



Harbor Point

BEHAVIORAL HEALTH CENTER

Located near historic Old Town Portsmouth, Virginia, Harbor Point Behavioral Health Center offers hope and healing for youth ages 5 – 18 at the time of admission within a safe, secure and nurturing residential setting conducive to healing. Harbor Point provides comprehensive programming using a multidisciplinary approach to treatment. Our programs are designed to meet the needs of youth who are experiencing emotional, psychiatric and educational difficulties. We offer several specialty programs for youth with more serious challenges.

From the initial referral call through coordinating your child's discharge, Harbor Point is committed to providing children, families and referral sources with a first class treatment experience. Our goal is to go above and beyond to promote successful outcomes for children and families!

- Referral disposition within 24 hours (or sooner upon request)
- Board Certified Psychiatrist in Child and Adolescent Psychiatry
- Therapeutic Recreation to promote healthy lifestyles and physical well being
- Flexible visitation hours to promote family involvement
- Assistance with transportation and accommodations for families (optional)
- Video Conferencing (optional)

Residential Facility Details: 186 Beds in a 24 Hour, Secure Setting

Admission Criteria: All residents must have a current Axis I diagnosis and demonstrate one of the following behaviors for a program listed below:

Programs:

- General Psychiatric: (*TRICARE® Certified Programs*)
 - Male/Female (ages 5-12) emotional/social/behavioral difficulties/developmental
 - Female (ages 13-21) emotional/social/behavioral difficulties (vocational training offered)
 - Male (ages 12-21) emotional/social/behavioral difficulties (vocational training offered)
- Self Injurious/Non-Suicidal Behaviors Services: (*TRICARE® Certified Program*)
 - Female (ages 13-21) difficulty regulating emotions and displays self injurious behaviors
- Sexually Abusive Youth Program:
 - Male (ages 13-21) sexually abusive behaviors
 - Male (ages 13-21/IQ 55-69) sexually abusive behaviors and intellectual/developmental disabilities
- Intellectual Disability Services:
 - Female (ages 13-21/IQ 55-69) intellectual/developmental disabilities

Treatment Modalities:

- Dialectical Behavior Therapy (DBT)
- Trauma-Focused Cognitive Behavioral Therapy (TFCBT)
- Trauma-Sensitive Behavior Modification

Harbor Point Academy:

- Licensed by the Virginia Department of Education; accredited by VAISEF
- Offering regular and special education curriculum within a Therapeutic Education Model
- Serving IEP exceptionalities of ED, LD, ID, and OHI

Exclusionary Criteria: Youth who are homicidal, suicidal, medically fragile, actively psychotic, have an IQ below 55 and/or do not have an Axis I diagnosis.

To make a referral contact the Admissions Department at
Toll Free: 877-227-7000 • Direct: 757-391-5927 • Fax: 757-391-5915
www.harborpointbhc.com • 301 Fort Lane, Portsmouth, VA 23704

TRICARE®

