

## Helping The Adolescent Choose A Healthier Future

**A**dolescence is a time of growth, development and change. For many young people, these challenges cause emotional distress resulting in self-defeating behaviors that include depression, substance abuse, school problems and family conflicts. At Hampton, the goal of the therapeutic process is to help teens understand themselves and who they can become. Adolescents receive help to identify problems, face challenges, learn to handle frustration, generate solutions and realistically assess the value of their accomplishments. Treatment is provided by a multidisciplinary treatment team headed by an APN and comprised of registered nurses, social workers, creative therapists, chemical dependency specialists, and mental health technicians.

### 24 Hour Access Center

Hampton is dedicated to providing the immediate help you or a loved one might need. Our Access Center, an assessment and referral service, is available 24 hours a day, 7 days a week, 365 days a year. Our specially trained clinical staff provides confidential assessments and referrals to appropriate programs including intensive outpatient, partial hospitalization and inpatient services.

Hampton accepts most insurances, including Medicare, Medicaid for adolescents, and is also TRICARE® approved.

*Bringing New Direction  
and Hope to Patients' Lives*

## Programs Tailored To The Teen

Hampton's Adolescent Programs are designed specifically for patients ages 12 through 17. In some cases, patients who are 18 years of age and still in high school may be placed in adolescent programs. All programming and therapeutic activities are restricted to the adolescent population only.

### Inpatient Program

For teens with acute behavioral health symptoms, inpatient treatment at Hampton Behavioral Health Center provides a safe environment, tailored to the unique needs of adolescents, where behavior and medication can be closely monitored. Treatment and activities include individual and group therapies, psychopharmacology, creative therapies, and substance abuse counseling (if appropriate). Groups focus on solving problems, learning life skills, building self-esteem and understanding relationships.

### Educational Services

There is an Educational Coordinator on the Adolescent Unit who will contact the child's Guidance Counselor or Child Study Team for assignments. By doing so, the adolescent may stay current with homework which can reduce the stress of returning to school and having to tackle current and past due work. Education programming is integrated into the clinical programming schedule to provide a fully comprehensive treatment day.

### Visiting Hours

Visiting hours on the inpatient Adolescent Unit are Monday through Friday from 6:30 to 7:30 PM and Saturday and Sunday from 1:30 to 2:30 pm.

## Partial Hospitalization Program (PHP)

The PHP is offered five days per week from 9:00 a.m. to 3:00 p.m. Patients are offered lunch during the program day. Tutoring is available, by a certified teacher, from 3:00 p.m. to 5:00 p.m. daily to assist the youth in staying current with school work during the academic year.

## Intensive Outpatient Program (IOP)

The IOP is offered four days per week from 3:00 p.m. to 6:00 p.m. during the school year. Summer hours for the Adolescent IOP are 9:00 a.m. to 12:30 p.m. Aftercare will include follow up appointments in the community with an individual therapist and psychiatrist or a referral is made to Perform Care, the Contracted System Administrator for the Department of Children's Behavioral Health Services, in New Jersey.

*Hampton offers three outpatient locations:*

- Cherry Hill, Camden County
- Hamilton Township, Mercer County.
- Westampton Township, Burlington County



**Access Center**  
(Admissions)

**800-603-6767**

## Frequently Asked Questions

### *What kind of clothes will I need?*

Patients should bring enough clothes for 5 to 7 days. Clothes should be comfortable yet appropriate (i.e. no tee shirts with drug references or alcohol advertising, no tight clothing). Patients will also need appropriate footwear (i.e. sneakers, slippers). Temperatures can vary within the hospital so a sweatshirt or sweater is recommended. Washers and dryers are available for patient use.

### *Can I bring my cell phone, IPOD, etc.?*

Patients are asked to leave all valuables at home, including personal electronic equipment and cell phones. There are pay phones on the Adolescent Unit so a pre-paid calling card may be beneficial. An emergency phone is available at the nurses station. Items considered "valuable" will be sent home or locked in the hospital safe until discharge.

### *How will I keep up with my school work?*

The patient's residential district is responsible for providing a tutor if a student will be out of school for more than 10 days. Hampton's Educational Coordinator works with the districts to coordinate school work so patient's can remain current during hospitalization.

### *Will I be allowed to smoke?*

Patients on the Adolescent Unit are not allowed to smoke under any circumstances. In addition, patients who are 18 years old and on the Adolescent Unit will not be permitted to smoke.

### *What are the patient rooms like?*

Rooms are designed for two patients (semiprivate) and resemble a dormitory room with twin beds and dressers. Each room has its own bathroom with shower.

## Directions to Main Campus

### **From the South Jersey Area**

Take I-295 North to Exit 45A.  
Follow the signs for Mount Holly.  
The hospital is immediately on the right.

### **From North Jersey**

Take the NJ Turnpike South to Exit 5. Turn left (West) onto Route 541. Take I-295 South to Exit 45A. The hospital is immediately on the right.

### **From Cape May and Atlantic City**

Take the Atlantic City Expressway West to I-295 North to Exit 45A.  
The hospital is immediately on the right.  
Drive time: 1 hour.

### **From Philadelphia**

Take the Ben Franklin Bridge to New Jersey. Take Route 38 East to I-295 North to Exit 45A.  
The hospital is immediately on the right.  
Drive time: 30 minutes.

### **From the Pennsylvania Turnpike**

Follow the connector to the NJ Turnpike and travel South to Exit 5 onto Route 541.  
Take I-295 South to Exit 45A.  
The hospital is immediately on the right.

*Transportation is available within local communities.*



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[www.hamptonhospital.com](http://www.hamptonhospital.com)



Behavioral Health Center

*Adolescent Services*



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(Admissions)

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