

INTENSIVE DAY TREATMENT

Sometimes we need help finding our way. The Intensive Day Treatment (IDT) is here to help individuals with mental illness along their path of recovery.

IDT is a service for mentally ill clients who have recently been discharged from a hospital or who may be experiencing an acute stage of their illness.



At IDT recognize the challenges that someone may face when leaving the security of a the hospital setting.

Our staff works with clients to help make the transition back to everyday life easier. IDT offers support and tools for adjusting.

Bridging The Gap



The goal of IDT is to help participants better understand their illness, improve their coping skills and give them the necessary tools to maintain stability. By offering a highly structured day the program utilizes Evidence Based Practices such as:

- *Group & Individual Therapy*
- *Stress Management*
- *Goal Setting*
- *Light Physical Exercise*
- *Education Benefits of Medication*
- *Relaxation Skills*
- *Illness Management & Recovery*

IDT is a time-limited, three to six month, highly structured service, which emphasizes positive reinforcement. Activities focus on daily living, socialization and effectively coping with symptoms.

When: **Monday-Thursday**

Time: **8:45 a.m. to 3:00 p.m.**

Place: **Community Building at Guidance Center in Fort Smith, AR**
Meals & Transportation Provided

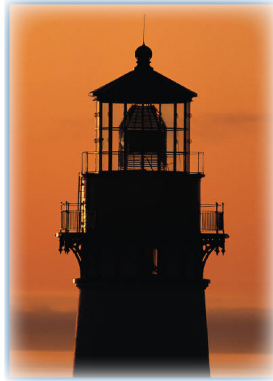
If you have recently been release from a hospital setting or you know someone who has, please contact Jason Addis or Regina Bowling at 479.452.6650 for more information.



Why Intensive Day Treatment?

For over thirty nine years, Western Arkansas Counseling and Guidance Center has been committed to serving the needs of persons with mental illness. We continue to look for new ways to help those in need.

The Intensive Day Treatment was created to assist those with mental illness who have recently been discharged from a hospital setting, those who may experience acute stages of their illness or those who have been recently diagnosed with mental illness.



"Navigating Life Together"



*the
Guidance Center*

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*A Service of Western Arkansas
Counseling & Guidance Center*

Intensive Day Treatment



"Navigating Life Together"