

# Residential Treatment

## Multi-Level Continuum of Care

At Bellefaire JCB, we offer a full complement of residential treatment programs for children, adolescents, youth and adults. All of our residential programs stress a multidisciplinary approach to address the complex needs of each youth — building upon his or her strengths toward recovery. Our programs are specifically ideal for individuals who have:

- Significant mental health and psychiatric needs
- Demonstrated self-injurious, risk-taking, and aggressive behaviors
- Co-occurring mental health and substance abuse
- IQ ranges starting around 55
- Experienced trauma
- Attachment issues
- LGBTQ needs
- Been victims of commercial sexual exploitation
- Autism spectrum and developmental disorders

Services are offered within safe and secure facilities and led by the multidisciplinary treatment team that includes dually-trained licensed mental health/AOD clinicians (with Co-occurring Integrated Treatment programs), child and adolescent psychiatrists, psychologists, social workers, counselors, registered nurses, board-certified behavioral analysts, and residential milieu staff. This team handles discharge planning services to assist families in identifying appropriate next levels of care and community-based services.

Therapeutic techniques include Cognitive Behavioral Therapy, Dialectical Behavior Therapy, and Collaborative Problem-solving. Services in all units include assessment and diagnosis, individual and group therapy, partial hospitalization, psychological evaluation, psychiatric evaluation and pharmaceutical management as indicated, and chemical dependency assessment and treatment. Nursing and well-child care are provided on our campus.



### Crisis Stabilization and Assessments

Offering at-risk youth an alternative to psychiatric hospitalization, this co-ed unit serves youth ages 8 to 17. The four-bed mental health unit provides a safe, highly supervised and supportive environment that facilitates intensive, individualized, and short-term therapeutic services.

This service is available 24/7 for emergency mental health or co-occurring mental health/substance abuse. Depending on the client's needs, the length of stay can vary from 24 hours up to 30 days.

#### Program Highlights

- High staff to client ratio
- Highly supervised alternative to psychiatric hospitalization
- Linkage to community services
- Individualized educational tutoring

### Intensive Treatment

Two self-contained co-ed units serve youth ages 11 to 18 with acute crises, and persistent and/or prolonged and pervasive behavioral problems.

#### Program Highlights

- Short-term treatment for youth with prolonged behavioral problems
- Residential therapeutic milieu, on-campus staff psychiatry, and psychological testing
- Clients receive individual and specialized group therapy
- Family therapy and support
- Fully accredited educational programming provided
- Peer leadership council

### Transitional Living

A co-ed pre-independent living program for ages 16 to 21, it is a step-down option from higher level of care and/or for youth who are at risk of homelessness due to mental health, developmental disabilities, or other issues. Treatment goals include improving adaptive coping, and daily living/independence skills.

Youth receive medical and mental health care, vocational training, and employment education.

#### Program Highlights

- Gives youth opportunity to complete education and prepare for college or employment
- Supervised campus apartment-style living
- Mental health services available from campus programs

## CO-OCCURRING INTEGRATED TREATMENT

The Co-occurring Integrated Treatment Program serves youth ages 11 to 17 with co-occurring substance abuse and mental health diagnoses. Because Bellefaire JCB believes it is important to maintain continuity of care, the same professional follows the client and family into other programs such as outpatient counseling.

### *Program highlights:*

- Provides individual, group and family substance abuse and behavioral health treatment
- Supports sustained sobriety and relapse prevention
- Teaches anger and stress management skills
- Provides linkage to the 12-Step Community, where appropriate, and after care services, including intensive in-home treatment
- Certified by the Ohio Departments of Mental Health and Addiction Services

## AUTISM RESIDENTIAL TREATMENT

Monarch Boarding Academy (MBA) is a unique autism residential treatment program designed specifically for individuals ages 8 to 21 with Autism Spectrum Disorders (ASD). Residents live together in a comfortable, secure, home-like setting designed and staffed to enhance social, behavioral, communicative, functional and academic growth. All activities at the facility are designed to complement classroom experiences at Monarch School.

The ultimate goal for residents, whose abilities vary greatly across the spectrum, is to return to family living or a less restrictive level of care by developing communication and life skills. Family involvement in making treatment and education decisions is vital to each child's success. Weekend programming includes family visits as part of the structured social and recreational activities. In addition, families can communicate with their children through Skype and view videos through a secure media-sharing website.

### *Program highlights:*

- Degreed, certified and experienced staff are with residents 24/7. The small staff-to-resident ratio affords residents the engagement and attention necessary to make larger strides in shorter periods of time. To promote desirable behavior, individuals who live in the autism residential treatment facility are consistently rewarded with positive praise, guidance and tangible reinforcers.
- Each student's day, from wake-up to bedtime, is highly structured and caters to the individual's sensory needs. All activities, from personal grooming to group meal preparation and recreation, are designed to help the student practice skills acquired at Monarch School or elsewhere.
- MBA's unique environment allows students to work on generalization of concepts and skills that can be applied to the broader community. This is achieved via continuity of methods, techniques and expectations between Monarch School and Monarch Boarding Academy. Progress in key behavioral areas is tracked daily.



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Bellefaire JCB is accredited by The Joint Commission, has Hague Accreditation through the Council on Accreditation, and has commendation from the Ohio Step Up to Quality System. It is licensed by the Ohio Departments of Job and Family Services and Mental Health. It is certified by the Ohio Department of Mental Health and Addiction Services (OhioMHAS) and Ohio Department of Developmental Disabilities, and chartered by the Ohio Department of Education.