

About the Riverside Life Skills Centers

Riverside Life Skills Centers are supportive therapeutic programs for adolescents who 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.

In addition to the Life Skills Centers in Milford and Needham for adolescents with significant mental health issues and learning challenges, our Somerville location features the LARRY (Learning and Readiness for Resilient Youth) framework to serve youth in early-course psychosis or clinical high risk. For more information on the Somerville program, call 617-420-5657.

About Riverside Community Care

Our mission is to make a difference in the lives of individuals, families, and communities through innovative and compassionate community-based behavioral healthcare and human services.

A non-profit organization with over 100 programs throughout eastern and central Massachusetts, Riverside offers a wide range of mental healthcare, developmental and brain injury services, early childhood and youth programs, addiction treatment, suicide prevention, trauma response, and more.

Riverside is here when you need us most.

Riverside Community Care

Riverside Life Skills Center
25 Birch Street, Bldg. B, Suite 250
Milford, MA 01757
508-422-9250 • 508-422-9298 Fax

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

Riverside Life Skills Center: LARRY
117 Summer Street
Somerville, MA 02143
617-420-5657 • 617-591-0239 Fax

www.riversidecc.org

Open year-round, Monday-Friday, 9am-3pm
(closed major holidays)

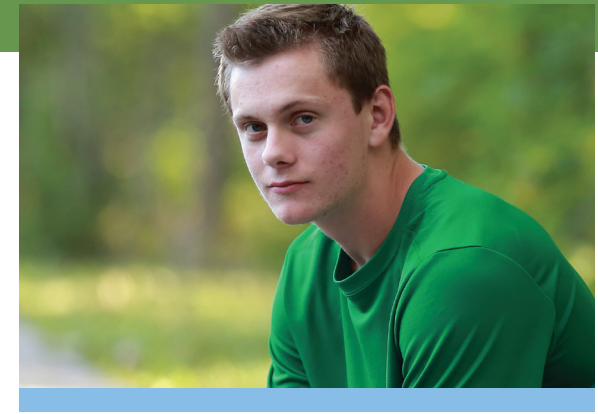
RIVERSIDE LIFE SKILLS CENTERS

A day program for ages 12-18 with
significant emotional challenges



Riverside Community Care

Leading the Way in Behavioral Healthcare & Human Services



Riverside Life Skills Centers

Riverside Life Skills Centers are designed to accommodate adolescents (ages 12-18) with significant mental health issues, including but not limited to:

- Anxiety Disorders
- Attention Deficit Hyperactivity Disorder
- Bipolar Disorders
- Depressive Disorders
- Obsessive Compulsive Disorder
- Psychotic Disorders
- Post Traumatic Stress Disorder
- School Avoidance
- Suicidality
- Self-injurious Behaviors



Clinical Supports

Life Skills Centers use 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 Behavior Therapy, Cognitive Behavioral Therapy, Emotion Management, Social Skills Building, Expressive Therapy, Health & Wellness, Independent Living Skills Development, 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. In addition, we have an occupational therapist and peer mentor on staff to support clients and their treatment.

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 may also work with the adolescent and their local district to make recommendations for an appropriate school setting 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.