

## The Model

Families Together Inc. partners with Buncombe County and Asheville City schools to offer a positive treatment alternative to students in the area who will benefit from a small therapeutic structured environment.

Components of the program include:

**Group therapeutic sessions/activities**

**Individual therapeutic sessions**

**Skill practice**

**Parent nights**

**Case management activities**

**Crisis intervention**

Using the interventions above staff focus on assisting students in mastering the following skills,

**Anger Management Techniques**

**Coping Skills**

**Symptom Management**

**Problem Solving Skills**

**Positive peer Relations**

## The Staff

Each Program is staffed with a minimum of:

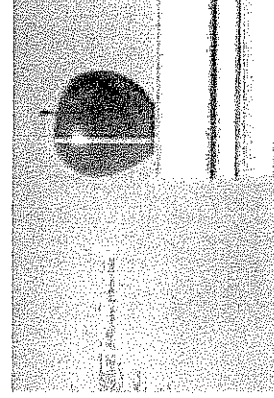
Two - Three Qualified Professional staff

One para-professional staff

One therapist

The local school system provides both special education and regular education teacher to support the program.

Some programs also have additional teacher assistants and para-professionals to meet the need of the children enrolled.



## The Programs

### **Buncombe County Programs**

#### **Oasis Program**

Located in Woodfin Elementary  
Serves: K – 5<sup>th</sup> grade

#### **New Beginnings Program**

Located in Owen Middle School  
Serves: 6<sup>th</sup> – 8<sup>th</sup> graders

#### **P.A.S.S. Program**

Located at Community High School  
Serves: 9<sup>th</sup> – 12<sup>th</sup> graders

#### **To Make a Referral Contact**

Kim Sasdelli - Day Treatment Director, FTI  
(828)258-0031

-----

### **Asheville City Schools Program**

#### **Success Builders**

Located in Randolph Learning Center  
Serves 6<sup>th</sup> – 10<sup>th</sup> graders

For more information contact:

Kim Sasdelli

Families Together Inc.

Day Treatment Director

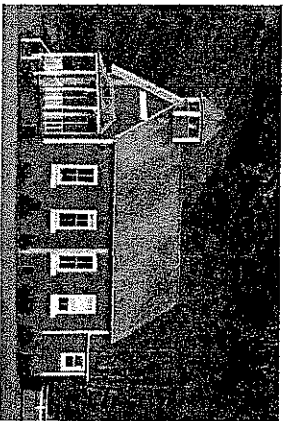
(828)258-0031

[ksasdelli@families.together.net](mailto:ksasdelli@families.together.net)

## Partnerships

*The Families Together Day Treatment model utilizes qualified and trained staff to serve children with mental health needs ages 5 - 18.*

*Our Treatment facilities are located within three Buncombe County schools and one Asheville City School allowing children to access the level of service they need without removing them from their home community or disrupting placements.*



## Day Treatment

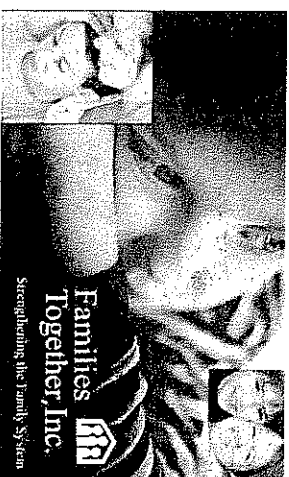
**Mission:** To provide facility and community based treatment to children and their families aimed at preventing disruption of placement and assisting children in mastering the skills necessary to successfully re-enter their mainstream academic setting.

### **Philosophy:** The FTT Day

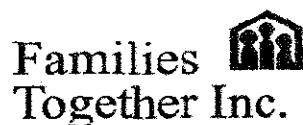
Treatment Program promote practical, community-oriented alternative services that work to divert children away from out-of-home care, and/or to seek permanence in a manner that is needs-driven, strengths-based, comprehensive, and service-oriented.

68 Grove St.  
Asheville, NC 28801  
Phone: (828)258-0031  
Fax: (828)258-0038E-mail:  
[ksascdell@familiesstogether.net](mailto:ksascdell@familiesstogether.net)

## Child and Adolescent Day Treatment



68 Grove St.  
Asheville, NC 28801  
(828)258-0031



## Child/ Adolescent Day Treatment Programs

---

### **Current Service Delivery**

Families Together Inc. (FTI) is currently serving approximately 55 children in 4 licensed Day Treatment facilities in Buncombe County.

Children ages 5 to 17 are receiving strength-based, recovery-focused services through group and individual interventions 4 - 6 hours per day in a minimally-restrictive, safe, therapeutic, and structured environment located in their own school system.

Each 12 client program is staffed with two Qualified Professionals, a para-professional, and a therapist.

Each 18 client program is staffed with three Qualified Professionals, a para-professional, and a therapist.

Staff provide continuous positive behavioral supports, daily therapeutic group activities, community-based skill-building activities, parent nights, and monthly team meetings to ensure information is consistently given to the parents, the clients' clinical home, and clients' mainstream academic setting into which they will be returning. Information is presented in these team meetings in the form of narratives, as well as charts and graphs, that reflect behavioral data collected from the program on a daily basis.

FTI believes this service should be short term and aims for clients to return to their mainstream academic setting in 90 - 120 days.

### **Outcomes**

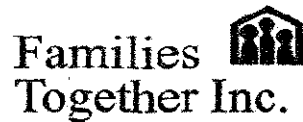
Since 2007 Families Together has served over 150 students in our school based Day Treatment Programs.

Approximately 80% of these students returned to a mainstream setting with improved behaviors and increased ability to manage their mental health symptoms.

Of the 20% who did not return immediately to a mainstream setting most were linked to additional services or higher levels of care which were coordinated with the Child and Family Team and the Day Treatment staff.

### **Partnership**

A successful Day Treatment Program relies upon a positive partnership with the Local Education Agency. Children enrolled in our school-based Day Treatment Programs still have their academic needs met by the local school system. This partnership can take many forms depending on funding, resources and size of the school district being served. The main goal of this partnership is to provide students access to a Day Treatment services without the child having to leave their home community. This also allows the local school system to have full control over the academics that the child receives during their enrollment in Day Treatment.



### **Therapeutic Structured Environment**

Each program has a detailed system of expectations, rewards, consequences, and reinforcements that are appropriate for the age group being served. Most programs incorporate a level system and self-monitoring tool used to track a client's progress toward his/her goals. The positive peer culture that exists in these programs is essential to their success.

Staff provide the following interventions throughout the day to address each child's needs and to assist them in reaching their goals:

- Behavioral interventions
- Anger management training
- Social skill training – including positive peer relations
- Enhancement of communication and problem-solving skills
- Symptom management
- Assessments
- Family support

### **What the School System is Saying**

"By collaborating with Families Together we have been able to serve students with significant mental health diagnosis in a school setting. Students are able to learn specific strategies and interventions that are then generalized over to the regular school setting. Students are learning school strategies and interventions to manage their mental health diagnosis while still staying connected to both their school system and their community."

*Felicia Goodgion*

*Behavior Specialist – Buncombe County Schools*