

Achievement Behavior Cognition

ABC Day Treatment Program

Dedicated to assisting children and their families to promote positive emotional, and behavioral health.

What is the ABC Day Treatment Program?

The ABC Program for the Enhancement of Achievement, Behavior, and Cognition offers a day treatment program for short-term, integrated intensive psychological and psychosocial services for children 5 to 12 years old. Located within the Resnick Neuropsychiatric Hospital at UCLA the ABC program applies the most current evidence-based treatment to help children and their families. Length of stay is individual to each child, treatment progress, and family's unique needs. A child's success at ABC depends greatly on his or her parent's commitment to the program. Parents attend formal training sessions weekly to provide consistency between the program and the home.

The ABC Day Treatment Program specializes in treatment for children with a variety of conditions including:

- ❖ Mood Disorders
- ❖ Anxiety Disorders including OCD
- ❖ ADHD and problems of impulse control
- ❖ Fetal Alcohol Spectrum Disorders (FASDs)
- ❖ Autistic Spectrum Disorders
- ❖ Developmental delays

The Program

The ABC Program is a full day, five-day a week year-round program that meets 7:30 am to 3 pm. It serves no more than 12 children at any given time. Typically, a child enrolls in the program for four to eight weeks. Grouped together by age and ability, children receive supervision throughout the day

from a team of specialists who work in concert to provide each child with therapeutic services. All aspects of the program are integrated and coordinated to create an individualized, comprehensive, multidisciplinary therapeutic approach. These include:

Behavioral

Treatment is individualized and uses an evidenced-based cognitive-behavioral therapy approach. It focuses on anger management, coping strategies and social skills through therapeutic groups and individual therapy. It builds on child's strengths and uses positive reinforcement to shape behavior.

Educational

A teacher provides daily academic instruction based on initial assessment and plan. An educational consultant is available to assist with individual educational issues, and provides recommendations for transition into the community.

Speech and Language

A speech and language pathologist conducts comprehensive evaluations, and provides diagnostic and treatment Recommendations as needed.

Psychological

Psychologist conducts psychological testing battery as needed to clarify diagnosis and inform treatment.

Medication

Each child is assigned a psychiatrist who conducts a physical exam, and reviews past and current medication history, and makes medication adjustments as indicated. The child is closely monitored for response to medication and potential side effects. Lab work will be requested at admission as indicated.

Occupational Therapy

A occupational therapist assesses child's fine-motor skills, visual integration function, play skills, interests and abilities. O.T. provides daily individual and group sessions, which involve play, task building, and social skills.

Recreational Therapy

Recreation therapist assesses motor function and fitness. He/she conducts daily individual and group intervention in the areas of gross motor, coordination, personal safety, and social interaction.

Parent Training

Each child is assigned a primary nurse who assists in the development and implementation of an individual behavior plan. Through daily contact and weekly scheduled meetings she orients parents to behavioral management concepts, and their application. She teaches specific intervention strategies to address target behaviors, and provides feedback and support in the establishment and maintenance of a home program.

Family

A case coordinator (psychiatrist/psychologist) and a social worker are assigned to each child. They meet with the family biweekly or as needed for diagnostic feedback, treatment progress, individual family issues, discharge planning recommendations and support with transition back into school and the community.

Therapeutic Environment

The ABC Day Treatment Program is a child and family friendly program with multiple developmentally appropriate child-therapy rooms, family meeting rooms, a reinforcement center, school classroom, and dining room. A stable, structured and consistent environment is maintained to facilitate the delivery of therapeutic interventions. All areas are appropriately decorated and furnished for the developmental and activity needs of the children. Children also have supervised access to outdoor recreation decks. The university campus and Westwood Village are often used for field trips. Lunch and snacks are provided daily. Parent and child are given menus to complete. They will be asked for information regarding child's allergies and food restrictions. Child's clothing should be appropriate for weather and outdoor setting.

Program Rules and Policies

Attendance and Timelines

Children are expected to attend the program daily and to participate in all assigned activities in order to maintain therapeutic consistency and effectiveness. Program hours are 7:30 am to 3 pm. Parents may arrange scheduled absences ahead of time by notifying case coordinator and staff. If a child

is unexpectedly unable to attend or will arrive earlier or later than program hours, parents must notify program promptly by calling (310) 825-0415 or (310) 825-0416. If a person other than the parent or guardian will be dropping off or picking up the child, parent must sign consent with the full name of the person(s) transporting the child. Persistent failure to pick-up child on time may result in child being discharged from program.

Medication

If a child is on medication during program hours, parents need to bring medication from home in the original container. This includes all prescription and over-the-counter drugs. Medications must be turned in to a nursing staff who will administer based on assigned physician's order, and after medication has been verified by hospital pharmacy. If lab work is required to monitor medication levels, child's doctor may ask parents to hold off administering morning dose of medication and give it after blood work has been completed. Parents will be directed to the UCLA outpatient laboratory for required tests as needed.

Illness and Medical Treatment

Children should not attend the program if they are ill, febrile, and /or are contagious. If a child becomes ill or injured during program hours, assigned doctor will be notified and will make a determination if further medical attention is needed through the private pediatrician or other healthcare professional, and parents will subsequently be advised. In case of a more serious emergency develops, the child will be transported to the UCLA emergency room.

Belongings

Each child will be given a cubby for storage of personal items Brought from home or acquired during program activities such as art work, rewards or homework. Sharps (knives, glass, and pointed metal or wood objects), toys or materials with violent or inappropriate content, tape recording equipment, cameras are not allowed.

Safety

If a child in the program exhibits severe aggression to self or others, which cannot be managed by the program staff, he/she will be referred to the UCLA emergency room or the inpatient unit for stabilization and safety as appropriate. Parents will be notified of transfer.

Emergency/Disaster

The ABC program participates in the UCLA-Resnick NPH Disaster plan. It includes safety precautions, evacuation routes and emergency supplies. At admission, parents will be asked to give alternate emergency numbers in case you are not able to be reached directly.

Who are staff members of the ABC Day Treatment Program?

- Medical Director, Bhavik Shah, M.D., is a Child Psychiatrist with expertise in developmental disabilities and behavioral genetics.
- Program Director, Mary J. O'Connor, Ph.D., ABPP, is a developmental psychologist with Specialty Board Certification in Clinical Child Psychology.

Together, Drs. Shah and O'Connor have over 30 years of experience working with children in a variety of clinical settings.

- Nursing Staff
Barbara Johns R.N. BSN
Linda Sanders R.N. BSN
Betty Busby LPT
Lyle Martens LPT
David Perrin MHP
- Educational consultant
Ilaina Blum M.A.
- Social worker
Wendy Ho LCSW
- Occupational therapists
Anita Mangaser COTA/C
- Recreation therapist
Paul Bolita M.S. CTRS
- Speech and language pathologist
Theresa Limtiaco M.S. CCC-SLP

If you think your child might be a candidate for the program or if you would like further information, please contact:

Valentina Knox, RN BSN

Intake Coordinator

ABC Day Treatment Program

Resnick Neuropsychiatric Hospital at UCLA

Office Phone (310) 825-0210

FAX (310) 206-9223

Financial counselors are available to address any questions regarding cost of the program and possible insurance coverage.