

Experiential DBT, A Day Program

FAQ.....

Masks, Temperature Checks and Illness

We are requiring clients to wear masks during programming hours. We ask that parents provide a mask for their child.

At drop off each morning, we will take your child's temperature.

We ask that parents and or caregivers inform us immediately if your child has a fever, sore throat, cough or other symptoms of illness.

Drop Off/Pick Up

Upon drop off/pick up, parents will remain in their vehicle. A therapist will greet your child at the door, take their temperature and bring them in the building. You must inform us if someone besides a legal guardian is picking up or dropping off your child.

Drop off is between 8am and 8:30am daily

Pick up is between 4pm and 4:30pm daily

If you are participating in our virtual DBT Parent Skills Group on Tuesday afternoons, you should pick up your child before 4pm.

Virtual Parent DBT Skills Group

Tuesdays 4-5:30pm

This group is recommended for all parents with a child in Day Program. It is held weekly over Zoom. Your family therapist will provide the you with a Link to the group.

Family Therapy

Weekly family therapy will be virtual and held over Zoom. Your family therapist will provide you with a link

Meals, Snacks and Backpacks

Clients will pack a lunch. They will have access to a refrigerator and microwave. While we do provide 1 snack and 1 fruit in the afternoons, clients are allowed to bring their own snacks. Our space to store snacks and drinks is limited so please keep this in mind.

Clients may bring a backpack to store their laptops and school materials – please leave non-school related books and materials at home.

Attendance

Clients must attend Monday to Friday, 8:30am – 4:00pm. Clients will be discharged if they have more than 3 unexcused absences. We are unable to make exceptions. See the attendance policy for additional details.

Evening Behavior Forms

Every parent will be asked to complete this form nightly and hand it to a day program therapist at drop off. This form is reviewed daily by your child's therapist, psychiatrist and utilization review manager.

Hospital Homebound Forms

If applicable to your child, please provide the form upon admission. We will complete the form and it will be ready for pick up within 48 hours of admission.

Medication

We provide medication management, and your child will receive refills on prescriptions while programming with us.

Discharge

On the day of discharge, parents should pick up their child and then drive to the clinic to complete a satisfaction survey and pick up their child's prescription. You will remain in the vehicle and a nurse will come to you.

Who should I inform if my child is going to be late?

Let a day program therapist or your family therapist know if you're going to be late or need to pick up early.

What should I do if my child is refusing to attend the program?

Reach out to your family therapist for coaching if your child is refusing to attend. **If you suspect your child will have difficulty with attendance, let your family therapist know as soon as possible. They will assist you in developing a plan to address attendance issues**

Rules and Expectations

- Upon arrival in mornings, staff will wand you with a metal detector, complete a pocket check, shoe check, and a bag check.
- All belongings must be locked in the locker, unless you need laptops for school, and lunchboxes for lunch. This includes books that are not directly related to school work.
- Clients are not allowed to access their cellphones until they are picked up at the end of the day. Clients are also expected to disable text messages/phone calls/skype on their MacBook/laptop until they are picked up at the end of the day. As well as, social media and unauthorized sites not related to schoolwork are not permitted in the Day Program.
- We DO NOT allow trading of any personal items.
- Every time we leave the library and return, we will complete pocket checks.
- While in transition to other buildings, clients are expected to walk in a single file line, quietly.
- If you wish to contact your parents, staff must gain approval from your treatment team first.
- Clients will not provoke other clients or undermine the treatment of others in the program.
- Clients will respect each other's personal space. No touching, hugging, hitting, or other forms of physical contact are allowed... *boundaries*
- Clients are not permitted to pass notes or whisper to each other.
- Clients are expected to use appropriate language and tone with peers and staff.
- All clients are expected to clean up after themselves.
- All clients are expected to appropriately participate in DBT, RT, SEE, morning meditation, and the other daily groups. Be respectful of your peers and therapists.
- Clients are not permitted to share social media, phone numbers, or other personal information, as it violates HIPAA and our privacy policies.
- Clients are NOT permitted to gift personal items to peers, purchase gifts for peers or exchange gifts with peers.
- Clients are not permitted to share social media, phone numbers, or other personal information, as it violates HIPAA and our privacy policies.**
- Refusal to follow any of these rules may result in discharge.**

Dress Code

Hillside Day Program is committed to providing a safe, productive, and positive therapeutic environment. Such standards are to be consistently and fairly applied to all clients regardless of gender

-Clients are restricted from wearing clothing that is revealing (e.g. cut low at the neck or under the arms, exposes bare midriff, made of see-through material that exposes a client's undergarments, tank tops, and pants worn below the hips exposing the client's underwear or skin).

-Clients are prohibited from wearing shorts/skirts that are more than the length of a driver's license above the knee.

-Clients are expected to wear close-toed shoes for safety. Failure to do so will result in the inability to participate in certain activities, such as recreation therapy.

-Clients are prohibited from wearing clothing or items that promote illegal or violent conduct such as unlawful use of drugs, alcohol, tobacco, or weapons.

- Clients are prohibited from wearing clothing or items that are obscene, libelous or feature sexually offensive or vulgar words, pictures, phrases, drawings, etc.

- Clients are prohibited from wearing clothing or items containing derogatory expressions or language demeaning an identifiable person or group such as based on a person's race, color, gender, national origin, religion, sexual orientation, gender identity, or disability that could disrupt or materially interfere with school activities.

-Clients are prohibited from wearing specific gang-related attire.

-On the first offence of not complying with the dress code the clients parent/guardian will be contacted and will be asked to bring appropriate clothing, if the client refuses to change he/she will be dismissed for the day and his/her parent/guardian will be asked to pick him/her up.

-If noncompliance with the dress code is an ongoing issue, the therapist will address treatment appropriateness with the treatment team and the family.

-Due to the differences in dress code policy from residential clients, all clients in the Day Program will be required to wear a bracelet identifying that they are in the Day Program.

