

# LELAND HOUSE

We understand there are many unknowns as you prepare for your youth's short-term stay at Leland House, and we're here to walk you through the process to ensure a smooth transition.

## ADMISSIONS PROCESS

1. Collect the items listed to the right and bring to admission day.
2. During the Admission and Intake process, you and your youth will meet with the Leland staff to complete paperwork, discuss program expectations, and review the Youth and Parent Handbook, which outlines the program and schedule.
3. You will be assigned an Intensive Care Coordinator and Family Support Partner to develop your goals and a Plan of Care.

### What to Bring to Admission

- Copy of:**
  - Social Security Card
  - Insurance Card
  - Birth Certificate
  - Recent IEPs or medical exams
- Two most recent paystubs** for everyone working within the household (child support payments included)
- All current medications** with full and complete RX labels that include Name of the prescribing doctor, name of patient, dosage, route, and frequency [*Note: Handwritten prescriptions cannot be accepted - we must have the filled prescription in hand*]

## WHAT TO EXPECT



### While at Leland House, your youth will receive:

- At least 3 individual therapy sessions/week
- At least 1 family therapy session/week
- 4 therapy groups/week
- Psychiatric evaluation within 24 hours of admission
- Weekly medication management review by the on-site psychiatrist
- Informal therapeutic supports such as pet therapy, recreational groups, psycho-educational groups, and expressive art activities and community outings



### Financial supports are provided by one or all of the following:

- Private insurance
- Medication based insurance
- CSA funding

(NOTE: When accessing CSA funding a parental contribution will be assessed on a sliding scale based on the household income of the family and is designed to not present a financial burden to the family.)



### You'll be provided an Intensive Care Coordinator and Family Support Partner who will:

- Provide you with tools to identify your family's needs and goals
- Lead a functional assessment and develop a plan to prevent and work through crises
- Attend monthly team meetings guided and attended by your family
- Find ways to identify and build natural supports

To speak to a Leland House staff member, contact **703.222.3558**.

Leland House is operated by UMFS through a partnership with Fairfax County.



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Over the last 3 years our Leland House staff has shown they are true unwavering champions for children and families by helping:

Over **200 youth** complete their stay at Leland House

**83%** of youth remain in a family environment six months after discharge

## FREQUENTLY ASKED QUESTIONS

### When will I be able to visit and see my youth during their stay at Leland?

There are several different opportunities to see your youth during their stay. First, you'll be asked to attend weekly family therapy sessions. Your youth can also be given approved therapeutic passes on the weekends. Second, we designate times for parents/caregivers and visitors to come to Leland and spend time with their youth. Those times are as follows:

- Parents/caregivers are able to come every **Tuesday and/or Thursday from 5-7 pm**, and are welcomed to eat dinner with all of the youth and staff in the program.
- Full visitation is scheduled every **Sunday from 1-4 pm** and is open to parents/caregivers, extended family, friends, etc.
- Alternative days and times for visits can be arranged if the standard schedule is not conducive to the family's needs or abilities.

### Will my youth be able to continue their schooling while at Leland?

Leland House has an approved Fairfax County Public School site on premises. Leland House School employs Fairfax County teachers, who work together with school guidance counselors to ensure students can continue with their academics and many of their same registered classes while staying at Leland. Additionally, school support staff will work with each student's base school to ensure a smooth transition back after discharge.

### What is the difference between a Lead Case Manager and Intensive Care Coordinator?

A Lead Case Manager (LCM) is your family's county assigned case manager. The LCM serves as your link to the county and has knowledge of available resources. Your LCM will assist in making referrals to services and accessing funding.

The Intensive Care Coordinator facilitates the High Fidelity Wraparound process. This means they will help your family identify its needs based on your strengths and culture, and facilitate meetings among service providers to come up with a plan on how to assist your family in achieving your goals.

### Why am I being asked to complete a Medicaid application if I have private insurance?

Once a youth is placed outside the home for more than 30 days the state views them as a "Family of One," and would base financial eligibility off of the youth's income (most commonly qualifying them for Medicaid based insurance at that time).

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