



UMFS

Unwavering champions
for children and families.

We are a child and family serving nonprofit dedicated to building stronger communities throughout Virginia.

We strive to **empower** children and families to overcome challenging circumstances, achieve their goals, and **build** brighter futures as resilient adults. We are **dedicated** to creating a world where **caring, opportunity, and generosity** are passed on from generation to generation.



What we *strive* for

Every child in Virginia will have a team of **unwavering champions** and **tools for success** to become resilient adults.

Who we *serve*



Families



Children



Communities



Students

What we *do*

Find



- Treatment Foster Care
- Family Finding & Adoption
- Kinship Care

Build



- Intensive Care Coordination
- Functional Family Therapy
- Independent Living Services

Heal



- Residential Treatment
- Specialized Therapies
- Adoptive Family Preservation

Guide



- Specialized Education
- Vocational Services
- Family Support
- System Advocacy

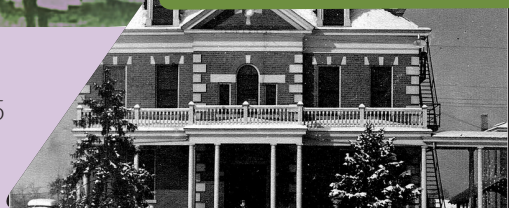
To learn more about what we do, see our Programs section.

UMFS Past to *Present*



Early 1900s

Virginia Annual Conference builds orphanage on Broad Street in 1900; serves as many as 365 children during height of Great Depression.



Mid 1900s



Renamed Virginia Methodist Children's Home in 1950s; more focus placed on reuniting children with families.

Late 1900s

Renamed United Methodist Family Services (UMFS) in 1980; adoption, foster care, and residential treatment services are added.



Early 2000s



UMFS opens Leland House, a short-term crisis intervention program in Centreville; establishes statewide presence with offices in Fredericksburg, Northern Virginia, Farmville, and Tidewater.

Present

UMFS celebrates 120 years, launches public phase of Capital Campaign and embarks on a campus transformation; emphasis placed on family preservation and family-finding services, including Functional Family Therapy and Kinship Care.



WHO WE ARE

You can *trust* us

We believe in providing the highest quality of care by maintaining current best practice standards and cultivating an adaptable workforce.



Recognition

**TOP
WORK
PLACES**

2017

**TOP
WORK
PLACES**

2018

**TOP
WORK
PLACES**

2019

Richmond Times-Dispatch

Licensure & Accreditation



Where you can *find us*

Visit [UMFS.org/locations](https://umfs.org/locations)
to view the address of each
location across the state.



Treatment Foster Care & Community Based Services

- | | | |
|---|--|--|
| 1 Richmond Office
804.353.4461
richmond@umfs.org | 2 Fredericksburg Office
540.898.1773
fredericksburg@umfs.org | 3 Northern Virginia Office
703.941.9008
nova@umfs.org |
| 4 Tidewater Office
757.490.9791
tidewater@umfs.org | 5 Lynchburg Office
434.846.2002
lynchburg@umfs.org | 6 Farmville Office
434.391.9076
farmville@umfs.org |
| | | 7 South Hill Office
434.447.8630
southhill@umfs.org |

Residential Services

- | | |
|--|---|
| 8 Child & Family Healing Center
804.353.4461
cfhcreferral@umfs.org | 9 Leland House
703.222.3558
leland@umfs.org |
|--|---|

Specialized Education

- | | |
|--|--|
| 10 Charterhouse School - Richmond
804.239.1080
Info@chs4u.org | 11 Charterhouse School - Edinburg
540.984.6266
info-edinburg@chs4u.org |
|--|--|



**Start with
strengths —
always!**

Building on strengths is far more effective than focusing on deficits. Our goal is to understand and build on the unique gifts and talents of each person with whom we interact.



***Collaboration*
multiplies
impact**

Benefits of collaboration include shared learning, diverse thinking, and meaningful buy-in. We believe the outcomes of collaboration far surpass those of speedier and siloed approaches.



***Relationships*
are our
building blocks**

Relationships are at the core of our approach. No one operates within a vacuum, so we consider strengthening relationships to be non-negotiable within our work.



**Relentlessly
pursue
*solutions***

Adaptability has assured our longevity. What we've learned in 120 years is that no two families are the same. Our team's unwavering commitment to healing extends well beyond traditional methods, and we routinely welcome new ideas for enhanced services and processes.



***Passion*
unleashes
greatness**

It's a privilege and a responsibility to perform the important work of serving children, teens, and families. Our staff is empowered and passionate, creative and innovative, and always in pursuit of the best possible outcomes for those we serve.

OUR APPROACH

Our *impact*

In fiscal year 2019, UMFS touched the lives of **13,620** children & families in **190** communities.



Treatment Foster Care



55

Leaders throughout the agency have been trained in an evidence-informed kinship care model

71%

Of youth transitioned into a permanent family setting or were adopted after leaving care

95%

Of youth self-reported feeling satisfied with their treatment

Child & Family Healing Center



91%

Of youth self-reported feeling satisfied with their in-care treatment

66%

Of youth achieved at least half of their treatment goals

63%

Of youth stepped down to a lower level of care

Charterhouse School



17

Students returned to public school in the 2018 - 2019 academic year

91%

Of students self-reported feeling satisfied with their education setting

24

Students earned industry certifications

A photograph of two women, one with short grey hair and one with dark curly hair, both smiling and looking towards the right. They are outdoors with trees in the background.

Project LIFE

1,229

Youth were served in Project LIFE during the last year; focusing on permanency, advocacy, and community

Functional Family Therapy

86%

Of youth successfully completed the program, exceeding the national benchmark of 70%

Leland House

90%

Of youth successfully stabilized and returned home

73%

Of youth remained in a family setting six months after discharge

95

Youth were provided with after-care services after discharge

Adoption Services

164

Families across Virginia were served in our Adoptive Family Preservation program

54

Adoptions were finalized through our adoption grants (Adoption Through Collaborative Partnerships, Extreme Recruitment, and Wendy's Wonderful Kids), exceeding our statewide goal

Intensive Care Coordination

111

Youth were served in our Intensive Care Coordination program during the last year

For updates to our program's outcomes, please visit [UMFS.org/impact](https://umfs.org/impact).

What we do

Find

Treatment Foster Care (TFC)

We support children and teens in foster care who are working to overcome past abuse and trauma or who are struggling with behavioral or medical challenges. We identify supportive foster families and provide extensive training with comprehensive ongoing support.

Kinship Treatment Foster Care

We identify supportive relatives or family-like connections to serve children and youth with treatment needs who are placed in out-of-home care.

Intensive Recruitment

We work to minimize a child's time in foster care by connecting them with relatives as soon as an out-of-home placement occurs.

Heal

Child & Family Healing Center (CFHC)

We serve children and teens ages 11-17 struggling to overcome trauma, acute behavioral and emotional challenges, as well as youth with other neurological differences. Youth live on our Richmond campus for 6-18 months while participating in customized therapeutic treatment to help them heal.

Wendy's Wonderful Kids

We partner with the Dave Thomas Foundation of America to find the best adoptive homes for children who have experienced multiple years and placements in foster care.

Extreme Recruitment

We use 12-20 weeks of robust recruitment to reconnect children in foster care with relatives and prepare them for permanency.

Adoption Through Collaborative Partnerships (ATCP)

We partner with the local Department of Social Services offices to eliminate barriers and expedite adoption finalization for youth in foster care.

Leland House

We provide short-term (up to 45 days) intervention and stabilization for children in Fairfax County ages 12-17 who are in crisis and cannot remain in their home. After discharge, they receive Intensive Care Coordination.

Adoptive Family Preservation (AFP)

We provide free post-adoption services for adoptive families in Virginia, including counseling, parenting support, and crisis intervention.



Programs & Services

Intensive Care Coordination (ICC)

We serve children and teens with behavioral, emotional, or mental health needs who are at risk of an out-of-home placement or currently in one. ICC gives the entire family a voice to identify key needs and the professionals they need to support them.

Functional Family Therapy (FFT)

We provide in-home therapy to help youth and families overcome challenging behaviors to help prevent an out-of-home placement.

Family Support Partners (FSP)

FSPs are parents of children with behavioral, emotional, or mental health challenges who have experience navigating the complexities of the behavioral health system. They use their experience to provide emotional support, advocacy, and education for other families facing similar challenges.

Integrated Behavioral Health Services

In conjunction with Bon Secours, social workers provide therapeutic support to patients with combined physical and mental health challenges to prevent situations from escalating to crisis.

Charterhouse School (Richmond & Edinburg)

We provide specialized therapeutic education for children struggling with emotional, behavioral, developmental challenges, autism, or other neurological differences. Small class sizes with dedicated teachers and student support coaches help elementary, middle, and high school aged students overcome their challenges and thrive.

Project LIFE (Living Independently, Focusing on Empowerment)

We help prepare and equip teens in foster care for life as productive adults.

Courage to Succeed

We empower students with high-functioning autism and other neurological differences and help them earn a college degree or vocational certificate, work in their chosen field, and live independently.



Child & Family Healing Center

Child & Family Healing Center provides 24-hour intensive residential treatment on UMFS's staff-secure, unlocked 33-acre campus. Our multidisciplinary team integrates Collaborative Problem Solving™ with family engagement, psychiatry, nursing, verbal and non-verbal therapies, social work, and counseling.

Overview

We empower youth by addressing clinical needs and building social competency.



We assess strengths and executive functioning to develop treatment goals for youth and families.



We collaborate with communities in a Systems of Care approach to ensure successful transition into residential treatment, through intervention, and back into the community.



Youth attend Charterhouse School, which is accredited by Virginia Association of Independent Specialized Education Facilities (VAISEF) and licensed by Virginia Department of Education.

What to Expect

A child's typical stay is 6-12 months, depending on treatment progress and decision of the treatment team. While the child's treatment is our core focus, family engagement is key to well-rounded success. Parent/guardians are encouraged to participate in weekly family therapy and are offered family engagement opportunities, such as a dinner and support group the 4th Sunday of each month.



Who We Serve

We serve males, females, and gender-diverse youth ages 11-17 at time of admission, who are in the custody of their parent/guardian, the Department of Social Services, or the Department of Juvenile Justice, and have a minimum IQ of 65 (evaluated on a case-by-case basis).

Our Areas of Expertise

- Trauma histories
- Mood and anxiety disorders
- Emotional, social, and behavioral challenges
- Autism and other neurological differences
- Problem sexual behaviors

**For questions related to our admissions criteria, please call 855.275.8637 or visit UMFS.org.*

To make a referral, call toll-free
855.275.8637 or visit UMFS.org.



Our Process



Call 855.275.8637 or visit UMFS.org

to make a referral. If calling, please have the available information for each child ready to share via phone.



Our intake staff will contact you to talk through any questions or concerns.



An interview is scheduled with the referred child. A tour of the UMFS campus can also be arranged.



The child's information is reviewed with the admission team. A decision is given to the referral source, and placement date is selected, if accepted.



Our staff, referral partner, and family work together to identify treatment goals and participate in treatment and transitioning back home or to the next level of care.

To help us determine if our program best meets the needs of the youth, it is ideal for us to receive the following information upon referral:

- Referral form
- Psychological
- Current provider reports
- Court documents (if applicable)

Child & Family Healing Center



Our Qualifications

Staying informed and trained is vital to our staff helping you be successful with a child, teen, and family. We provide ongoing opportunities for development, including:

- Weekly clinical staffing meetings for staff to receive training, resource recommendation, and professional development
- Weekly supervision with Supervisors
- Collaborative Problem Solving™ trainings and refreshers to effectively implement the evidence based approach for relationship and skill building



Virginia Department of
Behavioral Health &
Developmental Services

Funding



- Medicaid
- CSA
- Private Insurance

Treatment Foster Care

UMFS Treatment Foster Care (TFC) offers individualized treatment for children and teens who are being placed out of home and have special emotional, behavioral, or medical needs. Our youth and families are supported by a collaborative team of specially trained clinical staff and foster parents, who provide daily behavioral health interventions that align with each child's individualized treatment plan.



Overview

To address the unique needs of the children, teens, and families we serve, UMFS offers customizable wraparound services that can be added to standard TFC services.

Those services fall into three categories:



Family Reunification, stabilization, and support services for birth and adoptive families



Trauma and Therapeutic Support for youth with history of chronic abuse or neglect



Skill and Connection Building



To make a referral,
call toll-free 855.367.8637
or visit UMFS.org

Who We Serve

We serve children and young adults (ages 0-21) who have therapeutic and/or medical needs due to emotional, behavioral, or social challenges.

Our Work in Action

“UMFS is one of our most **valuable** community partners. It is clear that for the staff, serving children and families is a passion, not just a job. There is a true sense of partnership and shared vision, and we truly would be lost without them!”

— DSS Supervisor

Our Process



Call 855.367.8637, the regional center nearest you, or visit **UMFS.org** to make a referral. If calling, please have the referral information (listed below) for each youth.



UMFS will assess the information and determine if a foster parent match is available.



UMFS shares potential foster parent matches with the local Department of Social Services (DSS) for review.



If selected, the foster parent is notified, a TFC case worker is assigned, and the placement is scheduled.



DSS and UMFS work together to **identify treatment goals and collaborate on the youth's progress toward permanency.**

To make the best possible determination on placements, it is ideal to receive the following information upon referral:

- Demographic information
- Location of residence for the family
- Child's behavioral or emotional needs
- Permanency goal and visitation needs
- School placement type (private, alternative, public)

Treatment Foster Care



Our Qualifications

Staying informed and trained is vital to our staff helping you be successful with a child, teen, and family. We provide ongoing opportunities for development, including:

- Bi-weekly clinical staffing meetings for staff to receive training, resource recommendation, and professional development
- Weekly supervision with Supervisors
- Collaborative Problem Solving™ trainings and refreshers to effectively implement the evidence-based approach for relationship and skill building



Funding



CSA funded (Medicaid for Case Management Services)

Kinship Treatment Foster Care

Kinship Treatment Foster Care (TFC) serves the needs of youth who are placed in out-of-home care with family members or fictive kin. To help Kinship TFC families achieve permanency, we offer the full array of training and supports available through traditional TFC.

Overview

Our youth and families are supported by a specially trained clinical team, which provides daily behavioral health interventions according to each youth's individualized treatment plan.

Who We Serve

We serve youth and young adults (ages 0-21) who have medical and/or therapeutic needs due to emotional, behavioral, or social challenges.



Our Work in Action

“It's best to keep the bonds of **family** strong.”

— Sherrika J., on her experience adopting through Kinship Care

To make a referral, call toll-free
855.367.8637 or visit UMFS.org.



Our Process



Call 855.367.8637, the regional center nearest you, or visit **UMFS.org** to make a referral. When calling, please have referral information (listed below) for each youth. UMFS will assess the information and determine if we can proceed with a kinship TFC placement.



If DSS has identified a family, **they will undergo the Traditions of Caring training and home study specifically for adults taking care of kin.** If there isn't a known family for placement, the DSS can use UMFS's family finding services.



Once the Kinship TFC family is approved and placement occurs, **DSS and UMFS work together to identify treatment goals** and collaborate on the youth's progress toward permanency.

To make the best possible determination on kinship placements, it is ideal to receive the following information upon referral:

- Demographic information
- Location of residence for the family
- Child's emotional or behavioral needs
- Permanency goal and visitation needs
- School placement type (private, alternative, public)

Kinship Treatment Foster Care

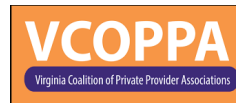


Our Qualifications

Our social workers are trained Family Finders and have at least a bachelor's degree and two years of experience in child welfare.

We provide ongoing opportunities for development, including:

- Weekly clinical staffing meetings for staff to receive training, resource recommendation, and professional development
- Weekly supervision with Supervisors
- Collaborative Problem Solving trainings and refreshers to effectively implement the evidence-based approach for relationship and skill building



Family
Focused
Treatment
Association



Funding



CSA funded (Medicaid for Case Management Services)

Charterhouse School

Charterhouse School offers comprehensive educational services for students in grades K-12 (ages 5 to 22).

Overview

We provide a trauma-sensitive environment for students to build the thinking skills and natural supports needed to return to their home school or successfully complete post-secondary goals.

Our approach focuses on a student's individual academic, behavioral, social and emotional needs, and is designed to help students learn at their own pace and in the way that's best for them.

Charterhouse School offers three program options for students:

1. **General Curriculum Day School** (elementary, middle, and high school)
2. **Autism and Neurodiversity** (middle and high school)
3. **Applied Curriculum** (ages 6-22)

NOTE: Charterhouse School's curriculum aligns with the Virginia Standards of Learning (SOL), and/or Virginia Alternate Assessment Program (VAAP). Required testing is coordinated with the Local Education Agency (LEA).

Who We Serve

We serve students with varied IEP classifications, including but not limited to: Autism Spectrum Disorder, Emotional Disturbance, Intellectual Disabilities, Specific Learning Disabilities, and Other Health Impairments.

General Curriculum Day School (Elementary)

Serves students in grades K-5th, ages 5-11

General Curriculum Day School (Middle and High School)

Serves students in grades 6th-12th, ages 11-22

Autism and Neurodiversity (Middle and High School)

Serves students in grades 6th-12th, ages 11-22

Applied Curriculum - (Elementary, Middle, and High School)

Serves students in grades K-12th, ages 6-22

Our Process



Student's educational representative (LEA) **emails supporting documentation to chsreferralrichmond@umfs.org**.

Documents that should accompany the referral: current IEP; eligibility; educational evaluation; psychological evaluation, or social history (if available). If the student has been hospitalized or placed in a residential setting, we require a discharge summary from that placement.



The Admission Coordinator **reviews the information and schedules a tour and interview/observation** through the LEA or directly with the student and parent/legal guardian.



The student, guardian and LEA (on occasion) visit the school. After a tour, they meet with the admissions team to discuss the student's needs.



The admissions team evaluates the information and makes a recommendation to accept or deny admission based on whether or not they feel like they can support the student. The Admissions Coordinator notifies the LEA and guardian of the admissions decision within 24 hours of the visit. The LEA receives a formal acceptance letter that can be used to notify transportation.



The student, guardian, and LEA either accept or decline the admission offer. In the event they accept, it's explained that the student's start date is dependent upon all supporting documentation/ paperwork being received and the guardian begins the enrollment process.

Charterhouse School



Our Qualifications

We provide ongoing opportunities for development, including:

- Weekly supervision with Supervisors
- Monthly staff meetings for staff to receive training, resource recommendations, and professional development
- Collaborative Problem Solving™ trainings and refreshers to effectively implement the evidence based approach for relationship and skill building



Funding



CSA Funded

General Curriculum

Serving middle and high school students with cross-categorical disabilities, who benefit from a smaller instructional setting with individualized academic, emotional, and behavioral support during the day.

Our Approach



Relational Approach

We take the time to determine where students are academically and set appropriate targets for their achievement that bolster foundational skills.



Collaborative Problem Solving™

CPS is used to encourage the development of specific executive-functioning skills through a step-by-step problem solving process to work through academic, social, and personal challenges experienced at school.



Individualized Programming

Every student receives an individualized academic plan of core competencies and goals developed by our teachers, in collaboration with the student, parent, and LEA.

Program Details

Who We Serve

Grade: 6th - 12th

Age: 11 - 22 years old

IEP Classifications: Varied classifications including, but not limited to: Specific Learning Disabilities (SLD), Emotional Disabilities (ED), and Other Health Impairments (OHI)

Degree Track: Standard or Advanced diploma

Objectives

- Work to close any academic achievement gaps
- Build life skills and increase coping skills
- Decrease external behavior
- Successfully transition back into the community or a comprehensive school setting
- Connect student/family with community resources

Highlights

- Individual and group therapy
- SOL remediation
- Student Support Groups
- CTE Course Options: culinary, health/PE, technology, media, art, horticulture, music, and cosmetology

Staffing

- 8:2 ratio
- Teachers
- Therapists
- Student Support Manager & Coaches

Elementary

Serving students with emotional, neurological, or developmental differences, who benefit from a smaller instructional setting with individualized academic, emotional, and behavioral support during the day.



Our Approach



Relational Approach

Elementary teachers and support staff address challenging behaviors by collaborating with the student, families, and LEAs to problem solve individual student needs.



Collaborative Problem Solving™

CPS is used to encourage the development of specific executive-thinking skills through a step-by-step problem solving process to work through academic, social, and personal challenges experienced at school.



Individualized Programming

Individualized curriculum and programming are developed and implemented based on the needs of the students.

Program Details

Who We Serve

Grade: K-5

Age: 5-11

IEP Classifications: Varied classifications including, but not limited to: Specific Learning Disabilities (SLD), Emotional Disturbance (ED), Intellectual Disabilities (ID), Autism Spectrum Disorder (ASD), and Other Health Impairments (OHI)

Objectives

- Development of social skills, interpersonal skills, and lagging academic skills
- Connect families to community resources
- Create a project-based environment that allows for hands-on instruction

Highlights

- Core academic coursework
- Electives: art, music, horticulture, physical education, yoga
- Participation in SPARC, a program that utilizes performing-arts education to find and share students' inner light

Staffing

- 7: 2 ratio
- Teachers
- Therapist
- Student Support Manager & Coaches

Applied Curriculum

Serving students with intellectual deficits, behavior challenges, and those with similar learning profiles.

Our Approach



Relational Approach

We assist students in transition planning by coordinating with the student's family, IEP team, and transition-related stakeholders to encourage success relating to life skills and employment after graduation.



Collaborative Problem Solving™

CPS is used to encourage the development of specific executive thinking skills through a step-by-step problem solving process to work through academic, social, and personal challenges experienced at school.



Individualized Programming

Classroom instruction, community-based instruction, and internship programming are individualized to meet student ability and needs. This gives students the opportunity to learn and apply vocational skills, as well as independent-living skills.



Program Details

Who We Serve

Grade: Elementary - High School

Age: 6 - 22 years old

IEP Classification: Varied classifications, including but not limited to: Specific Learning Disabilities (SLD), Emotional Disturbance (ED), Intellectual Disabilities (ID), Autism Spectrum Disorder (ASD), and Other Health Impairments (OHI)

Degree Track: Applied Studies diploma

Objectives

- Development of vocational skills, independent living skills, and social skills
- Allow students to learn functional skills in natural environments
- Reintegration into community with appropriate support and skills

Highlights

- Community-based instruction
- Internship programming
- Job coaching
- Daily access to therapists and therapeutic supports
- Career and technical education

Staffing

- 5:2 ratio
- Teachers
- Therapists
- Behavior Support Assistants
- Student Support Manager & Coaches



Call or email to make a referral
804.239.1049
chsreferralrichmond@umfs.org

Autism and Neurodiversity

Serving students with Autism Spectrum Disorder as well as students with other diagnoses that have similar behavior and learning profiles.

Our Approach



Relational Approach

Students have the opportunity to participate in individual and group work targeting executive-thinking skills, interpersonal skills, social skills, self-determination, transition-planning, and more.



Collaborative Problem Solving™

CPS is used to encourage the development of specific executive-thinking skills through a step-by-step problem solving process to work through academic, social, and personal challenges experienced at school.



Individualized Programming

Individualized curriculum and programming are developed specifically for youth on the autism spectrum or who have related neurological differences.

Program Details

Who We Serve

Grade: 6th - 12th

Age: 11 - 22 years old

IEP Classification: Varied classifications, including but not limited to: Intellectual Disabilities (ID), Emotional Disturbance (ED), Autism Spectrum Disorder (ASD), and Other Health Impairments (OHI)

Degree Track: Standard or Advanced diploma

Objectives

- Develop executive-thinking skills, social skills, and independence
- Build empathy, confidence, and self-worth
- Successfully transition into community with appropriate support and skills

Highlights

- Core academic course work and electives
- Daily access to therapists and therapeutic supports
- Individual and Group Therapy
- Sensory-sensitive and access to sensory rooms
- Career and Technical education

Staffing

- 8:2 ratio
- Teachers
- Therapists
- Student Support Manager & Coaches



Call or email to make a referral
804.239.1049
chsreferralrichmond@umfs.org

Courage to Succeed

Courage to Succeed (C2S) is a year-round, holistic college and transition support program for young adults with autism and other neurological differences.

Overview

C2S students' skills, strengths, and career interests vary, but each receives the same intensive support in academics, career readiness, independent living, and social development. Students have a shared goal of earning a vocational certificate or an associate's degree at Reynolds Community College in Richmond. Program staff practice Collaborative Problem Solving (CPS)[™], an evidence-based approach that promotes development of executive-functioning skills and problem-solving skills.

Who We Serve

We serve students with neurological differences, including high-functioning autism, learning disabilities, ADHD, and traumatic brain injury.



Our Work in Action

“I have enjoyed the **Courage to Succeed** program...It has helped me improve my independence in college. I have also managed to meet new people and make friends. I would highly recommend it to anyone that feels they need help going into adult life.”

— Paul, *Courage to Succeed* student

“I have seen so much **progress** made in life skills, not only in my son, but also within all the other members of the **Courage to Succeed** program. I believe in and support this program from the results I have witnessed firsthand.”

— Kenneth S., Parent



To learn more about this program, please call 804.353.4461 x1112.

Courage to Succeed

Program Highlights



Academic Supports

Students attend classes at Reynolds Community College three days a week, and program coaches accompany them to campus to provide academic assistance and general advocacy. Two days a week, students meet at the UMFS campus in Richmond, where they receive life-skills training.



Progress-Monitoring

Courage to Succeed coaches conduct three assessments to assist with skills-training and progress-monitoring:

1. Comprehensive Biopsychosocial Assessment
2. BRIEF Assessment — measures nine executive-functioning skills
3. VA Character Strengths Survey — measures 24 character strengths



Career Readiness

During the academic year, students undergo job-skills coaching, including various work-readiness trainings and workplace site visits. During the summer, students work part-time jobs or internships based on their skills and career interests.



Mental Health

Mental-health coaching is led by a therapist with experience in working with adolescents and young adults. Mental-health coaching includes:

- Weekly, one-hour interpersonal processing group
- Bi-weekly, one-hour mental health skill-building psychoeducation group
- Weekly, half-hour individual meetings with students to discuss social or emotional concerns



Social Skills

On Tuesdays and Thursdays, students attend programming on our campus, which includes training in social skills, mental health, independent living, and career readiness.



Independent Living Skills

Independent-living skills training includes weekly instruction and community-based learning in areas such as:

- Cooking
- Emergency planning
- Financial planning
- Healthcare
- Household maintenance
- Insurance
- Scheduling
- Self-advocacy

Project LIFE

Project LIFE (Living Independently, Focusing on Empowerment) is a partnership of UMFS with and funded by the Virginia Department of Social Services.

Overview

We enhance the successful transition of older youth in foster care to adulthood by:

- Increasing the capacity of professionals working with youth to engage in sound, evidence-based practices.
- Providing opportunities for your youth that:
 1. Promote permanent connections.
 2. Effectively prepare them for transition to adulthood.
 3. Facilitate meaningful youth input into state and local policies and practices.

Who We Serve

We serve youth ages 14-23 in and transitioning out of foster care in Virginia.



Creating lifelong connections for youth.
A partnership with and funded by VDSS.



Our Work in Action

“Project LIFE has supported me in reaching my goals by giving me a voice and providing opportunities to express who I am as a person. Without Project LIFE, I would not be the strong young man I am today.”

- Melvin, Project LIFE participant

Over 2,500 youth have participated in activities focused on life-skills development, permanency, leadership, or advocacy since 2009.



To learn more about Project LIFE,
visit vaprojectlife.org or contact us:

Phone: 1.800.292.0305
Email: info@projectlife@umfs.org

How We Support You

It is our goal to provide our partners with the tools and resources needed to help youth transition to adulthood. Project LIFE provides learning opportunities for local and private agency staff so you can feel fully equipped and empowered to help youth reach success.

Free informational sessions, coaching, and support on:

- Independent Living Services, including the Education and Training Voucher (ETV) Program
- Casey Life Skills Assessment (CLSA) and Transition Planning
- National Youth in Transition Database (NYTD)
- Permanency Planning
- Youth-Adult Partnerships

Funding



Funded through a grant provided by the Virginia Department of Social Services. All events and activities are free of charge.

Project LIFE



How We Support Youth

Project LIFE helps youth build permanent connections and effectively prepares them for adulthood by providing:

- Permanency and relationship support
- Learning opportunities and events focused on life skill development, advocacy, leadership, and relationship building
- Information sessions on Independent Living Services/ ETV and NYTD
- CLSA and Transition Plan support
- Statewide youth conferences
- College tours and service-learning events
- Advocacy and leadership opportunities at the local, regional, and statewide levels
- Connections to resources throughout the state

A person wearing a plaid shirt and a black wristband with the word 'DIGITAL' in white letters is holding a camera. The background is a soft-focus image of a person's face and hands holding a camera lens.

Leland House

Leland House is a 45-day crisis stabilization and residential treatment program for youth who've experienced a severe behavioral or emotional challenge that's interfering with daily living.

Overview

We empower youth to overcome challenges through:

- Individual, group, and family therapy
- Medication management and weekly psychiatry sessions
- Psycho-education 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 onsite Fairfax County school teachers)

The UMFS Way: Family Voice and Choice

UMFS Intensive Care Coordination and Family Support Partners programs help families work toward self-efficacy and self-advocacy. Each family is supported by a team that collaborates to develop goals and a Plan of Care, which are monitored in monthly family meetings until the goals are met.

Who We Serve

We serve males, females, and gender-diverse youth ages 12-17 (at admission) who are demonstrating unsafe behaviors that require a crisis-stabilization placement. All youth must be a resident of Fairfax County, Fairfax City, or the City of Falls Church.

Our Areas of Expertise

- Trauma histories
- Mood and anxiety disorders
- Emotional, social, and behavioral challenges
- Minimum IQ of 68 (with exceptions)

**We cannot accept youth who are regularly aggressive.*

What to Expect

While the youth's treatment is our core focus, family engagement is key to well-rounded success. Parent/guardians are expected to be involved in treatment so they may practice relational skills and address areas of conflict.

To make a referral,
call 703.222.3558



Our Process



Meet the criteria for acceptance (see reverse side - "Who We Serve")



Receive a psychiatric pre-screening through Merrifield Emergency Services -
703.573.5679



Merrifield Emergency Services and Leland House clinical representative staff the case to determine the final outcome of the admission

Funding



Fairfax County
CSA Contract

Our Qualifications

Staying informed and trained is vital to our staff helping you be successful with a child, teen, and family. We provide ongoing opportunities for development, including:

- Weekly clinical staffing meetings for staff to receive training, resource recommendation and professional development
- Weekly supervision with Supervisors
- Collaborative Problem Solving™ trainings and refreshers to effectively implement the evidence based approach for relationship and skill building



Virginia Department of
Behavioral Health &
Developmental Services



Family
Focused
Treatment
Association



Functional Family Therapy

Functional Family Therapy (FFT) is a program helping youth and families overcome challenging behaviors and preventing out-of-home placements. We believe all families want the best for themselves, and we offer support and structure that help families work better together and practice new skills that can lead to enduring behavior change.

Overview

FFT is built on a foundation of acceptance and respect. It utilizes assessment and intervention to address risk and protective factors within and outside of the family that impact the development of youth. By collaborating to create balanced alliances, the family and FFT clinician reduce blame and negativity and instill hope.



Who We Serve

We serve youth ages 11-18 who meet the following criteria:

- Lives in community or ready to return
- Family available
- Has externalizing behaviors, internalizing symptoms/emotional needs, and/or substance abuse

We are unable to serve youth who:

- Are 10 years old or younger (primary referral)
- Have no psycho-social system that constitutes family (shared history, sense of future, some level of co-habitation)
- Are scheduled to be sent away from family
- Who have a current acute psychosis
- Who need sexual offender treatment as a primary need
- Who present with severe psychiatric illness (actively suicidal, homicidal or psychotic)

To learn more about the benefits of FFT and if the service can benefit your youth/family, please call FFT Program Manager Sarah Hess at 804.248.1059.



Our Process



Evidenced Based Associates (EBA) manages UMFS's FFT referrals. To make an FFT referral:

- Through CSA, please go to the website (evidencebasedassociates.com/virginia-service-coordination) and click on the CSA tab. A UMFS Referral Form is available for completion. The completed referral form should be sent to RSCCentral@ebanetwork.com.
- Through CSU, please go to the website (evidencebasedassociates.com/virginia-service-coordination) and click on the CSU tab. A Referral Form is available for completion. The completed referral form should be sent to RSCCentral@ebanetwork.com.



Evidenced Based Associates (EBA) will notify the referral source when the referral is received. EBA will contact UMFS to notify them of the received referral.



UMFS will assign the case, when there is caseload availability, within 48 hours. A "case assignment" email will be sent to the referral source by UMFS.

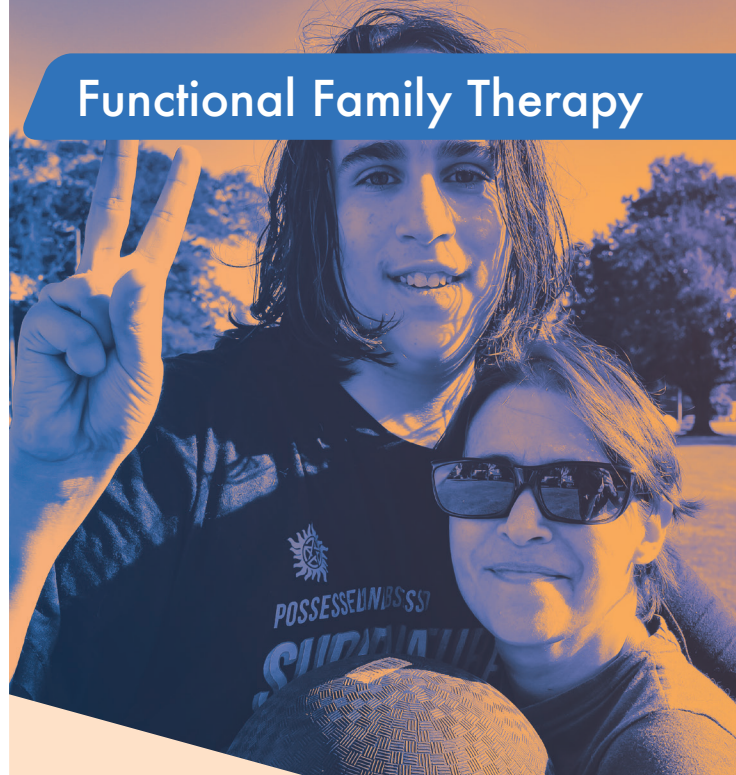


A UMFS FFT clinician will reach out to the referred family within 24 hours.



UMFS aims to schedule their first FFT session within one week of case assignment.

Functional Family Therapy



Our Qualifications

Highly experienced and/or master's level clinicians meet with youth and their families approximately 15 sessions over a period of three to four months. Weekly updates and monthly reports will be provided by the clinician outlining the family's progress in treatment.



Funding



- CSA
- CSU



Get in Touch

 866.252.7772  [UMFS.org](https://umfs.org)

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