

# INNER HARBOUR CAMPUS

## Models and Therapies

### Youth Villages-Inner Harbour Campus serves children and families through unique, experiential therapies.

Youth Villages-Inner Harbour Campus, one of the state's largest intensive residential treatment centers, is located on 1,200 wooded acres just outside Atlanta in Douglasville. The woodland setting offers a therapeutic environment for children and young people that includes a lake, a sports field, a running track and playgrounds for recreational activities. Hiking trails, canoeing activities, a ropes course and equine therapy enhance treatment as well.

The following therapies and models are available to children and their families receiving services on our Inner Harbour Campus in Georgia.

#### **DIALECTICAL BEHAVIOR THERAPY (DBT)**

Dialectical Behavior Therapy is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem-solving focus blended with acceptance-based strategies, and an emphasis on dialectical processes. DBT has five components: (1) skills training; (2) individual behavioral treatment plans; (3) generalization; (4) structuring of the environment for reinforcement of adaptive behaviors; and (5) capability and motivational enhancement of therapists. DBT specializes in helping those who are either emotionally dysregulated, suicidal, self-harming or have certain personality disorders.

#### **TRAUMA-FOCUSED COGNITIVE-BEHAVIORAL THERAPY (TF-CBT)**

TF-CBT is a model of psychotherapy that combines trauma-sensitive interventions with cognitive behavioral therapy. All youth are assessed for trauma, and if significant trauma is detected, they are further assessed for trauma-related symptoms. Identified children and parents are given information and learn skills related to processing the trauma; managing distressing thoughts, feelings and behaviors; and enhancing safety, parenting skills and family communication.

#### **THE SEVEN CHALLENGES®**

This program is designed specifically for adolescents with substance abuse problems, to motivate a decision and commitment to change — and to support success in implementing the desired changes. The program simultaneously helps young people address their substance problems as well as their co-occurring life skill deficits, situational problems and psychological problems.

# RE-EDUCATION OF EMOTIONALLY DISTURBED CHILDREN AND YOUTH (RE-ED)

Emphasizing accomplishments and competence-building activities, Re-ED reinforces positive behavior changes and allows children to build trusting relationships with their counselors, teachers and other adults. A structured routine helps children settle into a regulated lifestyle with clearly set expectations and a system of rewards and consequences.

Using Re-ED principles, Youth Villages teaches children:

*Live life now, not in the past.*

*Trust between children and adults is essential.*

*Be good at something; competence makes a difference.*

*Time is an ally.*

*Self-control can be taught.*

*Intelligence can be taught.*

*Feelings should be nurtured, shared spontaneously, controlled when necessary, expressed when too long repressed and shared with trusted others.*

*The group is very important.*

*Ceremony and ritual give order, stability and confidence.*

*The body is the armature of the self.*

*Communities are important.*

*A child should know some joy in each day.*

## FOR MORE INFORMATION, CONTACT

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*Founded in 1986, Youth Villages is a private nonprofit organization with a national reputation for offering the most effective help for troubled children and their families. The organization helps more than 23,000 children and families each year from more than 20 states and Washington, D.C.*



Youth Villages is accredited by the Joint Commission.

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