



# SandyPines

SERVING CHILDREN & ADOLESCENTS

## Behavioral health services for children and adolescents

### Programs and Services

- Dedicated units divided by age (children, pre-adolescents and teens)
- Co-occurring substance use disorder treatment
- Creative and expressive therapies
- Bilingual services
- Behavioral analysis
- Individual, group and family therapy
- Structured recreational activities and outings
- Trauma-focused Cognitive Behavioral Therapy, Eye Movement Desensitization and Reprocessing and Dialectical Behavior Therapy
- Family (R.O.P.E.S.) course, visitation and dinners
- Art therapy, physical fitness and approved outings
- Youth development and enrichment programming
- Onsite academic services through the Martin County School District
- Discharge planning and aftercare recommendations
- Medication management

### Directions

#### From South of Jupiter

**1-95 North to Exit 87A, Jupiter.** East to U.S. 1. Left (north) on U.S. 1 to County Line Road. Left on County Line Road for 1.7 miles to S.E. Tequesta Terrace. Turn right to end of street.

**OR**

**Florida turnpike north to Exit 116, Jupiter - Indiantown Road.** East to U.S. 1. Left (north) on U.S. 1 to County Line Road. Left on County Line Road for 1.7 miles to S.E. Tequesta Terrace. Turn right to end of street.

#### From North of Jupiter

**I-95 South to Exit 96, Hobe Sound.** East to U.S. 1. Right (south) on U.S. 1 to County Line Road. Right on County Line Road for 1.7 miles to S.E. Tequesta Terrace. Turn right to end of street.

**OR**

**Florida turnpike south to Exit 116, Jupiter - Indiantown Road.** East to U.S. 1. Left (north) on U.S. 1 to County Line Road. Left on County Line Road for 1.7 miles to S.E. Tequesta Terrace. Turn right to end of street.

We accept most major insurances, including Medicaid.



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SERVING CHILDREN & ADOLESCENTS

11301 S.E. Tequesta Terrace | Tequesta, FL 33469

Phone: (561) 744-0211 | Fax: (561) 575-1445

[sandypineshospital.com](http://sandypineshospital.com)



SandyPines is fully accredited by The Joint Commission and licensed by the Florida Agency for Health Care Administration.

Physicians are on the medical staff of SandyPines Hospital but, with limited exceptions, are independent practitioners who are not employees or agents of SandyPines Hospital. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. For language assistance, disability accommodations and the non-discrimination notice, visit our website. 190788-0506 2/19



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# Supportive treatment for your child's needs

SandyPines provides residential behavioral health treatment for children and adolescents. For more than 20 years, our team has been meeting the needs of patients between the ages of 5 and 17 by providing quality treatment. We provide children and adolescents the opportunity to confront their personal issues, engage in a problem-solving process, test new behaviors and formulate a more constructive approach to overcome challenges. We provide a supportive environment dedicated to building on personal strengths that can challenge destructive behaviors. At SandyPines, we help individuals build life skills so they can experience success and self-fulfillment.

## Family components:

- Family involvement
- Scheduled dinners
- Family R.O.P.E.S.

Family involvement is an integral component of treatment. Parents are welcome to join their child for scheduled dinners and attend talent and art shows, family cookouts and other activities.

## Who we serve:

Services are available for children and teens who have a primary psychiatric diagnosis, experienced trauma or sexual abuse or have co-occurring substance use disorder. We can help overcome educational, social, interpersonal and psychological barriers.

## Programming

### Individual therapy

SandyPines uses evidenced-based approaches to treatment including Cognitive Behavioral Therapy (CBT) as well as Trauma Focused Cognitive Behavioral Therapy (TF-CBT) and Eye Movement Desensitization and Reprocessing (EMDR) to address trauma.

### Group therapy

Licensed or master's-level clinicians provide treatment, support and guidance to improve self-esteem, and encourage appropriate behavior, stress management, anger management, coping skills and conflict resolution.

## Groups can include:

- Anger management
- Trauma
- Dialectal Behavior Therapy (DBT)
- Creative and expressive therapies

## Educational Services

Residential students attend RiverBend Academy, located on the SandyPines campus, an accredited onsite school featuring a library, computer lab and smart boards in the middle and high school classrooms and a reading program for grades 4-12. Students can learn job skills and receive referrals to vocational rehabilitation.

## Community Outreach

We provide the following services:

- Community education training
- CEUs for all licensed professionals
- Parent assistance and referral services
- Teen suicide prevention and education



If you are concerned about your child, call 561-744-0211. SandyPines can help.