



A Step Ahead

Child and Adolescent Partial Hospitalization Programs

■ **A Step Ahead Program** is a 8 week partial hospitalization behavioral health program for children and adolescents. We are located at Inspira Health Center Elmer and Inspira Health Center Bridgeton. We accept most insurance.

ASA serves children with emotional and behavioral concerns. We provide group, individual and family therapy, psychiatric evaluation and medication monitoring.

ASA Therapeutic Nursery (located in Bridgeton)

- Ages 3 to 5
- Children attend during school hours
- 2 hours of pre-school education provided
- Parents/guardians are required to participate in family meetings once per week
- Transportation is provided to qualified children
- Snack and lunch are provided
- Average length of stay is 4 to 6 months

ASA Acute Day Program

- Ages 5 to 17 (Bridgeton & Woodbury); Ages 5 to 12 (Elmer)
- Children attend during school hours
- 2 hours of education provided
- Parents/guardians are required to participate in family meetings once per week
- Transportation is provided to qualified children
- Snack and lunch are provided
- Average length of stay is 6 to 8 weeks

ASA Intensive Outpatient Program (after-school) (Bridgeton)

- Ages 11 to 15
- Children attend after school hours in a virtual setting
- Parents/guardians are required to participate in family meetings once every other week
- Average length of stay is 6 to 8 weeks



in collaboration with



For additional information or to make a referral, please call

856-575-4196

Help When You Need It, Where You Need It.

Child and Adolescent Partial Hospitalization Programs

Therapeutic Nursery, Child and Adolescent Partial Hospitalization and Intensive Outpatient Programs ("A Step Ahead")

Available in Bridgeton 856-575-4196

- Inspira's Child and Adolescent Partial Hospitalization (ages 6 to 17)
- Intensive Outpatient Virtual Program (ages 11 to 15) helps youth to find better pathways to healthy development.
- The partial hospitalization program provides full treatment including individual, group and family counseling as well as psychiatric assessment.
- Nursery Program (ages 3 to 5) to help children early on who struggle with behavioral disorders.
- We collaborate with all key stakeholders in the child's life to establish individualized treatment goals.

Children's Partial Hospital Program

Available in Woodbury 856-251-9059

Inspira Medical Center Woodbury Children's Partial Hospital Program (ages 5 to 12) provides services similar to the intensity and scope of inpatient treatment, but with significantly less disruption to the lives of children and their families. The program follows an acute short-term model of intensive treatment targeted for 2 to 6 weeks. Services include group therapy, weekly family meetings, medication evaluation by a psychiatric nurse practitioner and two hours of academic instruction facilitated by a caring group of professionals.

Adolescent Partial Hospital Program

Available in Woodbury 856-686-5097

Adolescent Partial Hospitalization Program (ages 13 to 17) at Inspira Medical Center Woodbury offers comprehensive treatment for teens who suffer from a wide range of behavioral health disorders. The program provides a warm and inspiring environment in which patients receive individual, group therapy, psychiatric evaluation by an advance practice nurse as well as two hours of academic instruction, all facilitated by a team of clinicians and other professional staff. The duration of the treatment program ranges between 2 to 6 weeks.

Child Partial Hospitalization Program ("A Step Ahead")

Available in Elmer 856-575-4196

"A Step Ahead," is designed to help children (ages 6 to 12) who are in need of more intensive treatment than traditional outpatient therapy provides. Built within a classroom setting, the program provides each child with individual, group and family counseling, as well as psychiatric assessment for a range of behavioral health issues. In many cases, partial hospitalization can prevent the need for inpatient treatment.

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in collaboration with

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Family Guidance, PC

<http://www.inspirahealthnetwork.org/child-adolescent>