

# Use Fresh Start When You Need...

- 🍃 A **Comprehensive Assessment** that is clinically sound with useful treatment recommendations.
- 🍃 **Short Term Stabilization**
- 🍃 **24/7 Emergency Placement**
- 🍃 **A Cost Effective Treatment Choice**
- 🍃 A **healthy environment**, rich with personal care and individualized attention.





At Fresh Start and Fresh Start for Children, we believe the keys to your child's success is based on the following components:

## Comprehensive Assessment

Fresh Start provides families and guardians a thorough assessment to include:

- Clinical, medical and educational assessments
- Diagnostic impression
- Report of behavioral and emotional observations
- Insight into the strengths and needs of the youth and family
- Alternatives to decrease problem behaviors
- Recommendations to transition youth into the most appropriate treatment

Each assessment is tailored to help develop protective factors, increasing the health and well being of each youth and their family.

## Clinical Expertise & Treatment

Our clinical team offers experience working with children and adolescents, utilizing a variety of best practice programming.

- Trauma-Focused Cognitive Behavioral Therapy and Eye Movement Desensitization and Reprocessing (EMDR)
- Substance abuse education, art and play therapies

Through the use of individual, family and group sessions, clinicians work with residents to build a solid foundation for regulating their moods and emotions and incorporating appropriate coping skills into their daily lives.

***24-hour emergency placements, 7 days a week***

***Call - 804.929.3409***

***[www.FreshStartAD.com](http://www.FreshStartAD.com)***

# Adolescent Program

Establishing the  
"Roots" of  
Permanency

24 Hour  
Admission

## Programming:

Fresh Start's behavioral programming is based upon three simple principles:

***Trust, Learn and Practice.***

- ***Trust:*** Staff and residents work towards building a therapeutic rapport to gain trust.
- ***Learn:*** Residents learn new coping skills, complete daily living skills, and appropriately interact with adults and peers.
- ***Practice:*** Residents actively practice their new skills in a therapeutic environment, thus creating greater opportunity for success.

## Education:

Educational programming for our students is offered on-site, through a combination of one to one instruction by a licensed teacher and an accredited, online curriculum. The lessons are structured around the individual needs of each student to ensure students have the opportunity to explore their own learning style and maximize their learning potential.

Trust

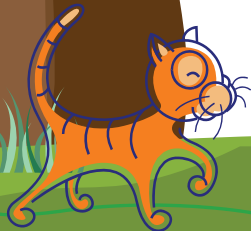
Learn

Practice



Dear Fresh Start,  
"The comprehensive  
assessment gave us a full  
picture of the youth's  
needs, to determine the  
best services for him."

Sincerely,  
Stacey H



# Adolescent Program



*Youth spend time eating together as a “family”*



*On-site Recreation*



*On-site classrooms*



*Youth benefit from single bedroom privacy*

# Children's Program

## Programming:

Fresh Start for Children's programming is based on three essential elements:

- 🍃 **Nurturing:** Treatment is provided in a supportive environment, promoting opportunities for growth. Staff and residents build a therapeutic rapport based on trust and hope.
- 🍃 **Family:** Collaboration with family members and guardians is key to identifying each resident's strengths and needs. Family therapy and visitation is encouraged when clinically appropriate.
- 🍃 **Skill Building:** Residents learn and practice social skills, self discipline, impulse control, confidence building, emotional regulation and healthy decision making to improve behaviors and relationships with others.

## Education:

Educational programming is provided on-site, in a dynamic, interactive classroom setting that promotes the social, emotional, and intellectual development of each student. Licensed teachers help students learn leadership, teamwork and the ability to effectively communicate while grounding the students in their core academics. The use of a Smartboard allows the lesson to “come alive” thus capturing the attention of our students.





# Children's Program



*Craft and game area*



*One of three bathrooms*



*Work stations in the classroom*



*Kitchen and living room*



*Typical boy's bedroom*



*Typical girl's bedroom*