

# Our Mission

The mission of the Youth Services Department is growing brighter futures by providing quality service, education, and access to resources and opportunities.

The Residential Treatment and Family Counseling Division is committed to offering services to those families who need professional support in their efforts to raise healthy functioning children.

We strive to maintain and strengthen the integrity of families through competent, caring and comprehensive programming.

The Highridge Family Center is dedicated to offering intensive residential services to families with youth between the ages of 11 and 16, and who are experiencing problems at home, school or with their peers.



# Contact Us

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4200 N Australian Ave  
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[www.pbcgov.com/youthservices](http://www.pbcgov.com/youthservices)  
[www.highridgecenter.com](http://www.highridgecenter.com)



Palm Beach County  
Board of County Commissioners



## Highridge Family Center

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Palm Beach County  
Youth Services Department

Residential Treatment &  
Family Counseling Division



Highridge Family Center is certified in providing trauma informed care through the Sanctuary Model. Our trauma sensitive programming focuses on creating a safe and supportive environment where healing from adversity occurs by fostering resilience through healthy relationships.

We change the question from “What’s wrong with you?” to “What happened to you?”

For more information, visit [www.thesanctuaryinstitute.org](http://www.thesanctuaryinstitute.org)

## Highridge Family Center

The Highridge Family Center is a 3-4 month, Monday through Friday, residential treatment program for Palm Beach County youth. We serve families with youth, ages 11-16, who are experiencing problems at home, school, with friends or in the community. Services are rendered at no cost with the exception of a small application and activity fee.

## Professional Staff

The Highridge Family Center is supervised by a Licensed Psychologist. The professional staff consists of licensed clinical social workers, master’s level clinicians, family counselors, residential counselors, and nurses. Highridge is also an interdisciplinary training site for psychology postdoctoral residents, psychology doctoral interns, psychology practicum students, social work interns, mental health counseling interns, and marriage and family therapy interns.

## Services Offered

- Social Skills
- Managing Behavior
- Family Therapy
- Group Therapy
- Individual Therapy
- Communication Skills
- Emotion Regulation Groups
- Parent Education Groups
- Recreational Activities
- Conflict Resolution Skills

## A Day at a Glance

*Schedule subject to change:*

- Breakfast
- Community Meeting
- School
- Lunch
- Therapeutic Groups
- Homework
- Family/Individual Therapy
- Dinner
- Structured Recreation\*
- Snack/Calls Home
- Reading Group
- Free Time
- Lights Out

*\*Structured recreation may include team sports, gym time, art activities, drumming circles or other activities.*



## Residential Setting

- Trauma informed programming that focuses on home, school, and peer issues
- Program participants stay in a dormitory style “house” of up to 12 youth per dorm
- Five dorms comprised of three male and two female dorms
- Twenty-four hour supervision
- Nursing staff available on each shift to address medical concerns
- Nutritional services including cafeteria style dining
- Indoor/outdoor recreational areas

## School Setting

- Palm Beach County School on-site
- Small class sizes
- Behavioral specialist in each classroom
- Youth learn how to be successful in a classroom setting
- Open communication and collaboration between residential staff and school staff

