

Client Profile:

- Gender: All gender identities
- Ages: Birth to 21
- Average length of treatment: 3-12 months
- Not actively suicidal/homicidal at time of referral
- Not in need of medical detoxification

The Treatment:

Services typically last 3-12 months and may include:

- Evidence-based assessment
- Case management
- Individual, group and family counseling
- Life skills training
- Family support services
- Peer support groups
- Parenting support/training
- Trauma services and support
- Psychiatric services

In order to provide the most state-of-the-art care, Maryhurst therapists are highly trained in a wide variety of treatment interventions including:

- Cognitive Behavioral Therapy (CBT)
- Trauma-focused CBT
- [Seven Challenges](#)
- Dialectical Behavioral Therapy/
Mindfulness Practices
- Motivational Interviewing
- Family Systems Therapy
- Solution-Focused Brief Therapy
- Eye Movement Desensitization and Reprocessing (EMDR)

Alcohol and Other Drug (AOD) Services:

Outpatient Treatment

The counseling services program offers children and their families specialized services within the community in order to leverage natural and community supports.

On-site and in-home services include:

- Behavioral Health Assessment
- Alcohol and Other Drug use assessment
- Case management
- Individual, group and family therapy
- Life skills training
- Peer and family support

Intensive Outpatient Treatment

Maryhurst Renewal offers an intensive outpatient program (IOP) for adolescents with alcohol and other drug issues who are assessed as needing this level of service during the initial assessment or at any time during their treatment. The IOP program consists of three (3) three-hour group sessions per week.

These sessions will include Seven Challenges, Life Skill Development and Psycho-education. In addition to the group sessions each client will receive individual therapy, family therapy, peer and family support and medication management if necessary.