

FSW COMMUNITY RESIDENCE FOR CHILDREN AND ADOLESCENTS

A FULLY ACCREDITED
NYS OMH LICENSED
8-BED COMMUNITY
RESIDENCE SERVING
MALE YOUTH FROM
13-17 YEARS OF AGE.



How to apply

An approved URF (Universal Referral Form) requesting the Community Residence must be submitted to the SPOA (Single Point of Access) committee of each county. Youth must have a psychiatric diagnosis and may have a secondary diagnosis of Developmental Disability. The Community Residence serves adolescent males from Westchester, Putnam, Rockland and Dutchess Counties, though we are able to serve youth from other counties within the Hudson Valley.

For assistance and information regarding referrals, please contact FSW's Community Residence Program Director Vielka Pérez at (914) 937-2320.

Family Services of Westchester

Since 1954 Family Services of Westchester has been working to strengthen and support families and individuals with a wide range of mental health and social services, including adoption, Big Brothers Big Sisters, Family Mental Health Clinics, the Westchester County Youth Councils and many others.

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Family Services of Westchester Community Residence



**Making a Difference,
Right at Home.**



General Overview

FSW's Community Residence provides community-based mental health treatment for adolescents struggling with Severe Emotional Disturbance (SED). Our 8 bed, short-term, residential program serves adolescent males, ages 13 to 17.

Adolescents may be admitted to the Community Residence when it has been determined that living at home may not be safe at that time for a variety of reasons. Often the adolescent may be struggling at home and may be more responsive to treatment outside of his family setting. The Community Residence may also be a step down from a higher level of care, such as a psychiatric hospital or residential treatment facility, as means of transitioning the adolescent back home to their family. In either situation, the Community Residence provides intensive, trauma-focused, family work to help ameliorate the challenges at home in order to support a successful and sustainable reunification with the adolescent's family. Additionally, the Community Residence also offers planned short-term weekend respite in order to avoid unnecessary emergency room visits.

Our goal is to assist adolescents in the least restrictive environment to develop the necessary social and life skills to prepare them for life either at home with their families or, possibly, in an independent setting.

FSW Community Residence How it Works

A majority of adolescents admitted to the Community Residence have experienced trauma in their life. The model of treatment in the Community Residence is Trauma Systems Therapy (TST). TST addresses the adolescent's ability to regulate his emotions and behaviors based on a growing understanding of how past trauma effects current emotions and behaviors.

TST also addresses the adolescent's environment, both in the residence, family, school and home community to ensure safety and to find ways to help those interacting with the adolescent understand and meet the emotional needs of the adolescent.

The Community Residence provides a therapeutic milieu that provides caring and respect, and fosters healing, growth and the development of skills. It includes caring, consistent adult relationships; structured daily living activities; strength-based interventions, communication and practice; asset and resiliency building; and the teaching of problem-solving skills in accordance with a comprehensive individualized plan of care.



Program Structure

The program is open 24 hours a day, 7 days a week, and is staffed by a Program Director, Clinical Social Worker, Residence Manager, Registered Nurse, Recreation Coordinator, Psychiatrist and multiple Child Care Counselors. Overnight and weekend staff have access to an on-call administrator, in case of an emergency. A ratio of three staff to eight youth is maintained on weekdays during after-school hours. The Treatment Team includes the Program Director, Clinical Social Worker, Residence Manager, Nurse, Recreation Coordinator, Psychiatrist and Primary Child Care Counselor. The Treatment Team, adolescent and family participate jointly in all aspects of treatment planning.

The Community Residence is a community-based, non-restraint setting. The Community Residence takes full advantage of a community rich in resources such as the YMCA, sports programs, recreational resources, church services, and community events. Since the Community Residence is a short-term residential placement, efforts to build and strengthen the adolescent's connections with their family and their home community is on-going.

We can help. Call us today.

Vielka Pérez at (914) 937-2320