Varick Critical Care
Hillside Children’s Center

The Varick Critical Care program offers residential treatment for males, ages 10-18, who have not been successfully treated at lower levels of care due to behavioral and mental health issues. The program provides single bedrooms for all youth. The program is designed to address issues related to anxiety and mood disorders, trauma, academic and learning difficulties, behavioral challenges, substance use and self-harming behaviors. The campus, located in the scenic Finger Lakes region of New York State, is a rural setting that offers opportunities for nature walks, fishing, horticulture, bicycling, swimming and other outdoor activities for learning and fun.

ABOUT THE SERVICE

Treatment Model: The campus has adopted the CARE Model, created by the Family Life and Development Center of Cornell University, as a foundation to our treatment approach. CARE stands for Children and Residential Experiences: Creating Conditions for Change. The CARE model incorporates six principles in the treatment of youth:

1) Trauma Informed
2) Developmentally Focused
3) Family Involved,
4) Relationship Based
5) Competency Centered and
6) Ecologically Oriented.

Each component of this model is woven into the fabric of the youth’s daily experiences during their stay.

Clinical Services: Evidence based treatment informs our practice. The milieu and individual treatment is guided by Dialectical Behavior Therapy (DBT). A master’s level clinician is located on each unit and provides crisis and individual counseling. Youth may also receive Trauma Focused Cognitive Behavioral Therapy (TF-CBT) in their individual counseling to address past trauma. This treatment modality has been found to be successful in reducing trauma-related symptoms in adolescents. Medication management is provided through the program psychiatric services. Psychological testing, consultation and group therapy are offered through the program psychologist. Medical care is offered through the campus-wide medical department.

Family Services: The program further works to achieve treatment goals by providing support to family members. Family therapy is offered both on campus and in the home by the clinician assigned to provide individual and crisis counseling to each youth. Family Visitation Coaching is also available to youth and their caregivers. In this treatment intervention, the family and youth,
along with the clinician, identify skills to practice while on home visits. A Youth Care Professional offers coaching during the visits to encourage and support family practice of skills. Family Finding is an approach that locates and empowers family members to create permanency and a life time network of support for youth as they transition from placement. Family Finding can be provided for youth and families who would like to increase family participation and identify community resources.

Substance Use Treatment: Each youth is screened for possible substance use upon intake into the program and as needed by their individual clinician thereafter. If indicated, treatment is provided on our campus in our REACH - Recovery, Empowerment, Achievement, Care, and Hope Clinic. REACH is certified by the New York State Office of Alcohol and Substance Abuse (OASAS). OASAS-certified programs use evidence-based practices that provide supportive, family friendly, and clinically appropriate prevention, treatment, and recovery services for youth and families dealing with substance use disorders.

Academic Services: Youth attend an on-campus school. Classes are provided in a separate building for middle and high school students. Classrooms have eight students with one teacher and a teacher aide. Distance Learning classes are provided for youth requiring specific subject matter as a part of their high school educational curriculum. Additional support personnel are available in the school buildings to provide crisis counseling and encouragement to work towards academic goals. The Critical Care program supports educational needs by meeting with school staff to develop behavioral plans within the school environment and consult on a regular basis with the school psychologist and guidance counselor during treatment meetings and clinical rounds.

CONTACT INFORMATION

Hillside Varick Campus
315-585-3232

Or for additional information on other agency services:
Hillside Family of Agencies
585-256-7500
info@hillside.com
24 hours / day

FACILITY

Varick
4887 State Route 96A, Romulus

SUPPORTED BY

NYS Office of Child and Family Services
Local School Districts
Local Counties
ELIGIBILITY CRITERIA

Gender: Male
Age Range: 10 - 18
IQ: 70 -

RESIDENTS OF

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