

## Our Mission

MPA's Community-Based Services' mission is to provide a flexible, caring, safe, therapeutic environment where clients and families have the opportunity to have a voice, stabilize, grow, and acquire the skills they need to maintain successful permanency. We aim to develop trusting, respectful relationships with our clients and their families, and to facilitate experiences that promote their ability to self-regulate, manage thoughts and feelings, and develop feelings of safety, confidence, and competency. Our non-profit inspires clients to achieve meaningful success in their own unique and personal way. CBS is part of Mount Prospect Academy and adheres to its mission

## Goals and Objectives

- Identify the strengths of individuals and family systems
- Decrease presenting concerns and problems in the household and in the community
- Increase the number of positive community supports available to families
- Improve communication and decrease conflict amongst individuals in the home
- Increase the youth's attendance and overall functioning in school and/or the workplace
- Increase knowledge by providing psychoeducation in a variety of domains
- Prevent or reduce the frequency and length of out-of-home placements
- Increase the youth's prosocial skills

# Contact Us

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**Mount Prospect**  
**Community-Based Services**

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**Community**



**Connection**



**Resilience**

[WWW.MOUNTPROSPECTACADEMY.ORG](http://WWW.MOUNTPROSPECTACADEMY.ORG)

## Our Programs



### Home-Based Therapeutic Services (HBTS) or Level 1 & 2 Fast Forward

The Solid Foundations HBTS program is designed to serve youth who have diverse physical, emotional, and educational needs, but who are still able to maintain some level of safety at home and in the community. The type and extent of services provided is determined based on a comprehensive assessment of the needs of the youth and family. The program is designed to be short-term, with an average service term of 90 days.



### Individualized Service Option (ISO) or Fast Forward Levels 3 and 4

The Project Connect ISO program is the more intensive of the two community-based programs in NH. The type and extent of services provided is determined based on a comprehensive assessment of the needs of the youth and family. The service term typically ranges from 90-180 days. In addition to the services provided by the Solid Foundations HBTS program, youth in the Project Connect ISO program are eligible for respite care in a licensed foster home and emergency crisis stabilization. This enables the agency to provide community-based services to a larger population, including those who are at a higher risk and those presenting with more significant safety concerns.



### Who We Serve

The Solid Foundations HBTS and Project Connect ISO programs serve male and female youth and their families. We specialize in treating children and adolescents who present with the following concerns:

- Extreme behavioral challenges
- Chronic mental health or emotional challenges
- Sexualized behavior issues
- History of abuse, neglect, or other trauma
- Conduct disorders
- Substance abuse
- Verbal and physical aggression
- Fire-setting behaviors
- Academic and behavioral challenges in the school setting



## Services Offered

- Individual counseling
- Family counseling
- Group counseling
- Educational counseling
- Case management and service coordination
- Psychoeducation and parent training
- Substance abuse counseling and education
- Anger and behavioral management
- Trauma-informed care
- Tracking and mentoring services
- Preparation for independent living
- Role modeling and applied learning in the community
- 24-hour on-call support
- Up to 10 days of crisis stabilization in a residential treatment facility for youth in the Project Connect ISO program



Did you know? Since 2010, the Solid Foundations HBTS and Project Connect ISO programs have served over 3,451 youth and families in the state of New Hampshire.