

**Mindful Teen Enrollment Form
Outpatient Services
Bradley Hospital**

Date Received: ___/___/___ **MR#:** _____

Programs will be filled on a first come, first served basis with adolescents being matched according to level of need.

Child's Name: _____ **Today's Date:** _____

Gender: male female Date of Birth: _____ Age: _____ Grade: _____

Insurance: _____

Name of Person Completing Form: _____ parent other: _____

Other parent/caregiver name(s): _____

Contact Home Phone #: _____ Cell Phone #: _____

Parent Email: _____ Teen Email: _____

Mindful Teen Program Description:

The **Mindful Teen Program** provides comprehensive Dialectical Behavior Therapy (DBT) for adolescents (ages 13-18 years and in grades 8-12) and their caregivers. The program is appropriate for adolescents struggling with suicidality, self-injury, and/or other self-destructive behaviors due to difficulties regulating their emotions, managing impulses, and navigating interpersonal relationships. Treatment includes weekly individual therapy for teens, weekly two-hour multi-family skills group (attended by the adolescent and at least one parent), phone coaching for adolescents and caregivers, family therapy and medication management (if needed). This treatment program lasts for a minimum of 6 months.

Why do you want your teen and family to participate in this program?

Does your child currently see a counselor, therapist, or psychiatrist? No

Yes, counselor or therapist name: _____ Location: _____

Yes, psychiatrist name _____ Location: _____

Has your child ever been hospitalized or had residential treatment for psychiatric illness? No

Yes, hospitalization location(s): _____ Dates: _____

Yes, partial hospital/day treatment location(s): _____ Dates: _____

Yes, residential treatment location(s) _____ Dates: _____

Medical Problems: No Yes, describe: _____

Psychiatric Diagnoses: No Yes, describe: _____

For Office Use Only

Approved by: _____ Date: _____

Family scheduled with: _____ Date: _____ Time: _____

Hold (reason): _____