

## OUR MISSION

Our mission is to create an environment that is supportive and nurturing by providing comprehensive mental health and therapeutic residential treatment to youth affected by a broad range of emotional, behavioral and developmental challenges. Our team of highly trained professional staff offers quality care to youth and their families through multiple treatment approaches. We are committed to helping youth attain their potential for personal growth and success by teaching them to consistently make safe and healthy choices.



CFG Residential, LLC provides out of home residential treatment to youth who have experienced trauma and to those who struggle with behavioral, mental health, and emotional challenges. We promote healing experiences with our youth and assist them in mastering new skills.

We help youth and families heal through connection by utilizing the Nurtured Heart approach.

Referrals are made through the New Jersey Children's System of Care and PerformCare.

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**Insight** is an Intensive Residential Treatment Service program serving 10 adolescent males and females between the ages of 14 and 17.

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**Excel** is an Intensive Residential Treatment Service program serving 10 male and female youth between the ages of 11 and 13.

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**Kids in Transition (KIT)** is a Specialty Bed program serving 12 adolescent males between the age of 13 to 17.

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All three programs provide an intimate setting that fosters individualized treatment for youth that need out of home treatment. We pride ourselves on the intensity and focus of relationship-based treatment.

Through these relationships and treatment, youth learn and exhibit the skills necessary to prepare for a future with their families and in the community.

We are nationally accredited by the Council on Accreditation (COA), which demonstrates the implementation of best practice standards in the field of human services.





# TREATMENT COMPONENTS

- 24-hour supervision by enthusiastic, experienced, trained and dedicated staff.
- All basic daily needs are met in a culturally responsive manner including medical, education, clothing, and nutrition.
- Weekly Individual and Family Therapy by licensed clinicians.
- Daily Group Therapy led by licensed clinicians, behavior care specialists and nursing staff.
- Milieu Therapy.
- Recreation Therapy with frequent therapeutic, vocational, leisure and community based activities.
- Structural Family Therapy.
- Individual therapies may include specialty treatment protocols by which the clinicians are trained including Trauma Focused Cognitive Behavioral Therapy, Play Therapy, and Sexually Problematic Behavior Therapy.
- Family connection and participation is promoted through phone calls, visitation and in community and home quality time.
- Advocacy and referral services to support youth and families and connect them with resources in the community.
- Individualized treatment planning and case management services using a strengths-based approach to maximize success for youth.
- Comprehensive Psychiatric Services, including evaluation, diagnosis, crisis intervention and prevention, medication evaluation, and management.
- On-site access to Comprehensive Professional Medical Health Care Services, including routine medical care, vision, dental, and emergency medical care.
- High staff to youth ratios.
- A structured daily program.
- Year round educational programming on site.
- Independent living, employment and vocational preparation skills training.
- Discharge planning that begins at the time of admission.
- Follow up on youth after discharge to assist with engagement in aftercare treatment. Our team goes to great lengths to ensure a smooth transition and encourage continuity of care.

## CORE VALUES

We...

**Believe** in the potential of all youth and families.

**Enrich** the lives of youth by providing memorable and meaningful life experiences.

**Learn** about the youth and family's strengths and provide tailored treatment solutions.

**Insist** on providing multiple opportunities to succeed.

**Employ** competent, ethical and dedicated staff and support them in improving their professional practice.

**Value** individuality and diversity.

**Empower** youth to establish, rebuild and strengthen relationships.

**We Believe!**



insight&excel  
PROGRAMS



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