

Planting Seeds of Success...



In the ground we each
take root and grow.

insight&excel
PROGRAMS

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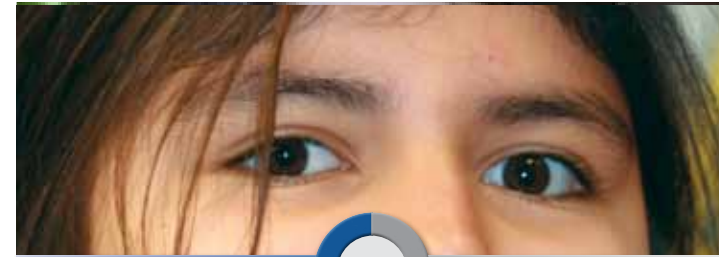
The Excel and Insight Program is located in Camden NJ at the Virtua Health Complex, with easy access to I-295, US-130, the New Jersey Turnpike, the Atlantic City Expressway, and Philadelphia.

Children are referred to the Insight and Excel IRTS Programs directly from a CCIS through the Division of Child Behavioral Health Services (DCBHS).



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Seeing Promise and Possibilities



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INTENSIVE RESIDENTIAL
TREATMENT SERVICES



Continued Stabilization & Treatment
After Psychiatric Hospitalization

About the Program

The Insight and Excel Intensive Residential Treatment Services (IRTS) Programs opened in January of 2006 to provide intensive treatment to emotionally and behaviorally complex children who require continued stabilization and treatment in a highly structured residential setting. The IRTS programs help children, adolescents and their families build social, emotional and behavioral proficiencies. Our focus in treatment is to stabilize the child and promote and maintain a functional family environment.

Resident & Team Profile

The Excel Program serves 10 boys and girls aged 11-13 years old. The Insight Program serves 10 boys and girls aged 14-17 years old. The IRTS treatment team consists of a Board Certified Child, Adolescent and Adult Psychiatrist, a Board Certified Advanced Practice Nurse, Licensed Clinical Social Workers, a Licensed Clinical Psychologist, a Certified Therapeutic Recreation Specialist, Registered Nurses, a School Principal, Certified Special Education Teachers, Behavioral Care Specialists, Parents, Guardians, Community Providers, and other clinical support staff.



Course of Treatment

Initial assessments are completed by multiple treatment team members from various disciplines. These assessments, and further evaluation over time, are used to clarify and formulate a clinical picture including diagnoses, medication evaluation and the establishment of treatment goals.

Monthly treatment plan meetings are held to assess and develop individual and family goals and to evaluate readiness for discharge. Family involvement in treatment will help the child develop personal responsibility and self worth, it will improve family relationships, and it will improve the likelihood of long-term success.

We are committed to working in a collaborative partnership with individuals, their families and other members of their support systems throughout the treatment process. Family participation gives children hope and something to work towards. It also provides opportunities to solve problems and practice skills that will make reunification not just possible, but successful.

Treatment Components Include:

- ▶ Milieu Therapy
- ▶ Behavior Motivation System
- ▶ Individual, Group and Family Therapy
- ▶ Recreation Therapy
- ▶ Play Therapy
- ▶ Medication Evaluation
- ▶ Medication Education
- ▶ 16 hours of Nursing Care Daily
- ▶ Access to Comprehensive Professional Health Care Services
- ▶ Psychiatric & Psychological Evaluation
- ▶ Year Round Education on-site
- ▶ Use of Innovative Computer Based Technology such as Virtual Reality
- ▶ Cognitive Behavioral Therapy (CBT)
- ▶ Eye Movement Desensitization & Reprocessing (EMDR)
- ▶ Dialectical Behavioral Therapy (DBT)
- ▶ Structural Family Therapy



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