

P-306 - ADOLESCENT DAY TREATMENT PROGRAM: OUTCOMES AND FOLLOW-UP STUDY

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Purpose: The Adolescent Day Treatment Program (ADTP) established in Summer 2000 in Calgary, Alberta, Canada provides multi-disciplinary non-residential day treatment for mentally disturbed youth aged 13 to 18 years who suffer from moderate to severe forms of mental health disorders that do not require hospitalization or as a step-down from hospitalization. The treatment approach includes pharmacotherapy, psychiatric consultation, psycho-educational groups, individual, group and family therapy, occupational and recreational therapy and school board-operated educational programming.

Methods: Data descriptions and repeated measure analyses included variables representing demographics, length of stay, diagnoses, admission and discharge problem severity, goal achievement ratings, and Children's Global Assessment Scale (CGAS).

Results: Significant improvement was observed over the course of treatment in the majority of patients in outcome measures (problem severity and goal achievement) and CGAS. Follow-up of a sub-sample of those served indicates that function at the time of discharge best predicts adaptation at the time of follow-up.

Discussion: Day treatment appears to be effective and clinical effects persist at the time of follow-up and are predicted primarily by discharge function.