



Timber Ridge School offers Short Term Stabilization and Family Reunification

Timber Ridge School believes that success can only be measured by a family's capacity to function and the young person's development within that family system. Treating the young person while ignoring the needs of the family is not acceptable. Timber Ridge offers such a short term treatment program for this purpose. It is estimated that a stabilization/reintegration period of 4 to 8 months is required. However, completion of established goals for the student and family will be the indicators for transition/discharge.

Treatment Focus & Goals

For the Student:

- **Adjustment**—Focuses on the student's understanding and accepting his placement, while learning, identifying and defining the rules and expectations of campus life and the norms of his community.
- **Stabilization**—Student begins to accept that others have the right to tell him what to do, and he begins to show his control over himself by following rules. Responsible behavior becomes a habit. He will also learn the expectations and rules in his home environment.
- **Reunification**—Student learns that it is not enough for him to stop his negative behavior, but also comply with rules. During his reunification with his community, he will have many opportunities to practice new behaviors while beginning involvement with necessary support systems in his community.

For the Family:

- Understanding the problem, including helping family members understand their role in the problems.
- Understanding how each member can help improve family functioning.
- Development of family routine and "rules to live by".
- Help parents more effective ways to "connect" and communicate with their son.
- Strengthen parental cooperation and consistency.
- Address and overcome unresolved family issues, losses, ect.

Clinical Services

Timber Ridge School tenured and highly educated clinical staff provide:

- *Weekly Individual Counseling* is provided to focus on the student's emotional and psychological needs.
- *Weekly Group Counseling* is provided and offers a collective, supportive group of students facing similar stressors associated with out of home placements and reintegration back to their community.
- *Family Counseling* is provided on a biweekly basis and is intended to provide specific direction and support to post discharge family/placement.
- *Weekly Parent Skill Development Meetings* to help parents increase their "tool box" of skills to deal with a difficult young man.
- Planned, unannounced *Home Sessions* with the family help reinforce the structure of the family setting.
- *Weekly Substance Abuse Groups* and active participation in *Substance Abuse Treatment Program* providing awareness, education, relapse prevention, and community support.

Want more information? Contact Timber Ridge School today . . .

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