



RESIDENTIAL TREATMENT SERVICES



Casa de
Amparo

Treating and Preventing
Child Abuse and Neglect



CASA DE AMPARO

Casa de Amparo was founded as a non-profit organization in 1978 by a small group of local women concerned about domestic violence and the welfare of children.

Today, we continue to expand by supporting each Casa Kid's individual and changing needs through all their stages of life. As a non-profit organization, we are recognized as a major force in the treatment and prevention of child abuse and neglect.



Youth come into our 24/7 residential treatment program throughout the state of California due to our quality programs, professionalism and trauma-informed focus. We are proud to be one of the only Short Term Residential Therapeutic Programs (STRTP) in Southern California accredited by The Joint Commission for our excellence in safety and quality of care.

We provide a safe and inclusive environment on our 11.4-acre campus in the Twin Oaks Valley of San Marcos in Northern San Diego County.





CASA KIDS CAMPUS

Nestled in the Twin Oaks Valley in San Diego County, Casa de Amparo's Residential Treatment Program is located in a quiet neighborhood surrounded by tranquil parks. Framed by beautiful pepper trees, the Casa Kids Campus features comfortable cottage accommodations and expansive outdoor areas for recreation and activities.

Youth receive round-the-clock individualized support, customized interventions, and genuine, compassionate care. Our program's emphasis on safety, individual attention, and customized treatment plans are reasons why we're a premier adolescent residential treatment center in California.



CASA COTTAGE LIFE

Our home-like cottages cater to our resident's varying ages, treatment plans, and gender identity. Each resident has their own bed and area for personal items and are welcome to the serene outdoor courtyard in the middle of each cottage.

Youth are invited to relax in the garden, hang out in the BBQ area, or even play basketball, volleyball, or soccer with other residents and staff.

Additionally, our Art & Music Therapy rooms, Library, and Casa Learning Center are great places to snuggle up with a good book, be creative, or work on schoolwork.



INDIVIDUALIZED THERAPEUTIC CARE & ARC

We offer evidence-based treatment to youth ages 12-18 struggling with PTSD, depression, anxiety, substance abuse, self-injurious or high-risk behaviors, and/or suicidal ideation. Our trauma-informed clinical interventions are guided by the organizational framework of Attachment, Self-Regulation and Competency (ARC).

The ARC Framework has been developed for youth who have experienced complex trauma by addressing important childhood skills and competencies that are often negatively affected by traumatic stress and attachment disruptions. When addressed through therapeutic interventions, predict resilient outcomes.

Youth participate in individual and family therapy, regular psychiatry sessions, and daily groups such as Anger Management, Seeking Safety, Life Skills, Mindfulness, Healthy Relationships, and more. Through individual and group therapy, youth learn the skills necessary for distress tolerance, emotional regulation, interpersonal effectiveness, and achieving balance.

Dialectical Behavior Therapy and Cognitive Behavior Therapy are integrated with experiential therapies: art, music, fitness, cooking, yoga, and more. We also provide academic support to help youth progress with their educational goals.



SERVICES

- 24/7 care, crisis intervention, and support
- Therapeutic rehabilitation and recreation programs
- Individual and group counseling
- Psychiatric evaluation and medication management
- On-site essential medical services
- Education evaluation and school placement
- Healthy leisure and cultural activities
- Supervised visits with supportive family members
- Life, social, nutritional, and career guidance

PROGRAM & FACILITY

- ADA compliant
- LEED certified
- Licensed to serve ambulatory and non-ambulatory children and those with special healthcare needs
- Licensed residential treatment center in San Diego County serving pregnant and/or parenting foster youth



ELIGIBILITY & FEES

- Youth are referred by Child Welfare Services and the Department of Juvenile Probation.
- We also accept private placements.
- Clients do not pay fees for the program.



“There is nothing more rewarding than seeing eyes that were once sad and hopeless come to life with the sparkle and excitement of hope and promise.”

*-Tamara Fleck-Myers, LMFT,
Past Executive Director*

TRANSITION PREPARATION PROGRAM

While participating in residential treatment, youth showing excelled responsibility, leadership and independent living skills may be referred to one of the program's apartment-like living arrangements.

Youth nearing transition age are able to improve their community-readiness skills as they learn to do laundry, budget for and prepare meals, go to work and/or school, all while still receiving the essential treatment and support they need in the program. The highly supportive environment increases each youth's ability to cope with the stress of increased independence by targeting their understanding of new freedoms and improving their ability to cope and have the skills needed for positive decision making.

Youth in this program are well-suited for our transitional-housing program, New Directions. For more information on our New Directions program, visit www.casadeamparo.org/new-directions.





PREGNANT & PARENTING PROGRAM

Our pregnant and parenting cottage supports youth needing intensive mental health treatment, while also incorporating parenting services including intervention, assessment and education. Together, these strengthen parenting skills, help identify and reduce behaviors shown to contribute to child abuse and neglect, and improve each mother's ability to manage their child's behavior in a safe and positive manner. Services help break the intergenerational cycle of trauma and abuse and help to mend family bonds, creating in healthier family systems.

Essential on-site medical services eliminate the stress of finding transportation to prenatal care or well-baby visits and gives mom peace of mind.



ART THERAPY

One of the most successful ways our youth have been able to address early childhood trauma is through our Art Therapy Program. As teenagers, our youth respond well to this program as they are given the chance to be creative and explore their own emotions.

An art therapist works with our youth and encourages them to use all different mediums and art styles to express the way they feel--without having to say a single word.

“There’s something about Casa that made me want to open up and tell things I’ve never told before. At Casa, I discovered qualities within myself that have made me who I am today.”

*-Jessica,
16 years
old*



MISSION

To support those affected by and at risk of child abuse and neglect, through a range of programs and services that promote healing, growth, and healthy relationships.

EMAIL

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WEBSITE

www.casadeamparo.org

PHONE

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PARTNERS



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