Enhanced Supervision Male

Location:

Manor Enhanced Supervision (Male) 14 beds
557 Manor Drive
Ebensburg, Pa 15931

Service Profile/Criteria for Admission

Adelphoi Village provides this program as an alternative to their secure programs to provide a service to clients and families with an increased level of care from an Intensive Supervision Group Home treatment environment. This program provides 24-hour care, seven days a week.

Inclusionary Criteria

- Sex: Male
- Age
  1. Between 12- 18 years old
  2. Or under 21 years old and committed an act of delinquency before reaching 18 years of age and remains under the jurisdiction of the juvenile court.
  3. Under the 21 years old and was adjudicated dependent before reaching 18 years of age and while engaged in instruction or treatment, requests that the court to retain jurisdiction until treatment is completed.
- IQ: Minimum of 70 (This IQ is viewed as a benchmark. Children with IQ's of 65 to 70 may be considered on a case-by-case basis.)
- Dependent/Delinquent
- Wide range of Mental Health Diagnosis
- Special populations can be considered on a case-by-case basis
- Special needs served include: youth with PTSD symptoms, trauma victims, victims of sexual abuse, dually-diagnosed, youth with substance abuse issues that can be managed on an outpatient basis, and emerging personality disorders.

Exclusionary Criteria

- Youth with a documented history of extreme violent behavior that have shown not to be stabilized or improved with treatment
- Youth who have a serious medical condition that requires ongoing or specialized medical oversight or treatment as evaluated by this agency on a case-by-case basis
- Youth who require the constant supervision as only deemed possible through and inpatient psychiatric hospital or secure setting
- This program is not adapted to serve youth who have the following primary DSM-V Diagnosis and behaviorally display such disorders to a severe level:
  - Autism Spectrum Disorder
  - Reactive Attachment Disorder
- Youth with a documented and pervasive history of AWOLs from previous placements which may

require a more secure program

Adelphoi Village will consider each youth referred to the program on an individual basis. The referred youth's amenability to treatment, aggressiveness, and other factors will be reviewed by the Admissions department to determine appropriateness for the program. These high-risk youth can be identified as chronic, serious, or violent offenders who can function appropriately in a less than secure setting. They may have a moderate history of aggression. The Enhanced Supervision program sets out to help clients meet their treatment goals and reach permanency with a solid and sustainable aftercare plan.

Youth are eligible for these treatment services regardless of race, religion, or national origin. Language barriers for family members can be accommodated using translation resources available 24 hours a day.

A distinguishing characteristic of Enhanced Supervision is 24-hour staff supervision (except on earned weekend visit leaves as ordered or approved). Visual supervision is maintained with the youth at all times with a staff to youth ratio of 1:6. The facility is highly structured with safety and security protocols similar internally to a secure program despite variations in the physical plant. External doors are delayed to reduce attempts to leave the program without permission.

Youth Treatment Services

The goal of treatment is to help youth determine their pattern of offending through the identification of the influence of psychosocial stressors and lack of positive coping skills on their behaviors. Treatment protocol is cognitive behavioral and developmentally appropriate. Treatment also includes an emphasis on self-esteem building, empathy and moral development, social skills, anger management, remorse, and the BARJ principles. Treatment is delivered by trained, degreed, and often certified program staff and counselors.

The concepts of Reality Therapy/Choice Theory are the prominent methods of treatment utilized. This method encourages the youth to take responsibility for their actions, as well as to develop an understanding of how they meet their needs for power and control in their day-to-day lives. Each youth is encouraged to explore past and present behaviors, as well as practice assertive behaviors to manage and move their lives in a positive direction. Treatment journals are utilized as a tool to track and process patterns and progress.

Reality Therapy is a system of ideas designed to aid those who identify with failure, learn to gain a successful identity, and to be a psychologically healthy person. A psychologically healthy person does not deny the reality of the world around him and is able to cope with people, behaviors, events, and feelings without losing his perspective of the world in which he lives. Adelphoi Village utilizes the basic concepts of Reality Therapy according to the book, Reality Therapy written by William Glaser, M.D..

Group and individual counseling are an integral part of treatment. Youth learn and discuss with their assigned counselor what triggers inappropriate thoughts, and what behaviors they exhibit as a result. Focus then occurs on positive goal setting, positive thought, and responsible relationships. These goals are then incorporated into future plans for the youth whether that is home, foster care, or apartment living.

Other methods of treatment consistent with Adelphoi Village include the 18-week Choice Theory Group that targets conflict resolution, Behavioral Management, and Contingency Contracting. Other groups provided include sex education, Values Clarification exercises, and substance abuse education.

Aggression Replacement Training (ART) is a multimodal psycho-educational intervention designed to alter the behavior of chronically aggressive and violent adolescents. The goal of ART® is to reduce aggression and violence among youth by providing opportunities to them to learn pro-social skills, how to control their angry impulses, and take perspectives other than their own. The program incorporates three specific components: Skills Streaming (SS), Anger Control (AC), and Moral Reasoning (MR). SS uses modeling, role-playing,

performance feedback, and transfer training to teach pro-social skills. In AC, participating youths must bring to each session one or more descriptions of recent anger-arousing experiences (hassles), and over the duration of the program they are trained specific skills to better control their angry impulses. MR is designed to enhance youths' sense of fairness and justice in the world and to provide youths with opportunities to discuss their responses to problem situations, taking perspectives other than their own that represent a higher level of moral understating. The program consists of a 10-week, 30-hour intervention administered to groups of 8 to 12 juveniles. Youth attend a one-hour session each week for each of the three components (SS, AC, and MR). The program relies on repetitive learning and transfer training techniques to teach participants to control impulsiveness and anger so they can choose to use more appropriate pro-social behaviors. In addition, guided group discussion is used to correct antisocial thinking. ART® has been implemented in school, delinquency, and mental health settings.

Contingency Contracting is a plan to do better on identified behavioral and personal goals on an individual evaluated basis. A Contingency Contract is a document negotiated between the staff member(s) and a resident with specific terms for improved or newly developed behaviors that a resident must follow to earn a specific reward or to attain a calculated goal. Contracts teach and reward positive behaviors, formalize agreements between staff and residents, and give immediate feedback and criticism for displayed behaviors and interactions, as well as praise and rewards for the positive accomplishments or achievements.

Child Management is the systematic use of consequences to teach children positive ways that children need to learn to become effective people. This definition is adapted from Parents Are Teachers written by Wesley C. Becker. Adelphoi Village emphasizes everything is earned as we follow Grandma's Rule of work before play. Grandma's Rule is used on a consistent basis throughout the day's events. Youth are rewarded for their positive behaviors and they receive natural and logical consequences (plans of action) in order to change inappropriate behaviors.

Adelphoi Village embraces a model of trauma-informed care that provides a basic blueprint for developing trauma-informed, therapeutic communities that promote recovery. Adelphoi Village takes a trauma informed approach in its treatment and supports an organizational change model that integrates trauma theory with the creation of therapeutic communities that provide safety for both youth and the staff who work with them. Adelphoi Village actively promotes the norms of (1) nonviolence; (2) emotional intelligence; (3) social learning; (4) democracy; (5) open communication; (6) social responsibility; and (7) growth and change. Being trauma informed is a process that empowers everyone to feel safe, engage in emotional management, experience and identify loss, and work towards future goals.

Professional Services

This program offers a wide variety of professional services to meet the individualized needs of each client. In addition to the strong curriculums and interventions outlined, this program offers access to higher level interventions. A team of agency psychiatrists are available for psychiatric evaluations and medication management during weekdays. An agency psychologist is available for consultation, testing, and psychological evaluations to meet the assessed needs of a client. Outpatient Mental Health Counseling and Drug and Alcohol counseling may be made available to the clients as well.

The program uses workbooks, handbooks, and curriculums that are gender neutral to help develop awareness of the effects and dangers of using alcohol and other drugs. These educational packets include:

- Coming Back From a Relapse
- Adolescent Substance Abuse Intervention Workbook

These packets are used in conjunction with groups, individual sessions, family sessions, clinical assignments, and behavioral contracting and provide insight into chemical dependency education and addictive behaviors.

Family Services

An Interdisciplinary Treatment Plan (ITP)/Individual Service Plan (ISP) is developed for each client in the program. The ITP/ISP reflects the goals of placement as well as how the goals will be achieved. A critical part of the ITP/ISP are the youth and family involvement in the development of the plan. Family is a critical aspect of each youth enrolled in the program. Together with the treatment modalities and education, family is significant in determining the overall success of care.

Positive family impact may be the catalyst for success for clients in the initial placement environment. Due to this reason, the family will be invited to participate in the following activities:

- Participation in the development of the child's ITP/ISP
- Participation in Weekend Visit Time
- Participation in family counseling sessions
- Participation in the development on the child's family contract
- Proper supervision of a child during all in unit visits.
- Parental support for all facets of the program

Family involvement is expected from the point of intake until discharge. Families are seen as partners in the treatment process and crucial to the success of the care of their children. Every effort will be made to facilitate family participation and to encourage their active involvement in the planning and treatment process. Home visits to families will occur as per the court and treatment plan recommendations. All efforts will be made to encourage regular communication. This includes staff initiated weekly phone contact. In addition Adelphoi Village offers every option available to ensure that the family visits the unit. The offer to pay for transportation, lodging and/or financial reimbursement for expenses is extended to families throughout a youth's care when necessary.

Education

Onsite education is provided by Cambria County School District through the Appalachian IU-8.

Recreation

The facility is equipped to provide a wide range of internally held recreation. Board games, etc., are some of the available activities, in addition to active games. Individual and group activities are also utilized. An attached gymnasium provides full service amenities and youth are active in the gym 4-6 times weekly in 1-2 hour intervals. An outdoor courtyard is also available and used at scheduled intervals.

Spirituality and Religious observances

This program observes and respects the individual's right to practice and observe their choice of religion. Diet, dress, prayer practices, and other common observances are respected and accommodated. However, if the practice of a religion is dangerous, abusive, or detrimental, the youth would not be allowed to practice the religion. Staff in the program will help each client meet their spiritual needs.

Balanced and Restorative Justice (BARJ)

Adelphoi Village supports Pennsylvania's Juvenile Act and continues to build upon the principles of Balanced and Restorative Justice: community protection, accountability, and competency development. The program will view each resident as an individual and develop and implement Treatment Plans that support the BARJ principles. The progress of a resident who is adjudicated delinquent is tracked using the standard Balanced and

Restorative reporting form. From a structured schedule and relevant community service projects to restitution and victim awareness, Adelphoi Village continues to strive to develop an environment that supports Balanced and Restorative Justice. It is the philosophy of Adelphoi Village that every youth will have the opportunity to participate in as many community-based activities and resources as appropriate.

Behavior Management and Discipline

This program embraces the trauma informed care and the associated commitments in all of its practices and approaches. The Safe Crisis Management program is utilized to train staff and promote an environment that is proactive and rooted in primary and secondary strategies. An emphasis on program organization, structure, and relationship building allows this program to limit the amount of crisis behavior in the environment of care. When crisis behavior does occur, professionals are trained to use secondary strategies including non-verbal, para-verbal, and verbal interventions. Only when there is a clear danger to self and or others are physical techniques utilized. Professionals are trained to use the least restrictive alternative at the time of Emergency Safety Physical Intervention.

Discipline in this program is viewed as an opportunity to learn and grow. The discipline and consequence strategies adhere strictly to the Department of Human Services regulations. Clients are challenged to plan alternatives, examine the function of their behavior, use the Choice Theory principal of "Procedures that lead to Change", and restore their community. All the treatment modalities work to support a client as they learn replacement behaviors, coping strategies, and competencies.

Staffing

The Enhanced Supervision is staffed with awake counselors/child care workers, 24 hours a day. Due to the high rate of behaviors of the youth in placement, this (Program) is required to monitor the youth at all times.

The program is delivered by a highly trained staff team.

The staff team is comprised of:

Number of Staff:	**Position:**	**Qualifications**:
1	Regional Director	Bachelor's degree required, Masters preferred
1	Unit Director	Bachelor's degree required, Masters preferred
1	Clinical Coordinator	Bachelor's degree required
3	Shift Supervisor	Bachelor's or Associates degree preferred or 2 years' experience
4	Counselors	Bachelors or Associates degree preferred with 2 Years' experience
4.5	Youth Service Worker	High school diploma or GED

The program is administered by the unit director under the direction and oversight of a Regional Director. The Regional Director is responsible for the programs performance and adherence to agency standards, policies, procedures, and applicable regulation and laws. The Regional Director reports to the Vice President of Residential Services.

A TYPICAL DAILY SCHEDULE IS AS FOLLOWS

5:30 a.m.	Awake – prepare for breakfast – make beds – personal hygiene
6:05 a.m.	Breakfast
6:30 a.m.	Jobs – breakfast cleanup
7:00 a.m.	Morning behavioral evaluation meeting

7:35 a.m.	Transition to school
8:00 a.m. – 1:50 p.m.	School – lunch – lunchtime behavioral evaluation
2:20 p.m.	Return to unit
2:30 p.m.	After school snack
3:00 p.m.	Choice Theory Group or Curriculum/ART
4:00 p.m.	Study hour (Sunday through Thursday)
5:00 p.m.	Dinner
5:30 p.m.	Jobs – dinner cleanup
6:00 p.m.	Evening behavioral evaluation
7:00 p.m.	Monday – Values Clarification meeting or recreation time
8:00 p.m.	Free- time/personal responsibilities
8:15 p.m.	Self-Administration of Medication
8:30 p.m.	Showers and personal hygiene
9:30 p.m.	Lights out

Manor Enhanced Supervision is licensed by the Department of Human Services and has a Labor and Industry Certification. This program is also Joint Commission Accredited.

Referral Procedure

County representatives can initiate referrals by contacting Adelphoi Village's Admissions office at 724-804-7000. This number answers 24-hours a day. Pre-placement requirements include a court order, Medical Access card or other form of medical insurance coverage, and at least a 30-day supply of medication for those youth who are receiving medication at the time of intake.

Restrictions preclude the placement of severely handicapped or mentally challenged persons that are not self-sufficient. Reason for early termination from the program includes severe acting out behavior.

Trauma Informed Care

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***Updated 2/24**