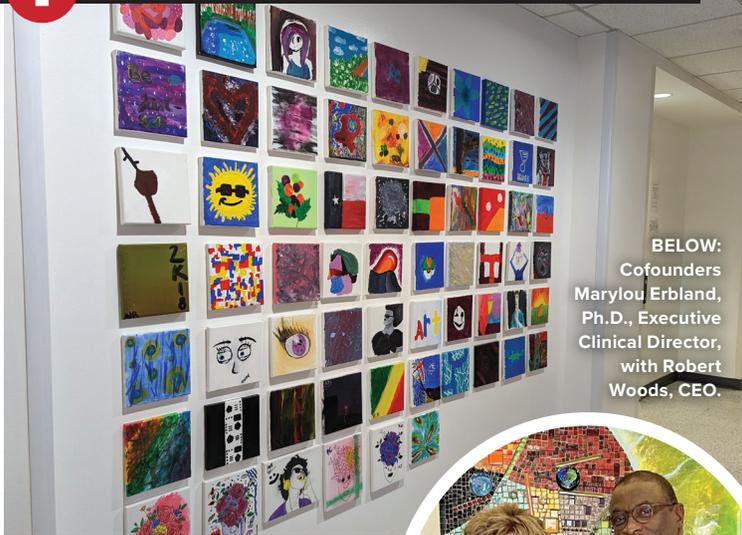




THE FUTURE OF HEALTHCARE IN HOUSTON



BELOW:
Cofounders
Marylou Erbland,
Ph.D., Executive
Clinical Director,
with Robert
Woods, CEO.



Harnessing HOPE

AT THE CENTER FOR SUCCESS AND INDEPENDENCE, ADOLESCENTS FACING MENTAL HEALTH AND SUBSTANCE USE DISORDERS FIND RESIDENTIAL TREATMENT SERVICES THAT ARE GROUNDED IN RESEARCH AND BUILT ON TRUST.

“No two adolescents are alike, including those who are facing trauma, substance use disorders, and mental health struggles,” says Dr. Marylou Erbland, cofounder and executive clinical director of The Center for Success and Independence (TCSI), a 501(c)(3) nonprofit organization. “But no matter how challenging their situation may be, there is always hope.”

With a 90-day residential program and an intensive outpatient program, TCSI helps 12–17-year-old boys and girls reach their full potential and return to their families, schools, and communities. TCSI offers 20 hours of therapy a week, including group, individual, and family therapy sessions. The evidence-based programs, including Dialectical Behavior Therapy and Radically Open Dialectical Behavioral Therapy, teach clients how to handle stress and effectively manage their emotions. The programs place an emphasis on treating trauma and loss and family involvement as an essential part of the recovery of their teenager. All staff members are trained



in Trust Based Relational Intervention, which emphasizes the understanding of the whole child without judgment. Connecting and building trust are essential in meeting the unique needs of each resident.

“I’ve played sports all my life, and I understand that every member of a team is valuable,” says Robert Woods, a cofounder and CEO of TCSI. “We have a mental health team, we have a clinical team, we have a management team—everyone communicates to determine the best way to help those in our care.”

PAVING A NEW PATH

Understanding that the underlying components contributing to a diagnosis are as complex as those

they treat, TCSI addresses the whole picture by providing in-depth family programs as well as academic intervention—even providing educational services on site for those who are temporarily unable to attend school.

For one adolescent who was experiencing severe depression, daily functioning was a challenge. After completing the center’s residential program, she gained the coping skills necessary to meaningfully interact with her family and community. Having gained an appreciation for psychology, she created a peer support group for children in her city during her bachelor’s program and then received a master’s degree in the field. Now, she’s a licensed social worker with her own residential treatment facility.

According to self-reported surveys, 100% of parents are satisfied or very satisfied with their teen’s progress, and 98% of adolescents agree or strongly agree that they feel better after completing TCSI’s program. This ability to create profound change is what drives the team each day. Pre and post screening results indicate significant

reduction in symptoms of depression and anxiety as well as significant positive changes in family communication.

“When someone is admitted, we take a picture of them for their chart,” says Dr. Erbland. “When comparing that photo to how they are

presenting when they’re getting ready to discharge, it’s a significant difference. They look and act healthier and happier. It’s amazing to see such a positive change.”

According to Woods, “We want you to go home successfully and stay home.”



**CENTER FOR SUCCESS
AND INDEPENDENCE**

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