

PFS CONNECTS NEWSLETTER



**Residential Care Under Fire...
Who's Paying the Price?**



Experiential Therapies to Explore



Our mission is to empower families to gather strength and clarity toward action and hope.



IMPACT FACTOR

Over the past 5 years, the “troubled teen industry” has faced increased scrutiny, from viral survivor stories to legislative efforts and media attention. **BUT**, as the public narrative grows **LOUDER**, an important question remains:

What is the **IMPACT AND** What does the **DATA** really say?

We're **HIGHLIGHTING** three powerful pieces that explore different facets of this conversation:

Research

How a movement to dismantle residential care is reshaping mental health systems – and leaving high-acuity youth with fewer options.

Celebrity Influence

How figures like Paris Hilton have shaped public sentiment and legislation – and why some argue the narrative isn't the full picture.

Family Impact

What families are experiencing firsthand – the gaps, the grief, and the impossible choices in today's treatment landscape.

Explore these articles that reveal a deeper, more complex view – one that deserves attention as we work toward balanced, ethical, and effective care for youth and families.

Research by Manhattan Institute

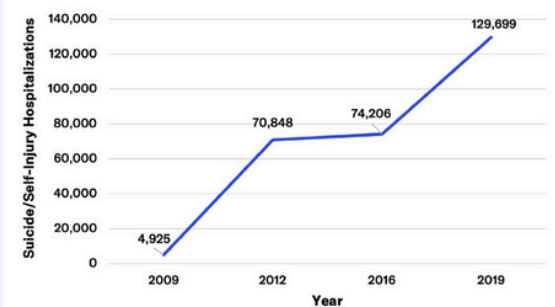
“The Radical Movement to Divest from Youth Residential Treatment”

163.2% increase in pediatric hospitalizations for attempted suicide or self-injury

[LINK TO ARTICLE](#)

Figure 2

Trends in Hospitalization for Attempted Suicide or Self-Injury in Youth Aged 3–17 (2009–19)



Celebrity Influence in *New York Post*



“Don’t believe Paris Hilton’s bull about the ‘troubled teen’ industry”

She’s repeatedly declared that it’s her personal mission to shut down the “troubled teen industry.” That’s not a serious solution for families in psychiatric crisis.

US has lost **61%** of youth residential programs since 2010

[LINK TO ARTICLE](#)

Family Impact by Kelly Raclin Miller, *Opinion Piece*

“Triage... Treatment... **OR** What’s the alternative?”



A panicked phone call comes in at 7:30 p.m. on an otherwise average Thursday evening. A frantic mother is on the other end, who launches into a heartbreaking account of the devastation her family is facing. Her husband passed away unexpectedly, and since then, her daughter has been spiraling. What began as understandable grief and depression has escalated.

Now, she’s leaving home for days, entangled in legal trouble, school refusal, and becoming violent. She’s completely out of control. This mother has tried everything—individual therapy, family therapy, trauma therapy, psychiatric meds, even an intervention with extended family.. and love. Pure, determined, relentless love. It’s not working. **Now what?**

[CONTINUE READING](#)

Experiential Therapies

Summer is a great time to check in with yourself. Whether you're in therapy or exploring new ways to connect—through painting your feelings, dancing them out, or hiking your way to clarity—there are many paths to self-discovery.

ART Therapy

Express emotions and experiences through drawing, painting, sculpting, and other visual art forms.

DANCE/MOVEMENT Therapy

Explore emotional expression and body awareness through structured or free-form movement.

SANDPLAY Therapy

Create scenes in a sandbox using miniature figures to process inner conflicts and emotions.

ANIMAL-ASSISTED Therapy

Interact with trained animals like dogs, horses, or others to build trust, reduce anxiety, and foster connection.

NATURE/ADVENTURE Therapy

Engage in outdoor challenges—like hiking, rock climbing, or team-building—to promote growth, resilience, and self-discovery.

MUSIC Therapy

Use instruments, songwriting, listening, and rhythm to connect with feelings and promote healing.

YOGA Therapy

Blend physical postures, breathwork, and mindfulness to support emotional and physical healing.

EXPRESSIVE Writing/Journaling

Explore thoughts and emotions through structured or free-form writing exercises.

LET'S CONNECT and find the approach that feels right for you!



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