Residential Treatment Center  
Monroe Campus

The Residential Treatment Center program (RTC) provides residential care to children with serious behavioral and emotional challenges and their families by combining a highly structured, therapeutic, group living experience with family-centered treatment.

ABOUT THE SERVICE

The Residential Treatment Center program provides 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.

The RTC program 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. 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 RTC program helps youth find new coping skills and more appropriate ways to manage their emotions through the use of individual and family therapy. 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 have access to 24 hour nursing care. Interventions offered include:

- 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

RTC provides interdisciplinary care and treatment for youth and their families by combining a highly structured therapeutic group living experience with family centered treatment. The program provides a structured therapeutic milieu 24 hours a day, 7 days a week. Regular visitation is an important component of the program.
The core program consists of the following:

- Milieu therapy
- Individual, group and family therapy
- Recreational services
- Psychiatric and psychological services

Family members are considered partners in their child’s treatment and are actively involved in planning treatment for their child.

Upon discharge from RTC, Hillside provides services to help youth transition from residential to community life.

**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.

**Medical Services:** All children will have access to preventive and urgent medical care 24 hours a day through our onsite Medical team. Medical services will reflect the current services provided by Hillside Children’s Center. Such services may include on site dental visits, physicals, blood work, urinalysis tests, toxicology screens, medication, medication evaluations, and crisis intervention. All medical needs will be considered when making treatment recommendations. If a urinalysis comes back positive for drug use, the child will be referred to chemical dependency treatment as warranted. Those services not provided on-site will be located in the community.

**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 the RT-Residential Treatment Center. Reunification with family or another reliable community resource is the ultimate transition goal.
CONTACT INFORMATION

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

FACILITY

Monroe Ave
1183 Monroe Ave, Rochester

SUPPORTED BY

NYS Office of Child and Family Services
Local School Districts

ELIGIBILITY CRITERIA

Gender: Male and female
Age Range: 12 - 18
IQ: 50 -

RESIDENTS OF

Allegany County, Cattaraugus County, Cayuga County, Chautauqua County, Chenango County, Columbia County, Cortland County, Erie County, Genesee County, Jefferson County, Livingston County, Monroe County, Niagara County, Onondaga County, Ontario County, Orleans County, Oswego County, Schenectady County, Schuyler County, Seneca County, St Lawrence County, Steuben County, Tioga County, Tompkins County, Wayne County, Wyoming County, Yates County

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