



# Timber Ridge School offers Goal-Based Services

Goal-Based Services are appropriate for students who must master specific objectives in order to transition successfully back to their community. Residential placement for certain adolescents occurs due to a combination of the adolescent's individual needs, family dynamics, and available supportive/therapeutic services available in the community that are not being successful. Treatment is individualized based on the following:

- ◇ The residential placement is initiated on the basis of specific needs demonstrated by the student and family.
- ◇ Treatment goals are developed based on the needs.
- ◇ Achievement of treatment goals is the criteria for discharge readiness.
- ◇ Moderate support will be required in the community to maintain and promote progress.

## **Developmental-Behavioral Support Program**

The adolescent progresses through the (developmental) program until demonstrating specific outcomes indicative of the goal achievement set at admission.

## **Trauma Focus**

Timber Ridge School is implementing trauma-informed care through use of the ARC (Attachment, Regulation, Competency) model and the Sanctuary model through weekly S.E.L.F. groups.

## **Family Services**

When applicable, based on the adolescent's discharge plans, work with the family begins upon admission and continues throughout placement as an integral part of treatment.

## **Transitional Services**

Discharge planning begins at the time of admission. The agreed upon plan includes specific transitional activities required for continued success after discharge.

## **Clinical Services**

- 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.
- When indicated, 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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