



Residential Treatment Facility

Hillside Children's Center

The multidisciplinary Residential Treatment Facility (RTF) team provides holistic, strength-based mental health services in collaboration with youth and families to support the goal of safe reunification in the community. Together, youth and family members establish, learn, and practice skills and engage in therapeutic processes to heal from traumatic experiences and regain hope.

Hillside also provides treatment at the Finger Lakes RTF Intensive Treatment Unit (ITU) for youth who cannot be served in a regular RTF unit. Additional supports and staffing ensure the safety of clients and an appropriate milieu to support treatment planning.

ABOUT THE SERVICE

To access RTF services an application and supporting documentation is submitted to the youth's county Single Point of Access (SPOA) committee for review. The referral is sent to the Office of Mental Health's Preadmission Certification Committee (PACC) for review. The PACC determines if the youth meets eligibility.

After admission to an RTF, an interdisciplinary team guides a child's treatment. In addition to the youth, this team is comprised of:

- Youth's family
- Participants of the youth and/or family's choice
- Psychiatrist
- Psychologist
- Psychiatric nurse practitioner
- Pediatrician
- Nurse
- Clinician
- Special education teacher
- Transition coordinator
- Team of unit-based youth care professionals
- Recreation therapist
- Family advocate

Family Services/Family Involvement

Hillside Family of Agencies is committed to creating and supporting a Family-Driven/Youth-Guided Culture. Families are essential partners in treatment.

Clinical Services

Family work, particularly provided in the home, is integral to positive outcomes of the clinical process.

This work includes:

- family therapy
- family support
- family engagement
- skills teaching
- home time

A combination of individual and milieu therapies provide the frame work for skill development. The implementation of the comprehensive multi-disciplinary treatment plan is overseen by the psychiatrist in collaboration with the family, youth and RTF providers. The psychiatrist specifically informs the process through diagnostic assessment and medication management.

Specific evidence-based models utilized by Hillside's RTFs include: Dialectical Behavioral Therapy (DBT), Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), Trauma-Informed Cognitive Behavioral Therapy, Therapeutic Crisis Intervention (TCI), and other attachment informed approaches.

Therapeutic Recreational Services

A therapeutic recreation program nurtures and enhances a youth's holistic wellness. Matching individual strengths and needs with compatible community resources is a key element of the program. Emphasis is placed on opportunities for youth to exercise creativity in developing their leisure skills, interests, and enhancing self-esteem. We strive to maintain existing team and activity relationships, when possible, and develop new recreational connections in the community where the youth will return.

Educational 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. 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.

Stillwater RTF – youth attend an off campus school that meets his/her needs based on CSE recommendations and the IEP.

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.

Average Length of Stay

It is anticipated that the duration of treatment is six to nine months to successfully return to the family or their community.

Transitional and Aftercare Services

Discharge planning by the family and youth, in collaboration with the transition coordinator and other team members, begins at admission. Aftercare services vary, as identified by the Service Plan, continue post-discharge, depending on the family's need, desire and the protocols of each Hillside Family of Agencies RTF.

CONTACT INFORMATION

Hillside Family of Agencies

585-256-7500

integrationctr@hillside.com

24 hours / day

FACILITY

Fingerlakes Campus
7432 County House Rd, Auburn

Monroe Ave
1183 Monroe Ave, Rochester

Crestwood
2075 Scottsville Rd, Rochester, NY

Stillwater
638 Squirrel Hill Rd. Chenango Forks, NY

SUPPORTED BY

NYS Office of Mental Health

ELIGIBILITY CRITERIA



Gender: Male and female
Age Range: 5 - 18
IQ: 50 -

RESIDENTS OF

Allegany County, Broome County, Cayuga County, Cattaraugus County, Chautauqua County, Chenango County, Clinton County, Cortland County, Delaware County, Erie County, Essex County, Franklin County, Fulton County, Genesee County, Livingston County, Hamilton County, Herkimer County, Jefferson County, Lewis County, Madison County, Montgomery County, Monroe County, Niagara County, Oneida County, Onondaga County, Oswego County, Otsego County, Ontario County, Orleans County, Schuyler County, Seneca County, Steuben County, St. Lawrence County, Tioga County, Tompkins County, Wayne County, Wyoming County, Yates County

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