

Referral Process

Day Treatment Center: A referral from your child's primary care provider, psychiatrist or nurse practitioner is required. You will then complete an intake with our clinical manager and clinical psychologist to determine if our program is an appropriate fit.

Intensive Outpatient Program: A referral from your child's primary care provider, psychiatrist, nurse practitioner or mental health therapist is required.

Medication Refills

Talk with your provider at each visit to be sure your child's prescriptions are up to date. For refills, contact your pharmacy. Your pharmacy will then contact us for verification and approval. Allow 1-2 business days to process your refill request.

As a parent or legal guardian, it is your responsibility to maintain the security of prescriptions such as stimulants and benzodiazepines. Generally, providers will not give you another prescription for these types of medications if the prescription or medication bottle is lost or stolen.

We do not prescribe narcotics of any type in our office. After our clinic has helped your child achieve psychiatric stability and they have returned to the care of their primary care doctor, psychiatric medications will be managed by their primary care doctor.

Insurance Plans

We accept most plans, including Medicaid, Tricare, Blue Cross, Blue Shield and others.

Nights, Weekends and Emergencies

If your child has a medical emergency, please call 911 or go immediately to the nearest Emergency Department.

If your child is having thoughts of suicide, any time, day or night, they need to be evaluated immediately. Please call 911 or go immediately to the nearest Emergency Department.

If you have non-emergency questions or concerns about psychotropic medications and side effects, please call our office during normal business hours to talk with the clinic nurse.

St. Luke's Children's Center for Neurobehavioral Medicine

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Day Treatment Center and Intensive Outpatient Program



We serve adolescents and their families seeking a high level of mental health care while being able to return home in the evening.

In this environment, youth are valued and cared for, and can develop skills that will stay with them throughout their lives.

Day Treatment Center

Day treatment, also known as “partial hospitalization,” is a level of care between outpatient, such as a therapist’s office, and inpatient, such as a hospital or residential facility. Youth ages 12-17 and their families engage in an intensive therapeutic setting and seek to make progress with emotional and behavioral stability, family conflict, self-harm behaviors, academic failure and interpersonal problems due to emotional health challenges.

What to Expect

- 5-6 therapy groups a day, Monday-Friday
- Weekly psychiatric medication evaluation and management with a child psychiatrist
- Individual therapy twice weekly and family therapy once weekly
- Group therapy drawing from a broad range of evidence-based interventions such as cognitive behavioral therapy, dialectical behavioral therapy, social emotional learning and experiential therapy
- One hour of educational work each day with instruction provided by an educator who holds both general and special education credentials
- Care coordination, transition and discharge planning



Intensive Outpatient Program

This is a less intensive approach than hospitalization or day treatment. It may be appropriate for youth ages 13-17 who need more than weekly sessions with their outpatient therapist or who are stepping down from a day treatment, inpatient or residential program.

What to Expect

- 6 therapy groups per week, Tuesday-Thursday
- Interventions include:
 - Dialectical behavioral therapy (DBT) skills group
 - Multifamily skills group
 - Process and social skills group
- Individual therapy once weekly and family therapy once weekly
- Minimum of 9 hours of treatment per week available

Who can attend?

Your adolescent may be appropriate for one of our programs if they:

- Are cognitively capable of actively participating in group and individual therapy

- Have safe and appropriate housing locally for length of stay
- Have parents/guardians who will arrange transportation to and from treatment
- Can live at home safely
- Have difficulty managing intense emotions
- Have a history of suicide attempts and/or suicidal thoughts
- Have a history of cutting or other self-injurious behavior
- Have shown school refusal or avoidance
- Have had previous therapy or failed treatment
- Have pervasive repeated patterns of interpersonal difficulty

Exclusionary criteria:

- Primary substance use disorder
- Primary eating disorder
- Inability to participate in group, family or individual therapy
- Aggressive behavior that cannot be maintained at day treatment or intensive outpatient level of care