



THE CENTER FOR SUCCESS AND INDEPENDENCE

It is the mission of the Center for Success and Independence to make a positive difference in the lives of youth and their families. Intensive treatment, specific to adolescents, is designed to address emotional, educational and addictive disorders.

Using sound and proven clinical methods of treatment, our committed professional team prepares youth to reintegrate successfully into the community and to achieve their highest potential.





The Center for Success and Independence

Residential Treatment Program for Teens and Families

The Center for Success and Independence (TCSI) provides long-term residential treatment and intensive outpatient services to adolescents age 12 to 17 with a history of behavioral, emotional and/or substance abuse issues. TCSI specializes in the treatment of youth with dual diagnoses and a history of trauma, such as abuse, neglect and abandonment.

TCSI provides psychiatric, medical, and counseling services through an integrated staff that includes board-certified psychiatrists, a licensed psychologist, licensed social workers and therapists (Masters and PhD level), chemical dependency counselors, case managers, a psychiatric nurse practitioner, registered nurse, LVN, and a team of trained mental health technicians.

The Center's comprehensive approach to treatment, including +20 hours of therapy each week, enables TCSI to reach teens that others have been unable to help or manage, making the Center a sought-after resource for parents and agencies desperately trying to help their teens.

Residential Treatment Program Highlights

- ❑ **Individual, Family and Group Psychotherapy**
- ❑ **Dialectical Behavior Therapy Program** for adolescents (coping skills development)
- ❑ **Adolescent Substance Abuse Programs** (treatment, prevention, education, intervention and relapse prevention including the evidence-based Matrix Model program)
- ❑ **Diagnostic Services** (psychological, psychiatric, neuropsychological assessment for emotional, behavioral and learning issues)
- ❑ **AA/NA Programs and Sponsorship** for youths and teens – The clients attend meetings on and off campus and are required to work with a sponsor
- ❑ **Anger Management Program**
- ❑ **Social Skills/Independent Living Programs**
- ❑ **Medication Management and Consultation** – A psychiatrist is available 24 hours a day for medication management and consultation
- ❑ **Nursing Services** including a registered nurse, psychiatric nurse practitioner, and LVN
- ❑ **Adolescent Teen Support Program**
- ❑ **Parent Support Group**
- ❑ **Multifamily Group**
- ❑ **On-Site School Program** – Full-time on-site fully accredited school program offering credit recovery, advanced classes and special education services
- ❑ **On-site mentoring, higher-education planning, career development and job training services** through partner agencies
- ❑ **Aftercare Program** – For youth and families up to 12 months following discharge
- ❑ **Intensive Outpatient Program** – On-site program for youth and their families to help transition from residential treatment

The TCSI Difference

Proven success rate – Since 1999, TCSI has been treating teens with proven success: 85% of clients remain sober at least 3 months after discharge.

Dual diagnoses treatment focus – Teaches adolescents how to cope with the underlying issues contributing to their chemical, emotional, mental and behavioral issues; a key contributing factor in our proven success rate.

Trauma treatment specialization – Trauma-informed treatment for teens with a history of trauma including domestic human sex trafficking victims, other forms of abuse, neglect, and abandonment. TCSI has also trained hundreds of practitioners and county probation staff on trauma-informed care for teens in juvenile probation centers.

Dialectical Behavior Therapy program – Designed specifically with adolescents in mind.

+20 Hours of therapy each week – 13 hours of group psychotherapy, 1 hour minimum of individual therapy, 3 hours of family therapy, 7 hours of chemical dependency therapy or other appropriate self-help group therapy.

Average length of stay of 3 to 6 months – Allows time to uncover and treat the underlying causes of the client's condition.

Masters and PhD level therapists – With stringent training requirements for all staff and therapists.

Low staff-to-client ratio of 5 to 1 – With a maximum of 44 residential clients, the clinical therapists and staff know every client and their families, maximizing the effectiveness of each client's treatment.

Research-based treatment plans – Focused on the partnership between therapists and clients, integrating the latest clinical and evaluation tools and solid evidence-based strategies.

Anger management and coping skills – Opportunities to practice these skills are incorporated throughout the program. Trauma and abuse issues are dealt with directly in individual, group and family therapy.

Team approach to treatment – Once a month, the entire treatment team meets with the adolescent and parent to review progress, identify obstacles and devise strategies for continued success.

Accredited by CARF International, the Commission on Accreditation of Rehabilitation Facilities.

Family Involvement

Since 1999, TCSI has found that when families come together and make recovery their focus, they see notable results. Family members are involved in treatment planning and participate in the following:

- Weekly Family Therapy Family Education Sessions
- Multi-Family Therapy Parent Support Group

A positive and structured home environment is instrumental for both the youth and their families. Discussions and techniques for establishing effective communications, a healthy home environment and boundaries are a part of family education and therapy.

Families are given the opportunity to practice these skills when their loved one returns home. We have found that increasing the periods of time that clients and families spend together allows everyone to adjust and learn new ways of managing issues. The home visits are the anchor of our strategy to reintegrate clients successfully into home, school and neighborhood settings.



The Center for Success and Independence

Intensive Outpatient Program (IOP)

for Teens and Families

The Center for Success and Independence offers an Intensive Outpatient Program (IOP) for adolescents ages 12 to 17 with a history of behavioral, emotional and/or substance abuse issues. The IOP uses evidence-based practices including Dialectical Behavior Therapy (DBT), and Motivational Enhancement.

The Intensive Outpatient Program at TCSI includes 8 hours of therapy per week including 7 hours of group therapy, 1 hour of individual therapy, as well as 1 hour of family therapy once a month or as needed. Licensed therapists facilitate each session. TCSI accepts most insurance plans. Medicaid (for mental health and substance abuse treatment) is also accepted.

IOP Schedule

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| Mondays | 5:00 -7:00 p.m. | Dialectical Behavior Therapy: DBT Skills Group |
| Tuesdays | 5:00 -7:00 p.m. | Addictive and Impulsive Behavior Group: DBT, and other evidenced-based treatments with Process Group |
| Wednesdays | 6:00-7:00 p.m. 7:00-8:30 p.m. | Multi-Family Group Teen Support Group DBT Parenting and Parent Support Group |

Individual and Family Sessions are scheduled directly with clients' therapists.

Therapeutic Focus

Dialectical Behavior Therapy focuses on teaching strategies and skills to facilitate management of emotions, distress, relationships, and overall needs to obtain a fulfilling life. **Mindfulness** teaches how to observe and describe their experiences and stay in the present moment. **Emotion Regulation** focuses on skills to identify and tolerate emotions effectively. **Distress Tolerance** skills development teaches clients how to manage crises, tolerate extreme emotions and manage urges. **Interpersonal effectiveness** skills help to resolve conflict, ask for what they need from others, say no, and how to maintain effective relationships. **Middle Path** skills were added to the standard DBT to specifically help develop coping mechanisms.

Addictive and Impulsive Behavior Group focuses on replacement behavior and alternative coping for substance use, selfharm, as well as aggressive and emotionally destructive behaviors and other problematic behaviors. Using evidenced-based treatments to guide interventions, clients learn how to apply strategies and skills for overwhelming impulses, cravings, and emotions.

Multifamily Group includes clients and their family members. Group members explore dynamics and experiences that are contributing to the family system in distress as well as gain support from each other.

Parent Support Group is led by parents of former clients. The group offers opportunities to share experiences and strategies that work.

Teen Support Group focuses on advanced, graduate members and therapists leading a discussion related to recovery and treatment.

IOP Psychotherapists

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