



Lives, turned right side up.

UMFS

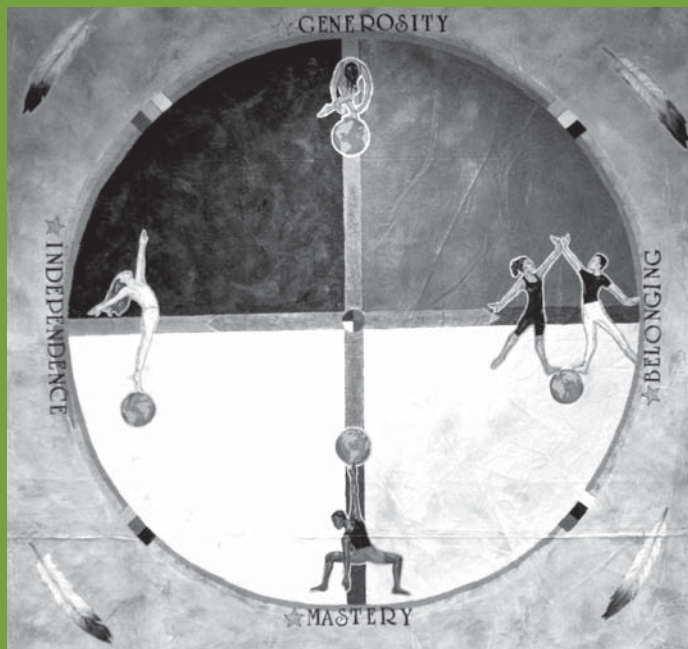
A network of services.
A goal of lifelong connections.

UMFS uses a *Wraparound Philosophy* based on the Circle of Courage™ to offer a diversified network of formal and informal services to children and their families. Our goals are permanency and lifelong connections for every child.

We believe that all people have strengths and are able to form social bonds, solve problems, exercise self-control, and make a contribution to society. Recent research has shown that the growth needs identified by the Circle of Courage™ are hard-wired into the human brain and essential for survival and well-being. With the support of formal and informal services, children and their families develop resilience by satisfying the following needs:

Belonging, thus building trust and safety;
Mastery, thus recognizing talents and skills;
Independence, thus promoting empowerment; and
Generosity, thus instilling purpose and greater connection to humanity.

We provide services to children and families in their communities and we strive to develop lifelong connections for all children.



UMFS Network of Services:

- FamilyCARE (*Collaboration, Advocacy, Resources and Empowerment*)
- Treatment foster care
- Adoption
- Intensive treatment
- School-based

Our services are based on these practice principles:

- Child-centered
- Family-focused
- Social networks and informal supports
- Strengths-based
- Culturally and linguistically competent
- Community-based
- Collaboration
- Parent/professional partnerships and family team decision-making
- Outcomes-based

UMFS Affiliate:

- Guardian Place, an independent-living community for active seniors



Our Mission Touch a life. Create a future.



FamilyCARE. *(Collaboration, Advocacy, Resources, and Empowerment)*

We provide services to children and families in their community to the fullest degree possible. FamilyCARE offers flexible individualized services and assists families in connecting with informal supports in their community.

Wraparound Coordination

Wraparound Coordination* provides early intervention for families who are at risk of having children removed from their home. UMFS staff establishes a community team with key stakeholders who have knowledge of free or low-cost community services for families and children. The team identifies the family's needs, strengths and challenges, then works together to develop a Wraparound Plan that connects the family to free or low-cost services already available in the community.

Follow-up with the family is conducted at six and 12 months after termination to determine if any further support is needed.

** Wraparound Coordination is delivered on a special contractual basis between a locality and UMFS.*

Family Finding and Engagement

Family Finding and Engagement starts with a diligent effort to identify, locate, and engage families of children who currently live in out-of-home placements. Family finding is based on the belief that all children need lifelong family connections. Our goal is to find 30 family members in 30 days.

Once family members have been found, we develop a unique and individualized engagement strategy to enlist the support of family members and others important to the child or family to participate in providing important information helpful to the child. The end result may be reunification with family or next of kin or the establishment of a permanency pact.

Our services to support the engagement of newly found family members include completion of home studies, family support services, intensive in-home services, home-based services, and family and parenting classes.

Family Group Decision Making

UMFS establishes a family team and, in coordination with a community case manager, conducts a strengths-based assessment with informal and formal participants in preparation for a family team meeting. UMFS staff facilitates and ensures the development of a Wraparound Plan consistent with the needs of the family.

Transition Coordination

Children's Mental Health Program Transition Coordination, funded 100 percent through Medicaid for up to 90 days, is available for youth transitioning out of residential treatment to a lesser level of care. Services include case management, meeting facilitation, care coordination, and discharge planning.

**Service is dependent upon continued Medicaid funding.*





Guided Visitation

Guided visitation provides regular or limited visits, in a safe and structured environment, between children and families who have *moderate* risk behaviors in their past and who seek to maintain family connections and/or reunify. UMFS staff observes the interactions and assures safety of the child.

Supervised Visitation

Supervised visitation is a structured, directed service for families with severe degrees of previous at-risk behaviors, specifically in regard to their children. Families who participate in these visits may be working towards reunification, are under court order to have visitation, or are in situations where it has been determined as therapeutic by the referral source.

Supervised visitation provides UMFS staff guidance and instruction designed to improve the interactions, and also provides for the safety of the recipients, including detailed documentation of the visit. UMFS staff plans for appropriate space, activities, observation, and supervision.

Mentoring

The mentor program provides one-on-one support services to youth with emotional and behavioral problems in the least restrictive environment. Mentors work closely with the referral source, involved professionals, and caregivers to formulate and implement goals and objectives. The mentor program seeks to promote healthier individuals, stronger families, and involved communities.

Home-Based Services

Home-Based Services are provided to children and/or families who are experiencing *mild to moderate* conflicts in the home, school, or community. This level of service meets the needs of clients who readily engage and are highly motivated. The duration and frequency of contact will be discussed with the referral source prior to initial contact and within 24 hours of that contact.

1900



State charter granted to Methodist Church for Virginia Annual Conference Orphanage, which was then built on property at 3900 West Broad Street in Richmond. Orphanage supported by on-site farming and dairy operations.

1929



Many children placed in orphanage due to financial necessities for families at the outset of the Great Depression.

Intensive In-Home Services

UMFS provides intensive in-home clinical services to children and families who are experiencing *moderate to severe* conflicts and/or multiple and overlapping diagnostic, environmental, or other issues. This includes children who have been abused and neglected, been removed from the home, or are being reunited with their families. We also work with children with specialized needs, such as emotional, medical, cognitive, and/or behavioral issues.

Family Stabilization Services

UMFS supports children and families by providing individualized, flexible in-home stabilization services, customized to meet a family's specific needs, in order to maintain or reunify families. These non-clinical services may include supervision, behavior support and management, family and parent education, and crisis management.

Intensive Care Coordination

UMFS will provide Intensive Care Coordination (ICC) to those youth and their families referred for services to either a) safely and effectively maintain a child who is at risk of residential placement, in the community, or b) to transition a child from a residential setting to their family's home, a relative's home, or a family-like setting in the community at the earliest appropriate time that addresses the child's needs. Services include a) assessment of the child and family's strengths and challenges; b) facilitation of a service planning process; and development of a service plan which addresses both strengths and needs; and c) monitoring of the implementation of the developed plan.



Respite Care

Respite care is designed to 1) provide temporary relief to caretakers and 2) to protect the health, safety and welfare of a child on a short-term basis (up to 29 days). Respite care will be offered as needed for the provision of temporary respite to primary caregivers with the aim of reducing family stress, preventing abuse and neglect, supporting family stability and minimizing placement disruption.

1933



Church collections increased as supplement to the orphanage's farming income.

1935



Social Security and public assistance measures reduce need for custodial care for children.



Treatment foster care.

Treatment Foster Care (TFC) is foster care with structured therapeutic support. Children placed in treatment foster care need additional support, because of the trauma they have experienced, along with possible emotional or physical challenges.

Treatment foster parents work with a team to create a home environment that is healthy and supportive, as well as intensely structured, in ways that benefit children with special needs, such as the following groups:

- Sibling groups
- Youth transitioning from more restrictive treatment environments
- Developmentally delayed or medically fragile youth
- Youth who have experienced adoption disruptions and those needing permanent care arrangements
- Pregnant youth

Whether it is reconnecting separated birth families, creating a new family through kinship care, or introducing a child in need to his or her new adoptive family, UMFS can help.

TFC to Family Reunification/Kinship Care

Reunification services focus on returning children to their families. Services are provided to help set up a strong support system for all participants during the transition period and for up to six months of follow-up care. Children may be reunified with birth parents, next of kin, or extended family members.

TFC to Adoption

If the plan for a child is adoption, UMFS foster families may choose to adopt or help the child transition to an adoptive family. Post-adoption services are available to foster families who adopt their foster children.



1951



Name changed to Virginia Methodist Home as programs served more children on a temporary basis and returned them to their families.

1953



Farming discontinued at Home, in part due to changes in child labor laws.



Adoption.

UMFS provides a range of adoption services that recognize that adoption is a lifelong process, creating a relationship between a child and adoptive parents. We pay special attention to the complex circumstances that give rise to the need for adoption and to the stresses and adjustments that ensue for all parties in this process.

Special Needs Adoption

(Achieving Adoption Services Through Collaborative Partnerships)

Children with special needs present particular adoption challenges. Our program is aimed at creating permanent placements for children who are behaviorally, emotionally, or physically challenged. Our target population also includes children eight years of age or older, and sibling groups needing placement together. A grant from the Commonwealth of Virginia gives UMFS the ability to offer special needs adoption services at a minimal cost to adoptive parents.

Adoptive Family Preservation (AFP)

Even when an adoption is finalized, many families and children need continued counseling, assessment, support, and referral advice. Our Adoptive Family Preservation (AFP) services can be important to preserving the adoptive family in the months or even years that follow an adoption. Services* include case management, counseling, crisis intervention, parent support groups, and children's support/activity groups.

** This free service can be accessed by any adoptive family in Virginia, regardless of the origin of the adoption.*

Parental Placement

UMFS facilitates adoptions arranged directly between adoptive parents and birth parents or legal guardians. We provide services and protections like those that exist under Virginia law when an adoption is arranged by a public social services department or private adoption agency. Our staff conducts a study of the adoptive home and provides counseling and post-placement services.

International Adoptions

Adoption of foreign-born children living in their native countries is an avenue some families consider. UMFS is experienced in the often complex procedures and adjustments involved in international adoptions. We are also experienced in working with organizations that identify children available for adoption in other countries.



1959



New cottages and other buildings erected on the West Broad Street property.

1979

Charterhouse School, named after Methodist founder John Wesley's school, established on Richmond campus.

1980

Name changes to United Methodist Family Services of Virginia to better reflect changing program and goals.

1984



Program expands to include adoption and foster care, as well as a residential program for youth. Regional centers open in Northern Virginia and Tidewater.



Intensive treatment services.

UMFS Treatment Center

The UMFS Treatment Center offers customized 24-hour intensive treatment with the goal of returning the youth to the community as soon as possible. Each youth receives daily 24-hour on-site staff supervision, intensive therapy (family, group and individual) and medication management services. Each treatment team works closely with the youth's guardian to design targeted treatment and discharge planning toward return to the community setting.

Our relationship- and strengths-based approach teaches youth that, despite their pasts, they can develop healthy, caring relationships with their families of origin, or foster families.

Our multidisciplinary treatment team combines skills in psychiatry, social work, nursing, special education, milieu and recreational therapy in a program designed to prepare the youth to live with a family in the community.

Adolescent females with emotional and behavioral problems

Due to the severe form of trauma many of our girls have experienced from neglect and/or physical, emotional, and sexual abuse by trusted adults in their lives, they often enter our care with mood, anxiety, adjustment, developmental, and other disorders. This program is designed gender-specifically using a holistic, relationship-based treatment model that focuses on girls' unique experiences and provides for the development of healthy relationships in their journey of developing belonging, mastery, independence, and generosity.

Sexually reactive males

This program addresses the special needs of youth 11-18 years old who have engaged in sexually harmful behaviors, often related to loss, neglect, and physical or sexual abuse. Through the UMFS treatment model, they learn to take responsibility for their harmful behavior and cope with the impact of past traumatic experiences.

Leland House

Leland House provides short-term intervention and stabilization not to exceed 45 days for youth ages 12-17 that are in a behavioral or emotional crisis and unable to remain in their family home or current setting.

Individual, group and family therapy is provided along with educational and recreational opportunities and clinical case management in a structured therapeutic setting with daily 24-hour on-site staff supervision. Our services are based on core strengths-based principles supported by compassionate adults and the most up-to-date evidence-based practices.

Leland House is operated by UMFS in collaboration with the Fairfax-Falls Church Community Policy and Management Team (CPMT).



1993
Groundbreaking for Guardian Place, an apartment-type residence for low-to-moderate income people over 55. Services expand to Harrisonburg area.



1996
Fredericksburg Regional Center opens.

2000
100th anniversary sees success of first-ever capital campaign and milestone of 3,000 children and families being served annually through six centers.

2001
Regional Center opens in South Central Virginia.



School-based services.

Charterhouse School

Charterhouse School offers year-round comprehensive educational services for students ages 11 to 18 in the UMFS Treatment Center. The school is licensed by the Virginia Department of Education and accredited by the Virginia Association of Specialized Education Facilities.

Charterhouse School's curriculum is aligned with the Virginia Standards of Learning and offers a broad range of middle and high school courses in language arts, social studies, mathematics, science, health and physical education, art, horticulture, computer technology, and service learning. Charterhouse School's career and technical education programs offer students an introduction to the skills they need to be successful in life. The curriculum also allows students to undertake independent study; i.e., GED preparation or online classes for high school credit. Extracurricular activities such as music, book club, and drama are also offered.

Staff members at Charterhouse School include highly qualified teachers and trained behavior specialists who work together as a team to provide students and their families with coordinated educational services.

Charterhouse School Therapeutic Day Program

Charterhouse School Therapeutic Day Program provides specialized education services to youth 11-18 years of age who struggle to function in their current school setting. We accept students with poor motivation, poor impulse control, short attention span and withdrawn behaviors. We also work with youth with emotional disturbances, learning disabilities, perceptual disorders, language disorders, social skill deficits, hyperactive behaviors, and struggles with their primary support systems. Individual and group therapy are available to each student throughout the week. The Therapeutic Day Program operates on a 9½-month (September-June) schedule.

Summer School

Our six-week summer program for extended school year students operates from 8 a.m. to 1 p.m., Monday-Wednesday, and from 8 a.m. to 2 p.m. on Thursday (educational field trip day), June-August. The summer program is closed on Fridays.

The summer program consists of two remedial classes per day in math and English/reading. Students receive homework remediation, computer technology, art, music, physical education, and daily recreation on our campus, as well as one individual therapy session per week and two psycho-educational groups per week.

After-School Program

Our after-school program operates from 3 to 6 p.m. on all school days, September-June, and provides opportunities to learn and grow in a safe and structured environment. After-school activities include homework remediation, recreation, and a life skills group, all designed to help students develop new skills and develop into responsible adults. Other activities may cover topics such as technology, reading, math, science, and the arts; new experiences, such as community service; or tutoring and mentoring opportunities.



Guardian Place.

Residential living for seniors.

Adults 55 and over who have low-to-moderate income have an attractive residential option in Guardian Place, an independent-living community affiliated with UMFS.

The 234 apartments of Guardian Place provide a comfortable and safe living environment on our Richmond campus, conveniently located in suburban Richmond.

Residents are able to maintain an active lifestyle and participate in many community activities.

2003



New building for Charterhouse School opens on Richmond campus. Therapeutic Day Program for youth 11-18 begins. A new program for sexually reactive males opens.

2005

United Methodist Family Services adopts UMFS as its operating name.

2007

Leland House opens in Centreville.

2008

Therapeutic Day Program expands and offers summer and after-school programs.



Locations.

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