#### **Our Values**

- Compassion
- Integrity
- Relationships
- Creativity
- Leadership
- Excellence

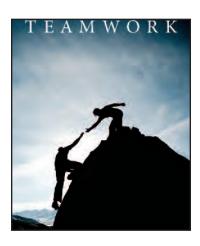
Each day we demonstrate compassion and integrity, are committed to excellence and creativity, and collaborate with community partners to create solutions.

#### **Our Vision**

Shaping positive lifestyles and a brighter tomorrow for our community.

## **Our Mission**

To provide exceptional behavioral health services that empower individuals and families to realize wellbeing, recovery, resilience, and independence.





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# Treatment Foster Care



Hope for a better life
Hope for recovery
Hope for tomorrow







#### TREATMENT FOSTER CARE

### The Purpose of Treatment Foster Care

Treatment foster care (TFC) is a specialized program that assists youth in improving their behavior through treatment approaches so they may return to the best setting possible.

TFC offers intensified services for youth who need extra structure and support not available in other foster care settings. TFC provides 24/7 supervision and a structured environment from highly trained and licensed treatment foster parents. The positive aspects of the nurturing and therapeutic family environment are combined with active and structured treatment to encourage age-appropriate behavior through frequent reinforcement.

Each youth placed in TFC will work together with their treatment team to achieve their individual goals. The treatment team consists of the youth, the treat-



ment foster parent, a treatment coordinator, a therapist, and the youth's guardian. Youths spend, on average, from 6 to 9 months in TFC.

The goal of the program is for youths to be able to make and maintain positive changes.

#### **Our Methods**

Our Treatment Foster Care (TFC) program offers traditional therapies using a trauma informed approach using treatment methods such as **cognitive behavioral therapy** (CBT) and **play therapy**.

We also offer unique specialty programs to our clients and families, including dialectical behavior therapy (DBT). We are one of the few TFC programs in New Mexico that offers DBT. DBT serves clients who have a history of self-harm, suicidality, impulsivity, intense anger, and mood dysregulation. DBT focuses primarily on skill building to regulate emotions, tolerate stress, and improve interpersonal skills by understanding dialectics and learning to stay in the present moment.

Our **Problem Sexual Behavior** (PSB) **program** is for youths who have committed sexual harm. This program provides comprehensive sexual health education, along with focusing on increasing and improving understanding of the five core competencies needed to prevent future harm. Highly trained and skilled therapists use a trauma-informed and family systems approach in working with clients and families.

# **Qualifying for TFC**

- Boys and girls ages 3 to 17 are eligibile
- Must have a mental health and/or behavioral health diagnosis
- The youth is at risk of failure (or has failed) in regular foster homes
- The youth is unable to live with his/her family due to emotional/behavioral issues.
- The youth is transitioning from a residential treatment facility, psychiatric hospital, or detention facility as part of the process to return to family and community
- The youth would benefit from the behavioral health services and supervision provided in a treatment foster home setting

# The Keys to Success

S ee your goal

Understand the obstacles

C reate a positive mental picture

C lear your mind of self doubt

E mbrace the challenge

S tay on track

S how the world you can do it!