Enhanced Residential Services
Hillside Children’s Center

Enhanced Residential Services provide individualized, trauma-informed, structured, therapeutic residential services that are of high quality, evidence-based, ethical, comprehensive, strength-based, and culturally relevant. Services include a range of therapeutic social, recreational, educational services together with individual, group and family therapy.

ABOUT THE SERVICE

Enhanced Residential Services provide enhanced residential treatment and assessment to emotionally and behaviorally challenged youth and their families. The treatment provides a structured environment with a focus on being trauma-informed, strength-based, developmentally appropriate, relationship-based, family involved, and competence-centered. The youth’s treatment team consists of their family, their individual therapist, their psychiatric provider, as well as a consulting psychologist and pediatric provider. Youth receive the following services:

- Individual Therapy
- Trauma Focused Cognitive Behavioral Therapy
- Family Therapy
- Individual Anger Management Treatment, as needed
- Therapeutic Recreation (on and off site)
- Positive Behavior Interventions and Supports
- Referral to community chemical dependency services if necessary

The team assists youth in developing socially appropriate life skills including decision-making, anger management, positive community involvement, and improved family and peer relationships. Independent living skills are an additional focus for older adolescents. Positive Behavioral Interventions and supports are used within this program in order to provide clear expectations for youth and to provide positive reinforcement for meeting these expectations. Unit staff members also receive ongoing mentoring from clinical staff in how to work with youth on this unit given their traumatic history. An enhanced staff-to-youth ratio offers a stable and safe living environment for youth with challenging behavior.

Diagnostic Services: Youth may receive diagnostic services as requested by the funder. The assessments, completed as part of placement in the diagnostic program, include:

- Psychiatric evaluation
- Psychological evaluation
- Bio-psychosocial assessment
- Educational assessment
- Therapeutic assessment
- Milieu assessment (describing youth’s functioning within the residential program)
- Therapeutic recreation assessment
- Medical assessment

Following the assessment period, which lasts up to 90 days, a diagnostic meeting is held with the youth and treatment team, including the youth’s family and supports, as well as the referral source. At this meeting, the results of assessments and all recommendations are presented.
**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.

Our residential campuses and day treatment centers generally provide special education services in classrooms with a 6:1:2 ratio of students to teachers and teaching assistants. Classrooms may be self-contained or departmentalized by subject area, to meet students’ educational needs. 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. Students also have access to guidance counseling and a school psychologist for testing and educational planning and recommendations. Clinical services are provided, and speech/language therapy and occupational therapy are available as related services for students who have been identified to receive these services by the Committee on Special Education. The education staff collaborate with students’ home school districts throughout placement and in preparation for transition.

**Health Care Services:** Our health care staff 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 have access to health care services 24 hours a day.

**Permanency and Treatment Planning:** Treatment services are individualized with the goal for all youth to make significant improvement in the risk factors that resulted in their referral to Horton Residential Treatment Services. Reunification with family or another reliable community resource is the ultimate transition goal.

**ELIGIBILITY CRITERIA**

- Gender: Male and female  
- Age Range: 10 – 21 years  
- IQ: 60 and higher

**CONTACT INFORMATION**

- Hillside Family of Agencies  |  585-256-7500  |  Integrationctr@hillside.com  |  24 hours / day

**FACILITY**

This program is provided at Hillside’s Monroe Campus in the Horton Skyview Unit, 1183 Monroe Ave, Rochester.

**SUPPORTED BY**

This program is funded by local counties and school districts.

**RESIDENTS OF**
