



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 . . .

Derek Unger, M.A., PPSL
Director of Admissions
877-877-3006; 540-888-9522
unger@trschoool.org

Tim Elliott, M.Ed.
Assistant Director of Admissions
877-877-3025; 540-888-9521
elliott@trschoool.org

Adam Collis, M.S.
Assistant Director of Admissions
877-877-3008; 540-888-9524
collis@trschoool.org