

Health & Beauty SandyPines

At SandyPines, children receive emotional – and mental health – care they need



SandyPines provides intensive residential care and services for boys and girls from 5-17 years old with behavioral issues, mental health issues and/or emotional issues. Each resident's uniqueness, diverseness, ethnicity, gender orientation, gender identification, social and/or economic background is recognized and respected providing evidence-based and culturally competent care for the youth we serve.

SandyPines will ensure their residents receive the appropriate quality of care in accordance with lawful, ethical and accepted standards of practice for each professional discipline. Collaborative efforts are made to develop and implement an

individualized treatment plan to ensure that each resident is receiving the most appropriate treatment and services to meet their needs and prepare them to make a successful transition following treatment.

SandyPines provides children and adolescents with an opportunity to address all their issues and behaviors, learn more appropriate techniques to handle situations that arise, and acquire the necessary skills to lead a more productive and self-sufficient life. SandyPines will assist their residents in overcoming interpersonal, psychological, and biomedical barriers to help put them on a path to lifelong recovery and success.

FOR PARENTS:

What are some of the potential warning signs for parents concerned about mental illness in kids? You may want to seek professional assistance if your child is experiencing any of the following symptoms or signs:

1. More or increased difficulty in school
2. Attempting to harm themselves
3. Increased or prolonged isolation from friends and family
4. Frequent mood swings
5. Having nightmares or difficulty sleeping
6. Experiencing impulsivity and intense emotions like anger or fear
7. Neglecting or obsessing about his or her physical appearance
8. Increases or decreases in appetite or changes in eating habits
9. Complaining of physical discomfort like headaches, tummy aches or exhaustion.
10. Experimentation with Alcohol or Drugs (Including Prescription Drugs)

SIGNATURE PROGRAMS:

R.O.P.E.S. Course

The R.O.P.E.S. (reality, oriented, personal, experience, services) course is offered to both residents and their families to incorporate many different experiential elements.

Participation in R.O.P.E.S. encourages team oriented cooperation, group problem-solving, trust, leadership skills, understanding of self and others, development of self-esteem, and exploration of verbal and nonverbal communication.

R.O.P.E.S. is a fun and non-threatening way to develop positive communication and problem solving skills within the family unit while



supporting what is being taught to the youth on the milieu and in individual, family, and group therapy sessions.

Behavior Bucks and Seafaring Level Systems

Residents on our children's unit have the chance to earn "Behavior Bucks" throughout the day for positive behaviors.

This token economy allows staff to immediately recognize and reward positive behaviors.

Residents in our adolescent units participate in the Seafaring Level System

Charting a course for positive changes, this program allows youth to see the progress they

SandyPines

SERVING CHILDREN & ADOLESCENTS

FOR MORE INFORMATION

Phone: 561-744-0211

Website: sandypineshospital.com

Address:

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Tequesta, FL 33469

are making through their hard work while providing insight into their choices and behavior. Rewards are included into each level to provide positive feedback and motivation towards meeting treatment goals. With each level promotion, from First Mate to Admiral, the Resident will experience new challenges, expectations, and rewards.

WHY CHOOSE SANDYPINES?

1. 20 years of committed service to children and adolescents
2. Diverse treatment programs including R.O.P.E.S.
3. Non-institutional, home-like environment
4. On-site, A-rated educational program
5. High level of expertise working with children and adolescents
6. Bilingual clinical and educational services