



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

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

