

ABOUT US

Silver Oak Academy (SOA) provides long-term, trauma-responsive services to youth presenting with emotional and/or behavioral conditions requiring a high level of on-site therapeutic care, intense structured supervision, behavior management, and clinical intervention.

OUR MODEL

Our Integrated Care Model incorporates a strengths-based approach with positive youth development, social learning theory, and trauma-informed care to foster physical, psychological, and emotional safety.

TARGET POPULATION

SOA serves male youth aged 14-21 from Maryland and across the country who present with high acuity mental health needs, and diagnoses such as:

- ADHD
- PTSD
- Bi-polar disorder
- ODD
- Other trauma-related diagnoses



SILVER OAK ACADEMY

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SUPPORTIVE CAMPUS CULTURE

Upon entering our program, youth become part of a cohesive, supportive, dynamic community of peers and highly qualified staff. Silver Oak embraces youth with a wide spectrum of needs and ensures that each one experiences belonging in an encouraging, nurturing treatment milieu. Our program provides trauma informed care with targeted treatment and interventions specific to the individual risks and needs of each youth.

HEALTH AND WELLNESS

Each youth will develop an Individual Wellness Plan to establish their own goals for health, fitness, solitary leisure, competitive activity and pro-social group experiences. Youth are encouraged to participate in both active and passive pursuits to improve coping skills and learn healthy ways to enjoy leisure time.

FAMILY ENGAGEMENT

Family services and supports emphasize a strength-based approach within a multi-generational methodology. Our practice is to honor a broader definition of family to ensure family and significant adults engage with and support youth. The goal of our family program is to promote attachment, enhance parenting skills, encourage positive behavior and teach alternative ways for families to negotiate effectively, minimize conflict and develop techniques to promote reciprocal reinforcement, reconciliation and reunification.



TREATMENT AND COUNSELING

SOA offers a number of evidence-based therapeutic services for the individual, family, and group, including:

- Trauma-Focused Cognitive Behavioral Therapy
- Equine Therapy
- Dialectical Behavioral Therapy
- Aggression Replacement Training
- Thinking for a Change
- Social Emotional Development
- Positive Skill Development Groups



EDUCATION

School-aged youth will attend either Silver Oak Academy's on-site Type III school or Carroll County's Public High School, located in Keymar, MD. Silver Oak Academy and/or the local high school will provide transportation to and from school.

RECREATION

Recreation and leisure activities are integrated within the daily schedule and include nutritional education, sports, weightlifting, hiking, yoga, nature walks, guided meditation, team building exercises, collaborative games, and social experiences. The campus includes a football field and track, full court gymnasium, library, weight room and student lounge.