



B R I D G I N G T H E E X P E R I E N C E

360

360 is a program designed to help young people successfully transition from out of home treatment to home, college, or independence. Through mentoring, parent support, and the coordination of community based resources, our team of experienced Parent Coaches and Mentors ensure that positives changes made in treatment are maintained in the real world.



360 TRANSITIONS BRINGING CHANGE HOME

WHO DOES THE 360 PROGRAM SERVE?

- Families anywhere in the country with an adolescent or young adult transitioning from short-term or long-term residential treatment
- Adolescents transitioning home following residential treatment
- Young adults transitioning to home, college or independence following residential treatment
- Families with an adolescent or young adult struggling to adapt during a challenging transition period in their lives



360 helps adolescents and young adults successfully transition from treatment to home, college, or independence. Transitions from one setting to another can be challenging and disruptive for the young person and his/her family. **360** provides the entire family with wrap-around support to ease this disruption and assist parents in supporting their child as they transfer the skills learned in treatment to their real-world setting.

The **360** program is designed to both preserve the changes made in treatment and to put closure on the treatment and transition process so that the young person can move forward. This includes transition planning, coordination of local resources and support for the entire family from a **360** Parent Coach and a Mentor. The real time access that the family has to the **360** team allows for an accelerated transition process to take place. **360** staff bring years of experience and the highest level of clinical expertise to their work with families in transition. From their years of work in adolescent and young adult treatment, **360** Parent Coaches and Mentors have a deep understanding of what is required to help positive changes made in treatment continue when the child leaves residential care.

360 TRANSITIONS

ADMISSIONS
CONTACT

beth@360transitionservices.com
(919) 428-0048 • www.360transitionservices.com



WHAT SETS **360** TRANSITIONS PROGRAM APART?

THREE-MONTH STRUCTURED TRANSITION PROGRAM:

Each family that participates in **360** is guided through a structured but personalized process that prepares the whole family for a successful, well supported transition. All program components together create **360** degrees of wrap-around support to ensure a safe and seamless transition. Designed by licensed therapists who have supported countless families through this process, **360** creates a bridge from one environment to the next, coordinating and engaging a local support network so that changes made in treatment are transferable and sustainable. **360's** transition process is designed with an intentional beginning, middle and end to help provide clarity and direction for the family for a true transition experience. As the family nears the end of the three-month period, they have the option of customizing and extending the support if needed.

CLINICAL SOPHISTICATION:

The **360** program was developed by a licensed therapist with extensive treatment and transition experience. All **360** Mentors have comprehensive field experience working with students and families as prior wilderness instructors. **360** families receive the

highest level of treatment available from recognized leaders in the field of adolescent and family treatment.

CONTINUITY OF CARE:

The **360** program provides families with a seamless bridge from treatment to home. The **360** team is familiar with a number of treatment modalities and becomes familiar with each family's treatment process, community resources, and support system. This allows them to engage the transition as informed knowledgeable insiders who are equipped to support lasting change. **360** parent coaches and mentors actively collaborate with the entire team of professionals working with the family. Families can courageously and effectively engage the challenges ahead knowing that a compassionate, understanding team of professionals will be there with them each step of the way.

UNPARALLELED PARENT SUPPORT:

The **360** program is designed around the understanding that parents play a key role in the success of their child's transition from treatment. There is a natural disruption in the whole family system as a child returns; parents, therefore, need as much support and guidance as the child. The **360** program is committed to ongoing

parent support and education and offers parents their own resource through the parent coach.

PURPOSEFUL VISITS WITH THE STUDENT:

Face to face visits with the student are an important component of the **360** program. In person mentor visits help establish rapport and build trust, accelerating the transition process. The initial field or home visit allows for the co-creation of a realistic transition plan at the peak of a student's experience in treatment. The additional mentor visits, which take place in the client's home community, are designed to help the student build his/her own personal support network. Additionally, this is an opportunity for an in-person assessment of how the student is managing the transition as well as an opportunity to offer support, encouragement and guidance as the student is settling into their new environment. In conjunction with the in-person visits that are valuable for rapport building and course correcting, the daily, remote Mentor support also has a purpose. Striking the right balance of both support and room to struggle allows the opportunity, ultimately, for ownership of choices and long-term sustainability as the **360** team phases out.