



## Who We Are

We are a multi-disciplinary school-based team of psychiatrists, therapists, and skills trainers working with clients and families to help them understand and manage their mental health needs.

## Our Purpose

We are committed to providing effective clinical treatment for children and adolescents struggling to manage mental health symptoms in the home and community.

## Who We Serve

We serve children and adolescents, ages 5 – 18, whose mental health difficulties impact their ability to be successful in their homes, schools, and communities.

### CHILDREN IN SCHOOL-BASED OUTPATIENT TREATMENT SERVICES MAY STRUGGLE WITH MILD TO MODERATE LEVELS OF:

- school avoidance
- mood regulation
- trauma history
- lagging social skills
- impulsivity
- attention issues
- depression
- anxiety
- suicidal ideation
- oppositional or unsafe behaviors

## PLEASE CONTACT VIRGINIA WALLACE, METRO OUTPATIENT COORDINATOR:

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### Services We Provide

#### PSYCHIATRIC TREATMENT

- medication management
- psychiatric assessment
- individual and family therapy
- treatment groups
- skills training
- consultation and case management

#### THERAPY

Each child is assigned a Child & Family Therapist, who meets with the client and their family for individual and family therapy appointments.

### School Districts with Trillium Outpatient Services

- Centennial
- David Douglas
- Estacada
- Multnomah Education Service District
- North Clackamas
- Oregon Trail
- Portland Public School District
- Parkrose
- Reynolds

If you are in a participating school district, please contact your school counselor to help connect to Trillium's outpatient services

### How we measure success

We work with each youth and family to develop an Individualized Plan of Care, which outlines areas of focus in treatment as well as long- and short-term goals to measuring the client's progress in treatment. Goals are reviewed in a formal meeting to discuss and review treatment progress and potential discharge from Outpatient. When treatment goals are met, children graduate from outpatient services with a transition plan. Depending on their needs, clients aftercare may include natural supports, primary care physicians, and community and school resources.

### Our Continuum of Care

#### Prevention & Early Intervention

- School & Community-Based Prevention & Screening Programs
- Chrysalis Support Group

#### Community Services

- School-Based Outpatient
- Therapeutic School
- Sender House—Young Adult Program
- Intensive Community Treatment Services (ICTS) & Intensive Outpatient Program (IOP)
- Partial Day Hospitalization
- ICTS Therapeutic Horse Program
- Applied Behavior Analysis (ABA)

#### Residential Services

- Psychiatric Residential
- Subacute
- Secure Inpatient
  - Secure Children's Inpatient (SCIP)
  - Secure Adolescent's Inpatient (SAIP)

BUILDING BRIGHTER FUTURES WITH CHILDREN AND FAMILIES

