

## *Cambia Hills update*

Outpatient | Day Treatment | Residential

Cambia Hills, a program of The Hills Youth and Family Services offers youth mental health services that is rooted in family, community and nature.



- Community-Based program offers therapy to youth ages 6-17 and offers flexible treatment locations to include our locations, in schools, the community and/or the student's home.
- Day Treatment program provides a structured school setting and therapeutic services Monday - Friday year-round.
- Residential program offers therapeutic services and skill development for youth struggling to maintain their safety and need a more intensive out-of-home placement.

[Learn more.](#)

## *Anxiety and Youth*

Tips for educators

A new school year can often trigger anxiety among youth. Anxiety disorders are among the most common mental health disorders of childhood and adolescent and are twice as likely to be experienced by females than males according to the [Minnesota Association for Children's Mental Health](#).



Educational implications can be significant. Students with anxiety disorders are easily frustrated and may have difficulty completing their work. [Click here](#) to continue reading about the signs and symptoms, along with instructional strategies and classroom accommodations.

## *Neighborhood Youth Services*

## Connecting Kids to the Community

Neighborhood Youth Services provides a FREE, comprehensive, full-service program for school-aged youth in Duluth's Central Hillside. Age appropriate programs include academic support, recreational activities and cultural programming. Programs are designed to help strengthen families, reduce risky behavior and open up a world of opportunity for youth!

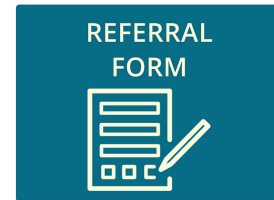


[Learn more](#)

## *Make a Referral*

For any of our programs.

We have openings in all of our programs! To learn more, make a referral, or talk with an admissions representative - [Make a Referral](#)



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Contact: **Toni Jurmu, Admissions Coordinator**  
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