

# therapeutic resources



We help young people learn new skills and strategies to manage life's stresses and challenges.

## ► THE CHALLENGE

**FACTS:** 20% of youth ages 13-18 live with a mental health condition. 11% of youth have a mood disorder. 10% of youth have a behavior or conduct disorder. 8% of youth have an anxiety disorder. Individuals who identify as LGBTQ+ are 2 or more times more likely as straight individuals to have a mental health condition. 11% of transgender individuals reported being denied care by mental health clinics due to bias or discrimination. Lesbian, gay, bisexual, transgender and questioning (LGBTQ) youth are 2 to 3 times more likely to attempt suicide than straight youth.

**IMPACT:** 50% of all lifetime cases of mental illness begin by age 14 and 75% by age 24. The average delay between onset of symptoms and intervention is 8-10 years. 37% of students with a mental health condition age 14 and older drop out of school – the highest dropout rate of any disability group. 70% of youth in state and local juvenile justice systems have a mental illness.

-NAMI (*National Alliance on Mental Illness*)

## ► THE SOLUTION

**We help young people learn new skills and strategies to manage life's stresses and challenges.**

We are a safe place for young people to find restoration and hope in their own way, at their own pace. Whether strengthening an individual or family or helping an individual or family navigate transitions, we can help.

VHBG provides counseling, consultation, and psycho-education services to individuals, families, and groups. All of these services are available through our Therapeutic Resource Center conveniently located on our campus. For the young people in our programs, these services are in accordance with their Individual and Family Service Plan, when applicable. If a young person's or family's presentation warrants psychotherapy, VHBG will identify Licensed Clinicians within our network of trusted providers to appropriately match the client with said provider.

Our child welfare and behavioral health experts are knowledgeable about the vast and complicated network of Virginia's human service resources and understand the struggle of individuals seeking solutions to appropriate interventions. We use compassion to provide consultation and information to these families and professionals who may not be connected to our programs but are looking for community resources for their young people who are at imminent risk of physical or emotional harm.

VHBG also offers workshops to the public with the goal of strengthening the ability of community members to respond therapeutically to those in their lives who may be experiencing emotional or mental health concerns. Arrangements can be made to train private groups as well. We facilitate a Youth Mental Health First Aid eight-hour public education program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent in crisis or experiencing a mental health challenge.

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**Our Therapeutic Resource Center is directed by Karen Rice, LCSW. She has more than 30 years of experience counseling youth and their families. Call (804) 270-6566, ext. 1590 or visit [vhbg.org/programs-services/therapeutic-resources](http://vhbg.org/programs-services/therapeutic-resources) for more information.**

VHBG is a nonprofit organization that has been serving children in crisis since 1846. VHBG has remained agile and able to respond to the ever-changing needs of our community and we have never strayed from our core belief that all children deserve to grow up surrounded by a loving, nurturing family in a safe, supportive community. While we began as an orphanage, we have evolved into an organization with three core program areas: Transitional Living (Group Care Services (GCS) and Independent Living (IL)); Specialized Education (John G. Wood School); and Therapeutic Resources to support the mental health needs of the young people we serve at VHBG.

