

Boys Town

BEHAVIORAL HEALTH SERVICES

A Unified Approach to
Compassionate, Expert Care for
Struggling Kids and Families





Healing and Hope

Boys Town Behavioral Health Services

When a serious behavioral, emotional or substance abuse problem threatens a child's happiness and well-being, parents often struggle for answers. That's where Boys Town's experts and research-proven programs and services make the difference.

Boys Town's Behavioral Health Services provide an array of compassionate, effective inpatient and outpatient services for children of all ages, as well as counseling for parents. All of these services are based on the research-proven Boys Town Model[®], which enables us to deliver consistently structured, expert care and treatment across all our services and programs.

Boys Town's inpatient and outpatient services are trauma-informed, evidence-based and designed to meet the individual needs of each child and family. From children and adolescents facing serious mental health disorders requiring the most intensive treatments to those who need less intensive care like outpatient counseling, families can count on Boys Town to provide the right care, at the right time, in the right way.

Outpatient Psychology

The **Boys Town Center for Behavioral Health**® provides a variety of outpatient services for children of all ages, as well as counseling for parents. We serve thousands of young people every year using Boys Town's proven methods to help families deal with issues like Attention-Deficit/Hyperactivity Disorder (ADHD), anger management, bedtime and sleep disorders, learning challenges and depression. The Center offers substance abuse therapy through our Chemical Use Program, and our Assessment Program specializes in identifying specific childhood issues and developing the best treatment options. Additionally, our Multisystemic Therapy (MST) helps youth between the ages of 12 and 17 who have exhibited serious antisocial problem behaviors and other issues such as drug use, violence and criminal behavior.



Outpatient Psychiatry

Boys Town Child and Adolescent Psychiatry specializes in the management and treatment of developmental, behavioral and mental health problems in young children and adolescents. Our medical physicians work with families to create the best medical and behavioral treatment plan for each child. Our team of experts provides diagnostic and counseling services for children with ADHD, school problems, anxiety, anger management challenges, depression, phobias, peer relationship challenges, habits, sleep problems, eating disorders, neurodevelopmental delays and spectrum disorders. Child and Adolescent Psychiatry also provides diagnostic services for these issues, in addition to individualized treatment plans which may include medication management.



Psychiatric Residential Treatment Center

The **Boys Town Residential Treatment Center** provides medically directed care for children ages 5-17 with severe behavioral and mental health problems. The Center promotes a family centered, culturally competent and developmentally appropriate approach to treatment. Children in our program require a secure environment with supervision, safety and therapy but do not require acute inpatient hospitalization. Children are provided systematic and professional treatment for their behavioral, emotional and academic problems. Common problems of the children admitted to our programs may include multiple psychotropic medications without improvement, suicidal thoughts or self-harm, a history of school failures, emotional or aggressive outbursts and combined medical and psychiatric issues. The majority of these children have had multiple treatment failures in the mental health system. The Center is licensed as a Psychiatric Residential Treatment Facility and approved by The Joint Commission as part of Boys Town National Research Hospital®.



Inpatient Psychiatric Care

The **Psychiatric Inpatient Center** provides intervention and stabilization for children in immediate crises. As part of Boys Town National Research Hospital, our 16-bed state-of-the-art facility provides the highest level of care and safety for children, ages 5-17, who need psychiatric hospitalization. The Center includes classrooms, a gymnasium, living spaces and recreational areas. Patients receive treatment and care from a multidisciplinary team of board-certified child and adolescent psychiatrists, pediatricians and pediatric specialists, highly trained psychiatric nurses and social workers. Upon leaving the Center, patients may be referred to one of Boys Town's lower levels of care, such as residential treatment, outpatient care, telehealth or in-home services to meet the behavioral and mental health needs of the child and family. The average length of stay is about seven days.





TO LEARN MORE TODAY

Call **531-355-3500**
or visit us online at **boystown.org**.

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