



Time	Activity
7:00 am – 7: 30 am	Team meeting
7:30 am – 8:00 am	Welcome Youth
8:25 am - 8:30 am	Daily Empowerment Message
8:30 am – 8:40 am	Review Empowerment Quotient
8:45 am –9:45 am	*Building esteem & efficacy through education/ Individual Therapy
9:45 am – 9:55 am	Break
10:00 am – 10:55 pm	Session I: Building Biopsychosocial knowledge/practicing psychosocial skill development/Developing your Ethos footprint
11:00 pm – 11:30 pm	Group lunch
11:30 pm – 12:30 pm	Group Therapy—working it out together
12:35 pm – 1:35 pm	Session II: Building Biopsychosocial knowledge /practicing psychosocial skill development —The Clubhouse
1:40 pm – 2:00 pm	Wrap up: ETHOS Triangle Reinforcement

**Course Corrective....
An alternative to Short
Term Suspension...**

We will listen and help your child find their way. **To arrange for a consultation please call
Melissa M. Gomes Ph.D., APRN, PMHNP-BC
(757) 320-4483.**

Ethos is a behavioral health organization serving children, adolescents, and adults.