

# VISTA MARIA

## MENTAL HEALTH: Continuum of Care

### RESTORING YOUTHS' MENTAL HEALTH

Vista Maria's Mental Health Programs help adolescents successfully manage psychiatric conditions so they may heal, transform and move into less-restrictive environments.

Youths admitted to the Mental Health Programs must be between the ages of 11 and 17. General symptoms for admission include, but are not limited to:

- *Suicidal ideations and attempts*
- *Major depressive disorder*
- *Post-traumatic stress disorder*
- *Adjustment reaction with mood disturbance*
- *Bi-Polar disorder*
- *Anxiety disorder*
- *Impulse control disorder*
- *Self-injurious behaviors*



### OUR FOCUS

Vista Maria is a place for youth and their families to realize a life beyond trauma and ignite a life of possibility. We are fearless in our commitment to keep them safe, to make them strong and our courageous compassion finds new ways to bring wholeness and possibility to those who need it most.

### ABOUT VISTA MARIA

We know that it takes a Fearless Heart to overcome the challenges of abuse and trauma and move forward. An unwavering courage, limitless love and positive vision that was embodied in 1883 by our founder, Sister Mary Euphrasia and carried on today by each one of us. What began as a home for girls and women in need has evolved to encompass mental health services, education, after school care, foster care, adoption, independent living, care for the survivors of human trafficking and advocacy for the welfare of children.

### AFFILIATIONS:

- *Council on Accreditation for Children and Family Services*
- *The Child Welfare League of America*
- *The Sisters of the Good Shepherd*

### PROGRAM HIGHLIGHTS

Our clients receive an individualized treatment plan that meets their special needs, including:

- *Individual, group and family therapy*
- *Recreational and art therapy*
- *Regular sessions with a child/adolescent psychiatrist*
- *Trauma informed care*
- *Close monitoring of psychotropic medications, when needed*
- *Daily contact, care and coordination of each youth's health needs*
- *On-campus education*
- *Psychological assessment and testing*
- *Spiritual enrichment*
- *HIV/AIDS counseling and testing*

### PROFESSIONALS PROVIDING SERVICES

- *Master's level therapist*
- *Bachelor's level youth counselor*
- *Board-certified child psychiatrist*
- *Full-time nurse experienced in mental health services*
- *Charter School certified teacher*



### EMPOWERING YOUTHS' SPECIAL NEEDS

We're visionary in our approach and unrelenting in our quest to provide the best care and support for vulnerable children and families. Our programs are specifically designed to meet the psychological, social and developmental needs of youths and young adults. At Vista Maria, we're unwavering in our mission to help each young person heal and embrace their self-worth. Vista Maria doesn't ever stop—because every young person deserves to start.

### FOR MORE INFORMATION CONTACT:

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## Four Levels of Care Including:

**UNITY** Intensive care for acute psychiatric stabilization.

**SPECIAL CARE UNIT** A structured program to support or help girls with episodic emotional and/or psychiatric instability.

**BRIDGES** An open program that focuses on family and community reintegration while continuing to provide psychiatric services.

**MENTAL HEALTH SUBSTANCE ABUSE** Intensive substance abuse and mental health treatment.

