



HOW TO KNOW WHEN YOUR CHILD NEEDS A RESIDENTIAL TREATMENT CENTER FOR AT RISK YOUTH?

Parents of teens with disruptive behavioral disorders and or chronic mental health issues should consider placing their child in a residential treatment center when their child begins exhibiting behavior that is a danger to themselves and others or when outpatient treatment has been tried but was unsuccessful.

WHAT ARE RESIDENTIAL TREATMENT CENTERS FOR AT-RISK YOUTH?

Residential treatment facilities or centers are places that can provide full-time services to help at-risk youth receive professional help to help heal trauma, deal with mental health issues, addictions, or other bad habits and behavioral problems.

Through a combination of group and individual therapy, recreational activities, academic work, and an atmosphere that fosters growth and improvement, these centers are usually live-in and provide 24-hour supervision and residential care.

WHAT TO EXPECT FROM RESIDENTIAL TREATMENT FACILITIES?

Residential treatment facilities deal with various issues such as substance abuse, antisocial behavior, academic underperformance, mental health issues such as depression, anxiety, aggression, anger, self-harm, eating disorders, and many others.

The length of the program and the level of security will vary depending on your child's needs. The most common types of therapy provided are cognitive behavioral therapy, group therapy (incl. family) and individual, academic programs, recreational and experiential therapy.

HOW TO CHOOSE THE BEST RESIDENTIAL TREATMENT CENTER FOR YOUR CHILD?

Consider the following:

- **Testimonials** - Ask to speak to other parents whose child completed the program and for parents whose child is still in the program.
- **Take a Tour** - Visit the facility, review RULES & REGULATIONS before enrolling your child.
- **Compare Treatment Options** - Choose a facility that offers comprehensive treatment options that deal with your child's emotional and behavioral issues. Getting to root cause is the first step to healing.
- **Costs** - Contact your insurance company to see what portion of the treatment is covered.

Contact a Family
Advisor for More Information
at 1 844 - 883 - 7366
or go to
atriskyouthprograms.com

