

## AROUND THE CLOCK YOUTH CRISIS SUPPORT

The Child and Adolescent Life Management (CALM) Center is a brief residential treatment program for youth struggling with emotional, behavioral or substance use issues. It is a safe and caring setting for children and adolescents ages 10 - 17 to learn how to overcome trauma and crisis and is available regardless of ability to pay.



### PAUSE. PERSPECTIVE. PLAN.

The CALM Center has three major goals:

- 1 PAUSE.** A safe pause from the young client's community or family stress to identify trauma, explore strengths, clarify emotions, and learn life management and coping skills to integrate into their daily lives.
- 2 PERSPECTIVE.** A clinical perspective on the client's behavioral health and diagnoses from an experienced team of board certified physicians, nurses, life skills coaches and clinical therapists.
- 3 PLAN.** A coordinated plan connecting the client and their family with the next step in treatment, and their future needs.

### CRISIS TO CONTROL

During a short stay, youth programs, and treatment could include:

- Assessment & diagnosis
- Medically supervised detox
- Medication management
- Grief recovery
- Individual & family therapy
- Art, pet, and music therapy
- Groups teaching coping skills
- After-care coordination