

In addition to the special focus and life skills groups we offer, we have incorporated a variety of evidence based and researched based groups into our program.

Evidence and Research Based Programming

- [Growing Through Loss](#) (The Indianapolis Grief and Loss Consulting and Educational Services curriculum, a proven program with impressive results, provides a supportive group learning experience for grieving and depressed youth that facilitates healing, an understanding of how grief and loss issues influence behavior, growth and change at the heart level, and the development of positive coping techniques.)
- [Skillstreaming the Adolescent: New Strategies and Perspectives for Teaching Prosocial Skills](#) (Dr. Arnold Goldstein and Dr. Ellen McGinnis' program addresses the social skill needs of adolescents who display aggression, immaturity, withdrawal, or other problem behaviors and help them to develop competence in dealing with interpersonal conflicts and to learn to use self-control.)
- [ART- Aggression Replacement Training: A Comprehensive Intervention for Aggressive Youth](#) (Dr. Barry Glick and Dr. John Gibbs' program offers a powerful intervention for teaching at-risk youth to understand and replace aggression and antisocial behavior with positive alternatives.)
- [Parenting Wisely](#) (Dr. Donald Gordon's training programs are proven to significantly reduce child and adolescent behavior problems (including substance abuse), improve child school performance, and strengthen family relationships.)
- [Safe Dates](#) (Hazelden's curriculum helps prevent dating abuse by helping teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships.)
- [Love is Not Abuse](#) (Liz Claiborne Inc.'s curriculum provides education and resources available to maintain healthy relationships, free from abuse and violence.)

- [CyberSmart!](#) (Common Sense Media's CyberSmart! prepares students to use the Internet for communication, creativity, collaboration, critical thinking, and problem solving.)
- [i-SAFE](#) (Research Press' publication shows teens how to safely use the Internet for social networking, buying and selling, applying for college, and also clearly explains how to avoid dangerous, inappropriate, or unlawful online behavior.)
- [Teaching Social Skills to Youth with Mental Health Disorders](#) (Dr. Jennifer Resetar Volz, Dr. Tara Snyder, and Dr. Michael Sterba's comprehensive manual connects specific social skills that can be targeted to enhance treatment, reduce negative behavior, and build on a child's strengths.)
- [Matrix Model for Teens and Young Adults](#) (Adapted from the evidence based Matrix Model Intensive Outpatient Alcohol and Drug Treatment Program)

We are continually exploring ways to improve and expand our services to better meet the needs and demands of the youth and families we serve. As a result, we have recently chosen to partner with Delta Society to start an Animal-Assisted Therapy Program.

The [Animal-Assisted Therapy Program](#) is designed to promote improvement in human, physical, social, emotional, and/or cognitive functioning.

- Pet Partners Teams from Delta Society will provide service at our facility on an ongoing basis
- Program goals will be to improve and develop problem solving skills, encourage socialization, and promote positive interactions.
- Residents will learn to accept structure, follow directions, and to demonstrate caring and respect for others.
- Residents will gain a better understanding of the role animals can play in providing stress management and how they can aid in staying fit.
- Specific goals and objectives will be determined for each individual.