

## Virtual Adolescent Summer Programming Guide

### Partial Hospitalization Program (PHP) & Intensive Outpatient Program (IOP)

#### Group Rules & Expectations

- ❖ Respect confidentiality; No screenshots or recordings during group
- ❖ Attend program in a space by yourself; if you must be around others, headphones are required and your screen should only be visible to you
- ❖ Attend group from a designated location with a street address
- ❖ An adult 18+ must be at home for your first two days of program
  - If you meet criteria for adult supervision during program, an adult 18+ is required to be at home after your first two days of program
- ❖ The device you are attending program on must have a working webcam and microphone
- ❖ Video cameras must be on at ALL times
- ❖ Attending program from bed is not permitted; please sit upright and remain "chin up" on screen
- ❖ If you sign out of program unexpectedly, your emergency contact will be called
- ❖ If you are redirected twice for not being "chin up" on camera, you will be put in the waiting room and the adult on location with you will be called
- ❖ Only utilize provided breaks; if for some reason you need to leave group, please message a Compass Staff member
- ❖ Cell phone use during program is not permitted; cell phones should be turned off or kept outside of your group space to be used only during breaks
- ❖ All additional web browsers are to be closed on your device
- ❖ No use of substances before or during program
- ❖ No "Name Game" - do not refer to anyone who is not in the room by name to protect others' confidentiality
- ❖ No contact/communication with other group members (including those who have discharged) outside of program

#### Summer Program Hours & Schedules

##### PHP, Daytime IOP (AMIOP), & Creative Arts IOP (CA IOP)

###### Monday - Thursday

9:00-9:25am Check-in & Mindfulness  
 9:25-10:10am Skill  
 10:15-11:00am Process/CA IOP Group  
 11:15-12:00pm Experiential Arts  
 12:00-12:30pm LUNCH  
 12:30-1:00pm Mindfulness  
 1:05-2:00pm Check Out & Skill/Experiential

###### Friday \*No Process Group\*

9:00-9:25am Check-in & Mindfulness  
 9:25-10:10am Experiential  
 10:15-11:00am Skill  
 11:15-12:00pm Experiential  
 12:00-12:30pm LUNCH  
 12:30-1:00pm Mindfulness  
 1:05-2:00pm Check Out & Skill

##### Evening IOP (EIOP)

###### Monday, Tuesday, & Thursday

3:30-3:45pm Check-in  
 3:45-4:30pm Skill  
 4:30-4:45pm Break  
 4:45-5:30pm Check-Out & Process

###### Wednesday

3:30-3:45pm Check-in  
 3:45-4:30pm Art Therapy  
 4:30-4:45pm Break  
 4:45-5:30pm Check-Out & Skill

###### Friday \*Closed\*

*\*Our new Creative Arts IOP (CA IOP) is only offered in the summer and runs Monday – Thursday from 9:00am-12:00pm. Those enrolled in CA IOP will attend CA IOP group instead of process group.*