

Mental illness in teenagers is more common than you might think.

In fact, 1 in 5 need some form of mental health support. Recovery Academy offers safe, specialized programs to treat psychiatric issues and behavioral health issues in teens. We specialize in treating:

- Depression, anxiety and mood disorders
- Behavioral problems/defiance
- Aggression
- Communication issues
- Self-mutilation
- Relationship dependence
- High-risk behaviors
- Mood instability
- Psychological trauma
(grief and loss, trauma related to physical, sexual and/or emotional abuse)

Academics

Academics are provided for students in both the day treatment and inpatient program through an accredited program. Students attend school Monday through Friday while participating in the inpatient and PHP programs.

Our licensed teachers are experienced in the complexities of educating students with emotional and behavioral issues. To minimize or eliminate the loss of credits during treatment, we work closely with the patient's home school to ensure credits are transferable. The course curriculum includes but is not limited to:

- English
- Language Arts
- Economics
- Mathematics
- U.S. Government
- Science
- Wellness
- U.S. History
- Fine Arts
- Foreign Language
- World Geography or World History

Contact

To schedule an assessment or learn more about our teen wellness program, visit us at lakesidebhs.com.

2911 Brunswick Road
Memphis, Tennessee 38133
901.377.4733



Teen Wellness at Lakeside

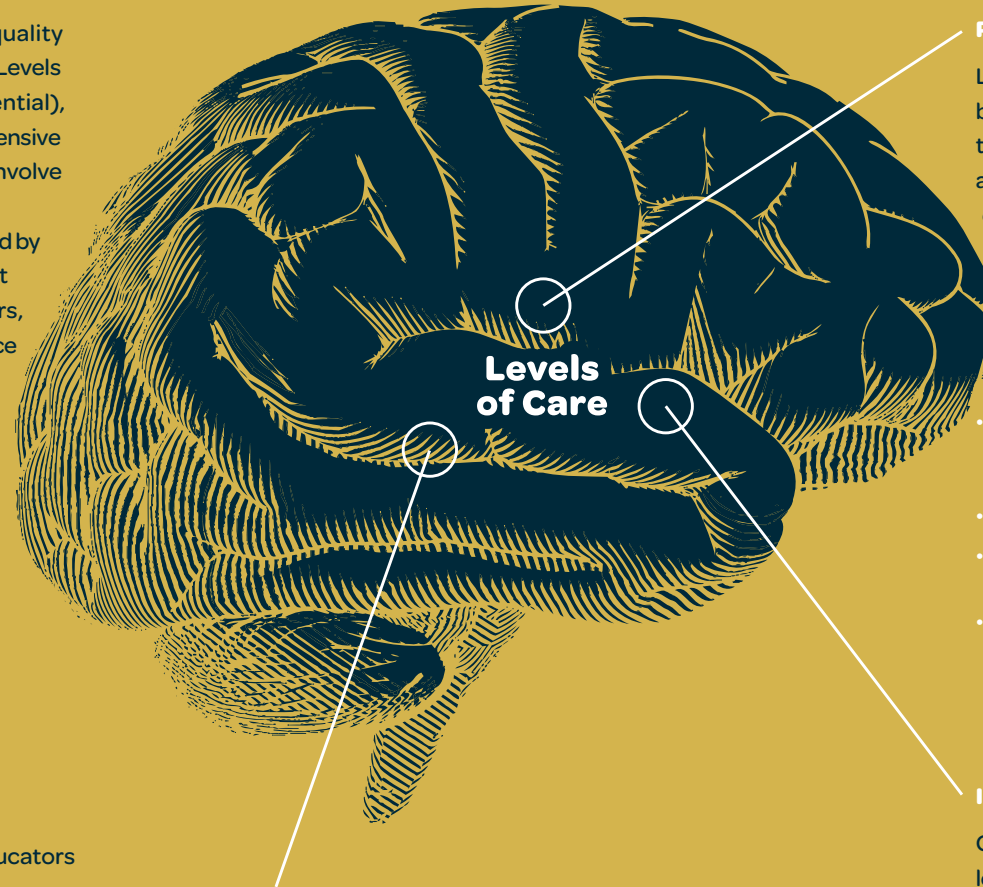


Recovery Academy provides the highest quality treatment from trained experts in the field. Levels of care include inpatient (acute and residential), partial hospitalization/day treatment and intensive outpatient (IOP). Our treatment programs involve a multi-level continuum of care that includes group, family and individual therapy conducted by an experienced, multi-disciplinary treatment team consisting of therapists, social workers, psychologists and nurses under the guidance of board-certified psychiatrists. We offer:

- Various levels of care
- Medication management
- Therapeutic groups for:
 - *Suicide prevention*
 - *Mood and eating disorders*
 - *Psychological trauma*
 - *Self-injurious behavior*
 - *Anger management*
- Recreation therapy
- Equine therapy (for PHP)
- Animal-assisted therapy
- Specialized trauma program
- Academic curriculum from certified educators

Parents

At Recovery Academy, parents play a vital role in the treatment process. Our program provides education and therapy designed to educate parents on recovery, trust, communication, limits and the transition back home. We guide parents regarding psychiatric issues and behavioral concerns—creating the strongest possible support system for your teen.



Levels of Care

Partial Hospitalization/Day Treatment

Lakeside's Partial Hospitalization Program (PHP) is beneficial for those in need of a more intensive level of treatment. PHP is offered five days a week, and patients are able to attend during the day and return home in the evening. Psychological trauma treatment is also available for patients at this level of care. We are pleased to offer equine therapy to patients participating in the PHP program.

We admit patients fitting the following criteria:

- Not in imminent danger to themselves or others but require intensive services to address psychiatric needs that can include medication management
- Diagnosable mental illness
- Must have an adequate support system outside of the program
- Motivated to participate in treatment and actively engages in therapy

Intensive Outpatient

Our Intensive Outpatient Program (IOP) is Lakeside's least restrictive level of care—available in both day and evening hours. The flexible schedule allows patients to receive treatment that addresses a full range of psychiatric issues, while continuing to attend school.

- Intermediate level of care for adolescents who do not require hospitalization but need more than traditional outpatient therapy
- Willingness to work in a group setting
- Emotional and/or behavioral impairment that impacts some functioning

Inpatient (Acute and Residential)

The Inpatient Program is reserved for patients in a psychiatric emergency or in danger of harming themselves or others. Patients receive 24-hour nursing supervision and an intensive treatment regimen, including medication managed by a psychiatrist on a daily basis.

We admit patients fitting the following criteria:

- Recent high-risk behaviors that put the adolescent at risk of harm to self or others
- Emotional and/or behavioral problems escalating to a level requiring 24-hour supervision and care delivered under the expertise of a psychiatrist
- Unsuccessful results at a lower level of care

