



Welcome parent or guardian,

I would like to take this time to briefly inform you of the CALM Center goals and programming so that you will be able to make a clear and informed decision before moving forward.

We are a seven-day crisis stabilization unit that seeks to be an alternative to other secure, but more intensive, residential treatment. We have a maximum capacity of fifteen, serve males and females age 10-17 years of age, have a wide range of needs that we address, and provide the same service regardless of ability to pay. We operate within a trauma-informed approach, called the *Sanctuary Model*, and the children we serve will see a therapist and a psychiatrist at least once during the week. They also will be asked to attend groups held twice daily on the seven commitments of the therapy model, and will be offered additional time with team members if they desire. We will offer to schedule a family therapy session to address the issues that led to their admission and discuss future treatment recommendations, but will not require this be attended...it is voluntary. Parents may also attend one of our parenting workshops that we have tried to schedule at times that would be convenient to attend, and we have visitation or phone calls daily to stay in contact with your child.

Our three major goals are as follows:

A pause: Provide children a safe environment to be less impacted by community or family stressors, to hear about and integrate new coping skills, and to talk to experienced staff;

A perspective: Clinical feedback and perceptions from experienced team members, physician, nurses, and therapists regarding client's mental health, diagnoses, and future needs;

A plan: Assistance in connecting the parent/guardian with the next step in treatment.

We have faith in our model and have seen many children show improvements in their anxiety, depression and coping skills. As has been said, we are a less intense treatment environment with compassionate staff offering a secure place to form a plan for your child's future safety.

Thank you and I look forward to serving your needs.

Matthew Crum, MS LPC
CALM Center Director