



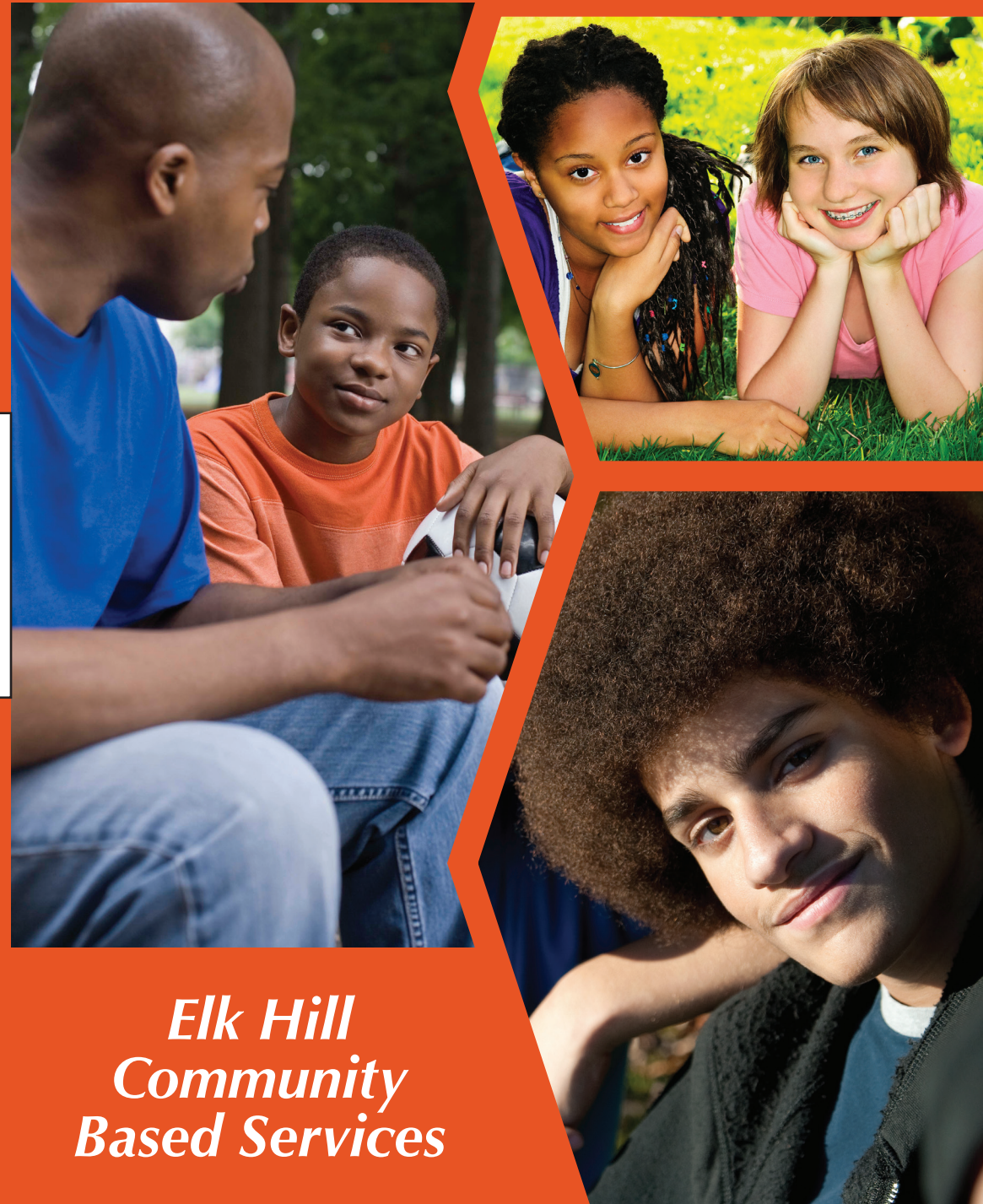
Children & Family Services • Behavioral Health • Education • Advocacy



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*“A dream doesn’t become reality through magic;
it takes sweat, determination and hard work”*

-Colin Powell



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***Elk Hill
Community
Based Services***



THERAPEUTIC DAY TREATMENT

Therapeutic Day Treatment is a school-based program that provides a combination of mental health and behavioral services to students in order to improve their level of functioning in school, at home, and in major life activities.

Elk Hill provides TDT services in over 30 public schools across Central Virginia, as well as in our own schools – Elk Hill Harambee, Elk Hill Varina, Elk Hill Charlottesville, and Elk Hill Staunton. Services include:

- Support/interventions for behavior in the classroom
- Individual and group sessions that teach and allow students to develop and practice social skills, emotional regulation, anger management, communication, problem-solving and more
- Weekly individual counseling and family contact

HOME BASED SERVICES

Elk Hill's Home-Based program offers a variety of services for children, their parents, and families, including Medicaid-funded Intensive In-Home, CSA-funded home-based services and family support services. All provide a combination of mental health, behavioral, and support services tailored to the specific needs of children and their families. Intensive In-Home (IIH), provides up to 10 hours per week of services, primarily for families in crisis. CSA-funded home-based services provide more flexible, customized interventions and supports with the number of services hours determined by the placing agency. Family Support Services are designed to improve family functioning by working directly with parents to increase their parenting skills and family management. Services can include:

- Family relationship building
- Parenting skills/Coaching
- Crisis Support
- Development of social skills
- Effective communication skills

MENTORING SERVICES

Elk Hill's therapeutic mentoring program connects children and adolescents with an adult mentor who serves as a positive role model and provides activities that increase their participation and engagement in their community. Through individual and group activities, mentors provide support, coaching, training and supervision in developing:

- Communication skills
- Problem-solving skills
- Interpersonal and social skills
- Age-appropriate behaviors
- Constructive use of leisure time Resiliency skills

Elk Hill's mentors receive regular training and supervision from a Qualified Mental Health Professional.

OUTPATIENT THERAPY

Elk Hill's outpatient services program provides individual & family therapy and counseling to children and adolescents who have mental, behavioral, or emotional symptoms that negatively impact daily life activities. Our therapists treat a variety of conditions, including anxiety, depression, ADHD, and bi-polar. Elk Hill accepts a variety of insurance plans or private pay.

MENTAL HEALTH SKILL-BUILDING SERVICES/ INDEPENDENT LIVING SERVICES

Elk Hill offers Medicaid-funded Mental Health Skill-Building Services and CSA-funded Independent Living Training to prepare and support adolescents and adults in achieving and maintaining independence in the community. Both services provide training and support in developing functional living skills, including managing finances, connecting with community resources, and maintaining appropriate mental health and medication services.

Elk Hill also offers customized outpatient and community based services to meet the unique needs of children, parents, and families in addition to traditional Medicaid funded services. Please call us about your specialized needs.