



YALE-NEW HAVEN HOSPITAL

Located on the Connecticut shore, **Yale-New Haven Hospital** is a 944-bed tertiary care facility recognized as one of "America's Best Hospitals" by *U.S. News & World Report*. Boasting a longstanding affiliation with Yale University Schools of Nursing and Medicine, an international reputation for leading-edge research and advanced care, and extensive, state-of-the-art facilities, Yale-New Haven Hospital is proud to offer nursing professionals a wide range of choices — from opportunities for the moment to careers for life.

New Haven, Connecticut
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Yale-New Haven Psychiatric Hospital Adolescent Psychiatric Service

ADOLESCENT INPATIENT PROGRAM

The Adolescent Inpatient Program at Yale-New Haven Psychiatric Hospital is a 24/7 locked inpatient unit serving 14 adolescents between the ages of 12 and 18 with a variety of admitting diagnoses and presenting problems. Most patients are admitted secondary to suicidality, homicidality, psychosis and/or marked decline in functioning.

The average length of stay in the inpatient program is 7 to 10 days, and primary goals include the completion of a comprehensive, multi-disciplinary biopsychosocial assessment, crisis intervention and stabilization, and disposition planning. Each patient participates in a highly-structured day that includes psychopharmacology; a variety of cognitive-behavioral groups which focus on building feelings management, problem-solving and social skills; group psychotherapy; family therapy; as-needed individual therapy; and milieu therapy with a focus on behavior modification. This program is primarily insurance-funded.

ADOLESCENT INTENSIVE OUTPATIENT PROGRAM

The Adolescent Intensive Outpatient Program is a 2.5 hour per day, 5 day per week (Monday-Friday) after-school program with a census of 20 adolescents between the ages of 12 and 18 with a variety of admitting disorders and presenting problems.

Most patients are admitted secondary to severe mood disorders, chronic suicidal ideation, substance abuse, family conflicts and/or disruptive behavior disorders.

This program is intended for adolescents who do not require the level of supervision, structure and support provided by an inpatient program but who require more intensive intervention than is readily provided in outpatient settings. They benefit from group psychotherapy, psychosocial rehabilitation and milieu therapy as an adjunct to individual and family therapy. The average length of stay is 10 to 20 sessions. Generally, individual therapy and medication maintenance are not provided.

To the greatest extent possible, each patient is required to have an outpatient therapist and, if indicated, a medication physician in order to provide continuity of care with community-based clinicians (given the relatively short length of stay in the AIOP). This program is primarily insurance-funded.