

Mental Health Residential Treatment Program

The New Foundation provides mental health stabilization care and supports children in developing the skills that encourage positive behaviors and recovery in their mental health struggles. Each child will have an individual care plan created to address specific mental health needs and strengths. This program utilizes Cognitive Behavioral Therapy, Motivational Interviewing, Dialectical Behavior Therapy, Trauma Therapy, and Forward Thinking Journaling, a trademarked self-reflection writing program endorsed by SAMHSA (US Health and Human Services Division of Substance Abuse and Mental Health Services Administration).

We aim to give youth the skills to stabilize their behavioral concerns by helping them develop and utilize coping skills to maintain positive behaviors and recovery in their mental health struggles.

The New Foundation's **Residential** Program offers a unique intervention experience for adolescents who are struggling with past trauma, mental health and behavioral issues. Our strength based philosophy, combined with a trauma informed care approach, empowers children and families to break destructive patterns that cause pain and conflict. This allows youth the ability to replace learned behaviors, implement new skills and move forward in the recovery process.

How will I know if my child is in need of a Residential Treatment Program?

Every child and situation is different but The New Foundation uses a strengths based model to help create success for any situation. Here are few instances where a stabilization intervention would help:



When stabilization would be helpful:

- Transition from a hospitalization.
- Families in crisis
- Self harming behaviors
- Suicidal ideations
- Teens transitioning from detention

Service modalities offered:

- Psychiatric services
- Attendance at Marion Burton School
- Group Therapy daily
- Individual therapy weekly
- Family Therapy weekly
- Family Group weekly
- Child and Family Team meetings

Once treatment at this level of care is completed, we have different options available for youth and families who wish to continue with the treatment and recovery process. This includes step down services to **Day Treatment, Intensive Outpatient Programming** and **outpatient therapy**.

Our clinical staff consists of licensed and professionally trained counselors, social workers and psychiatrists who specialize in providing treatment for adolescents and families struggling with:

- Mood disorders
- Substance abuse disorders
- Bipolar disorders
- Behaviors problems
- Anxiety disorders
- Family dynamics
- Depressive disorders
- Trauma