

Paradise Oaks Clinical Services Programs

Paradise Oaks works to provide evidence based practices that serve our population. Alongside the daily structure and the safety aspects of residential treatment, we know that the children and families have experienced great numbers of traumas, grief and mental health challenges. To this end, we understand that treatments need to extend beyond a basic counseling experience.

Teaching Prosocial Skills, or “TPS”, is an evidenced based practice, which provides groups with components of Anger Management, Skillstreaming and Moral Reasoning. The philosophy is that children have very often not observed prosocial behaviors and their results. Furthermore, lack of skills has been studied thoroughly, and accounts for much of the aggression we see in schools today. Moral Reasoning is a different component than usually seen in the psychology landscape because it challenges teenagers to think situations through and personalizes experiences of moral choices.

We recognize also that using these skills in a classroom setting is only half the story. Therefore we reinforce use of these skills in the milieu and look for opportunities to encourage prosocial skills during interventions.

Trauma Focused Cognitive Behavioral Therapy, or “TF-CBT” is also an evidence based practice that grew from many clinical trials and supported by the National Child Traumatic Stress Network. This is a protocol to provide traumatized children and their families with a way to process that experience and ultimately to place the trauma in perspective. Supporting the protocol are measurement instruments including the UCLA PTSD index and the Youth Outcome Questionnaire for diagnostics and post-treatment evaluation. The process also includes caregivers in the process which can be instrumental in supporting new skills and future success.

Our staff includes five licensed MFT’s and MFT interns with over 50 combined years of experience. With our experience we have a fundamental understanding of the needs of our residents and work to provide tailored treatment and goals. Ultimately we want to have graduates of our program succeed in the community and in life.