Secure Facilities

Middle Creek II (Male) (14)
1116 Village Way
Latrobe, PA 15650
724-804-7087
Certificate #411010

Middle Creek III (Male) (15)
1120 Village Way
Latrobe, PA 15650
724-804-7076
Certificate #445280

Middle Creek IV (Female) (15)
1112 Village Way
Latrobe, Pa 15650
724-804-7314
Certificate #454430

Service Profile/Criteria for Admission

Adelphoi Village operates secure facilities for males and females that each provide intensive counseling and treatment. The secure program is designed to serve adjudicated delinquent adolescents who have committed serious or chronic offenses, are aggressive, runaway risks, and display other serious delinquent behaviors. Youth committed to the program have usually had prior contacts with the courts, and may have had several prior placements. They are most often lacking in the internal controls necessary to remain stable in an open setting, thus requiring a secure environment.

Adelphoi Village approaches treatment for youth in a humanistic and holistic manner. Treatment is individualized to include help with a number of risk factors, including aggression, poor problem solving, mild to moderate mental health issues, strained family dynamics, trauma, and other problems specific to the youth. Adelphoi Village's philosophy is that the cycle of degeneration can be altered in favor of positive growth and success through applying the beliefs and principles of brotherly concern.

The program focus is to provide education and support for the youth while allowing the client to take responsibility for their daily actions, develop and practice coping skills, and general life skills. Additional staff supports allow regular individual counseling, and regular family education and counseling that enhance and strengthen the youth's transition to their home setting. This group home provides 24-hour care seven days a week.

Inclusionary Criteria

- Sex: Male and Female
- Age Between 12- 18 years old
* 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.
* 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)
- Delinquent
- Wide range of Mental Health Diagnosis
- Education/Academic level: Grade 6 or above
- Special populations can be considered on a case-by-case basis: Hearing or visually impaired, youth with a physical disability
- 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, emerging personality disorders.

Exclusionary Criteria

- Youth with a documented history of extreme violent behavior that has 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 Diagnosis and behaviorally display such disorders to a severe level:
    - Autism Spectrum Disorder
    - Reactive Attachment Disorder

Youth are eligible for these treatment services regardless of race, religion, or national origin.

Comprehensive Assessments

A core group of assessments are completed on clients at program entry. Additionally, clients may receive a psychiatric evaluation as deemed necessary during the treatment planning process. This comprehensive diagnostic procedure is intended to examine all significant areas of the resident's life and is used with other assessments for ongoing development of the Treatment Plan. The assessment process is multi-systematic: information is gathered from the youth, family, referring agency, educational system, and other sources involved in the case. The information derived assesses functioning within all of the life domains. In addition, the assessment process is culturally sensitive and strength focused.

The clinical program will provide assessment and comprehensive treatment services that include:

- Psychiatric Evaluation
- Psychosocial Assessment
- CANS (Includes Suicide Assessment)
- FAST
- Trauma Screen
- Home Study prior to discharge (if applicable)
- Academic Assessment
- Medical/Physical/ Nutritional Health and Safety Screens
- Safety Plans
- Substance Abuse Evaluation and Education
- Post-Traumatic Stress Assessment (As recommended by Psychiatrist or clinical team)
- Psychological (Upon Recommendation of Psychiatrist)

The program also utilizes the Youth Level of Service (YLS)/Case Management inventory tools that are provided by Juvenile Court to assist in developing and administering effective programming that assists clients in reducing high and moderate dynamic risk categories. The goals of the client's treatment plan are designed to assist the client in reducing risk factors, with the program providing a wide range of internal interventions as well as access to external resources that can include: a licensed therapist, a licensed drug and alcohol therapist, spiritual support, education opportunities through dual enrollment, and credit recovery for those that qualify. Family involvement is encouraged and supported through organized travel assistance which includes hotel arrangements, gas card assistance, train or bus ticket reimbursement and flexible visitation times, in order to assist in reducing this risk factor.

Treatment

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/her and is able to cope with people, behaviors, events, and feelings without losing his/her perspective of the world in which he/she 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 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. Several 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.

The Middle Creek Female Secure program uses workbooks, hand books, and curriculums that are gender specific for girls to help develop awareness of the effects substance abuse, human trafficking awareness, grief and loss and emotional management. These educational packets include:

- Substance Abuse Prevention Activities
- Coming Back From a Relapse
- Adolescent Substance Abuse Intervention Workbook
- A Women's Addiction Handbook

These workbooks are used in conjunction with groups, individual sessions, family sessions, clinical assignments, and behavioral contracting.

Security

In order to provide a safe and secure environment for successful treatment, Adelphoi Village provides the following guidelines:

- Secure Facility, individual secure bedrooms
- Staff secure control room
- Clear lines of sight and minimal places to isolate
- Windows in walls where appropriate
- Sufficient physical space
- Individual shower facilities
- Adequate on-site recreational facilities
- Staff to resident ratio of 1:6
- Night staff physically check each resident's room at a minimum of every 8 minutes
- Monitor and make room assignments based on risk factors
- A no-touch policy is adhered to and enforced

- Annual Safe Crisis Management training for staff
- Youth are in staff eyesight at all times

Confidentiality

All youth understand upon entering the program, that any past abuse or offenses they disclose will be reported to their probation officer or caseworker. Past abuse may be reported to the police or Child line if indicated.

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 weekend contract
- 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.

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 Sanctuary Model 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 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 crisis 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.

Education

Educational programming for youth in Middle Creek II, III, and IV will be determined pursuant to Section 1306 of the Public School Code (24 P.S. §13-1306) which states that **… children who are residents of such homes, but not legal residents in such district (shall be permitted) to attend the public schools in said district.** An educational team will include membership from the host school district, Dr. Robert Ketterer Charter School or Adelphoi Education, parents or guardians, and teachers from the host school district and the charter school. At Dr. Robert Ketterer Charter School, youth are provided a nurturing environment with highly qualified teachers, special education services, small class size, and Title I services in math and language arts. All charter school staff are trained annually in Safe Crisis Management, Child Management, De-Escalation Techniques, CPR and First Aid, along with various treatment modalities to assist our "at risk" student population toward academic and therapeutic/behavioral success. Throughout the school day, Adelphoi Village staff accompany all youth to promote a healthy learning environment, while providing treatment services and maintaining appropriate supervision and safety.

Recreation

The secure facilities are equipped to provide a wide range of internally held recreation. Board games, computer games, etc., are some of the available activities, in addition to active games. Individual and group activities are also utilized. The campus 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.

Spiritual development is supported at the program. Clients may identify upon intake any religious affiliation that they have and are offered services to support these beliefs. An agency activities coordinator is available and active in this program to help each client meet their spiritual needs. Diet, dress, prayer practices, and other common observances are respected and accommodated in conjunction with security protocols.

Relapse Prevention/Aftercare

Counseling services for youth requiring treatment for sexual issues or substance abuse treatment on an outpatient basis is available. In addition, a variety of options are available to youth after treatment in a secure setting. Step-down placement into an intensive supervision, community-based group home facility (including specialized programs for sexual offending) is available in the Adelphoi Village system. Placement into a foster care program is also available, if deemed appropriate.

Adelphoi Village conducts outcome studies to assess the effectiveness of treatment services. A discharge evaluation including an aftercare plan is completed to provide information and guidelines about skills necessary for the youth to maintain a positive lifestyle. When appropriate, assessments are conducted to evaluate progress and risk of recidivism.

Staffing

The secure units are staffed with awake counselors/child care workers, 24 hours a day. A 1:6 ratio during awake hours is strictly upheld. Due to the high rate behaviors of the youth in placement, this intense

supervision is required to monitor the youth at all times.

The Secure Treatment program is delivered by a highly trained staff team comprised of:

Number of Staff:	Position:	Qualifications:
1	Program Director	Bachelor's degree required, progress on Master's degree required
1	Unit Director	Bachelor's degree required, Master's preferred
3	Shift Supervisor	Bachelor's degree required, or Associates degree with 2 years' experience
5	Counselor II	Bachelor's degree, or Associates degree with 2 years' experience
9	Counselor I/Youth Care Worker	High school diploma or GED

The program is administered by the Unit Director under the direction and oversight of a Regional Program Director. The program director is responsible for the programs performance and adherence to agency standards, policies, procedures and applicable regulation and laws. The Regional Program 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.	School
8:00 a.m. – 1:50 p.m.	School – lunchtime, behavioral evaluation
2:30 p.m.	After school snack
3:00 p.m.	Choice Theory Group/Curriculum/Anger Replacement Training
4:00 p.m.	Study hour
5:00 p.m.	Dinner
5:30 p.m.	Jobs – dinner clean-up
6:00 p.m.	Evening behavioral evaluation
7:00 p.m.	Psycho-Ed meeting or recreation time
8:00 p.m.	Free-time/personal responsibilities
8:30 p.m.	Showers and personal hygiene
9:30 p.m.	Lights out

Referral Procedure

County representatives can initiate referrals by contacting Adelphoi Village's Director of Admissions 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 referral. Admission 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.

Secure Units are licensed by the Department of Human Services and have Labor and Industry Certification.

Trauma Informed Care

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***Updated 3/24**