



IntraCare Behavioral Health “Caring Within”

Arrow Program

The Arrow Program is a positive, skills-based program designed to help individuals overcome challenges and reach their goals.

The Arrow Program began as a result of our realization that patients, particularly children and adolescents, were returning to the hospital time and time again with similar behavioral problems. We began to see patterns in the behaviors that were leading to hospitalizations and wanted to find a way to motivate individuals to learn and adopt new behaviors that would help them **make** and **sustain** positive changes in their lives. We believe that positive change and healing can happen when the basic principles of the Arrow Program are followed. These principles include:

Start Positive and Stay Positive

We believe that **ALL** individuals can overcome even the most difficult challenges and achieve their goals.

We believe that the key to making positive change is to help individuals discover their strengths. Our goal is to *“Catch the person being good and tell them about it.”*

Social Skills and Life Skills

Individuals are given the opportunity to learn valuable social skills and life skills that will benefit them in their relationships with family and friends, in school, on the job, and in their community. Social skills taught to children and teens include:

- Paying Attention
- Reporting Whereabouts
- Following Instructions
- Accepting Criticism
- Communication Skills
- Asking Permission

Alternative Behaviors

The Arrow Program actively teaches individuals alternative ways of handling common problems and challenges they face in life. Lives can be changed when we learn *“What to do instead.”*

Goal Setting

The Arrow Program not only promotes healing and wellness, it helps individuals get back on course to achieving their dreams by identifying and making progress toward their personal goals.

For more information about the Arrow Program, call:

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