

Tamarack Center

(Residential Treatment Center)

CONTACT

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PROGRAM OUTLINE

Gender: Coeducational
 Ages: 12 to 17
 Grades: 6 to 12
 Enrollment: 16
 Duration: Flexible 3-12 months
 Founded: 1984



NATSAP

Member Since: 2006



Spokane

Airport: Spokane

Tamarack Center is a small 16-bed medical model residential psychiatric treatment for adolescents ages 12-17. Tamarack Center's mission focuses on providing individualized focused care in a safe and therapeutic atmosphere. At the base of Tamarack's treatment philosophy is the concept of relationships. It is our belief that through a healthy, developmentally appropriate relationship, youth can begin to face their emotional difficulties and prepare for the future. Healthy relationships provide the path for reintegration back into the family and the community.

Typical diagnoses areas treated include:

- Depression
- PTSD
- ADHD
- OCD
- Bi-Polar Disorder
- Reactive Attachment Disorder
- Thought Disorders
- Oppositional Defiant Disorder

Treatment at Tamarack is provided in the context of milieu therapy. Residents learn how to live with each other on a daily basis. Problems of living are discussed, solved and new approaches to old patterns of behavior are developed and utilized. Individualized behavior programs for each resident supplement the general milieu expectations. Each resident has an individualized treatment plan which is updated on regular basis to ensure that current specific problem areas are being addressed.

Individual, group and recreational therapies are used to address treatment issues. Family participation and communication is stressed through weekly family therapy, e-mail access with their child, and our "shadowing" program which has parents shadow their child through the program activities to observe staff interventions and communication techniques. Additionally, Tamarack also provides a unique group family function called "Family Matters" which encompasses parent support group, parent education, and family interaction activities provided to the families in a relaxed and supportive atmosphere. Each resident is assigned a masters level family specialist, a nurse and primary counselor, who work under the supervision a psychiatrist. Education is individualized with each resident having their own computer to utilize for schoolwork.

Individual Psychotherapy Available: Yes

Accreditation Licensure: Washington State Department of Health, The Joint Commission, Tri-Care Certified, Spokane District 81

Professional Affiliations: NATSAP-Full Member; American Association of Children's Residential Centers (AACRC)