



Intensive Treatment Services

UMFS Treatment Center

The UMFS Treatment Center offers customized 24-hour intensive treatment with the goal of returning the youth to the community as soon as possible. Each youth receives daily 24-hour on-site staff supervision, intensive therapy (family, group and individual) and medication management services. Each treatment team works closely with the youth's guardian to design targeted treatment and discharge planning toward return to the community setting.

Our relationship- and strengths-based approach teaches youth that, despite their pasts, they can develop healthy, caring relationships with their families of origin, or foster families.

Our multidisciplinary treatment team combines skills in psychiatry, social work, nursing, special education, milieu and recreational therapy in a program designed to prepare the youth to live with a family in the community.

Adolescent females with emotional and behavioral problems

Due to the severe form of trauma many of our girls have experienced from neglect and/or physical, emotional, and sexual abuse by trusted adults in their lives, they often enter our care with mood, anxiety, adjustment, developmental, and other disorders. This program is designed gender-specifically using a holistic,

relationship-based treatment model that focuses on girls' unique experiences and provides for the development of healthy relationships in their journey of developing belonging, mastery, independence, and generosity.

Sexually reactive adolescent males

This program addresses the special needs of youth 11-18 years old who have engaged in sexually harmful behaviors, often related to loss, neglect, and physical or sexual abuse. Through the UMFS treatment model, they learn to take responsibility for their harmful behavior and cope with the impact of past traumatic experiences.

Leland House

Leland House provides short-term intervention and stabilization not to exceed 45 days for youth ages 12-17 that are in a behavioral or emotional crisis and unable to remain in their family home or current setting.

Individual, group and family therapy is provided along with educational and recreational opportunities and clinical case management in a structured therapeutic setting with daily 24-hour on-site staff supervision. Our services are based on core strengths-based principles supported by compassionate adults and the most up-to-date evidence-based practices.

Leland House is operated by UMFS in collaboration with the Fairfax-Falls Church Community Policy and Management Team (CPMT).