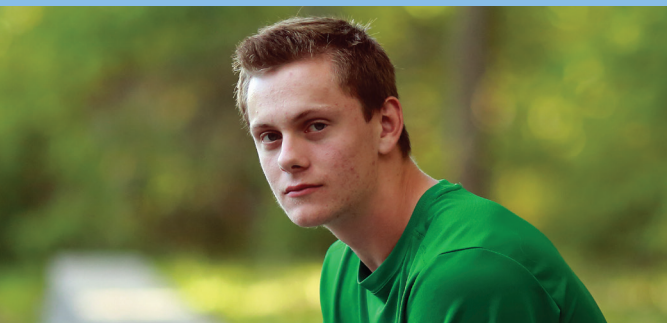


Breaking Down Barriers

Reaching out for help with mental illness can be difficult due to stigma and uncertainty surrounding diagnosis. This can be especially true for individuals at risk for psychotic disorders such as schizophrenia and schizoaffective disorders, but also for diagnoses like social anxiety, depression, and bipolar disorder. The Riverside Life Skills Center is committed to breaking down barriers to understanding these treatable yet distressing symptoms and diagnoses.

The LARRY (Learning and Readiness for Resilient Youth) framework actively engages youth in learning and practicing new skills to manage symptoms and successfully navigate school and daily routines. This approach was named for Larry Seidman, PhD., a pioneer in research on cognition, neuroscience, and major mental illness. As a leader of the Commonwealth Research Center, Dr. Seidman was passionate about developing innovative clinical services for adolescents with early course psychosis or clinical high risk.

Life Skills Center at Somerville is the first day program in the country to integrate this innovative and effective approach to youth services.



About Riverside Community Care

We make a difference in the lives of individuals, families, and communities through innovative and compassionate behavioral healthcare and human services.

A community-based non-profit organization serving more than 40,000 people a year in Massachusetts, Riverside Community Care offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, trauma response, and more. And our digital learning platforms extend our reach to more than one million people around the globe, providing tools for education, prevention, and crisis management.

Wherever you are, you can count on Riverside when you or someone you know needs help.

Riverside Community Care

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LIFE SKILLS CENTER AT SOMERVILLE

Featuring *Learning and Readiness for Resilient Youth (LARRY)*



Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services



Riverside Life Skills Center

The Riverside Life Skills Center is a day program designed to help adolescents (ages 12-18) with significant mental health issues. We treat adolescents who demonstrate a variety of symptoms:

- Difficulty concentrating or thinking clearly
- History of trauma or adversity
- Increased suspicion or unease with others
- Challenges in social situations
- Thoughts and experiences unrelated to the situation or outside environment
- Academic and school functioning challenges

If your child experiences any or all of these symptoms, you are not alone. At the Life Skills Center, our highly trained staff specialize in treating teens with symptoms that may cause great distress to themselves and their families. Our mission is to create a space where each individual is accepted for who they are, and assist them in making gradual, lasting changes to improve their quality of life.



Clinical Supports

The Life Skills Center utilizes a highly structured therapeutic approach within both group and milieu therapy models to allow teens to process their experiences with peers and manage symptoms in a safe, predictable environment. Therapeutic groups are based on evidence-based practices such as CBT and DBT, but are mindfully adapted to suit each teen's strengths and needs.

Family Supports

Clinicians are responsible for ensuring the adolescent's voice is heard while collaborating with the family and outside providers. All family members are encouraged to attend and participate in family meetings, as the family is viewed as essential to the success of each adolescent.



Academic Supports

Many of our adolescents have struggled to manage academic and social stressors at school. We work to help identify school-related triggers and to develop healthy coping skills. Teens can then learn to manage these demands while being supported in the therapeutic environment.

At the Life Skills Center, adolescents have study hall periods to complete any work sent by their school districts. For the duration of services, the clinical team will collaborate with the youth, family, Department of Mental Health, and outside providers, to help youth transition to an appropriate academic setting.

Cultural Considerations

At Riverside Community Care, we value and celebrate clients' diverse cultural and belief systems. We individualize our treatment for each youth and family within the context of their unique culture, beliefs, and background. The Life Skills Center is actively committed to learning about and understanding each aspect of our youths' identities, to create a welcoming and inclusive environment for all.