

Post-Traumatic Stress Disorder



Adelphoi 

www.adelphoi.org

What is PTSD Aftercare?

Post Traumatic Stress Disorder (PTSD) Aftercare provides intensive trauma-focused therapy delivered by a Master's level or licensed therapist. Adolescent males and females, ages 10 to 20, are referred to the program through Westmoreland Juvenile Probation or the Westmoreland County Children's Bureau.

Therapy can be provided while the client is placed in any social service agency within Pennsylvania as well as certain parts of Ohio. Therapy includes intensive individual and family sessions that are scheduled weekly or bi-weekly depending on the needs of the client and their family. Upon discharge from a social service agency, the client and their family will continue to receive therapy within the home for 30 to 120 days post-discharge. If the client is not in placement, then therapy will occur within the home environment and serve as a preventative measure to placing the client in a social service program.



Family Specific Services

- Provide counseling and case management
- Assist family in problem solving
- Develop pro-social family communication
- Identify and link with community resources
- Encourage constructive conflict resolution
- Increase education and understanding of trauma related issues and symptoms
- Empower family in developing internal support systems
- Work with family to maintain a safe environment

Length of Services

Length of time for services differs between youth and the severity of their past trauma, with most in-home cycles of therapy generally lasting 3 to 6 months. The treatment goal is to decrease symptoms and anti-social behavior within youth who have experienced trauma while also supporting the primary guardians with understanding how trauma impacts the home environment.

Program Goals and Objectives

The program is designed to provide support, case management, guidance, and resources to the youth and the family while their child is in placement. The primary objectives of our program are: providing an effective reintegration program that will begin the day of disposition; preventing further out-of-home placement; increasing school attendance and performance of youth; increasing involvement in family; and reducing the overall dependency of the youth and families on county, state, and private social service organizations.

Our overall goal is to successfully reintegrate the client home while decreasing the impact of trauma symptoms within their family system and within themselves.

Specific individual and family goals will be detailed in the Adelphoi PTSD Aftercare Plan provided to the referring agency.



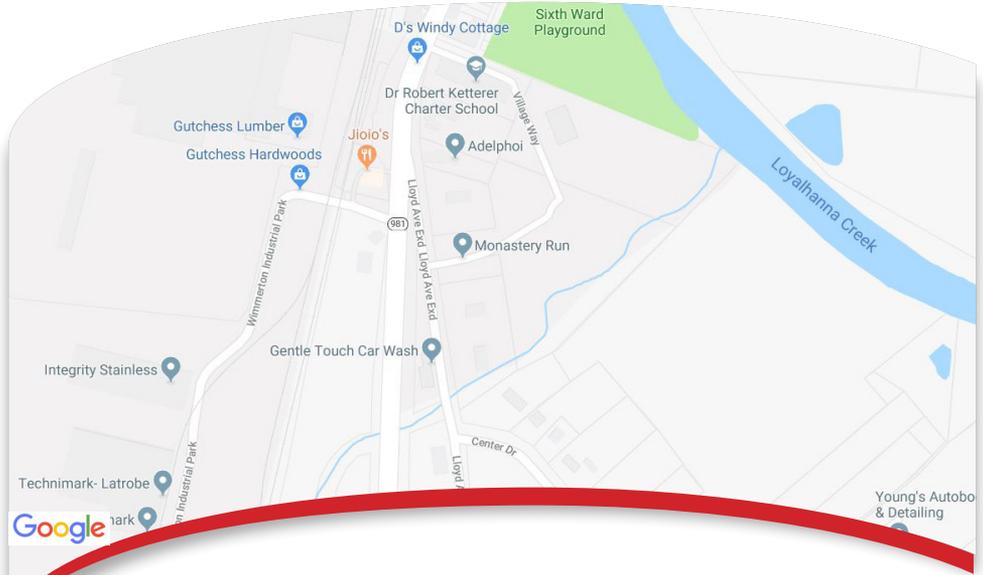
Residential PTSD Services

Adelphoi offers intensive group and individual trauma education and therapy for clients in residential care who have documented history of substantial trauma issues. We provide comprehensive assessments to identify specific severity ranges of PTSD symptomology to better assist the youth with coping with these symptoms.

The PTSD Program is supported by the PTSD Coordinator through the state PTSD Project, which is maintained through Westmoreland County Juvenile Probation and serves an average of 130 clients per year with trauma through our PTSD Residential Treatment Curriculum groups or individual therapy.

Adelphoi's PTSD Services and Training Department is considered a leader in the state for facilitator certification for the PTSD Residential Treatment Curriculum. We have trained 23 providers across the state of Pennsylvania and have been involved in the RTC training for the past decade.





About Adelphoi

Adelphoi is a non-profit organization dedicated to providing a continuum of quality services to children, youth, and families. Headquartered in Latrobe, PA, Adelphoi has programs in 30 counties, serving nearly 1,000 youth and families on a daily basis and over 2,500 children annually. Adelphoi's vast continuum of care includes group homes, a Charter School, foster and adoption services, education programs, mental health services, after-school programs, in-home services, shelter care, multisystemic therapy, and secure care.

Adelphoi has over 700 employees and assists persons and communities in need from over 60 counties throughout the Commonwealth, as well as from Ohio and Delaware. Adelphoi's mission is to serve communities of need through exemplary and affordable human service programs for children, youth, and families.

For more information, please contact:

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