



TRIUMPH

FAQ for Students and Families

Q: What will the program schedule look like?

A: The daily program schedule consists of three and a half hours of academics and two hours of group therapy. In addition, on a weekly basis students will be involved in individual and/or family therapy. Individual sessions will last approximately 45 minutes. Family sessions will last approximately 45 minutes and could be held outside of the 8:00am-3:00pm school day.

Q: Will student concerns be addressed at the intake? Ex - a student who is interested initially but then second guesses that decision. How will that be handled?

A: During the screening process, the mental health counselor from Family Services will address any concerns that the student has regarding the therapy component of the program or any Triumph related questions in general. If a student expresses concerns before attending the initial intake, their questions may be directed to Family Services by using the school's release of information document. In this case, the release would only be used to discuss the program rather than discuss information regarding that specific student. Students and parents can talk with Family Services staff about any Triumph related issues prior to agreeing to enroll their student in the program.

Q: How will the academics fit into the schedule of the day?

A: Students will receive approximately three to four hours of academic work throughout the day depending on their individual schedules. The emphasis of this program is placed on the student's mental health, therefore, the academic timeframe for each student on a daily basis may vary depending on their mental health needs. An individualized plan will be created upon intake to the program help best fit the student's needs.

Q: What does the transition plan back to the high school look like when the student completes the program?

A: A student's transition back to the high school will be determined on a student by student basis. Some factors that may influence the transition back to school may be: improvements with coping with stressors, reports of decreased symptoms of their diagnosis, progress towards treatment goals, report of improvement of success in the home, etc. Another factor may include peer relationships and the student's ability to interact with others in a school setting. Upon setting a discharge date with the school district and family of the student, the Family Services therapist will set-up a meeting with the family, Triumph staff, and a key contact person from the school district to discuss what each student's specific transition plan will look like.

Q: How will this impact established counseling relationships that the student has within the community?

A: Due to the nature of the Triumph program and the integration of academics and mental health treatment, families will be taking a temporary break from their current therapist. Family Services will obtain a release of information in order to coordinate care with a student's existing therapist. Upon discharge from Triumph, Family Services will communicate again with that student's therapist, and provide records to assist in a smooth transition back to their therapist. In addition, if there is a gap in



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services between discharge from Triumph and transition back to ongoing therapist, Family Services can provide therapy services up to their scheduled appointment.

Q: How will insurance be used?

A: Family Services will bill for individual and family therapy sessions. These sessions will occur on a weekly or biweekly basis depending on the needs of the family. The group therapy sessions will not be billed.

Q: How do I get my student connected with the Triumph Program?

A: The initial step would be to contact your student's school counselor. If you have general questions about the Triumph Program, you can also contact Triumph Staff at (920)423-4124.
