



The Barry Robinson Center

SINCE 1933,

The Barry Robinson Center has had one mission: To improve the lives of children and families. Though our mission is simple in words, the journey itself can feel impossibly complex—especially for military-connected youth and their families, who face unique challenges when emotional or behavioral difficulties arise.

Located in Norfolk, Virginia—home to one of the largest military populations in the world—The Barry Robinson Center offers a renowned residential treatment program for military-connected children and teens with behavioral health issues, and a deeply supportive community for their loved ones. Here, you'll find an inviting campus, a mission-driven staff of compassionate professionals, and a holistic treatment approach for every individual in our care.



HERE, YOU'LL FIND A PATH TO HEALING.





AN AUTHENTIC APPROACH TO CARE

We know residential treatment is not a decision families make lightly. We're never the first stop of the journey, but we aim to be a crucial stepping stone for approaching life differently.

Our staff—many of whom are military-connected themselves—are trained to understand the unique challenges military families face. We know multiple moves, changing schools, and being separated from parents during training or deployments are all issues that can follow families even after service has ended. Residents and families will find an understanding community that shares their experiences, and a strong support network for the journey ahead.

Once a youth becomes a resident, our supportive staff works to understand their unique challenges and needs, and we tailor a treatment plan to support their individual goals. More than treating residents as “cases,” we foster authentic relationships of trust and support to help residents throughout their treatment—and help them achieve success, whatever that looks like for them.



WHO WE HELP

Designed for military-connected youth ages 11 through 17, our program encompasses a wide range of mental health diagnoses, including depression, anxiety, attachment disorder, bipolar disorder, PTSD, and ADHD, as well as co-occurring substance use disorders. We also accept higher-functioning children on the autism spectrum.

Just as importantly, our support also extends to our residents' loved ones. Military-connected families will find a strong, compassionate community who understand the unique challenges and changes that come with military life, and who can provide critical insights and coping skills to help families move forward.



Our core values guide everything that we do.

RESPECT



JUSTICE



COMPASSION



INTEGRITY



QUALITY



CONFIDENTIALITY



Located in Norfolk, Virginia, we welcome

military-connected youth from anywhere in the

world. Our strong reputation for managing

complex cases—even when families are

geographically distant—has resulted in

admissions from every branch of service, nearly

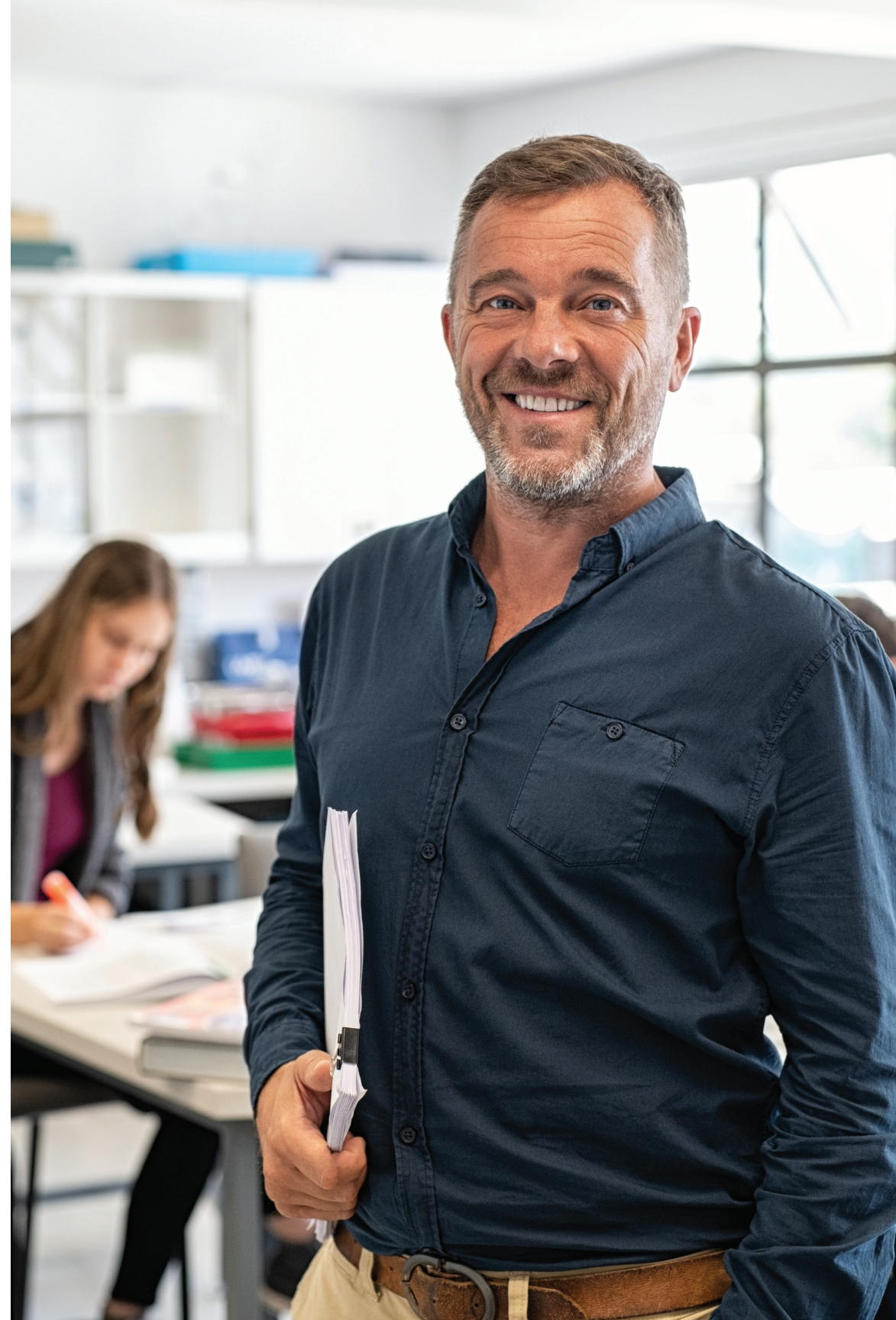
every state, and seven different countries.

HOW WE HELP

Our holistic treatment approach uses a combination of therapies to nurture the entire individual. Our dedicated staff takes a collaborative approach to treatment, creating an individualized plan for each resident based on their unique needs.

Our caring clinical team includes board-certified psychiatrists, 24/7 nurses, licensed professional counselors, and licensed clinical social workers. We also have residential coaches, teachers, and recreational therapists to give residents well-rounded support for their social and educational goals. In addition to our on-staff treatment team, we also have relationships with pediatricians at Children's Hospital of The King's Daughters if any medical concerns arise.

Because they know their child better than anyone else, parents are considered a vital part of the treatment team, and can expect to play an active role as residents work toward their individual goals. Family therapy is a particularly essential component of each resident's treatment. During sessions, families work on repairing their existing relationship, and explore problem-solving techniques and other tools to help everyone prepare for life after discharge. Our emphasis on meaningful family participation is one of the ways we help ensure ongoing success for our residents.



Types of therapy include:

- Individual
- Family Therapy
- Recreational Therapy
- Art Therapy
- Medication Management
- Speech/Language Therapy
- Occupational Therapy



Situated on 24 acres of inviting green, our beautiful campus immediately sets The Barry Robinson Center apart—and provides a safe, serene setting to support a path to healing. With tree-studded grounds and a mix of modern and Colonial-style buildings, our campus feels more like a college than a treatment facility, and provides ample space for activities, sports, and personal reflection.

Inside, residents will find an equally welcoming haven with cozy common areas, colorful murals on the walls, and dorms decorated like any young person's bedroom at home. And just like home, residents bring their own clothes and bedding, ensuring they have familiar comforts during their stay. Parents are also welcome to visit the campus at any time or schedule check-in phone calls, and are of course crucial participants in our regular family therapy sessions.



EDUCATION

Recognizing that school is often a major stressor for youth with behavioral health issues, our fully-accredited school aims to make learning more approachable. After taking time to understand the unique issues they've faced in the classroom, we customize an instructional program that supports each resident's individual needs and treatment goals—which can include small on-site classes, online instruction, or a combination of both. We also work closely with each resident's home school to help make their academic transition as seamless as possible, and try to accommodate their learning needs.

Residents attend a structured school day year-round, led by passionate professional educators who adhere to the same academic standards used by public schools. Most of our staff are licensed in the specific area of study they teach, while others are special education endorsed—and all are committed to helping residents connect to knowledge in new ways as part of their holistic treatment.

SPACE FOR HOPE



4:1 STUDENT-STAFF RATIO



RECREATIONAL THERAPY

Designed to support individual treatment goals through mindfulness and movement, our recreational therapy is an important component of our residents' journeys—and often one of the most personally meaningful.

Our certified recreational therapists design activities that allow residents to practice crucial skills they're learning in therapy in an environment of play. The program also gives residents a chance to explore and channel their energy into new pursuits, giving them a renewed sense of purpose and fulfillment.

Some of the highlights of the program include Equine-Assisted Learning, which allows residents to care for a therapy horse, building trust and communication in a new way; a rock wall to challenge their problem-solving; and a Scout troop where residents learn valuable new skills and serve at campus events. Residents can also enjoy physical activities at our modern gym, or pick up a game while enjoying the fresh air at our outdoor sports facilities.

Many residents also find enormous comfort with our resident therapy dog Beau, a Golden Retriever who loves to spend quality time with them during their stay.



MUSIC PROGRAM

Music expresses what words cannot—making it an incredibly powerful therapeutic tool that deepens residents' connection to themselves and others.

As part of the holistic treatment journey, many of the skills learned in our music program naturally align with residents' treatment goals. For more than 25 years, our Voices of PRIDE choir has helped residents find harmony with their peers, giving them invaluable lessons in teamwork, dedication, and creativity. Residents can learn to master a new form of expression with guitar and keyboard lessons, while hands-on learners can enjoy the responsibility of organizing and maintaining our instruments.

Residents also host monthly music sessions to share what they've been working on, which gives musicians a chance to share their talents with their peers.



SPIRITUAL CARE



Founded as a Catholic-rooted charitable organization, Christian ideals are at the core of The Barry Robinson Center—and we offer voluntary opportunities for all residents to explore or deepen their spiritual outlook.

Residents can attend informal Sunday evening prayer services, or take part in age-appropriate discussions as part of a weekly Faith Club, led by our dedicated spiritual life coordinator. Youth and families can also request one-on-one consultations with our coordinator if they desire faith-based support during their treatment journey.

Residents can also find space for quiet reflection at our welcoming campus chapel, which provides an inviting backdrop for special programs and community Masses throughout the year.

WE WELCOME RESIDENTS OF ANY OR NO RELIGIOUS AFFILIATION.





THE NEXT PART OF THE JOURNEY BEGINS HERE.

Helping military-connected families find hope and healing is a privilege we take seriously—so before a youth enters our facility, we make sure our program is the best possible fit for them.

We encourage you to reach out to our Admissions Team to learn more about our services and refer a child in need.



The Barry Robinson Center

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