



| Time | Monday | Tuesday | Wednesday | Thursday |
|--------------------|--|--|--|--|
| 4:00 – 4:50 | Break It Down | Break It Down | Break It Down | Break It Down |
| 5:00 – 6:00 | Creative Discovery | Creative Discovery | Creative Discovery | Creative Discovery |
| 6:00 – 6:50 | *One-on-One <i>or</i> *Psychological Testing <i>or</i> *No Program | *One-on-One <i>or</i> *Psychological Testing <i>or</i> *No Program | *One-on-One <i>or</i> *Psychological Testing <i>or</i> *No Program | *One-on-One <i>or</i> *Psychological Testing <i>or</i> *No Program |

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| Tuesdays 6:00 – 6:50 | Parents will be expected to attend a weekly Parent Group led by the Breakaway Program Director, Dr. Jane Jung, while their teen is in the program. Please wait upstairs in Suite 1510 until the director comes to gather all parents. |
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One-on-One consists of 45 minute sessions two times per week. *These days will vary depending on the availability of each client’s individual therapist. It may be necessary for patients to have therapy at 3:00 prior to the program start time.

It may be necessary for psychological testing and/or individual therapy to be scheduled outside of the scheduled program time or during school hours. If a patient needs to leave school early, please let us know and we will be happy to write a school excusal letter.

A consultation with the psychiatrist will occur in the afternoon once per week, generally on Wednesdays between 4:00 and 5:00 p.m. Prior to any recommendations or changes in medication, the psychiatrist will consult with a parent by phone or in person.

Dinner is not provided for our clients, but they are welcome to bring a snack and something to drink for time in-between sessions. Notebooks will be provided to take down notes as needed each day.