

Suicide Prevention and Resilience at Children's HealthSM

SPARC

A multi-disciplinary, intensive outpatient program for youth at risk for self-harm and their families, with a focus on skill building and safety planning.

Overview

The Suicide Prevention and Resilience at Children's (SPARC) program is an evidence-based, Intensive Outpatient Program (IOP) focusing on reducing risk for self-harm and suicidal thoughts and behaviors. SPARC is a suicide prevention program within the Department of Psychiatry at Children's Medical Center of Dallas, providing clinical care, training, and research opportunities to reduce teen suicide.

This comprehensive program provides:

- **Youth Group Therapy:** Group therapy 3 hours per day, 2 days per week for 4-6 weeks (based on each teen's need). The focus of therapy is on teaching skills to reduce risk factors related to suicidal thoughts and behaviors. Monday and Thursday 8:30-11:30 a.m. or 1-4 p.m., Tuesday and Friday 8:30-11:30 a.m.
- **Parent Group:** Parents will attend a 1 hour parent group focused on skills their child is learning in group. Thursday 8:30-9:30 a.m. or 3-4 p.m., Friday 8:30-9:30 a.m.
- **Multifamily Group:** Group therapy the first two weeks of the program. Parents and teens will attend together to focus on program orientation, skill building and communication. Wednesday 3-6 p.m.
- **Individual and Family Therapy:** Individual therapy and family therapy provide more individualized care. While the group therapy provides teens with a variety of skills to reduce suicidal thoughts and behaviors, individual and family therapies target the teen's specific needs. As the teen nears completion of the program, therapy focuses on relapse prevention and transition to community care.
- **Medication Management:** Each case will be reviewed by a child psychiatrist for evaluation of medical treatment. If medication treatment is recommended and the teen does not have a psychiatrist, care can be provided by a psychiatrist in the Children's Medical Center Depression clinic.

Important Phone Numbers

SPARC at Children's Health
214-456-3600

**Children's Health Outpatient
Psychiatry Clinic**
214-456-5900

**Children's Health
Emergency Room**
214-456-2100

Referring Teens

Who is the program for?

- **Adolescents, ages 12-17 years, who:**

- Have made a recent suicide attempt or have significant worsening of suicidal thoughts
- Require more intensive care than available through outpatient services
- Are available to attend 6-9 hours of treatment each week
- Are seeing a therapist or psychiatrist in the community

How can a teen be referred to the program?

- **Providers:**

Current treatment providers may contact the Care Coordinator at 214-456-3600 to provide information about the teen they would like to refer. Important information to provide will include:

- Patient name, gender, and age
- Reason for referral
- Brief history of psychiatric symptoms and treatments

If appropriate for the program, we ask that the family then contact the Care Coordinator to schedule an intake assessment.

- **Parents:**

Information about the program is available by calling 214-456-3600. Important information to provide will include:

- Patient name, gender, and age
- Chief complaint
- Brief history of psychiatric symptoms and treatments

You will be asked to provide a release for us to speak with your current treatment provider prior to scheduling an intake assessment.

What is the wait time prior to intake and starting the program?

Due to the severity of suicidal behaviors, we make every effort to conduct intake assessments as soon as possible, and group participation may begin within 1-2 days of intake if the program is appropriate for the teen.

For teens referred from providers in the community, the Care Coordinator will need to speak with the provider(s) prior to scheduling the intake. Therefore, parents will need to provide an authorization allowing communication between Children's Health and current provider.

Are there any additional requirements for participants?

All teens must be in treatment with a psychiatrist and/or therapist. Assistance in locating these services will be provided, and may be available through the Children's Health outpatient clinic.