

Open Residential (Short-Term)

Mid-Atlantic Youth Services, Corp.'s (MAYS) open residential treatment program is designed as a step-down program for secure care youth that are preparing for discharge. Through this program, youth are provided the opportunity to demonstrate cognitive and behavioral skills and show how responsible and productive they've become by participating in community-based events and activities in an open setting.

This program also serves as a direct placement for youth in need of treatment to address their cognitive, behavioral, educational, and abuse issues. Youth placed directly are determined by the court to not be in need of secure confinement.

Goals/Objectives

The ultimate objectives of this program are to:

- Provide a safe nurturing environment conducive to change, growth and development for youth
- Provide short-term step down programming for secure care youth to allow for a smoother transition to the community
- Provide short term residential programming for youth that are able to benefit from our intensive cognitive and behavioral treatment in an open residential setting
- Protect children from abuse and neglect and from harming themselves
- Provide reasonable access for family members to be active in treatment
- Guide youth in making the necessary changes to allow for responsible decision making
- Increase self-confidence, self-discipline and self-esteem
- Promote responsible behaviors and attitudes
- Improve social skills and communication skills
- Hold youth accountable while building competencies
- Build a relationship with the local community while giving back to the community
- Allow youth the opportunity to participate in community based activities (community service, restitution, AA/NA meetings, etc.)
- Teach youth employment skills and earn money to pay restitution
- Reduce the symptoms of mental illness and cognitive distortions
- Reduce drug and alcohol use and abuse
- Improve social, behavioral and academic functioning
- Reduce delinquent behavior
- Strengthen family unit
- Reunite the family

The staff will also work to minimize the following defense mechanisms related to negative and problematic thinking, feelings, and behaviors:

1. Denial
2. Minimizing
3. Lying
4. Justifying
5. Rationalizing
6. Intellectualizing
7. Passive aggressiveness
8. Externalizing
9. Anger displacement
10. Projecting blame onto others

Admission Criteria

The criteria below applies to males transitioning from MAYS' secure programs. However, on occasion, a youth may be admitted directly from the court when the secure setting is not conducive to the youth's treatment.

- Adjudicated delinquent
- Court ordered
- 14-20 years of age
- IQ of 65 or higher
- Expected length of stay is 3 months (as a step-down) and 6-9 months for direct admission

Program Availability

Available to males at Western PA Child Care only.

Referral Process

Parents, legal guardians, police officers, juvenile courts, etc. can make referrals to Mid-Atlantic Youth Services. If an adolescent in your care is in need of help, please contact Corey Shumaker at 814-221-5684 or via email at cshumaker@midatlanticyouth.com.

Treatment Planning

Assessment and treatment planning begin immediately after the intake procedures are completed and continue as an on-going process throughout residency.

A Bio-psychosocial is the primary tool used to conduct this assessment and consists of:

- Comprehensive youth interview
- Family assessment
- Educational evaluation
- Psychological evaluation (provided by contracted psychologist)
- Psychiatric evaluation (if deemed necessary)
- Initial health screening (provided by nurse)
- Health and physical examination (provided by contracted physician)
- Integrated summary
- Mental health screening

A preliminary treatment plan will be developed by a master level clinical supervisor for each youth within 72 hours of admission that serves to provide the treatment staff and student with direction in the early stage of treatment. Initial treatment plans will be developed for each youth for their first 30 days of services. This plan will primarily focus on orienting the youth to the program services and expectations.

An Individual Service Plan will be completed for each youth after 30 days of admission by a master level clinical supervisor and in coordination and collaboration with juvenile probation officers, educational personnel, parents/guardians, therapists, psychologists, certified teachers, case managers, and child care workers. Through this process, an assessment of the youth and their family's strengths and needs (developmental, emotional, intellectual, social, cultural, physical), will be used to establish the plan's short and long-term goals which will be accomplished while in treatment. This plan will be reviewed on a monthly basis.

Each youth will have a primary master level clinical supervisor that will assist them in achieving their identified goals and objectives. Youth will be afforded consistent and timely feedback regarding his performance via pre-established meetings (process and procedure), as well as informal interactions during one-on-one sessions with on-duty staff. The student will also be given more individual feedback concerning his Individual Service Plan (ISP) from his assigned caseworker. These mechanisms will allow the staff to confront the inappropriate and reinforce the positive. At the same time it will allow the student to realistically gauge his performance on a regular and ongoing basis.

Treatment Staffing

A high staff to student ratio will be maintained to support the integration of identified treatment services. Each unit will be comprised of one Youth Services Supervisor, one Clinical Supervisor (therapist) and 10 Youth Services Specialists. The staff to student ratio will be:

- One therapist for every twelve youth
- One staff for every four youth during working hours
- One staff for every twelve youth during sleeping hours
- One teacher per thirteen youth

Therapy/Counseling

At a minimum, individual therapy sessions will be formally provided one hour every seven days. The provision of additional sessions is at the discretion of the primary therapist. Informal individual counseling and therapy will occur on a daily basis.

Group therapy will be provided formally one hour for five days a week. Therapy groups will focus on treatment issues affecting all group members. These groups will be related to D&A issues, life skills, anger management, problem solving, trauma based etc, and facilitated by a master level therapist.

Psychiatric services will be provided by a PA licensed psychiatrist. The psychiatrist will perform evaluations when appropriate and will provide written reports to the facility in a timely manner. The psychiatrist will monitor and evaluate youth on medication on a monthly basis.

Drug and alcohol education and prevention services will be provided by a therapist or other trained staff member. In addition, AA and NA groups will be provided at off ground locations.

Mental health-based services will be provided by master level therapist on an individual and group basis. MAYS therapists will be provided with training on mental health, sexual abuse, gender specific and drug and alcohol issues and interventions.

Visit www.midatlanticyouth.com for more information concerning the therapy/counseling services offered at both MAYS facilities.

Family Involvement and Visitations

MAYS believes that family involvement is critical to the success of youth in our care. MAYS case managers and staff will maintain regular and constant communication with family/guardians. The case manager will contact the family on a weekly basis. Program visitation will occur on a regular and ongoing basis.

Daily Schedule

Daily programming will be intensive and similar to the following schedule:

- 7:00 AM - 7:05 AM: Wake-ups
- 7:05 AM - 7:30 AM: Showers/Room & Cleaning Jobs/Meds
- 7:30 AM - 7:45 AM: Room Inspections/Finish Cleaning
- 7:45 AM - 7:55 AM: Breakfast Meeting/Hygiene Inspection
- 7:55 AM - 8:20 AM: Breakfast
- 8:20 AM - 8:40 AM: Room time/Hygiene
- 8:40 AM - 8:55 AM: Morning Meeting/Hygiene Inspection
- 9:00 AM - 3:15 PM: School
- 3:15 PM - 3:30 PM: PM Homeroom/Snacks

3:30 PM - 4:00 PM: Homework/Personal Time/Meds
4:00 PM - 4:50 PM: Structured Recreation Time/Meds
4:50 PM - 5:45 PM: Life Skills Group
5:45 PM - 6:15 PM: Dinner
6:15 PM - 7:00 PM: Personal Time/Hygiene/Showers
7:00 PM - 8:30 PM: Group Therapy
8:30 PM - 9:00 PM: Clinical Study/Medication distribution
9:00 PM - 9:30 PM: Snacks/Unit Meeting
9:30 PM - 10:00 PM: Room Time/Lights Out

Program Services

Visit www.midatlanticyouth.com for a list all health, medical, educational, psychiatric, and recreational services provided at both MAYS facilities. Services may vary by program.

Discharge Procedure

Discharge/aftercare planning will begin at intake and consist of reliable and supportive services and systems that will sustain the youth upon return to their community. MAYS staff will work directly with the referring agency in order to set up a quality aftercare plan. Successful completion of the program will occur after the youth has accomplished the goals identified in their Individual Service Plan and when ordered by the court. When possible, two successful home passes should be completed by the youth. Follow-up will occur with the youth upon discharge to ensure successful community reintegration.