

## Evidence-Based Practices

—clear instructions, and use appropriate consequences for compliance and noncompliance.

### Dialectical Behavior Therapy (DBT)

DBT is a type of therapy that helps people manage strong emotions, improve relationships, and develop healthy coping skills. It focuses on mindfulness, emotional regulation, distress tolerance, and communication skills to support positive behavioral change.

### MATCH (Modular Approach to Therapy for Children)

MATCH is a flexible, evidence-based program for children and teens addressing anxiety, depression, PTSD, and behavioral issues. Therapists tailor treatment using proven tools, while the web-based TRAC system tracks progress and allows real-time adjustments.

### Seven Challenges

Seven Challenges is a counseling program for youth and young adults ages 12–25 that addresses alcohol and drug use. It helps individuals reflect on their choices and build motivation for change.

### Rehabilitation for Empowerment, Natural Supports, Education, and Work (RENEW)

RENEW helps youth ages 16+ with mental illness understand how to plan for the future, set career and life goals, and create a strengths-based plan for transitioning from school to adulthood.

### Journey Program

The Journey Program supports youth ages 14–19 by teaching skills and values needed for independence and success. Through individualized plans, the program helps high-risk youth build confidence, overcome challenges, and smoothly transition into adulthood.



## Child, Adolescent, Family & Young Adult Services

### MAIN OFFICE:

10 Tsienneto Road  
Derry, NH 03038

### BRANCH OFFICES:

10 A Street, Unit 2  
Derry, NH 03038

39.5 Birch Street  
Derry, NH 03038

103 Stiles Road  
Salem, NH 03079

15 Ermer Road, Suite 212  
Salem, NH 03079

24/7 ACUTE CARE SERVICES:  
(603) 434-1577 OPTION 1

[CenterForLifeManagement.org](http://CenterForLifeManagement.org)



## Services for Children

Healthy emotional well-being is essential to children and important to their familial, social and academic success. Our specialists are skilled and experienced at working with families and their children from pre-school age through adolescence.

*Therapy services include:*

### Individual Therapy

Builds trust and helps children express emotions, communicate more effectively, and develop coping skills.

### Family Therapy

CLM therapists strengthen roles, boundaries, and communication within the family.

### Case Management

CLM assesses your child's and family's needs to create a care plan, advocate for you where needed, and connect you with resources such as school, community, medical, legal, and insurance support. Your case manager guides and supports your family every step of the way.

### Community Support

CLM provides in-home or community-based support to help individuals build resiliency, recover, and stay connected. Functional Support Services (FSS)—including Crisis Support, Family Support, and Therapeutic Behavioral Supports—help individuals and families manage mental health challenges, build skills, set goals, and work toward school, work, and personal success.

### Medication Management

CLM provides compassionate medication services for behavioral health, using carefully prescribed psychiatric medications to help reduce symptoms and augment counseling. Services are delivered by board-certified psychiatrists, nurse practitioners, and nurses working together with your full treatment team to ensure coordinated, well-rounded care that supports both mental and overall health.

## Benefits Specialists

A benefits specialist helps clients access the resources they need—such as Medicaid, Social Security, food assistance, and housing programs—to support their daily lives. They guide clients through applications and paperwork, answer questions, and solve problems related to benefits.

## Specialized Programs

### Assertive Community Treatment (ACT)

ACT provides intensive support for children and families with complex behavioral health needs that have not been met through traditional services. Care is provided through a wraparound team that may include a psychiatrist, community-based therapists, and a case manager.

### Trauma Informed Care

Trauma is a response to overwhelming or harmful experiences that disrupt a person's sense of safety and ability to cope. When trauma occurs during childhood or young adulthood (ages 0–30), it can significantly affect emotional, cognitive, and behavioral development.

### Young Adult Program

The Young Adult program supports youth ages 18–26 as they transition into adulthood. It helps individuals build the skills needed for independence, manage challenges, and work toward personal goals through individualized support plans tailored to their specific needs and interests.

### HOPE - First Episode Psychosis

Clinical staff in our Child and Adolescent program are specially trained to identify and treat First Episode Psychosis (FEP), which is the first experience of psychotic symptoms. These symptoms, most often occurring in youth ages 15–35, can be confusing and distressing for individuals and families. Early intervention is critical, as timely treatment reduces disruption to school, work, relationships, and daily life.



### Resilience, Independence, Skills, and Empowerment (RISE)

RISE is a specialized initiative of the Young Adult Program for individuals ages 14–26 with autism and intellectual disabilities. It offers person-centered support that integrates therapeutic, medical, and community services to promote independence and confidence during key life transitions.

## Evidence-Based Practices

Evidence-Based Practices (EBPs) are proven treatment models that improve mental health outcomes. Our specialists are trained in several EBPs, including:

### Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)

For children ages 3–18 and their caregivers, TF-CBT helps address the effects of trauma by reducing symptoms such as anxiety, depression, and post-traumatic stress.

### Child-Parent Psychotherapy (CPP)

For children birth to age 5 and their caregivers, CPP strengthens relationships and supports healing after stressful or traumatic experiences, while honoring family and cultural values.

### Group Therapy

Provides a safe space to explore emotions, gain insight, and improve social skills.

### Helping the Non-Compliant Child (HNC)

HNC trains parents of children ages 2–10 to break negative interaction patterns and build positive, cooperative relationships. Parents learn to increase positive attention, give—