



# Community-Based Program Overview

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## [Day Treatment Services \(Y.M.D.\)](#)

The Therapeutic Day Treatment Program, also known as the Youth Making A Difference Program (Y.M.D.), is a community-based, therapeutic milieu designed to provide therapeutic support and a structured, safe environment Monday through Friday during the after-school hours and during the summer. The community-based therapeutic milieu serves a number of purposes.

Such a setting provides the opportunity for clinical staff to observe and assess the youth on a daily basis, and thus develop a comprehensive understanding of the youth's social, emotional, and cognitive functioning, including their mental status. The milieu naturally replicates several "real-life experiences" for the youth and provides a safe environment for them to develop trusting relationships, clear boundaries, and to learn and practice ways to manage differences, emotions, and behaviors. Through the adolescent group treatment model, the family system is strengthened as the at-risk youth learns to recognize their role in and the effect of their behavior on their family, community, and peers. Youth in Y.M.D. develop and practice important skills to become productive, and contributing members of society. By exposing them to opportunities where their potential is recognized and encouraged, the youth gain self-worth, learn to access support, learn to make safe, informed choices, and learn to develop trusting, meaningful relationships with safe, positive adults. The youth referred to the Y.M.D. Program are typically community-based pre-adolescents (ages 10-12) and middle adolescents (13-16) that are facing, or have faced, serious disruptions in their lives, including serious chronic mental illness, abuse and/or neglect, domestic violence, multiple out-of-home placements and/or adoption, family histories of substance abuse, and are at-risk for being removed from their homes or placed in a higher level of care.

The program uses behavior management and point systems that are built into the structure of the program. It is proactive in that the youth are taught and encouraged to make appropriate choices by safely managing their behavior and challenging them to consistently maintain newly acquired, pro-social skills. Through this process, it is the program's goal that the family will also begin to experience a better relationship with their child.

Parents and/or guardians of youth enrolled in this program are encouraged to attend a bi-monthly parent support group where they will have the opportunity to develop a support system with others who may be experiencing similar challenges.

For more information on this program please contact:

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