

Supporting **YOUTH** in Crisis

Comprehensive Intervention

Leland House is a **45 day crisis stabilization, residential treatment program** for youth who have experienced a severe emotional or behavioral challenge that is interfering with daily living.

Empowering Youth to Overcome Challenges Through:

- Individual, group, and family therapy
- Medication management and weekly psychiatry sessions
- Psychoeducation and independent living groups; recreational and pet therapy
- Social skill development through experiential and project-based learning
- Individualized academic instruction on SOL curriculum and IEP goals (led by on site Fairfax County school teachers)

Family Voice and Choice

We strive to support each admitted family in moving to self-efficacy, minimal professional involvement, and self-advocacy through **Intensive Care Coordination** and **Family Support Partners**. An individualized team is built for each family to develop goals and a Plan of Care, which are monitored in monthly family meetings until the goals are accomplished.

Relationships Are Our Building Blocks

Successful transitions home are supported by maintaining and strengthening relationships. As such, we expect family members to be involved in treatment to practice relational skills and address areas of conflict in a safe environment.

Taking the First Step to Stabilization

To be considered for placement at Leland House, a youth must:

1. **Meet the following criteria for acceptance:**
 - Resident of Fairfax County, Fairfax City, or City of Falls Church
 - Youth ages 12-17
 - Demonstrating at-risk/unsafe behaviors that require a residential level of care
 - Non-aggressive, except for isolated incidents
 - Minimum IQ of 68, with exceptions
2. **Receive a psychiatric pre-screening through Merrifield Emergency Services (703.573.5679).**
3. **Have their case consulted by Leland House and Merrifield Emergency Services to approve admission.**



For more information, contact our Program Director, **Marie Thomas**, at **703.222.3558 x102** or **mathomas@umfs.org**.

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