



*The Northern Rivers*

# *Residential Difference*

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*These are services provided by Northern Rivers Family of Services member agencies.*

**NORTHERN  
RIVERS**

We're here to work with you to identify the right Northern Rivers residential environment to help any youth find success. While each residence has a different focus, they're all staffed by knowledgeable, caring professionals who specialize in trauma-informed care and are invested in each youth's journey. We believe that every youth in our care deserves a rich, full experience. That's why we ensure that every one of our residents receives the following services.

## **Clinical Services**

- Specialized clinical services for fire-setting and sexually aggressive behaviors
- Comprehensive assessments, which can include both psychiatric and psychological
- Dialectical behavior therapy (DBT), Cognitive Behavioral Therapy (CBT), and Motivational Interviewing
- Case management with a focus on permanency and family involvement
- Trauma-informed clinical services based on the ARC (attachment, regulation, competency) trauma model
- Individual, family, and group counseling provided by master's level clinical staff both at the center and in the family's home and community

## **Living Environment**

- Trauma informed daily living environment geared toward youth regulation and skills development
- Therapeutic crisis intervention (TCI) trained staff
- Therapeutic recreational activities
- Transitional Independent Living program focusing on independent living skills and employment preparation services
- Living units are all co-ed allowing for free gender identification and expression

**Education:** Whether one of our 853 special education schools, public school, vocational programs, or higher education is appropriate, each resident has a customized educational plan with wraparound support.

**Medical Care:** Many residential sites have on-site medical care, and all youth have access to psychological, nursing, medication management, and physical health services.

**Recreation:** We offer a full range of therapeutic recreational activities at our residences and in the community. From intramural clubs to trips to sporting events, museums, and concerts, we allow every youth to broaden their horizons and nurture their passions.

**Community Involvement and Volunteerism:** We reinforce the importance of citizenship, and we encourage our residents to get involved with a wide variety of community and charitable initiatives. From neighborhood cleanups to awareness campaigns, we encourage each resident to pursue what's meaningful to them.

**Aftercare:** We work with the family to identify community resources and supports from the beginning of care for the youth. Discharge criteria is identified on the first day and staff and family meet to create and work on a plan. Clinical and case management services may follow youth home for 6–12 months.

**Family Finding:** A full-time family finder can help identify family resources for youth with no connections. This is a service that is included for all youth in Northern Rivers Care.

