

LAUREL RIDGE

TREATMENT CENTER

Q: Where is Laurel Ridge Treatment Center?

Our 18-acre wooded campus is located at the edge of the Texas Hill Country on the north side of San Antonio. This tranquil, natural setting provides children and adolescents with a sense of security within a supportive environment that further enriches mental health therapy and interactions.

Q: How much therapy will my child receive?

Each child is individually assessed to determine the frequency and duration of therapy needed. Weekdays, children receive five hours of schooling and two to three therapeutic group sessions. Additionally, they participate in one or two family therapy sessions, and one or two individual sessions weekly, depending upon their personalized treatment plan.

Q: How do I know if my child is eligible for treatment at Laurel Ridge and how do I refer?

If your child /adolescent is struggling with academic, emotional, behavioral, and / or legal problems, you are invited to give us a call for specific guidance. The call is free and confidential, and includes no obligation. Our professional staff will guide you through the simple referral process and will set up a tour of our treatment center for you and your family.

Q: What kind of child / adolescent problems does Laurel Ridge address?

We specialize in a variety of treatable disorders, including depression, bipolar, and suicidal ideation. We understand that every child and adolescent has individual issues, and we individualize treatment accordingly. During initial assessments, we take extensive histories, taking into consideration academic and behavioral problems, aggression, moodiness, sleeping and eating habits, and social ineptitudes. Every child and adolescent we treat is assigned a licensed master's level therapist, a board certified physician specializing in psychiatry, and a bachelor's level social worker.

Q: What is the average length of stay for residential treatment?

Individual therapy and treatment goals are identified and addressed, impacting the length of stay. Most children and adolescents stay between 45 – 180 days. Others may extend their stay, as therapy needs indicate.

Q: How are my child's meals and nutritional needs met while at Laurel Ridge?

Laurel Ridge has a full- service cafeteria managed by a trained chef who ensures that the meals are healthy, hot, and fresh, meeting the nutritional needs of each child / adolescent in our care. Food service caretakers implement dietary plans that address specialized medical needs, as well as, ethnic and religious preferences.

Q: What does a typical day at Laurel Ridge look like?

Each day is structured and carefully scheduled. Each child / adolescent participates in five classroom hours of school during the weekdays. Individual and family therapy is provided at least weekly and age appropriate therapy groups are scheduled five days a week. Specialized therapeutic services also provide individual and group experiences seven days a week, utilizing a variety of creative instructional tools. These include a state-of-the-art outdoor Challenge course, a swimming pool for seasonal swimming, an indoor gymnasium, and facilities for creative therapies, such as art, dance movement, and music.

Q: What about family involvement and visiting schedules?

Active and supportive family involvement is critical to the successful outcome of each child's treatment goals and objectives. The child's family and / or caregivers are actively involved in all aspects of treatment. Family therapy sessions take place once a week or more often as needed. Telephone conference sessions may be utilized if logistical problems preclude in-person sessions. Family visits and off- campus therapeutic passes are also available as deemed appropriate by the treatment team and the family.

Q: What are the benefits of group therapy?

Research has proven that group therapy helps children build constructive relationships and encourages accountability among individuals within the group. Group therapy addresses medication, education, mental and physical health issues, safety, behaviors, family and peer relationships, and many other issues that are important to the children and their healing.

For more information about Laurel Ridge, contact the Admissions Office at 210-491-9400 or 1-800-624-7975, 24 hours a day • Seven Days a Week.