns, and impairments.

Who provides Therapeutic Day Treatment?

All Therapeutic Day Treatment staff meet the credentialing guidelines of the Virginia Department of Behavioral Health and Developmental Services.

- Staff possess a combination of mental health work experience and relevant education, which indicates the ability to perform Therapeutic Day Treatment responsibilities.
- A Licensed or Licensed-eligible Provider will complete assessments and ongoing supervision on a case-by-case basis.
- Staff members receive supervision by a Licensed or Licensed-eligible Clinician.
- Mount Rogers Community Services is a member of the Virginia Therapeutic Day Treatment Coalition.



What is Therapeutic Day Treatment (TDT)?

Therapeutic Day Treatment services are delivered in a school environment at a minimum of two hours a day with at least an hour of continuous care. TDT counselors are available throughout the day as needed. Services are provided within school schedules.

- Individualized goals for each student.
- Two therapeutic activities each day in individual, group, or classroom settings.
- Weekly family contact to discuss progress at home and school.
- Education about mental health and symptom management.
- Medication education and monitoring may be provided.
- Social/interpersonal skills development such as anger management, impulse control, appropriate peer relations, organizational skills, etc..
- Opportunities to learn and use these skills independently.
- Service coordination with other providers and assistance in identifying additional support systems.
- Flexible hours based on need, which may occur before or after regular school hours.

Contact Information

Speak with your child's principal or guidance counselor to find out whether Therapeutic Day Treatment services through Mount Rogers Community Services are available at your child's school.

Carroll County/Galax

276-238-5600 ext. 2

Grayson County

276-773-3515 or 276-236-6194

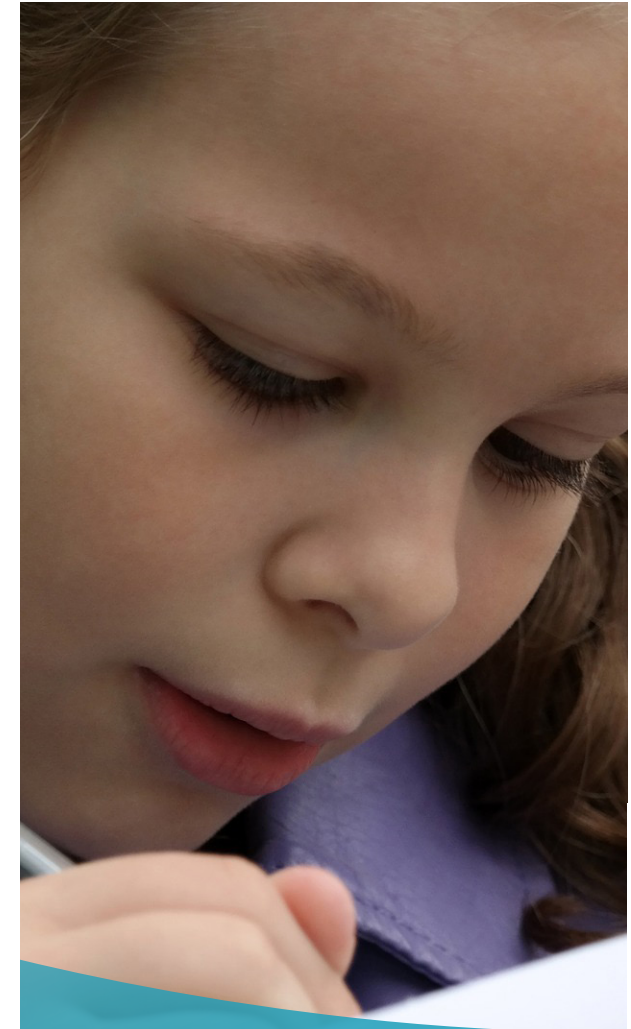
Smyth County

276-781-5900

Wythe/Bland County

276-223-3291

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**Therapeutic
Day Treatment**