



Probation Service Definition

ADMINISTRATIVE OFFICE OF THE COURTS & PROBATION

SERVICE NAME	Day Treatment <input type="checkbox"/> Adult <input checked="" type="checkbox"/> Juvenile
Category	Treatment
Setting	Hospital or non-hospital, community-based
Facility License	As required by the Department of Health and Human Services (DHHS)- Division of Public Health
Service Description	<p>Day treatment services are less intensive than partial hospitalization but more intense than community-based intensive outpatient therapeutic services. Day treatment provides a community-based, coordinated set of individualized behavioral health/psychiatric treatment services to youth who are not able to function full-time in a normal school, work, and/or home environment and need the additional structured activities of this level of care. While less intensive than hospital-based day treatment, this service includes diagnostic, medical, psychiatric, psychosocial, and adjunctive treatments in a structured setting. Day treatment generally occur in a hospital based setting.</p> <p>Day treatment services typically are less medically involved than acute inpatient or partial hospitalization services. Day treatment provides structure for activities of daily living including intensive group, family and individual therapy with essential education and treatment components to allow the youth to apply new skills within real world environments.</p>
Service Expectations	<ul style="list-style-type: none"> • An Initial Diagnostic Interview (IDI) is completed prior to the beginning of treatment and functions as the initial treatment plan until a comprehensive treatment plan is developed. • One billable session of psychotherapy and/or substance use counseling services, per scheduled treatment day, that demonstrate the individual is receiving active treatment for their psychiatric condition. These services may include: Individual psychotherapy, group psychotherapy, and family psychotherapy if appropriate. • Nursing services: medical services are provided by a qualified registered nurse who evaluates the medical nursing needs of each individual and provides for their medical care and treatment. In a hospital based day treatment setting a nursing medical assessment is be completed within 24 hours of admission or the first business day.

	<ul style="list-style-type: none"> • Clinically appropriate assessments, as determined necessary, to assess the individual for substance use disorders, eating disorders, sex offender behavior, or other specialized treatment needs. • Psychological diagnostic services include testing and evaluation services be performed by a licensed psychologist, or a specially licensed psychologist and contribute to the diagnosis and plan of care for the individual. • Pharmaceutical services: If medications are dispensed by the program, pharmacy services will be provided under the supervision of a registered pharmacy consultant, or the program may contract for these services through an outside licensed/certified facility. All medications must be stored in a special locked storage space and administered by a physician, registered nurse, licensed practical nurse or a medication aid under the direction and monitoring of a registered nurse. • Dietary services are provided and/or contracted with a registered dietitian when meals are provided by a day treatment program. • Provide at least two of the following optional services. The individual is required have a need for the services, a supervising practitioner has to order the services, and the services have to be a part of the individual's treatment plan: <ul style="list-style-type: none"> ○ The following is provided or supervised by a licensed or certified therapist: recreational therapy; speech therapy; occupational therapy; vocational skills therapy; and self-care services. ○ Educational services provided by a teacher specially trained to work with individuals experiencing mental health or substance use problems (services, when required by law, will be available, though not necessarily provided by the day treatment program). ○ Social work provided by a bachelor level social worker (case management activities). ○ Social skills building. ○ Life survival skills. ○ Substance use disorder prevention/ intervention; or treatment by an appropriately certified alcohol and drug use counselor. • Medication management will be available to all individuals participating in a day treatment service when medication is prescribed by an appropriately licensed practitioner. This service shall be medically and clinically necessary for the mental health and/or substance use disorder requiring treatment. The practitioner prescribing the medication, whether within the program or outside of the program, shall consult with the program periodically and may bill for all directly delivered medication management services separate from the payment to the program for day treatment services.
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	<ul style="list-style-type: none"> • Special treatment procedures: if a child/adolescent needs behavior management and containment beyond unlocked time outs or redirection, special treatment procedures may be utilized. Special treatment procedures in day treatment are limited to physical restraint, and locked time out. Parents, legal guardian or the department case manager approve use of these procedures through informed consent and are required to be informed within 24 hours each time they are used. Facilities have to meet the following standards regarding special treatment procedures: • De-escalation techniques are taught to staff and used appropriately before the initiation of special treatment procedures. • Special treatment procedures may be used only when a child/adolescent's behavior presents a danger to self or others, or to prevent serious disruption to the therapeutic environment. • The child/adolescent's treatment plan will address the use of special treatment procedures and have a clear plan to decrease the behavior requiring LTO, or physical restraints. • Provide a minimum of three hours a day, five days a week. • Complete treatment plan within ten days. The treatment plan will be individualized and include the specific problems, behaviors, or skills to be addressed; clear and realistic goals and objectives; services, strategies, and methods of intervention to be implemented; criteria for achievement; target dates; methods for evaluating the individual's progress; and the responsible professional. • The individual treatment plan is reviewed at least every 30 days, or more often as necessary, updated as medically indicated and signed by the supervising practitioner and other treatment team members, including the individual and/or legal guardian being served. • Assessments and treatment should address mental health/substance use needs and emotional issues related to medical conditions. • Supervising practitioners (Physician or PhD) will be onsite a sufficient amount of time to provide for the psychiatric/clinical care of the patients. The supervising practitioner's involvement will be reflected in the individual record. The supervising practitioner will conduct a face-to-face session with the individual every 30 days, separate from the treatment plan review. • Psychotherapy and substance use disorder counseling services are required to be provided by clinical staff who are operating within their scope of practice and under the direction of the supervising practitioner.
Service Frequency	<p>Services per the following schedule:</p> <ul style="list-style-type: none"> • Individual therapy-minimum of 1 hour sessions per week

	<ul style="list-style-type: none"> • Group-minimum daily • Family therapy-minimum of 1 hour sessions per week • Recreation therapy-minimum daily • Psycho-educational groups-minimum daily • Psychiatrist/ Advanced Practice Registered Nurse-Nurse Practitioner (APRN-NP) shall have one visit per week with the youth
Length of Stay	Is individualized and based on clinical criteria for admission and continuing stay, as well as the youth's ability to make progress on individual treatment/recovery goals.
Staffing	<ul style="list-style-type: none"> ▪ Physician ▪ Nursing (Advanced Practice Registered Nurse, Registered Nurse with psychiatric experience preferred) ▪ Licensed and Provisionally Licensed Psychologists ▪ Licensed Independent Mental Health Practitioners (LIMHP) ▪ Licensed and Provisionally Licensed Mental Health Practitioners (LMHP/PLMHP) ▪ Direct care staff: must be 21 years of age and meet one of the following requirements: <ul style="list-style-type: none"> ○ have a minimum of two years' experience working with children, or ○ two years education in the human service field or a combination of work experience and education with one year of education substituting for one year of experience. ▪ All staff should be educated/trained in rehabilitation, recovery principles, and trauma informed care. ▪ All providers must hold a current, valid Nebraska license through the Nebraska Department of Health and Human Services (DHHS) – Division of Public Health and must act within their scope of practice. ▪ All providers must be trained in trauma-informed care, recovery principles and crisis management.
Staff to Client Ratio	<ul style="list-style-type: none"> • Clinician to youth: <ul style="list-style-type: none"> ○ Individual therapy-1:1 ○ Group therapy-1:12 maximum, 1:3 minimum ○ Family therapy-1:1
Hours of Operation	Shall be available 7 days/week with a minimum availability of 5 days/week including days, evenings and weekends to allow time outside of school/work hours for the youth and their family.
Service Desired Outcomes	<ul style="list-style-type: none"> • Acute psychiatric, substance use symptoms and sexually harming behaviors are stabilized and daily functioning has improved. • The youth no longer meets clinical guidelines for day treatment services.

	<ul style="list-style-type: none"> • Sufficient supports are in place and the youth can move into a less restrictive community-based environment • Medications are managed by the youth independently or with assistance from a community-based support and/or parent/guardian/caretaker. • Youth is positively demonstrating all skills identified in the treatment plan. Youth is aware and demonstrates skills related to crisis/recovery plan. • Youth and family have support systems secured and crisis plan in place to help maintain stability in the community.
Unit and Rate	Per hour; see rate sheet

[Click here to view
Service Interpretive Guideline]