

Behavioral Health Services

Designed for Adolescent Boys



Adolescent male extended-care program

At Rivendell Behavioral Health Services of Arkansas, our extended care unit provides intensive, long-term mental health treatment for boys ages 12 to 17 who need structured support after multiple inpatient stays and unsuccessful outpatient treatment. The program is designed to help adolescents build emotional resilience and prepare for a successful transition back into the community.

Treatment highlights mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. Participants advance through a structured level system that rewards positive behavior and engagement. This achievement model motivates ongoing progress and encourages reaching senior level by discharge. We accept most commercial insurance plans and state-managed Medicaid.

The staff is trained specifically to treat chronic behavioral and emotional disorders in adolescents.

The team can include:

- Child psychiatrist
- General medical physician
- Licensed mental health professionals
- Nurses
- Psychologists
- Mental Health Associates
- Teachers
- Recreational therapists
- Case managers



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Treatment Components

- Structured treatment environment
- Psychiatric and medication evaluation
- Individual, group and family therapy
- Process and topic groups
- Education certified by Bryant School District
- Recreational therapy
- Case management and discharge planning

Specialized services include Dialectical Behavior Therapy (DBT) components, Cognitive Behavioral Therapy (CBT) and a trauma-informed approach.

Our DBT Program helps individuals build effective tools to help manage emotions, behaviors and relationships. Participants learn and practice these skills through group therapy, creative activities, journaling and individualized sessions.

Admission Criteria

- Letter of recommendation for extended care program from current therapist/mental health provider
- Clinical records indicating the presence of severe psychiatric impairment not amenable to less restrictive care (progress notes, social history, medications, etc.)
- Documented previous outpatient attempts
- IQ of 70 or above

The average length of stay for this program is 9 to 12 months, but can vary among patients depending on the severity of their issues. We offer a serene treatment environment that welcomes patients from across the region.



Call us today for a level-of-care assessment. To make a referral call us at **800-264-5640** or fax records to **501-794-4277**.



Payment: Private insurances and Medicaid (PASSE) accepted.



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Physicians are on the medical staff of Rivendell Behavioral Health Services of Arkansas, but, with limited exceptions, are independent practitioners who are not employees or agents of Rivendell Behavioral Health Services of Arkansas. The facility shall not be liable for actions or treatments provided by physicians. Model representations of real patients are shown. For language assistance, disability accommodations and the nondiscrimination notice, visit our website. 264905772-4906597 2/26