

# CASTLE

## Children Achieving Success through Therapeutic Life Experiences



### A complete program of care for children

Identifying and addressing childhood difficulties at an early age can make a marked difference in a child's ability to succeed in life. CASTLE (Children Achieving Success Through Therapeutic Life Experiences) is an acute partial hospitalization program geared to help children who have severe emotional, behavioral or psychiatric disorders. CASTLE also offers an outpatient program for children and adolescents.

### Who can benefit from CASTLE

CASTLE typically serves children between the ages of 5 and 15 who do not require 24-hour inpatient care. Our mission is to provide high quality mental health diagnoses and treatment for children having difficulty functioning successfully in a social environment.

We are open year-round, Monday through Friday. In most cases, door-to-door transportation is provided as are nutritional needs. We offer three levels of care to best serve children and their families:

- ◆ Full day, partial hospital: Children attend the program during typical school hours and receive a complement of intensive therapeutic and academic services.
- ◆ Half day, after school partial hospital: Children attend the program after school and receive comprehensive mental health services.
- ◆ Outpatient: Children meet with a therapist approximately once a week for individual and/or family therapy to help identify and work on issues related to home, school and social situations. Additional services include monthly medication management and psychiatric evaluations with a psychiatrist and/or advanced practice nurse (APN).

Children who are referred to the program come for a variety of reasons including, but not limited to:

- ◆ Attention deficit disorder with or without hyperactivity
- ◆ Anxiety disorders such as social or school phobia, obsessive compulsive disorder and generalized anxiety disorder
- ◆ Mood disorders including clinical depression, bipolar disorder and dysthymia
- ◆ Oppositional defiant and conduct disorders
- ◆ Aggressive or abusive behaviors
- ◆ Emotional problems resulting from abuse, violence, divorce, separation, step-parenting, substance abuse, death, abandonment or other life stressors
- ◆ Suicidal thoughts or self-abusive behavior

*continued* ⇨

## Comprehensive services

Beginning on day one, our staff works with each child and family to create clinically based treatment goals. Meeting these goals is an integral part of all the following treatment approaches:

- ◆ Individual psychotherapy
- ◆ Family therapy/education
- ◆ Group therapy (excluding outpatient program)
- ◆ Psychiatric evaluation
- ◆ Medication therapy
- ◆ Behavior modification system
- ◆ Academic programs (excluding outpatient and after-school programs)
- ◆ Liaison with the community

## Family involvement

Family participation is critical to the treatment process. Family members are expected to be actively involved in the child's treatment. Attendance of at least one family meeting per week is mandatory. Additionally, families are educated on various topics such as diagnosis, medications and strategies to best help their children. Families are also encouraged to observe children in group settings and implement behavior plans at home.

## Discharge planning

All children are provided with a comprehensive discharge plan. Plans range from helping youngsters integrate back into their home school, to arranging for outpatient care. Each plan includes services that best meet the needs of the child and family.

## The treatment team

Members of the CASTLE team are committed to helping children understand and cope with the challenges that brought them into treatment. In collaboration with the Center for Family Guidance, the treatment team consists of:

- ◆ The child
- ◆ The family
- ◆ A board-certified psychiatrist
- ◆ Psychiatric advance practice nurses
- ◆ Master-level therapists
- ◆ Program counselors (excluding outpatient program)
- ◆ Academic instructors (excluding outpatient and after-school programs)
- ◆ Graduate-level interns

## Easy access to services

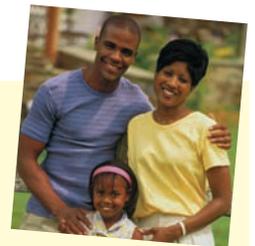
The process begins with a call to the program. At this time, demographic and other information is gathered and a preliminary assessment is made. Afterward, an intake appointment is made for the child to be thoroughly evaluated. If admission to the program is determined to be appropriate, an admission date will be coordinated by CASTLE staff and the family. The average length of stay in the partial day and after-school programs is also approximately six weeks and is based on individual need. The average length of stay in the outpatient program is based on individual need.

## Financial information

Mental health services are primarily paid for by Medicaid. Virtua offers financial counseling for those individuals without Medicaid. Academic services are typically paid for by the child's referring school district.

## Referral sources

Referrals for the CASTLE Program may come from physicians or other healthcare providers, Children's Crisis Intervention Screening Services, Division of Youth and Family Services or the Family Court System. School personnel including guidance counselors, school nurses and child study team staff members are also a major source of referrals. Children's inpatient units may utilize the CASTLE Program as a "step-down" to less acute services, and outpatient systems may utilize the program as a "step-up" to higher levels of intensity.



### For more information

To speak with a member of the **CASTLE** team about the partial program, or to make a referral, please call **(856) 246-3013**. For outpatient, call **(856) 246-3108**. The CASTLE program is located at 1000 Atlantic Avenue, Camden, NJ.