

cardea

YOUTH  
CARE

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Children of all ages who can no longer live at home can be temporarily placed in foster families.

For older youths, there are separate treatment centres that provide accommodation, trainings and treatment to address the problems they experience at home, with the intention to return back home or to find independent living accommodation.

#### Guided independent living

For youths aged 15 years and up, Cardea provides a range of guided independent living programmes. Each programme corresponds to the degree of independence the youths can cope with. In almost all cases, this type of 24 hour care is combined with part-time day programmes at the old youth campus. These youths are also assigned a mentor with whom they assess their progress on a regular basis.

#### Emergency care

Child safety comes first. This means that in times of crisis, Cardea must offer immediate and effective help. Our range of intensive programmes that are geared to crisis situations enable our social workers to offer practical, intensive assistance to families. In some cases, a child may benefit from being placed outside the home temporarily in one of our treatment centres. Emergency shelters accept children without referral by Bureau Youth Care.

#### Special programmes

Cardea has a number of programmes that treat a very specific target group. Our observation and diagnostics programme for children from 2 to 6 years involves intensive observation sessions that take place during two mornings or afternoons, for an average period of four months, and assess the child's strengths and weaknesses and determine which form of treatment is advisable. There is also a programme designed for children traumatised by domestic violence, and a specific supervision programme for children of divorced parents who have been granted visitation rights. For chronically sick children, or obese children, Cardea has developed a range of specific programmes in collaboration with Leiden University Medical Center.

Cardea helps you along your way.

In practically all cases, this form of treatment is combined with family therapy, to assess and work on the problems of the family as a whole. Parents are provided with tools to continue what has been introduced in day treatment. By doing so, the direction of the treatment can be followed up at home.

#### Campus 12+

For youths from 12 to 18 years, Cardea has selected an approach that involves a closer form of contact. Appointments are made with both the parents and youths. Besides going to school or holding a job, they participate in a part-time treatment programme at the older youth campus, which comprises a range of activities. Cardea also offers learning-work programmes that combine theoretical background with practical experience, providing youths with useful daytime activities, whilst (temporarily) adding some much-needed structure to their lives. All youths are assigned a mentor who helps them draw up a treatment plan and with whom they monitor and assess their progress on a regular basis. The campus also provides trainings that specifically address the problems the youths are faced with. There are separate trainings for girls, geared to enhancing their strengths through gaining assertiveness or self-confidence. Even if these trainings primarily focus on the youths, the parents are of course closely involved in the treatment. This form of treatment is also often combined with family therapy.

#### Day treatment 17+

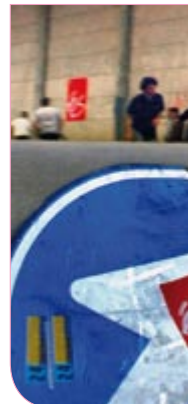
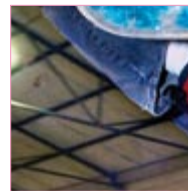
For youths aged 17 and up, the treatment approach is specifically focused on education and work. This target group consists of secondary school dropouts without qualifications who face social problems as a result of this. Often, underlying problems have prevented them from finding and holding jobs or completing an education. Cardea helps them in dealing with their problems by offering a range of programmes at the older youths campus, including learning-work programmes or school attendance programmes. Along with their mentors, Cardea helps these youths find solutions to their problems.

### 24 HOUR CARE

#### 24 hour care in (group) homes

Cardea has facilities for children and youths, both short-term and long-term structured residences, ranging from emergency shelters to independent living projects. These facilities are geared to young children and youths to 18 years. In some facilities youths can stay up to the age of 23.

There is a treatment centre for children from 6 to 14 years. These children live at home and receive treatment at the centre where they acquire new skills and work at their problems with their parents.



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ALONG  
YOUR WAY

## CARDEA HELPS YOU ALONG YOUR WAY

Before parents resort to seeking help in raising their child or children, they often have a long and difficult time behind them, in which they've tried just about anything to deal with the problems they have been faced with at home and at school. When they eventually ask for help, it is often very much needed.

Thanks to our years of experience, Cardea Youth Care is well aware of the problems that can occur when growing up and raising a family. The development of a child sometimes differs from that of their peers. Problems connected with this will often affect family life and can have a negative impact on school or work. Things can also be the other way around: problems within the family may affect the child's behaviour. Our team of specialists with a broad scope of expertise can help in solving these problems, focusing on the family situation and client's questions. Along with family members, Cardea will explore possibilities for improvement and determine which care best meets their needs.

### Cardea Youth Care

Cardea is an organisation that provides youth care in the northern part of South Holland. Annually, over 400 professionals offer help to about 2000 children and youths from 0 to 23 years who experience developmental, behavioural or family problems. There are several forms of care, ranging from outpatient care, day treatment, 24 hour care or a combination of these forms. Besides the families, the municipal services, child and adolescent psychiatry services and special education are all closely involved in the Cardea programmes. At Cardea, two aspects are of utmost importance: the development possibilities of children and their families, and child safety. We believe that children and families that receive timely care and guidance will grow into well functioning individuals.



### Cardea and the parents

Parents who experience problems bringing up their child or developmental problems can consult Cardea upon referral by Bureau Youth Care. Along with the parents, a permanent contact person will assess the problem and determine which kind of help best suits both their and the child's needs. The problems are then translated into practical goals and forms of help, which are discussed and evaluated with the parents on a regular basis. If needed, the treatment can be adjusted.

## TYPES OF CARE

### Tailor-made care

Cardea offers care in various forms that can be divided into four categories. Firstly, there is outpatient care, which involves a social worker visiting the family once or more times a week to achieve specific aims. Secondly, Cardea has several day treatment centres that accommodate children or youths for a whole day or parts of the day. Cardea also offers 24 hour care for children who have been temporarily placed outside their homes. And finally, Cardea's crisis care programmes are geared to situations that require immediate help.

Experience shows that each situation is different and therefore requires a tailor-made approach. That is why various types of care are frequently combined to come to the best solution-driven approach. This approach can be further supplemented through training modules for both parents and children.

In order to find fitting solutions, Cardea will actively tackle problems where they occur, be it at home, at school or in the neighbourhood, if necessary involving parents, family members or friends. Cardea cooperates with parents in solving these types of problems, as parents know their child the best. Besides providing excellent parent guidance, we also work closely with special education and other organisations if needed, such as mental health care institutions, judicial authorities, LVGs and area health authorities.

## OUTPATIENT CARE

### Family therapy

A child's developmental problems often affect the family situation, or vice versa. This interaction calls for a family-oriented approach. For this reason, outpatient family therapy is a recurring element in all Cardea's programmes.

Family therapy workers support parents in dealing with their child's difficult behaviour and problematic family situations, improving child-parent communication. In short: Cardea confronts problems where they occur, mainly in family homes. The fact that this approach works is supported by both scientific research and everyday practice.

## DAY TREATMENT

### Treatment in combination with school or work

The Cardea campuses have been built based on the vision that help should be offered in the child's own surroundings. A campus is a location that accommodates all types of care for children from 0 to 12 years and youths from 12 to 18. The campus is not a 24 hour care facility. The children come to the campus around 9 o'clock in the morning and go home around 6 o'clock at night. The programmes and trainings are combined with education or work, and in some cases youths are supported in finding a job.

### Younger youth campus

For children under the age of 4 years - for whom education is not yet compulsory - Cardea offers a special programme to stimulate the child's development.

Children from 4 to 6 years stay at the campus for several schooldays a week and receive a combination of education, trainings and treatment that caters to their needs. Instead of separate programmes - first school, then day treatment, and so on - each child receives the help they need in one place, coordinated through a multidisciplinary treatment plan.

Children from 6 to 12 attend school as often as possible, after which they return to the campus. They are then offered a tailor-made programme of trainings and treatment. If there is a need for additional guidance, the child care worker contacts the primary school in question.

