

Group Services



Program Overview

IBHS Group Services are structured therapy sessions that use community-based activities specifically designed to meet the child's or adolescent's mental health treatment needs.

"Teachable moments" provide opportunities for children and adolescents to experience success in this setting.

WellSpan Philhaven's mindset that "treatment is teaching" allows children and adolescents to practice skills they can use in other settings and situations, to build confidence.

Group sessions are offered depending on age, needs and goals. Young people may attend group sessions from one to five days per week, as determined in their individual assessment.

Groups are supported by evidenced-based curriculums. Topics may include:

- Relaxation
- Social Skills
- Coping Skills
- Problem Solving
- Self-Control
- Self-Expression
- Emotional Regulation

To refer or inquire:

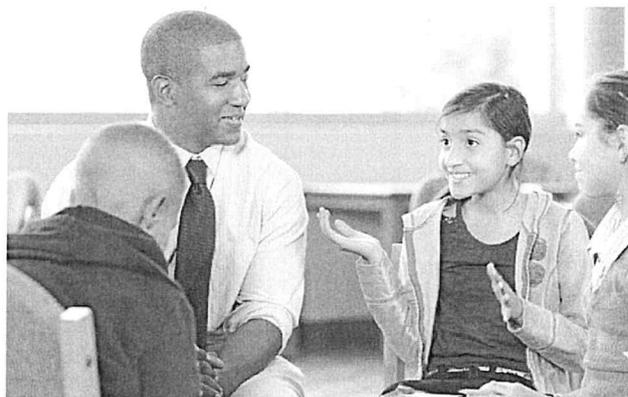
1-888-324-0064

WellSpanPhilhaven.org/IBHS



Program Specifics

- Offered in Lancaster, Lebanon and York.
- Students typically attend two to three days a week after school, and up to five days a week over summer months.
- Students are paired in groups that vary according to target need, developmental level and skill level.



Current Groups

Now Scheduling for Summer

June 13th - August 19th

- Therapeutic Social and Emotional Learning Groups - Daily afternoons, Mon-Fri
- ABA Social Skills Group - Daily mornings, Mon-Fri
- ABA Early Learner Group - Daily mornings, Mon-Fri
- ABA Transitional Skills Group - Daily afternoons, Mon-Fri



Therapeutic Social and Emotional Learners Group (Historically TASP) – FAQ

What is the focus? Provide students structured, therapeutic programming to increase coping skills and social skills. Provides therapeutic groups and community-based activities specially designed to meet students' individual mental health treatment needs.

We believe “treatment is teaching.” Skills practice helps students build confidence. Students can then translate these skills to other domains.

Groups are supported by evidenced-based curriculums. Topics may include:

- Relaxation
- Social Skills
- Coping Skills
- Problem Solving
- Self-Control
- Self-Expression
- Emotional Regulation

Community based activities, Are there field trips? Our program provides opportunities to connect students with their communities and to practice the skills learned in natural environments. Field trips are limited, however local parks, internal presenters and volunteers are utilized.

What is the cost? There is NO out of pocket cost to parents/families even for community integrated trips/activities that the program may take. All children do need to have Medical Assistance coverage even if they are already covered with private insurance. If a family does not have Medical Assistance, we can help them with the process of applying for coverage.

Do you provide transportation? Yes, limited transportation is available. Parents are welcome to call to find out what accommodations are available based upon where they live and the school their child attends.

Will dinner/lunch be provided? Yes, children are provided a meal and a snack while in the program although parents are also able to send in a ready to eat meal for their child if they prefer. (Parents of children with restrictive diets/nutritional needs/ allergies may be asked to pack their child's food as we may not be able to accommodate certain dietary restrictions/needs)

What time is the program? During the school year the program is from 2:15p.m.-7:45p.m (York) 4-7:45 pm (Lebanon and Lancaster) During the summer the programs hours shift to 11:00am-4:30pm (York) 11:30-430 pm (Leb and Lancaster).

How many days can a child attend the program? A child can attend 2 or 3 days a week during the school year and up to 5 days a week during the summer.

Is there time for homework during the program? Yes, children upon arrival to the program will be asked if they have homework and staff will attempt to check folders/planners, however, the staff are not able to sit 1:1 with students to assist with homework or to check homework for accuracy. The time allotted for homework is limited and may only be 15-30 minutes depending on when the child arrives to the program during the school year.

What does a child need to start the program? A child needs to have a referral and Written order completed. This appointment can be scheduled through WellSpan Philhaven by calling 1-888-324-0064.