

## NEUROFEEDBACK

Foundations For Living offers Neurofeedback Treatment. Neurofeedback is a brain exercise that addresses problems of brain dysregulations, such as Anxiety, Depression, behavior disorders, sleep disorders, headaches, emotional disturbances, and many others.

We observe the brain in action from moment to moment and reward the brain for changing its own activity to more appropriate patterns.

Neurofeedback is like a personal training session for the brain. Training the brain to function at its maximum potential is similar to the way the body is exercised, toned, and maintained. Brain training exercises for the neural pathways allow the brain to have better function in a variety of areas.

Neurofeedback is beneficial to those with:

- Bipolar Disorder
- Conduct Disorder
- Suicidal behavior
- Disruptive behaviors
- Depression and many others
- ADHD
- PTSD
- Anxiety
- Drug abuse



Accepting the past,  
conditioning for  
the future.



## OUR FACILITY AT A GLANCE

- 84 bed Residential Treatment Facility
- Treatment for males and females ages 11- 17 with an IQ of 55 and above
- Licensed by ODMH and CARF accredited
- All program services are Title IV-E eligible
- Three Distinct Programs:  
*PASSAGES* - A concentrated mental health program with a strong emphasis on behavior modification for females  
*EXPEDITION* - An intense mental health and behavior modification program for males  
*VISIONS* - A dual disorders (substance dependence and mental health diagnoses) treatment program for females

## UNIQUE OFFERINGS & SERVICES

- Individual, Group, and Family Therapy by Master's prepared licensed mental health professionals
  - Trauma - Informed Care treatment model
  - Treatment for victims of Human Trafficking
  - Treatment for Reactive Attachment Disorder
  - Treatment for pregnant girls
  - Treatment for trauma and mood disorders
  - Neurofeedback and Biofeedback Treatment
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- Psychiatric Evaluation & Pharmacological Management
- Family meetings
- Comprehensive substance abuse and dependence treatment
- Life Skills participation
- Transportation arrangements available for resident and family
- Onsite year round schooling with the option to earn high school credits or receive a GED

## SHORT-TERM ASSESSMENT PROGRAM

Our Short-Term Assessment program is 45 days in which the youth fully participates in the therapeutic milieu including Individual, Group, and Family Therapy.

Services include: Psychiatric Evaluation, Psychological Evaluation, Pharmacological Assessments, and a Medical Evaluation.

## HUMAN TRAFFICKING

Foundations For Living provides an environment that treats the complex trauma associated with Human Trafficking. Treatment modalities used include: Cognitive-Behavioral Therapy, Trauma-Focused Cognitive-Behavioral Therapy, and EMDR. Many of these youth have drug and alcohol addiction, and therefore, we offer a dual diagnosis unit to treat both the emotional/mental health and chemical dependency issues.



## TREATMENT DURING PREGNANCY

Foundations For Living provides treatment for pregnant youth struggling with mental health and/or substance-related disorders. Prior to birth, we will work with the youth's home county to establish a plan for the newborn that may include adoption, foster care, or temporary placement with a relative. In conjunction with her regular mental health and/or substance-related disorders treatment, pregnant youth will also receive the following services:

- Pre-natal care
- Onsite nursing and comprehensive medical care
- Parenting classes
- Individual treatment focusing on pregnancy and parenting



## SELF MUTILATION & INJURY

Our trained staff will assist youth by teaching how to identify self-harm triggers, teaching emotional regulation, and teaching safe coping strategies to express emotions.

Foundations For Living's Specialized Treatment Milieu Includes:

- Secure environment with 24 hour supervision
- Structured Setting