Residential Treatment Services - Developmental Abilities Services
Hillside Children’s Center

Developmental Abilities Services (DAS) are designed to meet the needs of youth with cognitive limitations, behavior challenges and mental health concerns. Youth are served in the program with the purpose of developing the skills necessary to move to a lower level of care and/or to be assessed and referred for continuing services in other service systems. DAS programs are located at Hillside’s Monroe and Varick Campuses.

In addition to the regular DAS program, there is a DAS Transitional Program and a DAS Transitional Program – Autism Spectrum Disorder. DAS-TP and DAS-TPASD are located at Hillside’s Varick Campus.

ABOUT THE SERVICE

Developmental Abilities Services (DAS) supports individuals who have cognitive limitations, exhibit behavior challenges and who have mental health concerns. This program is the highest level of care in the OCFS (Office of Children and Family Services) system for this population.

The program is structured to meet the individualized needs of each youth. Treatment is trauma informed and relationship based and residents are provided with a highly structured program including individualized assessment and treatment for challenging behavior when appropriate. There is emphasis upon learning skills to replace challenging behavior, building coping skills and the development of pro-social skills. There is a strong psychiatric and nursing presence for medication monitoring, evaluating medication and behavior interactions, and mental health intervention.

Therapeutic Approach: The DAS Program utilizes a therapeutic approach that focuses on the system in which the resident functions, is trauma sensitive, and views therapy as a learning process, including acquiring and practicing new skills, learning new ways of thinking, and acquiring more effective ways of coping with problems.

The DAS Program promotes unconditionally accepting each resident, working to identify personal, family, and system strengths and using these strengths to accomplish treatment goals while working to systematically generalize treatment gains to the youth’s family and other important people in their lives. The DAS Program utilizes evidence based interventions and works to understand each resident’s developmental level, cognitive level, support needs, and their mental health diagnosis in planning for how services are provided.
Therapeutic Relationship: DAS staff’s relationship with residents is seen as critically important. Clinicians work to accurately understand each resident and establish an authentic relationship based on empathy, trust, respect, and genuineness. DAS clinicians work to provide services that are ethical, individually based, and culturally competent. Clinicians also work to generalize these relationship skills to the staff in the resident’s living environment to ensure a safe, secure, and effective milieu environment.

**Developmental Abilities Services Transitional Program** (DAS-TP) serves youth who have shown a decrease in their presenting challenging behaviors and demonstrate that their needs can be met in this less staff-intensive program. The program provides developmentally appropriate, evidence-based clinical and treatment milieu services in a culturally competent and safe environment in order to further develop independent living and social skills and continue to improve adaptive behavior. Youth are provided with a structured program with individualized behavior plans, when appropriate, that emphasize continued development of communication and other skills to replace challenging behavior, building coping skills and the development of pro-social skills. Youth are given the opportunity to enhance their independent and vocational skills within the community, while continuing to receive mental health treatment related to their individual needs. Staff help facilitate employment opportunities within the campus and the community. Youth have the opportunity to integrate with other programs on the campus as appropriate, including participation in the campus sport's teams that compete within the community. Psychiatric and nursing services are provided for medication monitoring and mental health intervention. Consultation with the Office for People with Developmental Disabilities (OPWDD) will occur if needed to ensure the most effective and appropriate treatment.

Youth served in the program will have varying lengths of stay based on individual need. The service is not intended to be a long-term placement but a continuum to develop the skills necessary to move to a lower level of care.

Based on the needs of youth and the treatment planning process within the DAS - Transitional Program there is a focus on using Evidence Based Treatment practices which can include Dialectical Behavioral Therapy, Trauma Focused Cognitive Behavioral Therapy as well as a treatment focus that is grounded in Applied Behavioral Analysis (ABA) which is an evidence-based approach to increasing desirable behaviors and decreasing negative behaviors.

**Developmental Abilities Services Transitional Program Autism Spectrum Disorder**
The focus of this hall is to utilize evidence-based practices in the treatment of youth diagnosed with an Autism Spectrum Disorder.

Residents participate in a structured program, with individualized behavior plans, when appropriate, that emphasize continued development of socially appropriate replacement skills, coping skills, and pro-social skills. Residents are also given the opportunity to grow their independent living and vocational skills within the community, while continuing to receive mental health treatment related to their individual needs. There is psychiatric and nursing presence for medication monitoring and mental health intervention.

Hillside’s Philosophy of Service provides the framework for our interventions and engagement with
families. There is additional focus on permanency through implementation of Family Finding, which aims to increase a youth’s family and natural resources in order to develop a lasting and permanent network of support. The Cornell University model, Children and Residential Experiences (CARE), is utilized. The CARE model is designed to influence the way we think about working with children by using relationships to help our youth build new competencies. It guides residential staff’s interactions with children and families. It is research based and the evidence supports that CARE creates the conditions for positive change in children’s lives. The CARE model is built on research-informed principles to provide care and treatment that is developmentally focused, family involved, relationship based, competency centered, trauma informed and ecologically oriented.

Discharge planning begins at the point of intake/transition into this service. Our work is family centered and engages family members fully in the discharge planning process for youth in care. Careful planning is conducted with referral sources, school districts, and families with the intent to return youth to living situations within their family and home community.

**All DAS Programs provide:**

**Education Services:** Hillside Campus Schools, approved by the New York State Education Department, provide therapeutic education service for our students. Guided by each student’s Individual Education Plan (IEP), daily instruction is designed to maximize each student’s ability to learn academically and socially. Working collaboratively with families and youth, the goal is to help students to improve their academic achievement and emotional coping skills so that they can return to their school district.

Schools situated on our residential campuses as well as our Day Treatment Centers generally provide special education services in classrooms with a 6:1:1 ratio of students to staff. Classrooms may be self-contained or departmentalized, by subject area, in order to meet the educational needs of students. All coursework must meet New York State standards. In addition to English, social studies, science and mathematics, physical education and the arts make up the core instructional program. In addition, students have access to school guidance counseling and a school psychologist for testing and educational planning and recommendations. Clinical services are also provided. Speech/Language Therapy and Occupational Therapy are available as related services for those students who have been identified to receive these services by the Committee on Special Education (CSE). The education staff collaborates with the students’ home school district throughout placement and in preparation for transition.

**Health Care Services:** Health care staff includes a full range of highly trained personnel who can attend to most medical and psychiatric needs experienced by youth in Residential Treatment. Our licensed clinical professionals include Registered Dieticians, Licensed Practical Nurses, Registered Nurses, Psychiatric and Pediatric Nurse Practitioners, Pediatricians and Child and Adolescent Psychiatrists. These individuals work collaboratively with program staff to ensure high quality health care is provided; and maintain strong relationships with local hospitals and medical providers to provide higher levels of specialty medical and psychiatric care, as well as emergency care. All children in residential care will have access to health care services 24 hours a day.
CONTACT INFORMATION

Hillside Varick Campus
315-585-3044

Hillside Monroe Campus
585-256-7500

For information on other Agency services contact:
Hillside Family of Agencies
585-256-7500
integrationctr@hillside.com
24 hours / day

FACILITY

Monroe Campus
1183 Monroe Avenue, Rochester

Varick
4887 State Route 96A, Romulus

SUPPORTED BY

Program fees
NYS Office of Child and Family Services
NYS Education Department
Local School Districts
Local Counties

ELIGIBILITY CRITERIA

Gender: Male and Female
Age Range: 10 – 18 (youth age 18-21 will be considered on a case by case basis)
IQ: 50 and up

RESIDENTS OF

Albany County, Allegany County, Bronx County, Broome County, Cattaraugus County, Cayuga County, Chautauqua County, Chemung County, Chenango County, Clinton County, Columbia County, Cortland County, Delaware County, Dutchess County, Erie County, Essex County, Franklin County, Fulton County, Genesee County, Greene County, Hamilton County, Herkimer County, Jefferson County, Kings County, Lewis County, Livingston County, Madison County, Monroe County, Montgomery County, Nassau County, New York County, Niagara County, Oneida County, Onondaga County, Ontario County, Orange County, Orleans County, Oswego County, Otsego County, Putnam County, Queens County, Rensselaer County, Richmond County, Rockland County, Saratoga County, Schenectady County, Schoharie County, Schuyler County, Seneca County, St Lawrence County, Steuben County, Suffolk County, Sullivan County, Tioga County,