

## ADOLESCENCE CAN BE A TUMULTUOUS TIME

A teen's search for independence, identity and autonomy can be made more difficult when societal influences compete with family values and parents best efforts to raise a child. This struggle is heightened when teens suffer with psychiatric, psychological or emotional problems.

**THE PROGRAM** Since 1990 NorthStar Day Treatment has been helping troubled adolescents through difficult times. Using evidence based treatment approaches, NorthStar helps adolescents develop a healthier and better sense of self-identity. Helping adolescents find their 'true' and healthier voice is what NorthStar is all about. Providing an emotionally safe, confidential and structured treatment setting is essential in this process.

**TREATMENT APPROACH** Recent research supports the premise that adolescents who succeed at our program do so because they feel understood and unconditionally accepted by the staff and peers. We help the adolescent develop new coping skills and alternative strategies to replace maladaptive behaviors. We offer 'talk' therapy groups which are primarily problem and solution focused. Our program also includes Expressive Therapy where teens give expression to find their 'real' selves through art, movement or drama. Our experienced and compassionate staff help teens develop a positive peer community that supports pro-social expressions. Imagine the power of peer pressure to do better!

**FAMILY PROGRAM** NorthStar staff recognize that each and every family is affected by 'acting out' teens. Our family program allows families to receive needed support and ideas without judgment or blame. Families are able to work through the shame and isolation they experience with other families in similar situations. Because parent participation is so important to our treatment approach, parent(s) or guardians are required to participate in the family program on Thursday nights. If work schedules are prohibitive, family therapy can be arranged for an alternate time.

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2-4pm</b> (Summer 1-3pm)	Group Therapy	Group Therapy	Group Therapy	Group Therapy	Group Therapy
<b>4-6pm</b> (Summer 3-5pm)	Expressive Psychotherapy (Experientially based activities)				
<b>6-8pm</b> (Summer 5-7pm)	Family Program*				
<b>Description of Groups</b> <b>2-4 pm</b> This group addresses the psychological, social and emotional factors that effect adolescents. Group is milieu based and interactive with peers and staff. Teens are taught communication and assertiveness skills, conflict resolution, relaxation, problem-solving, coping strategies, alcohol and drug education. <b>4-6 pm</b> The expressive psychotherapy group (experientially based therapies) consists of participation in art projects, drama, and therapeutic group activities, designed to build interpersonal skills, promote group cohesiveness/trust and build an adolescent's self-esteem. Role-playing, movement, family sculpture, therapeutic games and recreational activities may be utilized. <b>6-8 pm</b> The family program is designed to promote better understanding and communication among family members in a supportive group setting.  <small>*If work schedules are prohibitive family therapy can be arranged for an alternate time.                      Northstar Day Treatment Program is licensed by the State of Wisconsin.                      All groups are led by counselors who have advanced degrees/licenses in psychology, counseling psychology, social work or alcohol/drug counseling.</small>					

**TREATMENT STAFF** NorthStar staff provide serious treatment for serious problems. Our well trained counselors understand the pain of troubled adolescents underneath the 'acting out' behaviors that are presented to the family, in the school and community. Each adolescent will receive a psychiatric assessment by our board certified child/adolescent psychiatrist. Know that your teen's progress is reviewed in its entirety by experienced staff including our psychiatrist and psychologist. Treatment is always performed by two masters or Ph.D. level therapists. NorthStar Day Treatment Program is licensed by the State of Wisconsin as a mental health day treatment facility.

**ADMISSION CRITERIA** NorthStar is appropriate for adolescents, ages 13-18, as a 'step up' from outpatient counseling due to increased mental health concerns or as a treatment alternative/transition from psychiatric hospitalization or residential treatment. Mental health issues may include mood disorders, anxiety, suicidal and self-harm behaviors, post-traumatic stress, reactive attachment, social/peer difficulties, eating disorders and oppositional-defiant disorders.

**REFERRAL TO NORTHSTAR** Referrals to NorthStar can be made by parents, schools, psychiatrists, hospitals, residential programs, treatment providers and human service professionals. NorthStar's treatment schedule is 22 hours per week. A treatment staffing occurs after 3 weeks to assess the adolescent's progress toward treatment goals, thereafter staffings are held every 2-4 weeks. Length of stay is determined by medical/clinical necessity.

**COST** Most commercial insurances cover NorthStar under transitional or partial hospital benefits. In addition, NorthStar has provider contracts with The Alliance, WPS, Blue Cross/Blue Shield, Physicians Plus, Dean Care, Unity, Group Health Cooperative, Medical Assistance, and Community Partnerships. Please call if you have any questions about your coverage.

**"It forced me to face my issues and it provided me with an environment to effectively work on these issues in a safe place. NorthStar changed my life I don't know what I would be if it hadn't been for that experience and I want you to know that it really, really made a difference in my life."**

**— J.W.**

**(5 years after treatment)**

**"The art that we did was also very helpful, it was a way to get my true inner self out without really knowing it."**

**— B.G.**

**(2 years after treatment)**

**"The family night helped me and my mom, my dad and my sister a lot. I guess my mom and my sister saw that I wasn't the only one that had problems."**

**— C.B.**

**(3 years after treatment)**

**"NorthStar helped me through a tough time of my life. I honestly don't know where I would be without you guys and I appreciate you and love you guys!"**

**— R.M.**

**(3 years after treatment)**

To make a referral  
call the Program Director  
**(608) 270-1960** extention 16  
or visit us online at  
[www.northstarmentalhealth.com](http://www.northstarmentalhealth.com)



Web: [www.northstarmentalhealth.com](http://www.northstarmentalhealth.com)  
E-Mail: [Info@Northstarmentalhealth.com](mailto:Info@Northstarmentalhealth.com)  
Phone: (608) 270-1960

Ben Farbman LCSW, Program Director  
Steven R. Stein Ph.D., Clinical Director

**NorthStar**

Day Treatment Program for Adolescents

**In a world  
of confusion  
and despair**

**NorthStar  
is here  
to help**



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