



12 ways to look after your mental health:

- Talk about your feelings
- Keep active
- Eat well
- Ask for help
- Take a break
- Care for others
- Do something you're good at
- Accept who you are
- Make sleep a priority
- Practice gratitude
- Try a relaxing activity
- Practice patience

Harris County Youth Village

210 J.W. Mills Dr.

Seabrook, TX 77586

Phone: 713-222-2700



HCJPD

Harris County Youth Village

Therapeutic Services



Phone: 713-222-2700

Who we are:

Under the direction of the Residential Clinical Director, the therapy team consists of five licensed, master-level clinicians providing services to youths and their families at Harris County Youth Village.

- Dr. Danielle Madera, Ph.D. - Residential Clinical Director: 713-222-4744
- Deanna Alcala, MS, LPC-S: 713-222-4747
- Ianhelly Felix, LMSW: 713-222-4757
- Paula Huber, LMSW: 713-222-4707
- Taylor Williams M.Ed, LPC: 713-222-4753
- Ashley Staples, MSW: 713-222-4706

Treatment Program

Harris County Juvenile Probation Department Trauma Program at Youth Village provides evidence-based treatment for youth with a history of trauma, especially victims of domestic child sex trafficking.

The program aims to significantly improve the youth's understanding of their trauma and subsequent behavior, improve their relationship with caregivers, and improve their ability to relate to others in a prosocial manner.

Comprehensive, individualized treatment plans are made with the child and guardian to provide the most effective therapeutic interventions.

Treatment services include:

- Comprehensive Assessment
- Individual Therapy
- Family Therapy
- Group Therapy
- Crisis Intervention
- Advocacy
- Medication Management
- Weekly Psychiatric Services

Therapy Services

Each therapist is committed to providing services that contribute to the positive, continuous growth of each youth. Therapeutic modalities are individualized and can include:

- *Trauma-Focused Cognitive Behavioral Therapy (TF-CBT)* - An evidenced-based treatment for youths impacted by trauma. This treatment helps resolve a broad array of emotional and behavioral difficulties associated with trauma.
- *Eye Movement Desensitization and Reprocessing (EMDR)* - A psychotherapy treatment designed to alleviate the distress of traumatic memories.
- *Dialectical Behavior Therapy (DBT)* - An evidence-based, cognitive behavioral modality used to teach coping skills, mindfulness, emotional regulation and prosocial relationships.
- *Trauma and Grief Component Therapy for Adolescents (TGCTA)* - An evidenced-based, manualized intervention to address the complex needs of teens contending with trauma and bereavement.
- *Trauma-Focused Equine Assisted Psychotherapy (TF-EAP)* - An evidenced-based intervention for the treatment of trauma and stressor-related disorders. This experiential therapy offers an option outside of traditional talk therapy

