



Residential Services - Enhanced Residential Treatment

Hillside Children's Center

Enhanced Residential Treatment 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.

Enhanced Residential Treatment is provided at Hillside's Monroe and Varick Campuses

ABOUT THE SERVICE

Enhanced Residential Treatment (ERT) provides enhanced residential treatment and assessment to emotionally and behaviorally challenged youth ages 5 to 18 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.

Monroe Campus Horton Program

The Horton Enhanced Residential Treatment program has 3 Units: Skyview, Highland and Westbrook.

Youth receive the following services in all units:

- Individual Therapy
- Trauma Focused Cognitive Behavioral Therapy
- Family Therapy
- Individual Anger Management treatment
- Connection with on-site substance abuse treatment through the REACH Clinic
- Therapeutic recreation (on and off site)
- Positive Behavior Interventions and Supports

Skyview Unit

The Skyview Unit assists male 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. The Skyview Unit offers an enhanced staff-to-youth ratio that is designed to offer a stable and safe living environment for youth with challenging behavior.

Highland Unit

The Highland Unit is generally composed of preadolescent male and female youth. Staff on this unit are provided with education on child development as well as the impact of trauma on child development in order to help them to work with youth in this age range. Both clinical and unit staff work with these youth on developing daily living skills, social skills, and assisting them with anger management.

Westbrook Unit

The Westbrook Unit assists girls in managing their relationships with others, especially peers and family. The Unit utilizes Dialectical Behavioral Therapy (DBT), which teaches improved decision-making, distress tolerance, interpersonal effectiveness, and emotion regulation skills as well as mindfulness practices. Validation of youth and the impact of trauma in their lives is an integral part of the program. Independent living skills are an additional focus for older adolescents.

The Westbrook Unit offers an enhanced staff-to-youth ratio that is designed to offer a stable and safe living environment for youth with challenging behavior. Youth Care Professionals, who provide 24 hour supervision and support, are trained in the DBT Principles.

In addition to the above services, youth on the Westbrook Unit receive:

- Individual DBT Therapy
- Group DBT Skills Training

VARICK PROGRAM

The Enhanced Residential Treatment Program at the Varick Campus serves male youth aged 10-18 on two eight bed units. The Program helps youth find new coping skills and more appropriate ways to manage their emotions through the use of individual, group, and family therapy.

Interventions offered include:

- Individual DBT Therapy
- Group DBT Skills Training
- Trauma Focused Cognitive Behavioral Therapy
- Individual/Family Therapy
- Play Therapy
- Aggression Replacement Training
- Connection with off-site substance abuse treatment
- Therapeutic recreation (on and off site)
- Positive Behavior Supports
- Family Finding
- Art Therapy

All Enhanced Residential Treatment Programs provide:

Diagnostic Services: Youth on any of these units above 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.

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.

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 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.

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 Dietitians, 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.

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.

CONTACT INFORMATION

Hillside Family of Agencies

585-256-7500

integrationctr@hillside.com

24 hours / day

FACILITY

Monroe Ave
1183 Monroe Ave, Rochester

Varick
4887 State Route 96A, Romulus

SUPPORTED BY

Local School Districts

Local Counties

ELIGIBILITY CRITERIA

Gender: Male and female

Age Range: 5 - 18

IQ: 60 -

RESIDENTS OF

Albany County, Allegany County, Bronx County, Broome County, Cattaraugus County, Cayuga County, Chautauqua 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, Tompkins County, Ulster County, Warren County, Washington County, Wayne County, Westchester County, Wyoming County, Yates County

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