



Who we serve

The Leland House will serve both males and females between the ages of 12 and 17, who are at risk, seriously emotionally disturbed or seriously mentally ill.

We promote

Belonging

- Positive relationships with peers, adults, and the community
- Individual and group therapy

Mastery

- High expectations/support for education
- Strengths discovery
- Anger management
- Social skills training

Independence

- Values clarification
- Problem solving skills
- Recreation

Generosity

- Service learning and community service
- Peer helping



A program operated by UMFS in collaboration with the Fairfax-Falls Church Community Policy and Management Team (CPMT)

United Methodist Family Services of Virginia is an Equal Opportunity Agency. No one is denied care, assistance, or employment because of gender, race, color, age, religion, military experience, disability, sexual orientation, marital status, or national origin. Any person who believes he or she has been discriminated against in any USDA related activity should write to the Secretary of Agriculture, Washington, D.C. 20250.

To request this information in an alternate format, call 703-324-7938 (TTY: 711).

November 2006



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The Leland House provides short-term intervention and stabilization in a residential setting for children and youth ages 12-17 that are in a behavioral or emotional crisis and unable to remain in their family home or current setting. The residential stay is not to exceed 45 days. Services are available to current residents of Fairfax County, City of Fairfax, or the City of Falls Church.

The Leland House provides individual, group, and family therapy along with educational and recreational opportunities and clinical case management in a structured therapeutic setting with daily, twenty-four hour on-site staff supervision.

The goals for the Leland House are:

- To stabilize youth to live successfully in the community – with their parents, extended family members, in treatment foster care, group home or independently
- To enhance and promote individual and family functioning
- To build resilient behaviors that prevent the need for long term out-of-home placements
- To assess and identify primary issues contributing to the child's inability to function in the community and make recommendations for further treatment or services

Strengths-Based Principles

Our program is built around core strengths-based principles supported by compassionate adults and the most up-to-date evidence-based practices.

UMFS provides a fully integrated therapeutic and experiential milieu; a values-based and process-oriented model utilizing cognitive-behavioral strategies and interventions. All aspects of the therapeutic and social milieu revolve around the core concepts of the Circle of Courage™. Formal education, recreation, individual, group, and family therapy share the same purpose: to teach a positive value system based upon the concepts of belonging, mastery, independence, and generosity. We strive for long-term change by teaching and internalizing core values of pro-social and positive behaviors. UMFS staff will develop a strong therapeutic milieu at the Center based on the belief that youth – with our help – have the capacity to grow beyond the limits of a traumatic past or a risk filled environment. Through participation in a variety of therapeutic activities our holistic approach helps youth develop their resilience by:

- Satisfying the need for belonging, and thus building trust
- Satisfying the need for mastery, thus recognizing talent
- Satisfying the need for independence, thus promoting power
- Satisfying the need for generosity, thus instilling purpose



Contact Us

For more information about Leland House or to make a referral please contact:

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Lives, turned right side up.