



What
can you
accomplish
in only 90
days?

Children and youth belong in families with caring and nurturing parents and supportive siblings where they can grow into healthy and productive adults.

But... sometimes the stress placed on a family or the crises they are confronted with make caring for their teen overwhelming.

And... sometimes the issues of adolescence can be devastating to a youth when combined with other variables such as trauma.

Sometimes help is needed ... if only for a season.

San Mar's Findlay Academy is a powerful resource to help build strengths into the life of an adolescent girl who may need a short term intervention that will enable her to return to her family and remain there - only stronger.

The Findlay Program is Licensed by the Maryland Department of Human Services. Additional monitoring is provided by the Maryland Department of Juvenile Services.



Directions: The San Mar campus is located in Washington County, Maryland at the foot of South Mountain. It is on Rt. 66 two miles north of Boonsboro. The Home is 2.7 miles south of Interstate 70, Exit 35 towards Boonsboro. The San Mar campus is located one hour from Baltimore, Washington, Cumberland and Harrisburg.

Anna K. Findlay

In 1987 San Mar's largest and oldest residential building was named in memory of Mrs. Anna K. Findlay who served as an active member of the board for 57 years until her death in 1941. Mrs. Findlay was a founding member of the Hagerstown Women's Club, and the organizer of the Civic League and the Washington County Health Association. She was instrumental in bringing the Girl Scout movement into Washington County and the first policewoman to the area. In addition she was instrumental in establishing the first juvenile court in the area. She was active in the founding of the Washington County Library and regularly visited area schools and spoke of the value of education.

WWW.SANMARHOME.ORG

8504 MAPLEVILLE ROAD
BOONSBORO, MARYLAND 21713
301.733.9067



SAN MAR

Established 1883

THE ANNA K. FINDLAY ACADEMY FOR GIRLS



A SHORT-TERM PROGRAM
WITH LONG-TERM RESULTS

A 90-DAY PROGRAM TO HELP GIRLS
RETURN TO THEIR FAMILIES

A program of the San Mar Continuum of
services for adolescent girls

Families are the foundation of our society. Strong families build strong communities. Kids belong in families... Not in group homes!

But, sometimes the issues are so intense and the problems so complex that it is difficult for a family, to make it without help. San Mar's Continuum of Care provides a range of services to respond to these needs when a child or youth needs more than the family can provide at that time.

The San Mar Findlay Academy is a short-term intense program that offers residential care for adolescent girls for up to 90 days. The intent of the program is to build strengths into the girl and her family that will enable her to remain in the home upon completion of the 90 day period.

Upon admission to the program each girl will attend the San Mar School [Type III] where she may pursue regular study or enroll in the GED program. Each girl will progress with the learning objectives of the Academy at her own pace. Individual assistance is available as needed. Upon successful completion each girl will be able to demonstrate competence in numerous measurable objectives and will be awarded certificates in:

Technology - Computer Competence

Successful Money Management

Job Readiness - Life Skills

Girls attending as students in this Academy will participate in regular **recreation** and a **creative Adventure program** as well as numerous **field trips** and **service learning projects** in the community.

For those girls desiring or in need of a longer-term placement with more intense life skills training application may be made for consideration into San Mar's Anderson Transitional Living Home. Upon occasion girls accepted into that program may remain in the Findlay Home pending the availability of an open bed. When that occurs they will operate under different expectations than the girls in the Academy. For example, they may attend public school when appropriate and hold jobs in the community.

Girls entering as students into the Findlay Academy will have all of the following assessments completed: The MAYSI (risk assessment-upon admission), CANS (social functioning), WRAT (educational), and the SASSI (drug and alcohol assessment).



All girls will be afforded the opportunity for **individual, group and family therapy**. A **parent support group** is available with parents encouraged to attend and participate throughout their daughter's time in the program.

Psychiatric consultation is available and medication monitoring is provided to those youth needing such services. An **RN is on staff full time**. No girl considered for admission may present a threat to the safety of herself or others.

Girls successfully completing the Academy program and who have completed high school or their GED become eligible to make application for the Pauline Anderson Scholarship for San Mar Alumni at Hagerstown Community College.

The San Mar Continuum

In addition to the Findlay Academy San Mar operates a continuum of care for adolescent girls that offers the following services:

The Graff Shelter: This short term program is available for girls waiting for placement into another program or pending a judge's release to return home. All girls in the program participate in the on grounds Type III San Mar School program. Numerous field trips, service projects, and recreation opportunities are included in this program.

The Barr Therapeutic Group Home: This 8 bed program is San Mar's most clinically intensive in the continuum. Girls receive individual, group and family therapy on a regular basis, as well as expressive arts therapy. A referral from a licensed master level therapist or greater is required for consideration into the program. The average length of stay is one year.

The Anderson Transitional Living Home: This long term program is available to girls who have successfully completed one of the other San Mar programs. Girls in this program attend school and may work in the community. While in the program they will learn life skills and prepare for moving out on their own or attending college. There are many success stories of girls completing this program!

San Mar Treatment Foster Care and Adoptions: This program, founded in 1991, is now the largest of the agency and serves both boys and girls of all ages in homes throughout Washington [and Frederick] County. Girls no longer needing the high structure of the therapeutic group home may be considered for placement when recommendation is from the treatment team and the placing worker requests acceptance into the program.

Appropriate Structure + Healthy Nurture
Abundant Opportunities

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The San Mar
Culture of Care