

Referral

While hospitals, crisis services, outpatient mental health programs and other therapeutic agencies may recommend IDT services, all referrals must come from the student's home district. IDT is a voluntary program; the parent/guardian and the student must be accepting of the referral and actively participate in the evaluation and treatment process.

Evaluation

Intake evaluations are scheduled once the school referral is received. Evaluations and treatment planning are completed by the IDT treatment team. The child, the parent and the liaison from the home school attend the evaluation. For students evaluated but not admitted, the IDT team provides recommendations for alternative services.

Educational Services

A school liaison assigned to each student initiates referrals to the IDT program, participates in the admission, and communicates between IDT staff and the student's home school district during treatment.

In the classroom, each student works closely with the teacher to complete class work in a tutorial format. Teachers from the student's home district provide schoolwork to IDT educational staff, grade completed work, and communicate with IDT educational staff to support return to district. While a student is in the IDT program, a certified teacher and teacher's assistant provide academic instruction using educational plans and material supplied by the student's home district.

Transition to the home school provides the student with a self-test, demonstrates academic readiness and identifies problems requiring attention in IDT. Transition timeframes are tailored to the individual needs of each student.

Clinical Services

Clinical treatment addresses what precipitated the crisis, linking emotions and behavior, and increasing coping skills. Brief, short-term family therapy is an important component of the program. Medication management is offered as needed. Family participation is essential to student success. Parents/guardians communicate regularly with mental health and educational staff and can receive short-term family therapy related to IDT treatment goals.

Aftercare

Students leave IDT with an individualized aftercare plan, which includes appointments with mental health providers, treatment recommendations and linkages to community supports. Clinicians will follow up with the student and family after discharge for 1 month.

Why IDT?

- Serves children in grades 6-12
- Small class size of up to 16 students in 1 large classroom
- Intensive clinical support within an educational setting provided within 4 weeks
- Individual, group, short term family therapy, and medication management offered
- Telehealth services offered
- Educational support offered in a tutorial model so students don't fall behind
- Step-down from residential programs or hospitalization
- Transition back to child's home school is individualized

The Treatment Team

- Licensed Psychologist and/or Social Worker
- Child Psychiatrist
- Certified Teacher
- Teacher's Assistant
- School liaison from child's home school

Get in Touch



Rockland Intensive Day Treatment
c/o Rockland BOCES
Educational Resource Center
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Nyack, NY 10960



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The Rockland County Intensive Day Treatment (IDT) Program

A short-term mental health and educational program for children in crisis

Operated by

- Rockland County BOCES:
THE BOARD OF COOPERATIVE
EDUCATIONAL SERVICES
- The School Districts of
Rockland County
- Rockland Children's
Psychiatric Center
- In cooperation with The
Rockland County
Department of Mental
Health



**Office of
Mental Health**