



Day Treatment at Clara Barton School #2

Hillside Children's Center

The Day Treatment program at Clara Barton School #2 offers ongoing mental health services embedded in a school setting. The classrooms are 6:1:1 with the addition of a Hillside Behavior Support Specialist in each classroom. The program is for Rochester City School District students grades K-6 who have been classified Emotional Disturbance, or Other Health Impaired and approved for such services through the Committee on Special Education. Program staff include a Behavior Support Specialist for each classroom, a full time clinician, and a full time program manager. The Rochester City School District provides a teacher and a paraprofessional in each of the rooms. The program is designed to address mental health issues related to trauma, anxiety, mood disorders, academic and learning difficulties, and behavioral struggles. The student will learn more effective coping skills or the necessary skillset they need in therapy with their Clinician and the Behavior Support staff. The goal is to teach the students to utilize these skills throughout the day at school. The program is located within Clara Barton School, a K-6th grade school allowing the Hillside students the opportunity to participate in school specials, field trips and extracurricular activities if they desire.

ABOUT THE SERVICE

This day treatment differs from the other day treatments within Hillside. It is embedded in a school with over 300 other regular and special education students from within the district. The students who are successful at School #2 day treatment are able to handle being in a larger environment and able to handle the daily hustle and bustle of an elementary building. Students attend their specials (art, music, physical education) with other students in their grade. Students are expected to follow the rules of the school and be able to attend school- wide functions, such as assemblies with the entire school population.

Clinical services:

Evidence based practices are incorporated into the student's treatment. Each student is seen once a week for individual therapy and once a week for group therapy. Family therapy is offered to each family and encouraged. Trauma Focused Cognitive Behavioral Therapy (TF-CBT) or Dialectical Behavior Therapy (DBT) are 2 evidence based models the clinical staff are trained in and can be used in the clinical work. A psychiatrist is in the program one day per week to provide psychiatric evaluations, offer medication suggestions and prescriptions, and if needed, monitoring. The psychiatrist meets with each family upon admission and as often as needed throughout treatment, with a minimum of once every 90 days.

Each student has an individualized treatment plan addressing their specific strengths and struggles to begin working toward discharge upon admission. Treatment plans are reviewed by

the team, including the family every 90 days at minimum. The goal is to discharge the student back into an appropriate Rochester City School classroom within 12- 18 months.

Family Services:

Family therapy is offered both at school and within the home by the student's assigned clinician to provide family therapy. The program psychiatrist meets with each family upon admission and then as often as the treatment plans and team feel is needed. Parent/ guardian involvement is critical to a student's success while in day treatment. Parents/ guardians are encouraged to visit the program or stop in whenever they can to be part of their child's day and see their progress both academically and emotionally.

CONTACT INFORMATION

Hillside Family of Agencies

585-256-7500

info@hillside.com

24 hours / day

FACILITY

Clara Barton # 2

190 Reynolds St, Rochester, NY

SUPPORTED BY

NYS Education Department

ELIGIBILITY CRITERIA

Gender: Both

RESIDENTS OF

Monroe County

Updated on January 29, 2016