

# Champions for Children

Woodland Hills believes in youth and their ability to positively change their lives. From our beginning in 1909 as St. James Home of Duluth, an orphanage run by the Catholic Diocese, to our operation as Woodland Hills in 1971, there is a legacy rich with success and an unwavering commitment to be champions for children.

Woodland Hills' 140-acre campus offers a continuum of care for adolescent males and females. Our programs emphasize a strength-based, youth empowerment philosophy and guide youth to become partners in healing. From our day and residential programs to our after-school program, Neighborhood Youth Services, which serves 600 youth and families for free each year, we are committed to helping youth reach their potential.

Our theoretical foundation in cognitive behavioral therapy helps clients recognize thinking errors and develop inherent strengths so they can be successful in their lives. Our gender-responsive approach to treatment recognizes the behavioral and social differences between boys and girls and offers services to best meet individual needs. Youth are enriched by our holistic environment, which includes education and learning, cultural and spiritual activities, service-learning opportunities, animal and gardening husbandry, recreation and outdoor adventure.

Services vary by program and all promote behavioral, emotional, physical and mental health. As a result, youth are better able to cope while in the community. Partnerships strengthen our ability to offer more services to youth at our campus. Licensed special education teachers from the Duluth School District provide a full day of instruction to maximize students' academic abilities. Through our collaboration with the Center for Alcohol & Drug Treatment, an on-site substance abuse counselor facilitates outpatient services, as well as chemical dependency education groups, for youth working on a path to recovery. The Human Development Center provides psychiatric services to support mental health stability and medication management. Additional partnerships promote advocacy and social change on behalf of youth and families.

## Mission

Woodland Hills recognizes the potential in all youth and is a proud champion for children. Our mission is to reduce risk factors, cultivate assets and build on the strengths in youth and their families so they may lead successful lives. We accomplish this through six award-winning programs that support 1,100 youth and their families each year.

### To make a referral:

- For residential programs, call 218.728.7500 x143
- For Intensive Day Treatment, call 218.728.7418 option 1
- Download a referral at [www.woodlandhills.org](http://www.woodlandhills.org)

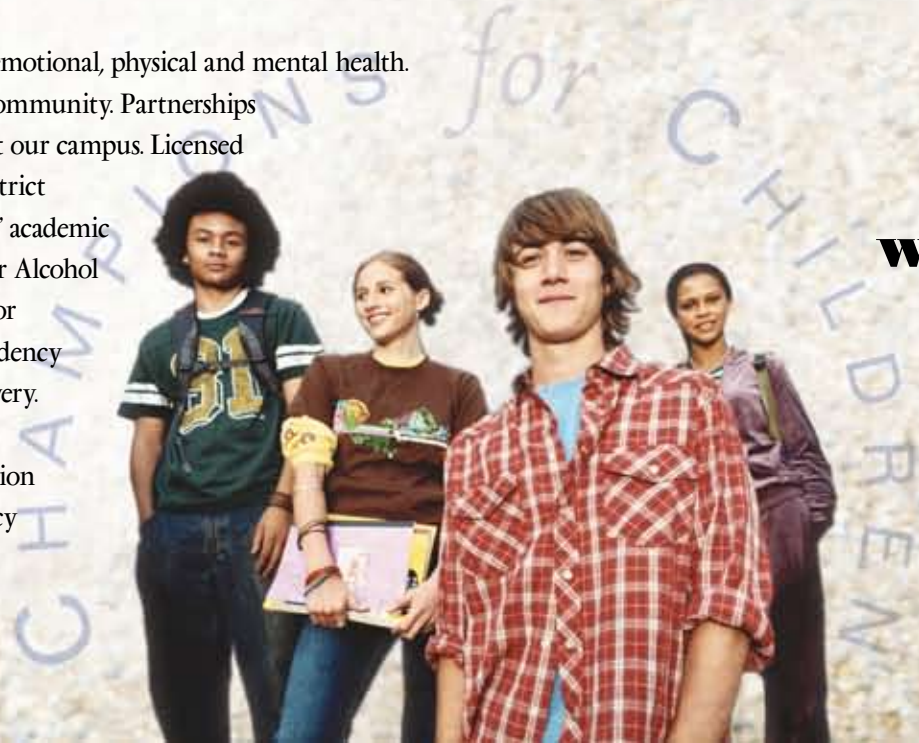


**Woodland Hills**

*Empowering  
Youth.*

*Teaching  
Responsibility.*

*Healing  
Lives.*



**Woodland Hills**

4321 Allendale Avenue  
Duluth, MN 55803  
p.218.728.7500  
[www.woodlandhills.org](http://www.woodlandhills.org)



*Woodland Hills does not discriminate in accepting referrals or employment on the basis of gender, sexual orientation, age, language, religion, race, national origin or physical (or other) disabilities.*



[www.woodlandhills.org](http://www.woodlandhills.org)

# The Woodland Hills Continuum of Care

## **NEW! Mental Health Services for Adolescents**

*Our day and residential mental health programs work with youth ages 12 to 17 and accept referrals from social and court services as well as private parties. A diagnostic assessment conducted within the last six months is required to substantiate the medical need for services. A client's level of care is based on necessity as determined by the diagnostic assessment or psychological evaluation and the Child and Adolescent Service Intensity Instrument (CASII). Treatment services are consistent with an individualized treatment plan and are delivered under the supervision of a licensed mental health professional. Each program helps clients stabilize their behaviors, teaches coping skills and offers psychotherapy in order to reduce mental health symptoms and ultimately improve their quality of life. Visit our Web site for a complete list of services and insurance providers.*

### **Family Engagement**

Having a child placed out of home is difficult and affects the entire family system. To support the child and their family during this time, Woodland Hills strongly encourages family involvement. Families are asked to participate in the development of treatment and transition plans, as well as attend quarterly progress meetings. Family therapy, flexible visitation schedules and home visits are offered. In addition, Families SOS sessions are held bi-monthly at Woodland Hills to offer support, assist in identifying opportunities and enhance skills to help families thrive. Video-conferencing is offered when on-site visits are not possible.

Family engagement is an essential tool in the treatment process and supports a child's journey toward a successful future. For more information on your child's placement at Woodland Hills, or to access the Parent Handbook and Admission Forms packet, visit our Web site or contact our Admissions Coordinator at 218.728.7500 x143.

Learn more at [www.woodlandhills.org](http://www.woodlandhills.org)

### **Intensive Day Treatment**

Intensive Day Treatment offers Duluth-area youth a safe and structured environment, Monday through Friday, that includes a full day of special education instruction. Therapeutic services include group psychotherapy, individual and group skills, parenting and family support.

### **Residential Treatment for Mental Health**

For youth in need of residential care, Woodland Hills offers a therapeutic setting conducive to stabilizing mental health issues. Services focus on individual and group psychotherapy and include family therapy. Individual and group skill-building curriculums are offered, as well as parenting support.

## **Correctional Services for Adolescents**

*Our correctional programs serve adjudicated and social service-placed youth ages 12 to 18 (up through age 20 if under Extended Juvenile Jurisdiction) who are in need of behavior modification due to problems in the home, community and/or school settings. We believe that all youth have inherent strengths and potential that need to be identified and developed in order to overcome thinking errors and promote pro-social behaviors. Our goal is to reduce risk, stabilize behaviors and teach responsibility in order to restore youth successfully back to their community. Individualized treatment plans are developed based on risk areas as identified by the Youth Level of Service Inventory (YLSI) and assess mental health issues. Our licensed therapist delivers individual and family psychotherapy as needed. Skill development, behavioral group therapy and family services supplement the treatment plan and are integral components within each program. For a complete list of services offered by program, visit our Web site.*

### **Chisholm House**

Chisholm House offers short-term intervention that stresses accountability, behavior management and stabilization. Referring agents can choose consequence- or treatment-focused program options where individualized treatment plans are developed based on risk areas and tailored to the length of time the client is in placement. Community service and restitution opportunities help clients fulfill the conditions of probation.

### **Residential Treatment for Corrections**

Our Residential Treatment for Corrections program identifies and addresses criminogenic risk factors, utilizes evidence-based practices and empowers clients to invest in the process of change. Individual treatment plans, behavioral group therapy and skills groups are fundamental program elements that work together to help reduce risk areas. Progress on goals is assessed and communicated every 90 days. Length of stay is based on individual need.

### **Semi-Independent Living**

Support is often needed when youth transition out of a structured residential placement. Our Semi-Independent Living (SIL) program provides residents ages 16 to 20 with a healthy and supportive living environment designed to develop productivity, independence, self-reliance and personal growth for a successful transition back to the community. Education, employment and life skills are focal points. Outside referrals are considered.

