



Nurturing Support for Children after Trauma

Many of the children and adolescents we serve have experienced trauma, either through abuse, neglect or witnessing violence. We also recognize that entering foster care can be a traumatic experience for a child, causing feelings of anxiety and fear as children leave behind parents or other caregivers, siblings, pets, schools and other familiar aspects of home.

The MENTOR Network's Family Vistas model emphasizes the healing effects that nurturing family relationships can have and offers clinical interventions that are viewed through the lenses of trauma, separation, loss and grief.

A Focus on Quality

Each child we serve deserves the highest quality of service available. Using best practices from our Family Vistas model and our rigorous quality assurance standards, we make certain each individual's treatment is thorough, safe and effective. Our experienced quality assurance team performs regular audits so that our services continually improve and that we comply with all state and national requirements for providing behavioral health services to youth at risk and their families.

In addition, the Family Vistas service evaluation process, called Rules of the Road, documents staff interventions and provides a high quality standard against which to track outcomes. Services are overseen by our Medical and Clinical Directors to ensure that each child's care is effective and makes use of their natural strengths and abilities.

About The MENTOR Network

The MENTOR Network is a national network of local health and human services providers offering an array of quality, community-based services to adults and children. The Network's Therapeutic Foster Care programs are part of a continuum of personalized services for children with behavioral and emotional challenges and their families. Services may include:

- Day Treatment
- Wraparound Services
- Juvenile Offender Services
- After-School Programs
- Adoption Services
- Intensive In-Home Services



To learn more about how The MENTOR Network can make a difference for a child in your community, visit www.thementornetwork.com to find a location near you.

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Family VistasSM

The MENTOR Network's Therapeutic Foster Care Model





Therapeutic Foster Care

When it is not possible for children to live with their biological families, The MENTOR Network's Therapeutic Foster Care programs offer them safe, nurturing foster homes where they can heal and grow.

We carefully match children with foster parents called Mentors, caring adults from all walks of life who provide a helping hand, a home and a family for the children they care for. With the support of their Mentors, children recover from trauma and overcome behavioral challenges in a supportive therapeutic environment designed to:

- Reduce symptoms of trauma
- Increase stability in the home
- Develop more positive family relationships
- Increase well-being
- Achieve permanence (family reunification, adoption, etc.)

Family Vistas ModelSM

Because Children Belong in Families.



Helping Children Map a Positive Life Direction

The MENTOR Network's **Therapeutic Foster Care** program is based on our clinical model, **Family Vistas**, which recognizes that every child is walking their own path, with a unique vision for their lives. We help them set positive goals and support them in reaching the destination of their choosing.



Each child is supported by a dedicated treatment team, which coordinates treatment and helps ensure that all needs are met while the child is in the Mentor home. Through a **Comprehensive Clinical Assessment**, and using an outcomes-based measurement tool, the Child and Adolescent Needs and Strengths (CANS) Trauma Assessment, the team identifies the child's strengths and works with them to develop a personalized treatment plan.

Services are determined based on the child's unique needs and may include:

- Individual, group and family therapy
- Trauma-focused Cognitive Behavioral Therapy
- Life Books, where children keep important memories
- Individualized skill-building activities
- 24/7/365 crisis support

After leaving foster care, children may transition back to their family of origin or be adopted by their Mentors or other families. Young people over 18 may transition to independent living or higher education.

What is a Family?

For one child, it may mean biological parents and siblings. For another, it may mean grandparents, guardians or foster parents. The MENTOR Network supports every member of the child's expanded family—whoever the child considers family—in building nurturing relationships that can help the child heal and thrive.

Strengthening Family Relationships

Family relationships are key to a child's development and healing. Using evidence-based and evidence-informed tools, we help the child develop nurturing relationships in their foster family and, if appropriate, their family of origin or with other caregivers.

- **Trauma-focused Cognitive Behavioral Therapy** – Children have therapy sessions with a clinician specially trained in trauma care.
- **Motivational Interviewing** – Staff engage the child and family in envisioning a positive future and developing their own motivation to make positive changes.
- **Skill Building** – The child builds skills related to treatment goals, such as social skills.
- **Intensive Case Management** – We help ease the transition into foster care with all needed supports, including medical care and school enrollment.

4 Phases of Service

Pre-Service: Assessment

The child's treatment team performs a Comprehensive Clinical Assessment and CANS Trauma Assessment and creates an individualized treatment plan.

Phase 1: Stabilization

The child adjusts to the new Mentor home. The treatment team identifies the child's natural strengths.

Phase 2: Capacity Building

The child and family build coping, social and relationship skills. The treatment team adjusts the treatment plan to meet changing needs.

Phase 3: Mastery

The child and family apply new skills and begin transitioning toward the child's permanency goal (reunification, adoption, etc).

Phase 4: Transition

The child transitions into their new living arrangement. Staff celebrate with them on their success.

When It's Time to Go Home

For children transitioning out of our foster care programs, our Intensive In-Home Services offer extra support through family-focused therapy and skillbuilding in the home.