Residential Treatment Diagnostic
Hillside Children’s Center

The Diagnostic Program provides assessment and intensive residential treatment to emotionally and behaviorally challenged youth aged 5 to 18 and their families by combining a highly structured, therapeutic, group living experience with individualized treatment.

ABOUT THE SERVICE

The Diagnostic Program is provided at both Hillside’s Monroe Avenue Campus and Varick Campus. The Varick Campus serves youth aged 10-18 while the Monroe Avenue Campus serves youth as young as age 5. The Monroe Avenue Campus consists of three 8-bed units, including one all-male unit, one all-female unit, and one co-ed unit. The all-female Westbrook Unit provides treatment based on Dialectical Behavior Therapy (DBT) Principles, which focus on skill acquisition and practice in four domains: emotional regulation, distress tolerance, interpersonal effectiveness and mindfulness. On the Varick Campus, there are two eight bed male units and one six bed female unit.

The Diagnostic Program offers an enhanced staff-to-youth ratio that is designed to offer a stable and safe living environment for youth with challenging behavior. Family Involvement is an integral part of the program. Families are valuable members of the treatment team participating in service planning meetings and the assessment process.

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
- Substance abuse screening and assessment (if necessary)

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.

While in the diagnostic program, youth receive intensive intervention that assists them 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. Validation of youth and the impact of trauma in their lives is an integral part of the program. Staff receive ongoing training to meet the individual needs of these youth. While in the Diagnostic program, youth will attend the Hillside campus school, which provides special education and regular education services that meet the New York State standards for academic instruction, following the Education Department guidelines for curriculum and instruction. Our campus schools are licensed and overseen by NYSED. A low student-to-teacher ratio and positive environment facilitate student learning and development. Some youth will remain in their community school upon admission, while other youth might return to their community school as part of their transition plan.

The Diagnostic Program helps youth find new coping skills and more appropriate ways to manage their emotions through the use of individual, group, and family therapy. The youth’s treatment team consists of their family, their individual therapist, their psychiatric provider, a care coordinator, as well as a consulting psychologist and pediatrician. Youth have access to 24 hour nursing care. 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 / Applied Behavior Analysis
- Family Finding
- Art Therapy

CONTACT INFORMATION

Hillside Family of Agencies
585-256-7500
info@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: Both
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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