

are offered weekly. Children see the psychiatrist at least weekly.

The Child Intensive Outpatient Program (IOP) is geared to include the whole family, providing group therapy for children, multi-family groups, parent support and education, as well as individual and family therapy sessions. Sessions are tailored to the specific needs of the child and family. Children see the psychiatrist weekly.

Intensive Outpatient Program

Children's Therapy Group

Children are encouraged to discuss their individual experiences and process their emotions with peers and the therapist. They are guided and counseled in areas of anger management, social and communication skills, problem solving, self-esteem, grief issues and conflict resolution.

Parent Education Group

One evening a week, parents have an opportunity to explore effective parenting, communication and discipline skills with the support of other parents. They also learn effective ways to handle frustration, guilt, apathy and feelings of being overwhelmed. During this time, children attend their own therapy group.

Multifamily Group

Children and their families work together to solve family problems, identify dysfunctional patterns and improve communication.

Play and Art Therapy

Expression of feelings is often made easier through the use of art and play. Children engage in therapeutic and creative experiences guided by the occupational or clinical therapist.

Cooperative Skills Group

Children participate in activities where they practice teamwork, increase self-awareness and develop confidence and problem-solving strategies.

Inpatient Program

When a child becomes overwhelmed and is no longer able to use effective coping skills due to stress, traumatic events or family and school issues, they may "act out" intense feelings with aggressive, self-abusive or withdrawn behaviors that can no longer be safely managed at home. Our staff recognizes the needs of children and provides a consistent, structured environment to assist the child in learning new ways of coping, managing and communicating intense emotions. Each child has an individually tailored treatment plan to address specific issues and behaviors.

Treatment Team Members

Our compassionate and experienced multidisciplinary team includes:

- + Child Psychiatrist
- + Registered Nurse

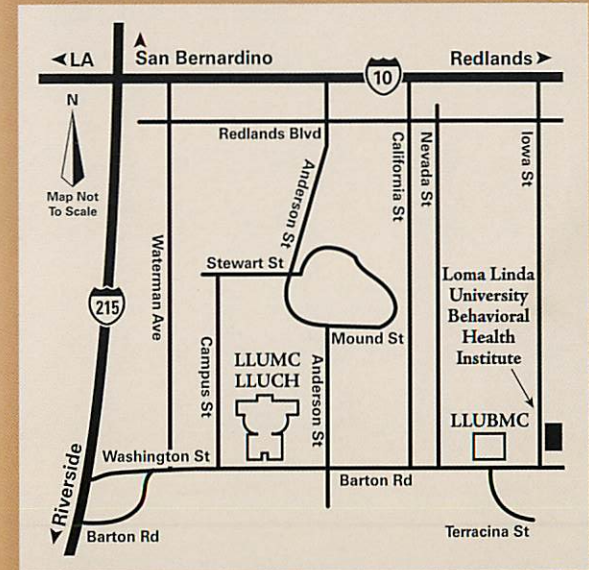
- + Clinical Therapist
- + Occupational Therapist
- + Teacher
- + Case Manager
- + Chaplain
- + Dietician
- + Behavioral Care Assistants

Reasons for Admission

- + Family conflicts
- + Low motivation
- + Aggressive behaviors
- + Self-destructive behaviors
- + Trauma responses
- + Poor self-image
- + Oppositional defiant behaviors
- + Rage episodes
- + Depression
- + Anxiety
- + Grief and loss
- + Self destructive behaviors
- + Hyperactivity
- + Regressive or psychotic behavior
- + Poor attention span

**If your child is experiencing any of these symptoms, you may be feeling overwhelmed and discouraged. You may feel there is no one to turn to for help. Our program offers a safe environment where families can learn the skills they need to bring stability to the whole family.*

Patient rights are of the utmost importance. We give full consideration to patient privacy and confidentiality and provide medical care with informed patient participation. In recognition of personal dignity, patient care is rendered in a respectful, considerate and ethical manner at all times.



Loma Linda University Behavioral Medicine Center

Outpatient Program

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Inpatient Program

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Behavioral Health

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Harmony

When your child is experiencing behavioral health problems, it can cause discord and disruption in daily life at home, at school or in the community. Loma Linda University Behavioral Medicine Center is here to help restore *harmony* and hope into your child's life by providing care in a safe and healing environment.

Program Philosophy

Programs are structured for youth, ages 8 to 13, whose behavior and emotions are interfering with their ability to be safe, happy and content. Underlying issues related to depression, anxiety, hostility and defiant or harmful behaviors are explored. The goal is to resolve emotional issues and to educate, support and redirect children towards healthy coping skills, problem solving and positive relationships. Parents are included and involved in treatment with their child.

Program staff recognize the importance of parent education and family involvement in supporting children. Family members participate in their child's treatment alongside their child. We believe in treating the whole person — mind, body and spirit, within the context of their family and social environment.

Outpatient Programs

Our Child Outpatient Programs are designed for children who are experiencing emotional and behavioral problems, family conflicts, reactions to trauma, stress and school-related difficulties. They are intended for children who need more than

outpatient visits with a psychiatrist or therapist, yet are not appropriate for psychiatric hospitalization.

Our Child Partial Hospitalization (PHP) is beneficial for the child whose emotional or behavioral problems require daily treatment and close monitoring by a psychiatrist. Children typically attend weekday sessions three to five days a week for two or more weeks, depending on the needs of the child. Groups include coping, occupational therapy, art and recreation therapy and process groups. Classroom time is included to ensure that children stay current with their academic needs. Family and/or individual therapy

