

Integrated Healing Program for teens

Referral guide

The Integrated Healing Program for teens, a partnership between Children's Wisconsin, Rogers Behavioral Health and the Medical College of Wisconsin, is a unique treatment program for teens suffering from pain and related functional neurologic disorders. A multidisciplinary team combines medical, physical and psychosocial therapies to treat adolescents who have withdrawn from normal activities.

This intensive outpatient rehabilitative program treats teens holistically by addressing their physical, emotional and social needs in eight-hour daily sessions for four to six weeks. This specialized program gives families a much-needed care option for a patient population that is difficult to treat and often overlooked.

Who should refer?

Any pediatric provider who encounters teenage patients with chronic, pain-related functional impairments may refer to the Integrated Healing Program. This can include:

- Family medicine providers
- Gastroenterologists
- Neurologists
- Orthopedic surgeons
- Pediatricians
- Psychiatrists
- Psychologists
- Rehabilitation medicine providers
- Rheumatologists
- Sports medicine specialists

Patients generally have experienced pain or functional neurologic symptoms for three months or longer.

For example, the pain process may have started due to an injury or infection, but lingers long after the acute stage has resolved. Moreover, anxiety or depression may underlie or be secondary to the pain, contributing to withdrawal from normal daily activities.

The gold standard in care

Evidence-based treatment includes:

- Physical therapy (PT)
- Medication evaluation and management
- Cognitive behavioral therapy (CBT)
- Dialectical behavioral therapy (DBT)
- Behavioral activation (BA)
- Acceptance and commitment therapy (ACT)

- Experiential therapy
- One-on-one and group physical therapy
- Family therapy and parent education groups

Treatment goals

Through this integrated approach, teens will:

- Resume normal function in school, socialization and activities
- Regain control of their lives
- Address emotional distress related to the pain
- Regain physical strength, endurance and functional abilities
- Reduce the need for medical services
- Learn to successfully manage symptoms and increase comfort

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The Integrated Healing Program has been a saving grace for my patient who was plateauing in therapy and needed a specialized and structured, multidisciplinary care approach for treatment of chronic pain. My patient renewed hope to conquer her pain despite many challenges and had a heightened level of confidence to be able to manage pain symptoms in her daily activities. I will absolutely refer future patients with chronic pain to the Integrated Healing Program.

- Kristin Bingen, PhD, Psychologist, Pediatric Hematology/Oncology, Children's Wisconsin

From the moment I contacted the Integrated Healing Program to see if my patient was a candidate, I felt validated and recognized as a provider looking to help my patient and his family. The improvement in his mental health, his physical stamina and endurance, and his general outlook on his chronic medical condition changed dramatically after completing the program. He was able to return to the activities that he loves and gained a sense of empowerment and hope for the future!

- Michelle Linsmeier, MD, Primary Care Pediatrician, Children's Wisconsin

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Who can be admitted to the program?

The Integrated Healing Program is for teens who:

- Are between the ages of 13-18
- Have completed a medical evaluation
- Have a chronic pain or a functional disorder

Inclusion criteria

Patients must:

- Have a diagnosed medical condition causing significant functional impairment and decline in physical or emotional health and/or quality of life exacerbated by psychological factors
- Have received comprehensive medical workup prior to admission
- Have experienced substantial deterioration in at least two key areas of functioning (work, family, social, school, community, self-care).
- Failed or are incapable of benefiting from treatment at a less-intensive level of care
- Must commit to attend full programming

- Must be able and willing to participate in and tolerate eight hours of treatment per day

Caregivers must:

- Commit to regular family contact, weekly family sessions and twice-weekly parent groups

Exclusionary criteria

- Psychogenic non-epileptic seizure (PNES) disorder
- Primary diagnoses of substance use disorder, eating disorder or conduct disorder
- Significant and recent aggressive episodes
- Significantly lower intellectual capacity, as indicated by testing or an IEP

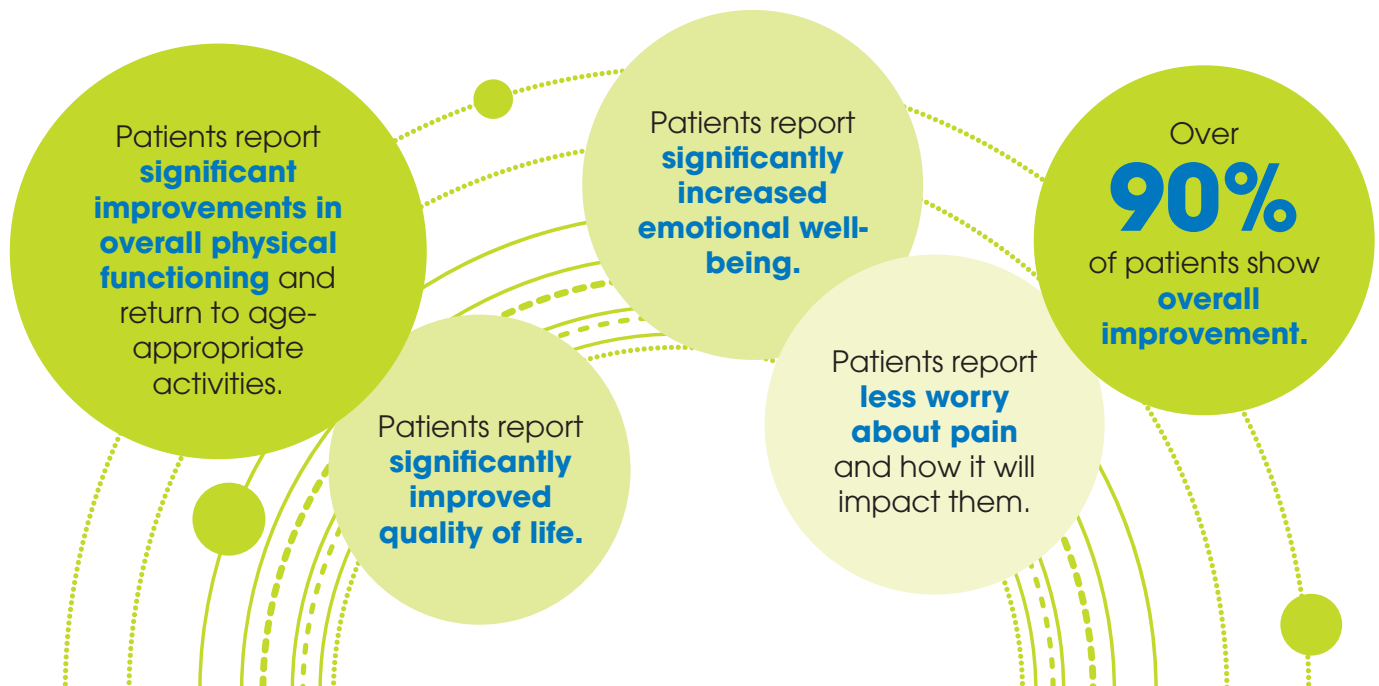
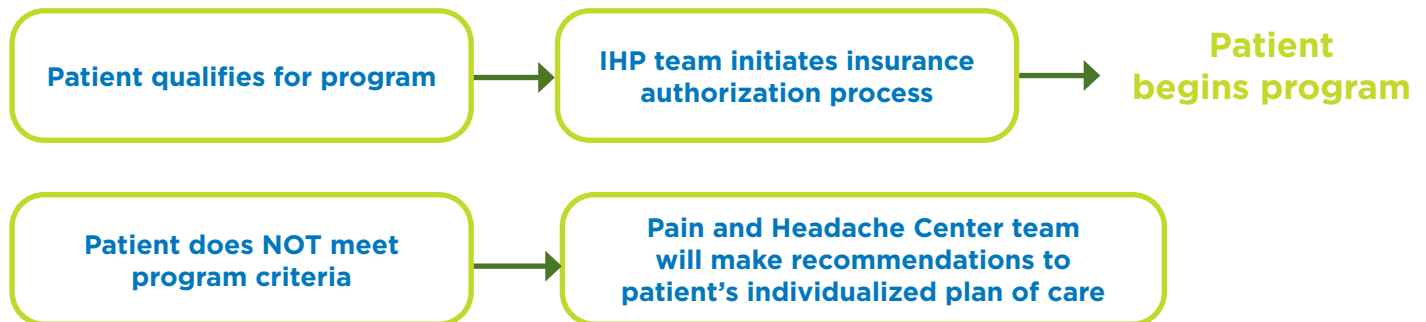


How are services delivered?

Patients referred will be evaluated for admission through the Pain and Headache Center at Children's Wisconsin and Rogers Behavioral Health.

The service components of the Integrated Healing Program are provided separately and independently by Children's Wisconsin, Rogers Behavioral Health and the Medical College of Wisconsin.

The next steps



How to refer

Providers with Epic access to Children's Wisconsin

Submit Epic referral to Pain and Headache Center and select IHP evaluation.

All other providers

Submit referral form online at childrenswi.org/IHPreferrals.

Questions?

Call the Integrated Healing Referral Line at (414) 266-3955, or email IntegratedHealingProgram@childrenswi.org.

If you would like to discuss a case prior to referral, please call (414) 266-3955 and Steven Weisman, MD, or Kim Anderson Khan, PsyD, can answer any questions you may have.



Integrated Healing Program location

Rogers Behavioral Health
Brown Deer Outpatient Center
4555 W. Schroeder Dr.
Brown Deer, WI 53223
For more information, call (414) 355-9000 or visit rogersbh.org.

Program assessment locations

Children's Wisconsin
Jane B. Pettit Pain and Headache Center
8915 W. Connell Ct.
Milwaukee, WI 53226

1655 W. Mequon Rd.
Mequon, WI 53092
For more information, call (414) 266-2775
or visit childrenswi.org.