OUTPATIENT CLINIC

St. Rose operates a state certified outpatient clinic for individuals and families from the community who are in need of counseling. Outpatient services are available for adults, children, couples and families who experience a wide range of emotional and mental health issues, as well as alcohol and other drug abuse problems.

Particular areas of expertise include:

- Assessment and treatment for alcohol and other drug abuse issues for the individual and affected family members
- Physical, emotional, and sexual abuse issues
- Adoptive family and parenting issues for the child and adoptive family

Experienced therapists who are certified as alcohol and drug abuse counselors and independent clinical social workers are available for referrals.

RESPITE CARE SERVICES

Respite services are provided to girls and young women (ages 12 - 17) with emotional/behavioral problems, for the purpose of providing relief to the parent or caregiver from the often intense demands of caring for the child. Respite services are also provided to children who are at risk of abuse, due to a crisis situation experienced by a parent or caregiver.

A written care plan is completed at placement, which identifies the necessary service supports to meet social, emotional adjustment, medical, dietary, and recreational needs.

Respite services are provided by trained Treatment Counselors currently working with girls in the residential treatment program. These staff are skilled in crisis management and intervention.

FAMILY REUNIFICATION PROGRAM

The Family Reunification Program is designed to help children in foster or kinship care in Milwaukee County while their mother is incarcerated. The primary goal is to provide services, including prison visitations, which allow the children and incarcerated mothers to maintain and improve their relationships.

The Family Reunification Program offers services to children, their mothers, and their caregivers including:

- Orientation meetings and support groups
- Individual and family counseling
- Prerlease planning
- Aftercare support

The program promotes the development of coping skills, protective behaviors, family stability, and reintegration of former inmates into the community. The program also assists children and families facing long-term separation when reunification is not a goal.

NURTURING PROGRAM

The Nurturing Program is designed to meet the needs of families exhibiting interaction difficulties. Most of the parents in the program are separated from their children and are referred to the program by their case managers as part of court imposed conditions.

The Nurturing Program is more intensive than parenting classes and deals with the family as a whole. The Nurturing Program runs in 10-week cycles, with one 2½ hour-long session per week.

The Nurturing Programs are family based and are all extensively field tested and validated on families throughout the country. Parents, their children, or adolescents are involved in activities that focus on building a positive regard for themselves and others. The major focus of the Nurturing Program is to build empathy among all family members.
St. Rose Youth & Family Center, Inc., founded in 1848, is the oldest child welfare agency in the state of Wisconsin. As an independent, nonsectarian, nonprofit organization, our mission is to serve the community by using our unique expertise with girls to provide programs for troubled children, young women, and their families. We are dedicated to helping them develop skills to better function in their communities. Each day we are "Changing Heartache to Hope", providing children and families with opportunities to heal, leading to hope for a better future.

**STAGES PROGRAM**

The STAGES (Short-Term Adolescent Girl Evaluation and Stabilization) Program is designed to provide a short-term placement (up to 20 days), for adolescent girls ages 12-17. The Program focuses on building relationships with adolescents and providing a safe and nurturing living environment. This is accomplished by working with the adolescents on their referral behaviors, building self-esteem and positive relationships, and implementing a motivational system.

The adolescents are placed in the STAGES Program due to difficulties in their past placement and the need to stabilize their behavior while they await future placement.

**STAGES Program services include:**
- Individualized assessments
- Supervised recreational activities
- Consistent and well structured daily routine

The STAGES Program gives the girls more than a bed, food and clothing. The program provides a nurturing home that supports their physical, educational, familial, developmental, spiritual, social, recreational and vocational needs. The primary goal is to build, strengthen and sustain an adolescent's ability to interact positively with her family and community on a day-to-day basis.

**RESIDENTIAL CARE**

The Residential Care Program offers comprehensive therapeutic intervention for adolescent girls and young women (age 12 - 18) in need of 24-hour supervision in a structured and safe environment. The program specializes in helping girls with severe emotional and behavioral problems.

The residential program offers a full range of services to girls and their families, including:

- Therapeutic unit living experience
- Individualized treatment plan
- Family, group, and individual psychotherapy
- Nursing and dietary services
- Individualized school programming including: small class sizes and Title 1 support services
- Aftercare planning
- Social skills development
- Structured activities and recreation in the community
- AODA assessment and weekly meetings
- Life Skills training group

Treatment staff works with girls and young women to bring about positive changes in behavior, interpersonal skills, emotional controls, self-concept, and academic skills. We create individualized treatment plans for each resident and her family that best fit their needs.

The overall treatment experience focuses on the development of therapeutic relationships that help girls and young women experience trust, enhance self-esteem, and build better coping skills that will enable them to succeed in less restrictive settings.

**THERAPEUTIC DAY EDUCATION**

The Therapeutic Day Education Program serves regular and special education students in grades 7-12 and is designed to meet the education and treatment needs of adolescent girls who have been unable to succeed in community schools due to learning difficulties, emotional/behavioral problems, mental health issues or truancy. St. Rose provides education and therapeutic services in a small, structured, and supportive school setting.

In order to foster a successful therapeutic learning environment, the program offers:

- Initial and ongoing assessment
- Core academic and enrichment classes
- Title 1 Support Services
- Related services, including: individual, group, and family counseling; and nursing services
- Small class size
- Individualized and group instruction
- Frequent communication between school and home
- A structured level system
- Morning Snack, Nutritious lunches
- A fully certified/licensed teaching and treatment staff
- Attractive classrooms, library, gym, and computer lab

The desired outcomes of the program include:

- Improved attendance
- Remediation of academic deficiencies
- Development of social, interpersonal, and employability skills
- Development of positive school behaviors and emotional controls
- Improved problem solving, conflict resolution, and anger management skills
- Increased confidence and self-esteem
- Exploration of personal and family issues