



# Child & Adolescent Day Treatment

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414-865-2500  
[rogersCADT.org](http://rogersCADT.org)

# Child & Adolescent Day Treatment at Rogers

## Helping kids build skills for a lifetime.

It's important for kids to develop skills they need for the challenges they will encounter throughout their lives. And sometimes they, and you, need help as you encounter transitions or difficulties.

The Child and Adolescent Day Treatment programs at Rogers Memorial Hospital can help. We provide the safe, structured setting your child may need when facing anxiety, depression, attention deficit and other behavioral health issues. You can turn to Rogers for:

### Individualized care

Our team develops an individual treatment plan to meet your child's unique needs. Staff will talk with you regularly as we monitor and share your child's progress.

### Expert staff

Each child or teen in our program receives in-depth evaluations by our team of behavioral health care experts. Consulting psychiatrists evaluate and manage medications. Licensed clinical psychologists oversee your child's treatment. School liaisons work closely with educators to promote success and assist with transitions. Other team members include: registered nurses; master's-prepared social workers, professional counselors and experiential therapists.

### Year-round programming

Our half-day programs are available year-round in the mornings or afternoons.

### Making positive change

By helping kids understand and learn to regulate their emotions, they can begin to make positive changes in their relationships and academic performance.

At Rogers, kids learn techniques like distress tolerance to give them more control over their feelings and behaviors. These skills help your child build a solid foundation to manage future challenges.

### Trauma-informed care

We incorporate trauma-informed care in all of our day treatment programs. Children who have experienced traumatic events, such as being a victim or witness of crimes or accidents, learn to regulate their emotions, reduce feelings of shame and better tolerate distress.



### Specialized treatment groups provide additional support for kids who need it.

#### Anxiety and depression group

For kids and teens with anxiety and depression. Focus is on emotional regulation and behavioral activation skills to decrease symptoms, and developing distress tolerance skills.

#### Behavioral group

For kids and teens with behavioral problems such as poor anger management or impulse control, defiant or aggressive behavior toward peers and adults, school refusal or declining school performance. Focus is on regulating emotions and improved interpersonal skills.