



THE CENTER FOR SUCCESS AND INDEPENDENCE

PROVIDING RESIDENTIAL AND OUTPATIENT TREATMENT FOR ADOLESCENTS WITH
BEHAVIORAL, EMOTIONAL AND SUBSTANCE ABUSE PROBLEMS



THE CENTER FOR SUCCESS AND INDEPENDENCE

3722 Pinemont Drive • Houston, Texas 77018

Residential Care: 713.426.4545
Intensive Outpatient Program: 713.263.7872

www.tcsi.org

A 501(c)(3) nonprofit organization
713.426.4545

Providing Hope



The Center for Success and Independence (TCSI) provides long-term residential treatment and intensive outpatient services to adolescents aged 12 to 17 who are suffering from emotional distress, behavioral problems, substance abuse, other addictive disorders, suicidal ideation, and trauma, such as abuse, neglect and abandonment. We also provide psychiatric and medical services through a staff that includes a board-certified psychiatrist, a licensed psychologist, licensed social workers and therapists, and a psychiatric nurse practitioner.

In short, we provide hope to teens and their families.

Our comprehensive approach to treatment has enabled us 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.

OUR MISSION:

to make a positive, long-term impact on the lives of these youth and their families, enabling them to function effectively in their home, school, and community, become productive members of society and reach their full potential.

Long-Term, Dual-Diagnosis Treatment

Our residential (inpatient) treatment center diagnoses and treats teens, many with both a psychiatric condition and some form of substance abuse, through intensive counseling delivered in a highly structured, safe setting, complete with an on-site, fully state-accredited school.

Treatment includes individual, family, multi-family, and group psychotherapy, as well as parent education and support groups. We achieve results through proven, evidence-based practices including but certainly not limited to:

- **Dialectical Behavior Therapy (DBT)**
For teens that have difficulty managing their emotions. Teens learn skills for effective coping and improved relationships.
- **Cannabis Youth Treatment (CYT)**
Created specifically for intensive outpatient programs, proven effective in helping teens learn about their addiction and how to manage it.
- **Matrix Curriculum**
Used in both inpatient and outpatient settings, effective in treating stimulant abuse disorders.
- **Motivational Enhancement Therapy (MET) and Interviewing**
Finds what motivates the adolescent, to help them make position changes.
- **Cognitive Behavior Therapy (CBT)**
Helps identify negative thinking patterns that trigger substance abuse and other behavior issues, to help change thinking processes.

Additional therapies include anger management, conflict resolution, relapse prevention, peer support groups, and recreational therapies, among others, to help teens stay engaged.

Living at The Center

The Center can accommodate 44 residents – 22 girls and 22 boys. The facility includes dorm rooms, a cafeteria, school, library, athletic field, basketball court, multipurpose room for group meetings, and day areas for TV, movies, and games.

Residents begin their day by participating in a meditation group. The teens attend school from 8AM to 2PM, followed by group meetings until 5PM. There are also evening groups, including Alcoholics Anonymous and Narcotics Anonymous 12-step groups, weekly multifamily groups, and individual and family therapy throughout the week.

The teens also participate in recreational activities such as scouting, yoga and art programs, and go on outings to local attractions. These activities reinforce positive social skills and are always accompanied by TCSI staff members.

A Safe, Secure Environment

We provide a safe, secure environment with 24/7 supervision. Security cameras are located throughout the building, doors are manned around the clock, and all visitors must be identified and admitted by a staff member. Appropriate precautions are in place to address any safety concerns that may arise, and staff members are trained in techniques proven to de-escalate situations.



Making the Transitions Easier

We understand the transition into the Center can be a difficult one. New residents are assigned a peer mentor and staff members to help them get adjusted, engaged, and understand the benefits of being there. Within 24 hours of arrival, new residents meet with their therapists and discuss treatment goals. We also seek support from family members, probation officers and others involved in the teen's life to help ensure they understand the consequences of not staying in the program.

The average length of stay is six months. Teens are transitioned out of the residential program gradually, earning privileges and increasing freedoms. Prior to discharge, the teens spend weekends at home, allowing time with their family to work out any issues or concerns. A family contract and plans for aftercare are discussed in family therapy, ensuring the teen has a support system and educational plans in place to help ensure long-term success and prevent relapse. Teens may stay within the same charter school system to complete their studies. These sober high schools help the students catch up academically while continuing to focus on their recovery.



How We SUCCEED

Over 90% of all funds are directed to client care

A unique, highly trained, highly experienced staff of therapists, chemical dependency counselors, psychiatrists and nurses

Intensive, long-term dual diagnosis treatment followed by outpatient treatment, aftercare and support for youths and their families

Smaller caseloads that allow therapists to provide more intensive care for each teen and their family, including more than 20 hours of treatment services per week

Ongoing outcome evaluations with a focus on results and long-term success

Intensive Outpatient Program (IOP)

Intensive outpatient treatment has proven highly effective in helping teens who have completed inpatient treatment stay healthy, and as a stand-alone treatment for those who do not require 24-hour care.

Our Intensive Outpatient Program (IOP) uses the same evidence-based practices as our inpatient treatment to help youth struggling with substance abuse, mental health issues, and behavior problems. Outpatient treatment includes 9 hours of therapy each week: 7 hours of group therapy, 1 hour of family therapy, and 1 hour of individual therapy. All therapy sessions take place at The Center and are facilitated by our licensed therapists.

Outpatient Therapy Focuses On:

Mindfulness

The core skill set of Dialectical Behavior Therapy (DBT). Teens learn how to observe and describe their experiences and stay in the present moment. It is an effective way to manage stress, quiet the mind and helps with self-awareness and identification of feelings.

Emotion Regulation

The inability to regulate emotions has been shown to lead to a wide range of mental health disorders. Teens learn skills to identify and tolerate emotions effectively.

Distress Tolerance

Development of distress tolerance skills enables teens to manage crises, tolerate extreme emotions, and manage urges.

Interpersonal Effectiveness

Deficiencies in interpersonal effectiveness contribute to many of our youths' difficulties. Teens learn how to resolve conflict, ask for what they need from others, say no, and maintain effective relationships.

The Parent Group

Led by parents instead of therapists, this support group offers parents of teens in our residential and outpatient programs an opportunity to share experiences and successful strategies.

Psychotherapy

A process oriented group where teens can learn to express feelings openly and provide feedback and support for one another.

Relapse Prevention

A psychoeducational group where teens provide feedback and support for one another, guided by licensed therapists.



Our Staff

Founded in 1999, The Center is the dream of Executive Director Robert Woods, M.Ed., and Clinical Director Marylou Erbland, PhD. Together, they have spent more than 20 years diligently and tirelessly giving of their expertise and resources to provide intensive help to Texas youth and their families.

The Center was started out of a need in the community for an intense dual diagnosis treatment center when there were no resources in the Houston area to meet that need. Cofounder and

Administrative Director Karl Webster, Ed.S., leads a caring and dedicated team of treatment professionals who work around the clock to make this dream possible.

In addition to experienced, Ph.D. and masters-level therapists, The Center’s staff includes chemical dependency counselors, nurses, a board-certified psychiatrist, and a psychiatric nurse practitioner. When specialty care is needed, residents are accompanied offsite by a staff nurse.

Make a Referral Call 713.426.4545

Teens are referred to us by families, physicians, teachers, other treatment facilities, and the juvenile justice system, among others, and come from all socioeconomic groups. To make a referral, call 713.426.4545. We welcome an opportunity to discuss appropriate treatment options and care settings, next steps, and answer any questions you have about our residential or outpatient treatment programs.

Insurance and Payment

We accept insurance and Medicaid. Need-based funding is available from the Texas Department of State Health Services, subject to eligibility requirements.

Our Results Speak for Themselves



From the Teens

“At The Center I learned to love myself and not compare myself to others. I feel happy now and can talk to my family. I am clean and sober, have a strong support system, and have goals in life.”

“Before the Center, I was a kid lost in a cold and dangerous world, with no hope, no direction, only dreams of becoming something important. Now I’m a young lady whose reality is finally better than her dreams.”

“‘I’d rather be hated for who I am, than loved for who I am not’-Kurt Cobain. The Center taught me to be myself instead of trying to ‘fit in.’ This place literally saved my life in more ways than one. It gave me the happiness that I had been searching for through drugs, alcohol, and other destructive things. I found inner peace there which made all aspects of my life better. I am forever thankful for my chance to have been at The Center.”

From the Parents

“We are so grateful to the staff at The Center. We tried everything before admitting our daughter there. It truly saved her life and gave us our daughter back.”

“At The Center we learned how to talk to our son. Before he was admitted there, he was lost to us. He has not only been able to stay sober and cope with his learning disabilities, he has been accepted by four colleges. Thank you so much for all your ongoing support.”

“Putting our son at The Center was the hardest decision of our lives, but it was also the best one. We are now a happy family.”

“There are very few places one can go to see, touch, feel and experience hope. The Center is one such place.”

“We will forever be indebted to The Center for giving us our daughter back. Our hope for her future is there again.”