



# Residentially-Based Services

1800 N. Gravenstein Hwy • Sebastopol, CA 95472 • (707) 823-7300 • [www.tlc4kids.org](http://www.tlc4kids.org)

*T*LC Child and Family Services' residential programs have provided safety, shelter, and support to adolescents for over 30 years. Located in beautiful Sebastopol, in the heart of rural Sonoma County, our three Level 12 residences serve adolescents with a wide range of psychological and emotional needs. Our residential facilities include: Phoenix, home to ten boys ages 13-18; Coast, home to eight girls ages 13-18; and Orchard, a co-ed independent living skills program for youth ages 15-19. Our homes maintain superior standards and are accredited through the prestigious California Alliance for Children and Family Services.

TLC's strength-based treatment philosophy of "Connections to Self, Others, and Community" infuses the treatment within each residence. Adolescents participate in ongoing assessment of their strengths and needs, and develop goals that focus on skill set areas needing improvement. Participation in the consistent and structured milieu setting offers residents the opportunity to develop positive coping skills, improve communication, and initiate community involvement. The average length of stay is 12-18 months, depending on each individual's treatment plan and discharge goals.

Residential treatment at TLC incorporates behavioral and relational approaches while providing a strong therapeutic container including individual, family, and group therapy. Therapeutic services are available through our Outpatient Mental Health Services or Extended Education Program. Psychiatric care is provided as clinically indicated.

TLC promotes family involvement from the beginning of treatment by encouraging regular communication among family members and onsite visitation as early as the first week of residence. Participation in family therapy is an integral part of the reunification process. In family therapy, parents or guardians and their adolescents develop the necessary skill sets to prepare for successful home visits. As residents engage in our program and participate in family therapy, they earn community-based outings and home passes with their families (up to two weekends per month). TLC provides independent living skills training, permanency planning, and guidance for adolescents who do not have family reunification opportunities.

For more information, please contact: Jessica Scow, MSW; Intake Coordinator for Residentially-Based Services, at (707) 823-7300, extension 250, or send an e-mail to [jscow@tlc4kids.org](mailto:jscow@tlc4kids.org).

## Coast House Level 12 CCL# 496800189

Established in 1985, the Coast House program serves eight female adolescents ages 13-18. This large single-story home is located in a quiet community setting in the quaint town of Sebastopol. The Coast program combines a significant level of structure with an emphasis on relationships. Each young woman is offered a safe place to learn about herself and establish healthy relationships with others.

Within the structured and relational environment, Coast residents work toward mastering the basics of Connections to Self, with an emphasis on safety and self-respect. Residents develop the communication skills of active listening, respectful self expression, and conflict resolution. The staff is dedicated to providing a consistent environment that helps residents develop self-awareness and accountability for their actions. Coast residents enjoy going shopping, walking at the beach, going to the movies, working out at the gym, and volunteering in the community.



*“Each young woman is offered a safe place to learn about herself and establish healthy relationships with others.”*

## Orchard House Level 12 CCL# 496801036

The Orchard House program offers youth ages 15-19 the opportunity to develop the necessary skills to support self-sufficiency. Built in 2002 and located on our main campus, this spacious, ranch style home is set on an acre of land and surrounded by apple orchards. It is a co-ed home with eight individual bedrooms and separate wings for each gender.

Orchard House is designed for teens that have graduated from other Level 12 programs, including Phoenix and Coast homes, and are ready to work toward independence and integration into the community. Residents are afforded more opportunities to earn trust, develop life skills, and practice independence, so they can become successful community members.

In the home, residents are actively involved in creating program guidelines and organizing activities and recreational outings. All students are expected to either graduate high school or finish their GED while maintaining a job or volunteer position in the community.

In addition to self-management and social skills, special emphasis is placed on community awareness and independent living skills. Individual goals may include:

- Acquire employment, either paid or volunteer
- Develop positive work habits and relationships
- Learn fiscal responsibility
- Develop daily living skills such as cooking and cleaning
- Improve personal hygiene and self-care
- Establish connections and support in the community



## Phoenix House Level 12 CCL# 490110003

Established in 1983, the Phoenix House program serves ten male adolescents ages 13-18. The large, two-story house is situated on a beautiful 2.5 acre parcel in rural Sebastopol, and offers individual bedrooms for each resident. Residents enjoy the spacious property for gardening, skateboarding, and basketball.

The Phoenix program combines a significant level of structure with a strong sense of community within the house. Residents are expected to work diligently on mastering the basics of “Connection to Self,” including safety and self-respect, while living in a community of other young men.

Phoenix House residents often enjoy going to the beach, swimming at Spring Lake, searching for employment, taking music lessons, playing basketball at the local YMCA, skating at the local skate park, going to the movies, shopping at Costco, working out at the gym, and volunteering at local organizations.



Journey High School is a state certified private high school located on the TLC Child and Family Services campus in Sebastopol, CA. Founded in 1988, Journey High School offers highly specialized instruction to 48 students eligible for special education services in the areas of emotional disturbance, learning disabilities, and attention-deficit disorders.

Students who have an Individual Education Plan (IEP) specifying a non-public school setting are eligible to attend Journey High School's uniquely effective educational environment. The 9-12 grade curriculum complies with California state and district standards. Electives offered include dance, drumming, art, culinary arts, woodshop, and more. In addition to academics, Journey offers students opportunities to explore creative arts, career education programs, and community service outings. Journey hosts an annual spring prom, seasonal dances, and Diversity Week.

## Journey High School Highlights

- State certified private high school
- 9-12 grade curriculum
- 8-12 students per classroom
- Daily therapeutic services
- On-site chef serves hot meals
- Gymnasium

## *“Personal attention is a hallmark of Journey High School”*

Personal attention is a hallmark of Journey High School. Educational programs are tailored to each student's abilities. TLC staff works closely with the district and local schools to implement Individualized Education Plan (IEP) goals and, if appropriate, reintegrate students into public schools. Classroom sizes are approximately 8-12 students, with one teacher and a classroom aide.

The staff at Journey High School includes five special education certified teachers, four teacher aides, on-site social workers, and school counselors. Journey High School's clinical services are an integral part of the highly individualized educational program for each student. Both individual and family therapy, as well as after school therapeutic groups, are provided by the Extended Education Program or TLC's Outpatient Mental Health Services. Teachers and clinical staff work closely together to resolve the academic, emotional, and behavioral challenges of each student.



For further information regarding Journey High School, please contact: Ina Perlman, Special Education Director, (707) 823-7300, extension 211.

TLC Child and Family Services (TLC) provides therapeutic services to adolescents and their families. Our goal is to offer adolescents and their families a multi-disciplinary treatment program that is either an alternative or an addition to the residentially-based program.

This unique program creates an integrated set of services for high-risk adolescents and promotes greater success in the family, school, and community. We coordinate services with the school, county mental health, community service providers, and the family. Therapeutic services are guided by the strength-based treatment philosophy of “Connections to Self, Others, and Community.” TLC’s Outpatient Services staff includes clinical psychologists, social workers, and marriage and family therapists.



We offer individual, family, and group therapy for adolescents and their families. Milieu therapy is offered for all students either enrolled at Journey High School or residents of TLC’s residential programs. Students enrolled in the Outpatient Services program participate in daily therapeutic groups such as Social Skills, Yoga, Men’s and Women’s, Animal Assisted Therapy, Substance Abuse, Social Awareness, and Personal Goals. In addition, we offer up to six months of aftercare therapy services at no charge.

### **Funding and Range of Services**

Outpatient Mental Health Services is funded by a separate contract from the client’s county mental health department. An individual plan is created for each client. The intensity of services varies depending on the needs of the client and family. Services may range from once a week individual therapy sessions to weekly individual and family therapy and up to 4-5 group therapy sessions per week.

For further information or to set up a contract with your county, please contact: Paula Solomon, Ph.D., Clinical Director, Outpatient Services. Call (707) 823-7300, extension 215, or send an e-mail to [paula@tlc4kids.org](mailto:paula@tlc4kids.org).

## Treatment Philosophy

Treatment at TLC is guided by the strength-based philosophy of “Connections to Self, Others, and Community.”

“**Connections to Self**” begins with personal safety and self-respect. This lays the groundwork for adolescents to develop a healthy sense of identity, improve mood management, and acquire positive coping skills. Connection to Self is the essential foundation to Connections to Others and Connections to Community.

The development of core relational capacities is at the heart of “**Connections to Others.**” These capacities include empathy, trust, respect, and honesty. Adolescents are assisted in improving their communication and social skills in order to strengthen their ability to relate with others and develop lifelong connections.

Creating “**Connections to Community**” is an integral part of transitioning into adulthood. At TLC, we emphasize community involvement through community outings, volunteer opportunities, employment in local businesses, and our apprenticeship and mentoring programs. Each adolescent is supported in learning the skills necessary to navigate a successful return to their family, school, and community.

We approach treatment by identifying the unique strengths, needs, and interests of each adolescent. This leads to a strength-based treatment plan tailored to each adolescent’s needs and abilities within the three skill sets of the “Connections” philosophy. This individualized treatment is guided by our focus on permanency planning. We work extensively with families to repair relationships and reunify whenever possible. For adolescents without family reunification opportunities we provide independent living skills training to guide them toward successful emancipation into the community.

TLC has identified skill sets that strengthen each individual’s “Connections to Self, Others, and Community.”

**Our clientele include adolescents with a wide range of mental health challenges including, but not limited to, the following:**

- Anxiety
- Asperger’s traits
- Attention Deficit Disorders
- Bipolar Disorders
- Depression
- Eating Disorders
- Mood Disorders
- Oppositional Defiant Disorder
- Post Traumatic Stress Disorder
- Self Harming Behaviors
- Substance Abuse
- Thought Disorders

## Connections to Self, Others, and the Community

### Skills for Adolescents

#### *Connections to Self*

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**Safety and Self-Respect:** Personal safety includes decreasing self-destructive behaviors such as cutting, suicidality, running away, and substance abuse. Self-respect begins with the development of age-appropriate competencies such as daily hygiene and basic living skills.

**Mood Management:** Adolescents are assisted in accurately identifying their moods, emotions, and patterns. They are supported in identifying the core beliefs that sustain and affect their moods. Additional skills include: stress, anger, and mood management; decreasing depression and anxiety; and developing impulse control.

**Thinking/Cognition:** Adolescents are supported in the development of accurate reality testing, accountability, and flexible thinking. They are assisted in taking responsibility, goal setting, reframing, and addressing self-talk and thinking errors.

**Identity Work:** Self-esteem improves with the development of interests, strengths, beliefs, morals, values, self-expression, cultural identity, gender and sexual identity, insight, and reflection. TLC assists adolescents in identifying their core values and developing positive identities.

**Independent Living Skills:** Residents develop and practice important daily living skills such as cooking and cleaning, safety in the community, maintaining a medicinal regimen, goal setting, fiscal responsibility, and developing healthy independence.

**Positive Coping Skills:** The development of positive coping skills helps replace negative behaviors. Humor, music, taking space, exercise, meditation, expressing emotions appropriately, art-making, spirituality, reading, dancing, relaxation, play, and being outdoors are just a few of these positive skills that TLC encourages.

**Substance Use:** While TLC is not a drug and alcohol treatment facility, we do work with adolescents struggling with substance use who have underlying mood or thought disorders. We offer weekly individual, family, and group therapy, with one group per week focused on substance abuse. We transport residents to community-based AA and NA groups as needed.

## *Connections to Others*

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**Core Relational Capacities:** The development of relational capacities, such as attachment, trust, empathy, respect, and honesty, is an ongoing goal of treatment.

**Communication:** Communication is a key component for an adolescent's success with peers, adults, and the community. We teach communication skills such as active listening, self-expression, non-violent communication, and conflict resolution.

**Social Skills:** Adolescents are assisted in the development of appropriate physical and emotional boundaries, accurate assessment of positive and negative relationships, flexibility and tolerance, and the ability to positively impact their social environment.

**Lifelong Touchstones:** Every adolescent needs caring adults that will remain in their life as they grow and develop into young men and women. This includes family (immediate and extended), adult mentors, teachers, peers, support groups, and religious affiliation.

## *Connections to Community*

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**School:** Students develop their capacity to attend school regularly, improve their academic achievement, and meet individualized education goals. Students are encouraged to participate in extra-curricular activities.

**Vocational/Volunteer:** We support adolescents in the development of their personal interests, passions, and skills. Teens are assisted in identifying realistic occupational opportunities, acquiring meaningful employment, and developing positive work habits and relationships, and fiscal responsibility. We seek apprenticeships in the community for adolescents who have interests in a specific career or trade.

**Community:** As teens begin to integrate into the community, the development of personal empowerment, a sense of belonging, and safe behaviors become an important aspect of treatment. Adolescents are taught how to use public transportation, how to budget money, and how to make positive connections in their community at large.



## Staff

The TLC staff consists of clinical psychologists, therapists, counselors, special education teachers, and social workers who have a passion for working with adolescents and their families. Our strength-based philosophy of treatment is reflected in the Connections skill sets, which we believe guide adolescents toward a successful outcome of treatment.

The residential staff provides a safe, consistent environment that promotes trust and personal empowerment. The TLC staff is responsible for all aspects of each resident's welfare and safety. Staff arranges medical and dental appointments and ensures that each adolescent receives appropriate clothing and nutritious meals. Recreational and leisure activities are provided to encourage physical activity, relaxation, and enjoyment of community resources. During the day, our houses are staffed with a 1:3 adult to child ratio, and during the night, one awake overnight staff.

All of the TLC staff undergo an extensive background check and are hired based on their education, previous work with youth, and related life experience. Residential staff members are supervised by a Facility Manager and Social Worker who work closely with the Director of Residentially-Based Services.



## Funding

Sources of funding for residentially-based treatment include the Department of Social Services, County Mental Health agencies (via Individualized Education Plan (IEP) referrals for AB 3632 services), the Adoption Assistance Program, Probation departments, and private pay.

## Treat our TLC kids to a shopping trip!

When a TLC staff member takes a young person into the community on a one on one outing, it is truly a special occasion. A shopping trip at the mall or enjoying a lunch out with one of our staff gives our youth crucial bonding time with a caring adult. They may celebrate accomplishments or special anniversaries or go out simply for fun!

Gift cards or gift certificates are so appreciated and can also help our staff purchase special items for our youth.

Gift cards are easy to buy, easy to send through the mail and easy for us to store.



### **Bookstores:**

Borders, Copperfield's, Barnes & Noble,

### **Fast Foods:**

Dairy Queen, McDonalds, Pizza Hut, Arby's, Taco Bell, Subway, Dominos, Applebee's, Burger King.

### **Clothing:**

Kohls, JCPenney, Marshalls, Ross, Old Navy.

### **Entertainment:**

Toys-R-Us, Movie Theaters, Blockbuster Video, Best Buy.

### **General:**

Walmart, Target, Bed, Bath & Beyond, Safeway, CVS, Walgreens, Trader Joes.

## **Newcomer Start Kit: \$150**

Adolescents entering our residential treatment homes often come to us with very few personal items. We provide all residents with a newcomer start kit for their needs. By making a donation, you can defray these costs and allow the money to be spent on our residents' special needs or requests that are not otherwise funded.

Large Laundry Basket • Twin sheet set & pillow • Comforter • 2 Sets Bath & hand towels, wash-cloths • Personal hygiene items: shampoo, body lotion, deodorant, hairbrush • Back pack or book bag • Journal & gel pens

*Help TLC brighten the lives of our foster children!*