

Adolescent Girls Program at Wellspring

A safe and nurturing environment

Wellspring's Adolescent Residential Treatment Program for Girls ages 12 -18 is designed to treat a wide range of emotional, psychological and behavioral problems, including but not limited to, mood disorders, personality disorders, eating disorders, attachment difficulties, anxiety disorders, including PTSD, and substance abuse in partial remission.

Family reunification is the primary goal of the Adolescent Girl's program. To achieve this goal, Wellspring's family-style ambience provides daily living experiences of relationship with staff and peers as a way to address problems with parents and relationships. These problems are typically reenacted at Wellspring, both in the milieu and at school, but they can now be addressed with professional skill and understanding. The Wellspring "family" experience becomes an essential part of family therapy as parents and professionals work together in the learning and treatment process. Parents or Guardians need to be able and willing to be actively involved in the treatment process as indicated and recommended by the Treatment Team.

Our milieu-based treatment program is supported by an exceptional educational program that is integrated with therapy and dovetails with the treatment schedule. The Arch Bridge School at Wellspring has received multiple commendations from the State Department of Education including praise as a comfortable, safe environment with a positive teacher-student rapport, college preparatory academics and an atmosphere of mutual respect. The resident's performance within the school, both academically and behaviorally, is an important measure of readiness to return home. As part of our transition and discharge process, recommendations are made to support appropriate academic placement to assure continued success educationally after Wellspring.

While family therapy (including individual family sessions, multi-family groups and parents support groups) is the cornerstone of treatment, individual therapy, group therapies, creative expressive therapies and milieu therapies are closely coordinated to address key issues. Treatment plans are designed to meet individual needs within the general program.

The Adolescent Girl's Program includes:

- Individual and Group Therapies
- Family Therapy, Support, and Training (including a Multi Family Group and Family Support Group)
- Psychiatric Services
- 24-hour nursing coverage and milieu programming
- Medication Monitoring
- Individualized Treatment and Discharge Planning
- Art Therapy
- Expressive Therapy
- Art Therapy
- Recreation and Adventure Based Therapies
- Land and Animal Programming
- State Approved Special Education School

All treatment modalities are included in the daily rate.

Staff includes Masters Level Psychotherapists, a Board Certified Psychiatrist, Registered and Practical Nurses, Creative Therapists, Nutritionist, Teachers and Milieu Counselors.

*"Words cannot describe the way we feel about Wellspring. Thank you for all your help. We truly appreciate all that you have done for us and for our family. ***

*** Testimonial from a former client*

Wellspring is accredited by JCAHO and licensed by the State of Connecticut.

**Interested in learning more about the Children's Program at Wellspring?
Please call Nancy Thurston at: 203-266-8002 or visit us online at www.wellspring.org.**

