



Programs That Work.

Y.O.U., Inc. offers a wide range of programming to address the serious long-term consequences of bullying behavior, as well as many of the clinical issues which can negatively impact a child's success in their home, school or community.



Sarah Montigny-Valois

Ann Toomey-Doane

Our **Community-Based Services Component** is directed by **Ann Toomey-Doane**, MSW, LICSW. Ann holds a Master's degree in Social Work from Boston College, and a Bachelor's degree in Psychology from Clark University. Ann has 24 years of program management and clinical experience at Y.O.U., Inc. including providing home-based and school-based services, as well as substance abuse counseling. She is an adjunct professor teaching in the Master's of Counseling Psychology Department at Anna Maria College.

Sarah Valois, MSW, LICSW is director of Day Treatment Services at Y.O.U., Inc., and holds a Masters degree in Social Work from Boston College, and a Bachelor's degree in Sociology from Clark University. Sarah's clinical specialties include adolescent substance abuse, family and group treatment, bullying intervention and education, girls' issues, and therapeutic recreation.

B.R.A.C.E. (Bullying Remediation and Court Education) Workshop
B.R.A.C.E. is a day-long workshop which provides a targeted, in-depth approach to address repeated or increasingly serious incidents of bullying.

B.R.A.C.E. Summer Therapeutic Camp

The B.R.A.C.E. Camp is a week-long, therapeutic and recreational camp for children and adolescents who have experienced repeated bullying in their schools. The camp will help these youth to heal, restore and increase their own self-esteem, and develop positive coping skills as they prepare to return for a new school year.

PUNCH! (Peers Uncovering New Coping Habits)

Is a co-ed, once a week, insurance-based outpatient group for youth aged 11-17 who have experienced difficulty managing their emotions and anger in one or more life domains (home, school, community). Participants learn to recognize the triggers for their anger, develop positive coping habits, and practice effective communication and conflict management skills.

Youth Making a Difference (YMD)

YMD is a DCF-referred, 5 day-a-week therapeutic after-school and summer program for co-ed youth aged 11-17 who struggle with social skills, emotional control, and coping skills as a result of school, community or family disruptions.

ASCEND (Acquiring Strength to Change and Empower through New Discoveries)

ASCEND is a weekly, insurance-based outpatient group that provides opportunities for middle and high school-aged girls to develop healthy connections with other girls in their community, and with positive female adult role models; to gain self-confidence and trust; and to develop important life skills.

Adolescent Substance Abuse Services

Our services for youth struggling with substance abuse issues provide a continuum of treatment options including assessment, intensive outpatient groups (IOP/SOAP), relapse prevention, individual and family therapy, and drug screening.

Please turn the page to learn more about Y.O.U., Inc.'s programs for school systems, provider agencies and families.



Therapeutic Recreation: The Adventure Challenge Experience

Our innovative **Adventure Challenge Experience (ACE) Program** is a highly successful therapeutic recreation program that helps our clients to overcome the deep-seated trust issues that can result from trauma and abuse, while building their self-esteem, problem-solving and communication skills. The ACE Program employs a wide variety of tools and techniques to accomplish these results, from games that utilize sports equipment, to group activities and exercises that can be accomplished in a classroom setting.

The ACE Program features a licensed, state-of-the-art ropes course and zip line located on the grounds of our Cottage Hill Academy in Baldwinville, MA. Rentals of the ACE course are available for school groups, businesses, and other interested parties, with required instruction by our certified ACE Facilitators.

Early Childhood Mental Health

We offer unique and comprehensive **Early Childhood Mental Health** services at child care facilities across Worcester County. Our highly trained, Masters-level clinicians offer on-site consulting services for children who are exhibiting aggressive or disruptive behaviors in the classroom. We use play therapy, storytelling, artwork, and other creative techniques to help children learn anger management and relaxation skills, discover ways to slow down their impulsive tendencies, and manage their anxiety.

Our clinicians also offer classroom observation services, and provide training to teachers on issues and topics such as managing difficult behaviors, bullying, developing a trauma-sensitive classroom, ADHD behaviors, confidentiality, teaching children about diversity, and team building techniques for teachers.

Jennifer Wiech, MSW, LCSW is the Director of Early Childhood Mental Health Services at Y.O.U., Inc. Jenni holds a Master's in Social Work from Smith College, and brings more than 7 years of experience to our agency.

Bob Brown, LMHC, has served as Director of School-Based Services in our Gardner Family Center since 2005, and is also a Licensed School Adjustment Counselor.

Russell Gwilliam, MA directs our School-Based Services in Worcester, and brings 35+ years of clinical experience to the agency.



■ ■ ■ ■ ■

Christopher Poole (pictured, R) is the Director of the ACE/Therapeutic Recreation Program at Y.O.U., Inc. Chris holds a Bachelor's degree in Movement Arts/Physical Education from Eastern Nazarene College, and is a certified Level 2 Challenge Course Practitioner. Chris brings 15 years of experience in experiential education to his work at Y.O.U., Inc.

Andrew Lapointe (pictured, L) has been with Y.O.U., Inc. for more than seven years serving as the Assistant Program Director for the Y.O.U., Inc. Education for Employment (GED) Program, and also as Lead Facilitator for our ACE Program. Andy is a proud graduate of South High Community School and Westfield State College, and is a certified Level 2 Challenge Course Practitioner.



School-Based Services

The Y.O.U., Inc. Family Centers are home base to our comprehensive **School-Based Services**, which include a wide range of individual and group counseling, consultation, training, psychological and ADHD testing services and risk management evaluations to public schools across the area.

Our clinical staff can offer in-school individual or group therapy as appropriate, as well as provide office-based medication evaluations and family therapy, classroom observations and staff trainings.