



**HIGH  
FOCUS  
CENTERS**

# TWEEN PROGRAM

## *Ages 10 - 13*

Depression, anxiety and even self-harm are becoming more common in preadolescence and can be attributed to significant life disruption. Introducing a mental health treatment plan early increases the chances of successful navigation during adolescence and long-term.

The developmentally specific curriculum of our Tween Program addresses the unique psychosocial stressors of children ages 10-13 to help develop their self-esteem, communication skills, mindfulness and coping strategies.

### Services Include:

- ✓ Partial Care program
- ✓ Intensive Outpatient Program
- ✓ DBT-Informed Skills Training
- ✓ Psychiatric Evaluation
- ✓ Expressive Arts & Pet Therapy
- ✓ Life Skills Training
- ✓ Social Development
- ✓ Medication Monitoring

## Admissions

Monday - Friday, 7:00 am to 11:00 pm  
Saturday - Sunday, 9:00 am to 5:00 pm

In-network with most commercial insurances



1-800-877-3628



973-909-4049



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highfocuscenters.com

**8 Locations in NJ & CT**