

### SPECIALIZED PROGRAMS

Youth Dynamics also offers a variety of specialty services for youth with specific needs. These services may be offered as part of mentoring, therapy, therapeutic foster care, and/or youth therapeutic group home care. Some of these programs are specific to particular locations.

**Highly Sexualized Youth** A variety of group and individual services available for youth at our Boulder AYA location, including treatment provided by a MSOTA certified therapist.

**Equine Programs** This program offers equine-assisted therapy and therapeutic animal interaction. In addition, youth enjoy recreation time with the animals, as well as helping with their care and upkeep.

**Independent Living** To empower older youth as they make the transition to adulthood, Youth Dynamics offers an innovative independent living curriculum. The program uses coaching, mentoring and role modeling rather than a traditional classroom model. Some youth may be able to access services through a short-stay in a therapeutic group home with a focus on independent living skills.

**Substance Abuse Education and Treatment** Our Substance Abuse program is designed for youth who are diagnosed with substance abuse problems or both substance abuse and mental health issues. This program focuses on the family dynamics of chemical dependency, as well as providing youth with practical tools so that they can make strong, healthy decisions

## how to get help

Anyone can refer a child to Youth Dynamics.

Doctors, teachers, family, neighbors, anyone that wants to help a youth can contact us direct and ask for assistance. We provide information to pass along to the family or we can follow up with the family.

Once a referral comes in, we work with the family to complete all necessary paperwork. An assessment is then scheduled and the referral team determines if the child will benefit from placement within Youth Dynamics. Based on availability, we have accommodations for emergency placements. If the youth currently has a Youth Case Manager, you can request a referral and Youth Dynamics will work with them to coordinate services.

Youth Dynamics  
877.458.7022 | [youthdynamics.org](http://youthdynamics.org)  
 [facebook.com/ydimt](https://facebook.com/ydimt)



## make a **difference** in a child's life

Please join Youth Dynamics in our efforts to strengthen Montana families. We are a nonprofit behavioral health organization committed to providing comprehensive and progressive behavioral health services to meet the needs of youth and families.

Youth Dynamics is a 501c3 and donations are tax deductible.

Youth Dynamics  
2334 Lewis Avenue | Billings, MT | 406.245.6539  
youth dynamics.org

Youth Dynamics is a private, nonprofit licensed mental health center serving Montana youth with emotional and behavioral problems and their families.

Youth Dynamics believes that every child deserves a family, as our experience has been that children's behavior improves faster and that these improvements are maintained better in a family environment. Because of this many of our services are provided in a family or family-type setting.

We offer a wide range of progressive community-based services that allow us to design client centered, culturally sensitive treatment programs according to the needs of each youth and family. At Youth Dynamics we are dedicated to providing the least intrusive and least restrictive level of care for the youth and families we serve. This means that the services the youth receives reflects just the right level of care- no more and no less than what is needed to help families and youth reach/achieve their full potential. In addition, our wide array of services are delivered in a dynamic manner as we continually modify treatment according to the changing needs of the youth and family.

**Service Coordination and Support (Youth Case Management)** An advocate to guide parents or guardians in maneuvering through the mental health system and accessing the most appropriate support for their youth.

**Youth Mentors (Family Support Assistants)** Are individually assigned "mentors" who provide one-on-one guidance and support to a youth in the home, community or school setting.

**Individual and Family Therapy** An individual, family, and group therapy provided by a qualified mental health professional.

**Medication Management** Provides psychiatric assessment, options, support and monitoring of psychiatric medications.

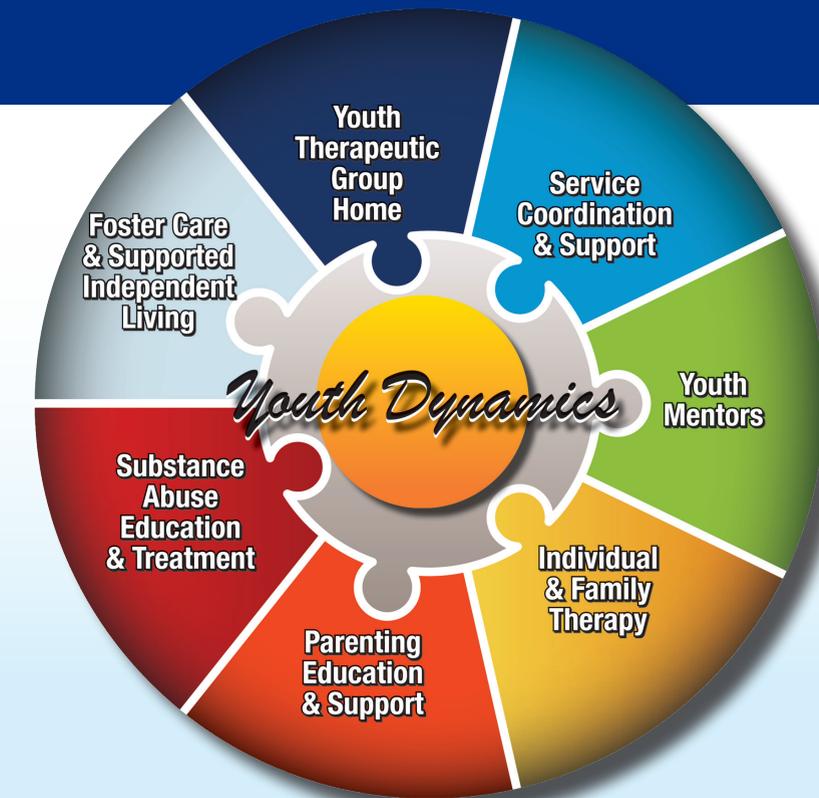
**Parenting Education and Support (Family Support Team)** Offers in-home wraparound support to families (natural, foster and adoptive) focusing on practical tools and coaching to address concerns such as parenting and discipline strategies.

**Day Treatment** An alternative education setting for youth who need access to mental health services and supports throughout their school day.

**Foster Care (Therapeutic Foster Care)** Treatment and support is provided in a home with specially trained foster parents under the direction and support of our clinical staff. An integrated wraparound philosophy supports the youth to live in a family, attend public school and remain in a community while using community services. Permanency planning is promoted through family reunification efforts, transition to regular foster care, adoption, emancipation and independent living.

**Supported Independent Living (SILS)** Is an intensive transition skills training and support program, where a professional team provides intensive support to a youth living in his/her own apartment. Over a period of months, the teen works closely with the team members to build skills, attain employment and other necessary steps to self sufficiency and eventually takes over all responsibilities, including paying rent and bills.

**Supervised Visits** Provides a supportive, safe place for families to work on communication, relationships and treatment goals.



**Youth Therapeutic Group Home** Are community-based homes providing 24-hour supervision, treatment, advocacy, and family style care for up to eight youth. Youth who are appropriate for this service show a limited ability to function in the community, including in family, school, and interpersonal relationships. Youth Therapeutic Group Homes are also recommended for youth as an alternative to a residential placement or for youth transitioning from a hospital psychiatric unit or facility. Each youth participates in group, individual, and family therapy according to their needs and receives daily behavioral support and reinforcement. Specialized therapies may also be provided. Youth will have opportunities to participate in exciting cultural, sports and leisure activities, including outdoor recreation and community events.