ROWI® TEEN



ROWI offers a non-residential option for teens ages 12-17 who need comprehensive, all-day clinical support while living at home. Treatment includes:

- Individual therapy
- Family therapy
- Psychiatric care/medication management
- On-site school environment with Educational Liaisons
- Evidence-based therapeutic groups designed for effectiveness and engagement including:
  - Cognitive Behavioral Therapy (CBT)
  - Dialectical Behavioral Therapy (DBT)
  - Holistic and recreational therapies
- Parent Coaching available
- UCLA PEERS® Social Skills Programming

Most insurance accepted.

FULL DAY: Partial Hospitalization Program (PHP)

8:00 a.m. - 3:30 p.m.
Monday through Friday

5 days a week/8 hours of on-site clinical programming

Average length of participation is 25-30 treatment days

FAMILY SUPPORT

Family involvement is a critical part of our programs because families play a pivotal role in a child's development and overall well-being.

By actively engaging families, ROWI builds a supportive and collaborative environment that reinforces learning and growth both at home and at ROWI, leading to more effective interventions and better outcomes.



ROWITEEN.COM **(800) 721-ROWI**



ACADEMIC SUPPORT

One of the largest stressors of adolescent treatment is teens falling behind in school due to school refusal and not having the tools to succeed.

With the support of our Ed Liaisons, ROWI provides a school-like environment where ROWI teens are able to complete their school-assigned work through home-hospital instruction or independent study and are able to stay on track academically. This in turn helps them seamlessly transition back to school and social life after graduating from PHP.

SAMPLE SCHEDULE:

Schedule and holistic therapy options vary by location.

ROWI®
TEEN & PARENT WELLNESS CENTERS

PHP

Times	Monday	Tuesday	Wednesday	Thursday	Friday
8-10	School/ADL	School/ADL	School/ADL	School/ADL	8-9 School 9 depart for Equine Therapy
10-11	Community Meeting	Expressive Arts Therapy	PEERS	Nutrition	Equine Therapy
11-12	Yoga	Process-Therapeutic Horticulture	CBT- Positive Psychology	CBT	Equine Therapy
12-12:30	Mindful Eating Practice	Mindful Eating Practice	Mindful Eating Practice	Mindful Eating Practice	Mindful Eating Practice
12:30-1:30	PEERS	Positive Affirmations & Acceptance	Mindfulness Walk	Physical Fitness	Social Skills
1:30-2:30	Process-Music Therapy	PEERS/ Improv for Social Skills	CBT	Process-Creative Writing	Process-Expressive Art Therapy
2:30-3:30	Process Group	DBT	Mindfulness Rangoli	Breathwork	Weekend Planning

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Holistic Approach to Wellness

Our program takes a holistic approach, addressing mental, emotional, and physical well-being to support clients in achieving overall wellness and long-lasting positive outcomes.