

## About the Riverside Life Skills Center

The Riverside Life Skills Center is a supportive therapeutic program for adolescents that are experiencing significant emotional difficulties or a psychiatric diagnosis and who are having disruptions in their home, school, or community. Through a highly structured clinical environment involving therapeutic groups and activities, teens are able to identify and understand their behavior patterns and learn more effective ways of coping, gain insight into their mental health issues, improve their self-esteem, and increase social skills to integrate more effectively into their school and home communities.

We offer a small client to staff ratio and focus on a sense of community and well-being that is essential for a teen's recovery. Additionally we provide strong clinical, family, and academic supports.



## About Riverside Community Care

Each year Riverside Community Care provides more than 40,000 children, adolescents, and adults with a broad range of behavioral healthcare and human services. We offer mental healthcare, developmental and brain injury services, youth and early childhood programs, addiction treatment, trauma response, and more. And our work includes partnerships with local hospitals, physicians, and schools.

You can count on Riverside when you or someone you know needs help. We take your trust seriously and work hard to make a difference by delivering compassionate, locally-based, integrated care.

We make a difference – locally, every day.

### Riverside Community Care®

THE HELP YOU NEED CLOSE TO HOME®

Riverside Life Skills Center  
255 Highland Avenue, Needham, MA 02494  
781-247-7762 • 781-444-3971 Fax

Riverside Life Skills Center  
25 Birch Street, Suite B3  
Birchwood Business Park  
Milford, MA 01757  
508-422-9250 • 508-422-9298 Fax  
[www.riversidecc.org](http://www.riversidecc.org)

# RIVERSIDE LIFE SKILLS CENTER



## Riverside Community Care

THE HELP YOU NEED CLOSE TO HOME

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### Riverside Life Skills Center

The Riverside Life Skills Center is designed to accommodate adolescents (ages 12-18) with significant mental health issues and learning challenges including but not limited to:

- Anxiety Disorders
- Attention Disorders
- Dual-Diagnosis
- Major Depressive Disorders
- Mild Learning Disorders
- Mood Disorders
- Obsessive Compulsive Disorder
- Psychotic Disorders
- Post Traumatic Stress Disorder
- Social Anxiety



### Clinical Supports

The Life Skills Center utilizes a group and milieu therapy model in order to help teens process and manage the challenges that they face. Therapeutic groups are developed and facilitated utilizing the following models; Dialectical Behavioral Therapy and Cognitive Behavioral Therapy, Anger Management, Social Skills Building, Expressive Therapy, Health & Wellness, and Relationship Building.

Each adolescent is assigned a primary clinician. The clinician coordinates goals and treatment at the Center and will access community agencies and providers to assist in meeting the individual needs of the adolescent. Each clinician collaborates with the adolescent and their family to develop an Individualized Action Plan that outlines the course of treatment and establishes goals to accomplish with the support of the team.

### Family Supports

The family is viewed as an essential part of the success for each individual. All family members are encouraged to attend and participate in family meetings. Family meetings focus on allowing the family to understand and become a part of their

child's treatment goals, build communication, develop stronger family relationships, and increase support.

### Academic Supports

Many of our adolescents have struggled to manage the academic and social stressors at school. We work to help identify school related triggers and to develop healthy coping skills in order to manage these demands while being supported in the therapeutic environment. We also may work with the adolescent and their local school to refer to our own Riverside School once the adolescent is ready to focus on academics.

Our clinical staff work closely with a broad range of community partners including outside therapists, the Department of Mental Health, Department of Children and Families, and local schools in order to provide continuity of care. Riverside also has a continuum of services to support youth and families. These services include our In Home Therapy Services, Community Service Agency, Riverside School, as well as child and family focused outpatient therapy and psychiatry.