Phoenix House Academy
Adolescent Residential Services

Located on a spacious campus in the northeast San Fernando Valley near the San Gabriel Mountains, Phoenix House Academy of Los Angeles provides a strength-based, trauma-informed treatment continuum for teens with substance abuse and mental health disorders. Our program offers residential and outpatient options, high school education (in collaboration with the Los Angeles County Office of Education), and intensive family and support services. Since opening its doors in 1994, Phoenix House Academy has distinguished itself as one of the most successful programs for the integrated treatment of youth with co-occurring disorders in Los Angeles County.

We respond to the intense needs of the youth and families by offering a range of counseling, treatment, educational and wellness services based on a comprehensive assessment of risks and protective factors in the lives of teens, their families, and the communities where they live. The program has capacity to treat 80 boys and 40 girls; the treatment duration is flexible and depends on the needs of the client. The following services are available:

- Mental health services
- Diagnosis and assessment
- Treatment planning
- Case management
- Individual and group counseling
- Intensive family services
- Education at an accredited high school
- Health and wellness services

The Academy features two-person bedrooms, a music room with a fully equipped recording studio, outdoor patios, gardens, and sports facilities, including a weight room and a soccer field. The program is licensed by the California Department of Health Care Services. It is also Drug Medi-Cal certified for residential, outpatient and intensive outpatient treatment, as well as accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) for services for adolescents with co-occurring disorders.

Support for services is provided by the County of Los Angeles – Department of Public Health, Substance Abuse Prevention and Control, Department of Mental Health, and other public and private funders.

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Phoenix House Academy’s Outpatient Programs provide after-school substance abuse and mental health treatment services for adolescents and their families. The agency offers individual and group counseling, educational workshops, and family therapy. Intensive Outpatient Program (IOP) serves as step down from Residential Treatment, a step up from Outpatient Treatment, and an initial option for clients who meet admission criteria with no previous treatment history. Regular Outpatient Program features six hours of treatment weekly, while Intensive Outpatient Program includes a minimum of nine hours of treatment and enrichment activities per week.

Program Components: The program includes evidence-based cognitive-behavioral practices, enhanced family services, and the tools and concepts of the self-help recovery philosophy. The curriculum follows the *Matrix Model Intensive Outpatient Alcohol and Drug Treatment Program for Teens and Young Adults* and the *Strengthening Families Program*. Individual, group, and family counseling is delivered by experienced mental health and substance abuse professionals.

Treatment Planning and Case Management: A comprehensive assessment is completed within the first week of admission. Clear, reasonable, and objective treatment goals are set with the teen according to the diagnosis and severity of problems. The frequency and duration of outpatient visits are based on the individual’s progress toward his or her goals. Treatment plans include referrals to appropriate professional and community resources.

Accreditation: The program is certified by the California Department of Health Care Services, Drug Medi-Cal certified, and accredited by the Commission on Accreditation of Rehabilitation Facilities.

Support for services is provided by the County of Los Angeles – Department of Public Health, Substance Abuse Prevention and Control, Department of Mental Health, and other public and private funders.
At Phoenix Academy at Lake View Terrace, teens (age 13-17), young adults (age 18-21), and their families may receive Specialty Mental Health Services that are strength-based, trauma-informed, culturally relevant, and appropriate for patients’ age and developmental stage. These services are offered to patients that meet medical necessity criteria for mental health services under the Medi-Cal Early and Periodic Screening, Diagnosis, and Treatment program. The Academy provides cognitive and behavioral interventions designed to improve patients’ and family functioning and to reduce any impairment.

Services are delivered by a multi-disciplinary team consisting of psychiatrists, psychologists, therapists, and other professionals that implement individualized treatment plans using appropriate clinical interventions. Staff is available twenty-four-hours/seven-days-a-week to provide crisis interventions and other urgent mental health services. All services address specific needs of each patient, and may include the following service types, identified in each patient’s Treatment Plan and Electronic Health Records Welligent:

- Assessments
- Psychiatric Evaluation Services
- Crisis Intervention Services
- Treatment Plan Development
- Targeted Case Management
- Individual, Family and Group Therapy
- Collateral Services
- Medication Support Services
- Intensive Care Coordination
- Therapeutic Behavioral Services (TBS)

Each patient receives regularly scheduled individual therapy sessions. Deeper issues and family dynamics that underlie behavioral issues are explored in a safe and confidential environment. Therapists use Motivational Interviewing techniques throughout intake, treatment planning and discharge sessions, to help patients to identify and build on their strengths. Targeted case management, TBS, and care coordination are offered when needed.

The following Evidence-Based Group Curricula are available: Seeking Safety, Aggression Replacement Training® (ART®), Strengthening Families Program, VOICES, The Matrix Model for Teens and Young Adults, Cognitive-Behavioral Interventions for Substance Abuse, and curricula for Commercially Sexually Exploited Children (CSEC). The Phoenix Academy is accredited by the Commission on Accreditation of Rehabilitation Services and supported by contracts with the Los Angeles County Department of Mental Health, Los Angeles County’s Substance Abuse Prevention and Control Department, and other public and private funders.
Phoenix Houses of Los Angeles has provided Wraparound Services since 2015. The program uses Ten Wraparound Principles to engage at-risk youth and their families in individualized community-based services geared toward reducing the likelihood of residential placement. If youth have been placed away from their caregivers, services focus on supporting them and working toward placement in less-restrictive environments, including transition back to their homes.

All client and families are referred to the Wraparound Services through the Department of Children and Family Services. Services are available to children and youth age one month to 18(+) years, with a history of emotional or behavioral difficulties and a risk of residential placement or placement in a more restrictive level of care. Services are offered by teams consisting of Family Facilitators, Clinicians, Parent Partners, and Youth and Family Specialists, working under clinical supervision of mental health and wraparound supervisors.

Wraparound is unique in that the family is the client and all family members’ strengths and capabilities are integrated into services. All services are strength-based and driven by needs identified by the family, for the family. This “whatever it takes” style of services facilitates a collaborative partnership between families, formal supports, the community, and natural supports. “Natural supports” (e.g. friends, neighbors, church members, coaches, and teachers) ensure that family successes, stabilization and further growth continues long after the completion of OC Wraparound services.

The services are based on the Plan of Care (POC), a living document that evolves as the family progresses through the Four Phases of Wraparound (Engagement, Planning, Implementation, and Transition). Program staff meet with each family weekly and with the entire Family Team at least once per month. Common outcomes include: avoidance of institutional placement, decreased reliance on formal supports, improved family communication, increased school success and attendance, decreased harmful behaviors, increased self-reliance and self-worth among family members.