

## Annual Gala Helps Girls in our Community

With her proud parents beaming up at her from the audience, Josie, an Excelsior client, walked to the podium and addressed the 530 guests at Excelsior's *Triumphant FACES* Gala. This wonderful young woman spoke about her loving family, the great suburban home where she grew up and the struggles that brought her to Excelsior.



*My drug abuse actually started in the 6<sup>th</sup> grade when I felt targeted by bullies due to my weight problem. I felt accepted by the kids who were into drugs and it got worse with the help of a much older boyfriend. He abused me physically and emotionally. When 3 friends died from suicide (drug overdose), it sunk me into a deep depression and led to 3 suicide attempts of my own. One year ago I cried out to my parents that I urgently needed their help. My supportive Mom and Dad (desperately trying to help their only child) reached out to Excelsior Youth Center where I continue to receive a myriad of services.*

Josie was stunned when she received a standing ovation at the gala. Another guest shared the following about Josie, "Josie's testimony was an amazing and compelling story. It gave me goose bumps."

Josie told the crowd that she had never met a therapist like Matt Louzon. She said, "He truly cares about me. With Matt's help I confessed to my parents for the first time all the horrible things I did because of my drug addictions, explored the reasons why I was using drugs, started feeling emotions again, began trusting people and started establishing healthy friendships. Thank you, Matt. And thank you Excelsior Youth Center. "

### Excelsior's Community Based Services Unique in Colorado

Matt Louzon, Josie's therapist, is the Coordinator of the Excelsior Community Based Services Program. Our Community Based Program includes: Short Term Intensive Treatment, Day Treatment and Out Patient/In Home Services. Short Term Intensive clients can come in at any time day or night when a crisis brings them to a hospital ER or a local mental health center. Our Short Term girls receive daily, intensive individual and family therapy, group counseling, psychiatric services, medical evaluation, mental health assessment, safety planning, discharge/aftercare planning. The length of stay is usually 3-5 days.

Our Day Treatment Program assists girls in weekly individual therapy. They attend school in our North Central Accredited middle and senior high school, participate in group therapy and have regular family therapy.

Girls living in the community are served by our Outpatient Mental Health Services. This program works to keep the girl with her family by providing in-home individual and family therapy, in-home behavior coaching, parenting skills training, 24 hours crisis intervention/counseling and connecting with community resources and supports. Services can include: substance abuse counseling, EMDR, Dialectic Behavioral Therapy, communication with public schools, psychiatric evaluations, psychological assessments, medication evaluation.

Everyone at Excelsior wants to thank all of our guests at the 2012 Triumphant FACES Gala who donated so generously so we can reach out and help girls and families in our community.

Thank you to Josie, you are truly a Triumphant Woman! Congratulations to Josie and her parents!!

