

## Educational Services

- On-site Academic Program
- A+ curriculum is state approved for high school diploma requirements
- Smaller class sizes
- Individual Instruction
- Credit Recovery Program
- Staff Supervision
- Individual Education Plan (IEP)

## Equine Assisted Learning

Through interaction with animals and participation in chores, residents are able to develop responsibility, a good work ethic, and care and concern for others. In animal-assisted therapy sessions clients learn:

- Empathy
- Appropriate boundaries
- Healthy relationship building
- Assertive communication
- Emotional Regulation
- How to use and respond to body language cues



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Offering adolescents and families a continuum of care in treatment. Our goal is safe re-entry and maintenance within the community. Treatment services for prevention of increased law enforcement intervention, relapse and recidivism in partnership with referral and collaborative community agencies.

## Hand Up Homes For Youth Inc.

Hand Up Homes For Youth Inc. (HUHFY) has been serving adolescents and families in Washoe County since 2002. HUHFY expanded services include a full continuum of care for youth at-risk for a higher level of care or youth stepping down in care from residential treatment or group home setting.

### Services include:

- Behavioral Health Inpatient Treatment
- Behavioral Health Outpatient Treatment
- Hand In Hand Day Treatment
- On-site State Approved Academic Services
- Equine Assisted Learning



## Behavioral Health Inpatient Treatment

Our therapeutic group home setting provides:

- Psychosocial Rehabilitation (PSR) and Basic Skills Training (BST)
- Experiential services for youth and their families
- Monthly containment meetings with families, collaborative agencies and case management services
- Intensive Outpatient Program housed within Hand Up Homes for youth who require a step down from residential treatment or for youth at risk for a higher level of care
- On-site academics

Inpatient Services Include:

- Individual Therapy
- Offense Specific Group Therapy
- Family Therapy
- Multi-Family Group Therapy

With our small size and family-style setting, we are able to offer individualized treatment to clients with a wide variety of needs, including:

- Developmental delays
- Severe emotional disturbance (SED)
- Behavioral management Issues

## Behavioral Health Outpatient Treatment

- Individual therapy with Conduct Disorder and Axis I DSM-IV-R diagnoses
- Group therapy, family education and intervention
- Substance abuse evaluation and treatment for adolescents and families
- Psychosexual evaluations with affiliate professionals
- Outpatient treatment for sexual behavior problems and prevention of relapse

## Hand In Hand Day Treatment

The milieu offers skill-based psychosocial rehabilitation and basic skills training.

Goals of these services include the following:

- Emotional Regulation Consequential Thinking
- 12 Step and Alateen Groups
- Empathy Building
- Social Skills
- Effective Communication Development of Identity and Values
- Problem Solving
- Goal Attainment
- Self-care
- Independent Living Skills
- Healthy Relationships and Lifestyle Choices