

Level System Support Plan

Level 3: (includes all of Level 2 plus the following)

- You may have additional door-closed time but not locked (Parent's discretion)
- Continued phone use. Pending parent approval
 - (only parent approved apps)
- Medium and Large Incentives available (such as trips to Michaels, Hobby Lobby, Target, frozen yogurt)
- Continued TV time
- You may go on an outings with friends between meals with parent's permission
- Continued permission to ride in the car with sibling
- **Other privileges will be considered as opportunities arise**

Level 2:

- You may have 1 hour of additional room time each day with the door ajar (no access to any sharps)
- 1 Hours of individual screen time in common areas per day (including movies)
- Supervised phone use (only approved contacts and apps). Parents must have phone password and random checks are allowed
- Friends are welcome to come hang out with parent permission
- Limited riding in the car with sibling (duration at parent's discretion)
- May attend outside social activities per parent discretion

Level 1:

- Sleeps in the room with parents - this will continue at all levels until further notice
- Showers with door open and parent supervision
- Restroom checks before and after restroom use
- Daily checks for self harm by parents.
- No screen time except for schoolwork (includes Phone)
- You may read, draw, play board games, practice instrument, play with pets, and rest
- Parents Provide transportation only (no riding with sibling)
- No sharp objects permitted

Moving up Levels:

- ✓ Complete 100% of all medications
- ✓ Complete 100% meal plan
- ✓ No more than 1x supplementing a day
- ✓ No self-harm behaviors
- ✓ Utilizing coping skills when difficult emotions surface
- ✓ Communicating openly with Parents and Treatment team
- ✓ Cooperation on parent-directed activities
- ✓ Cooperation on school supervision
- ✓ Complete any relevant PHP homework assignments

ANY:

- × Self-harm
- × Suicidal threats
- × Restrict Meal
- × Dishonest Behavior
- × Restriction of Water
- × Destructive Behavior
- × Acts of Aggression (Verbal & Physical)
- × Initial neglect of schoolwork

Will result in an immediate drop to Level 1 for a minimum of 24 hours

**There is the possibility of remaining at the level you're at if we are able to talk things through in those moments see that you're regaining your footing*

NOTE: All of the above is subject to change without notice.

Random room checks may be conducted at any time. Suicidal threats or threats of running away will result in 911 being called immediately and/or a trip to the emergency room. Falling below ideal body weight will result in admission to a higher level of care.