Programs & Services
Alexander Youth Network is North Carolina’s leading provider of children’s behavioral healthcare. The agency provides a comprehensive array of services developed to treat children with, or at risk for, serious emotional disturbance. Services include diagnostic assessment, outpatient therapy, day treatment, psychiatric residential treatment, therapeutic and intensive foster care, community support services, Multi-systemic Therapy, and The Relatives, a shelter for runaway and homeless children.

Alexander serves nearly 1,500 children each year from throughout North Carolina from offices in Mecklenburg, Gaston, Caldwell and Burke counties.

Alexander Youth Network has earned the Gold Seal from The Joint Commission, the nation’s largest, most prominent provider of accreditation services to the healthcare industry.

**DIAGNOSTIC ASSESSMENT SERVICES**
Alexander provides Diagnostic Assessment services to children and youth who are in need of a clinical determination for treatment. This service is available to those who are new to the mental health system and for whom a determination is needed as to the appropriate level of services to meet their needs. Alexander serves those who voluntarily seek help, as well as those who are ordered by the courts to receive a Diagnostic Assessment.

**OUTPATIENT THERAPY SERVICES**
Alexander offers individual, group and family psychotherapy, as well as consultative and diagnostic services through its Outpatient Services program for children ages 5-18 and their families. Specialties include: behavior management for children; therapy for post traumatic issues related to physical abuse, sexual abuse, neglect, domestic violence, loss of a biological family member, and adoption; specialized treatment for sexually aggressive youth; and anger management.
strategies. Psychological testing is provided by Alexander’s licensed clinical psychologists, and medication management by board-certified child and adolescent psychiatrists. All Outpatient Services are individualized and scheduled to meet the needs of the family.

**MULTI-SYSTEMIC THERAPY (MST)**

Multi-systemic Therapy (MST) is a proven, family-centered program that works with youth and parents in their environment to address a child’s behavior problems at home, in school, and in the neighborhood and community. MST provides services to families who have youth between the ages of 10 and 17. The service is provided using a strength-based approach and works to build supports and skills needed to deal with behavior problems such as illegal activity, truancy, alcohol or drug use, negative peers, running away and aggression. The goals of the program are to keep youth at home, keep them in school and to keep them out of legal trouble. The program is based upon many years of research and has been developed by the Medical University of South Carolina in Charleston.

**COMMUNITY SUPPORT SERVICES**

Alexander offers Community Support Services to children 5 to 18 years old, and their families, to help create a support system that allows an emotionally disturbed child to live in the least restrictive setting possible. Community Support Services are tailored to each child and family in terms of content, frequency of contact, and duration. Our staff develops a person-centered plan through collaboration with family members, formal resources and natural supports identified by the family. The program focuses on training primary caregivers in working with an emotionally disturbed child and on helping the family build a support network that will allow for the child to remain in the home. Alexander uses the “Wraparound” philosophy when determining treatment and support options for children and families. Coordinators assume the role of advocate and serve as a personal guide/broker to assist each individual and family with planning and accessing the help they need. Alexander also provides ongoing monitoring and re-evaluation of each client’s response to treatment and supports received. Clients are encouraged to participate actively in the process of creating and revising the person-centered plan, and to contribute their ideas to finding solutions that address their unique needs. The client’s cultural background and spiritual values are also recognized and honored in all decision making.

**DAY TREATMENT**

Alexander provides day treatment at three locations in Charlotte and Gastonia. The program is designed and scheduled to meet the individual needs of children and their families. Services are available for at least three hours every weekday, as needed, throughout the year. Children are provided therapeutic services that address social and behavioral problems that, untreated, may
preclude children from attending public schools. Children also receive group and family therapy, tutoring, therapeutic recreation, arts and crafts, and other special activities. The program’s treatment approach is milieu therapy where every interaction is viewed as an opportunity for behavioral change. Children receive hourly feedback in a goal-oriented level system.

**SPECIALIZED FOSTER CARE**

Alexander offers Specialized Foster Care services to children throughout North Carolina who are able to live in a “traditional” family setting. The program is flexible and can be individualized according to the child’s needs, enabling Alexander to serve both children needing longer-term specialized foster care and those in transition to other settings. All children served in the Specialized Foster Care service are in the legal custody of their local Department of Social Services.

**RAPID RESPONSE CRISIS HOMES**

Alexander provides Rapid Response Crisis Homes in Mecklenburg County to offer brief treatment, structure and supervision to children with serious emotional disturbance. The program also can provide temporary relief to primary caregivers in order to reduce the constant and often stressful care of the child. This periodic service may be provided on either a planned or an emergency basis. In either case, the service is designed to support family stability, prevent abuse and neglect, provide short-term treatment, structure and supervision for the child, provide a therapeutic environment in which to conduct a comprehensive child and family assessment/evaluation, and prevent or minimize the need for lengthier and/or more intensive out-of-home placement.

**THERAPEUTIC FOSTER CARE**

Alexander provides Therapeutic Foster Care services to children throughout North Carolina. Therapeutic Foster Care families are licensed by the state and fully screened, trained and supervised by Alexander staff to provide quality services in their homes. Families are supervised by professional foster care coordinators who are on call around the clock. Foster family respite is available to help families take needed breaks from 24-hours-a-day supervision of special needs children.

**INTENSIVE THERAPEUTIC FOSTER CARE**

The Intensive Therapeutic Foster Care program is an alternative to group-based residential treatment, incarceration or hospitalization for children and adolescents. The objective is to provide services for those who need high-level out-of-home treatment provided in a family setting. Intensive Therapeutic Foster Care combines the benefits of therapeutic foster care with intensive in-home and/or community support services. The goal is for the child and the foster parent to develop a supportive relationship, reduce exposure to delinquent peers, decrease problematic behaviors and increase participation in developmentally appropriate pro-social activities, including school, sports and hobbies. Families are specially trained and supervised by professional foster care coordinators who are on call around the clock.
**PSYCHIATRIC RESIDENTIAL TREATMENT FACILITY (PRTF)**

Alexander Youth Network’s Psychiatric Residential Treatment Facility (PRTF) is located on the campus of Alexander Children’s Center in Charlotte. The 30-bed treatment facility serves children ages 5-14 with severe emotional, behavioral and psychological problems who need a highly structured, therapeutic environment. All services are provided under the direction of a board-certified child and adolescent psychiatrist with nursing on site 24-hours a day. Individualized person-centered plans are designed by an interdisciplinary team along with family members and other stakeholders. Family involvement is encouraged and Alexander provides three family cottages on site and allows families to visit without charge. Children live in cottages on Alexander’s 60-acre wooded campus. Amenities include a gym, indoor pool, and cafeteria. PRTF is a short-term stabilization placement for children who are a safety risk or need intense medication management. The average length of stay is 4-6 months.

**THE RELATIVES**  *The Relatives is a subsidiary of Alexander Youth Network.*

The Relatives, Inc., is a co-ed, 9-bed emergency shelter located in Charlotte that serves runaway, homeless and other youth in crisis ages 7-17. Youth may reside at the shelter for up to 14 days, or they may receive referrals, problem-solving, and support through a walk-in appointment or the crisis hotline. The staff provides 24-hour supervision, individual and family conferences, community referrals, educational activities and transportation to and from school. Parenting classes are also offered to assist parents in dealing with the many challenges of today’s youth. Youth may be referred by County Departments of Social Services, school systems, law enforcement agencies or other community resources. Clients pay no fee for services. Funding is provided by federal, state and local grants, foundations, corporations and individuals. The Relatives is a subsidiary of Alexander Youth Network.

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