

Kootenai Behavioral Health Center

(Residential Treatment Center)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
 Ages: 13 to 17
 Grades: 7 to 12
 Enrollment: 36
 Duration: 3 to 6 months average
 Founded: 1999



NATSAP

Member Since: 2006



Coeur D'Alene

Airport: Spokane, WA

Kootenai Behavioral Youth Residential Program, formerly North Idaho Behavioral Health Youth Residential Program is a service of Kootenai Medical Center located in beautiful Coeur d'Alene Idaho. It is a medical model psychiatric residential treatment center, staffed by board certified child and adolescent psychiatrists, who provide expert evaluations to adolescents 13-17 years old.

The strength of the program is to help youth understand and overcome the challenges that severely disruptive behaviors and psychiatric disorders can pose. We specialize in working with adolescents that experience:

- Depression
- Anxiety Disorders
- Psychosis/Thought Disorders
- Oppositional Defiant Disorder
- Post Traumatic Stress Disorder
- Substance Abuse Disorders
- ADHD
- Bipolar Disorder
- Eating Disorders
- Reactive Attachment Disorder
- Chronic Medical Conditions Complicated by Psychiatric D/O

Two tracks allow for a comprehensive evaluation to accommodate youth who require a thorough psychological, behavioral, academic, and medical assessment. One track is an assessment phase during which time the treatment team is able to observe behaviors and symptoms and intervene based on a cognitive behavioral approach. Recommendations are then made for appropriate settings upon discharge.

The second track would be 3-9 month stabilization. During this time, our multi-disciplinary staff utilizes a team approach to provide an individualized rehabilitation treatment plan that is tailored to reintegrate the resident into the family, school and community.

Individual, family, and group therapy assists youth in dealing with issues that interfere with healthy functioning. A cognitive behavioral approach is utilized both in therapy and milieu programming. Expectations and treatment goals are based on the teen's level of functioning, presenting problems and severity of symptoms. Group activities emphasize goal setting and building positive coping, social, and life skills.

The staff of our fully accredited on-site school, Kootenai Academy, combines specialized education skills with psychotherapeutic techniques that help build self-esteem, confidence and motivation.

It is our goal to offer innovative, comprehensive services that set the standard for behavioral health care in the region.

Individual Psychotherapy Available: Yes

Accreditation, Licensure: State of Idaho, Department of Health and Welfare, Child Care; Joint Commission; Northwest Association of Accredited Schools

Professional Affiliations: NATSAP-Full Member; Voluntary Hospitals of America; American Hospitals Association; Idaho Hospital Association