



# Hallmark Youthcare

Richmond, Virginia



## Services Providing Direction and Hope



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Richmond, Virginia

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JCAHO Accredited;  
 Licensed by DMHRSAS  
 Members VAISEF, VAADAC and VCOPPA

*A Virginia and D.C. Medicaid Provider*

[www.hallmarkyouthcare.org](http://www.hallmarkyouthcare.org)



## Treatment Philosophy

Hallmark Youthcare’s trauma-focused, non-violent treatment philosophy promotes a safe, secure, and therapeutic environment for at-risk youth in community-based and residential services. Hallmark believes a non-violent treatment environment forms the basis for addressing the traumas in the lives of at-risk youth, promoting the formation of healthy relationships and caring homes. We value the importance of matching the client’s needs with the appropriate level, type of treatment, care and services. Hallmark promotes a culture that reflects these qualities at every level of our organization with the goal of providing hope, recovery, and renewed direction for youth and families.

### The Sanctuary Model®

Hallmark Youthcare Richmond is Virginia’s first empirically supported trauma-informed facility for residential services. The Sanctuary Model® is the foundation for our Adolescent Residential Treatment Program and emphasizes the Self Model:

- S – afety: emotional, physical, social and moral
- E – motional regulation skills
- L – oss and trauma work
- F – uture vision and goals for a better life

Residents are assessed and individualized treatment plans, activities, and therapies are developed based on the resident’s strengths.

## Residential Programs

- n Assessment and Diagnostic Services
- n Adolescent Residential Treatment
- n Short-Term Residential Treatment
- n Treatment for Sexually Aggressive Youth
- n Substance Abuse Treatment

### Assessment and Diagnostic Services and Emergency Placement *Ages 11 to 17*

Our Assessment and Diagnostic Services (A&D) provide a secure facility for children who do not have the necessary evaluations required to determine the most appropriate level of care. Patients admitted to A&D participate in all of the program components and in addition receive:

- Psychiatric evaluation
- Psychological and psychosocial assessments
- Nursing assessment including complete health and physical
- Educational assessments

### Adolescent Residential Treatment *Ages 11 to 17*

Hallmark Youthcare’s comprehensive Adolescent Residential Treatment Program offers a multi-disciplinary approach to individualized care. This includes the following components as appropriate:

- 24/7 psychiatrist and nursing coverage
- Individual, group and family therapies; Hallmark emphasizes family involvement and works with geographically distant families as needed.

- Psychoeducation groups: anger management, chemical dependency education, sanctuary tools, moral reasoning, social skills, and leisure awareness
- Therapeutic recreation activities and community outings
- Comprehensive educational services licensed by the Virginia Department of Education
- Nutritional counseling
- Substance abuse and chemical dependence treatment services

### Short-Term Residential Treatment *Ages 11 to 17*

Customization and flexibility are key to Hallmark Youthcare’s short-term treatment options for youth. Brief stays and highly individualized treatment plans meet the needs of youth stepping down from a hospital stay or who need a short-term residential stay.

### Treatment for Sexually Aggressive Youth (TSAY) *Ages 12 to 17*

Our TSAY Program provides immediate and intensive early intervention services for male adolescents, who have demonstrated aggressive sexual behaviors. Services are clinically focused with a three-tier approach: Assessment, Treatment, and Transition (ATT). Early intervention has proven to be clinically affective in reducing the recidivism rate of sexually aggressive adolescents and the severity of aggressive acts in the future (FSIQ of 70 or higher).