



## DAY PROGRAM SUMMER SESSION

The *Columbia Day Program Summer Session* is an innovative, evidence-based group program for young adults (17 years and older and have graduated from high school), who are looking for a comprehensive program to help acquire and utilize skills for the next stage in life. The time-limited summer program will focus on skill building in numerous areas, including: emotion regulation, distress tolerance, harm reduction for substance use, and health and wellness. An additional group will be offered to the parents of young adults referred to the *Columbia Day Program Summer Session*, focusing on teaching parents how to support their child in navigating this transition.

**Groups offered in the Columbia Day Program Summer Session will include:**

- Dialectical Behavior Therapy
- Motivation Enhancement Therapy for Substance Use (*when indicated*)
- Cognitive Behavior Therapy for Mood Disorders
- Organizational Skills Training
- Health & Wellness Group
- Behavioral Parent Training for Parents of Young Adults

JUNE 2019  
THROUGH  
AUGUST 2019

212-326-8437

AGES 17 AND OLDER

INSURANCES  
ACCEPTED:

AETNA

AETNA STUDENT HEALTH

UNITED HEALTHCARE CU  
EMPLOYEE PLAN

NYU STUDENT INSURANCE

ColumbiaDoctors

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