

**INNOVATIVE SOLUTIONS IN ADOLESCENT
BEHAVIORAL AND MENTAL HEALTH**



BROOKSVILLE YOUTH ACADEMY
PROGRAM DESCRIPTION



ABOUT YOUTH OPPORTUNITY

Youth Opportunity was founded in 2009 with a focus on innovation and evidence-based practice. The organization has a vision for the future of youth experience in treatment facilities. Our commitment to improving outcomes for youth and their families, as overall systems approach, extends beyond our operated facilities and into national efforts with our experienced and passionate team.

Youth Opportunity is committed to providing high quality, trauma-responsive, and individualized treatment programming for youth entrusted to our care in open residential settings. By using evidence and research-based treatment programming and providing quality educational and vocational services, our team is dedicated to applying effective solutions.

ABOUT OUR WORK WITH YOUTH AND FAMILIES

The majority of youth we serve bear a reality that has exposed them to disappointments, instability in home and family life, direct or indirect trauma, violence, drug abuse and a variety of factors that have contributed to their current situation. Our programming is designed in response to the youth's intellectual, emotional and physical development needs.

Every youth in our care comes to us with their own unique histories, risk factors, strengths/resilience and individualized treatment needs. Treatment begins with a thorough screening, assessment and treatment planning process to determine the best modalities, intensity, frequency and duration of treatment relative to the youth's level of need.

ADMISSION AND DISCHARGE CRITERIA

Referrals to Brooksville Youth Academy shall come from a variety of sources within local communities, state and national agencies, private health care settings and an array of other providers.

Our services are targeted for adolescents that range from 13-17 years old. Placements may extend past 17 years of age, if the youth was in care prior to their 18th birthday. The facility is staff secure. The program provides a variety of services that includes care, recreation, education, physical and mental health treatment services, living skills, and establishment of aftercare services prior to discharge (as required and/or requested).

ADMISSION CRITERIA

- The Brooksville Youth Academy is a residential treatment center for teens ages 13 – 17 who struggle with a variety of issues. Students and their families must be willing to positively participate in the treatment program. We offer an evidence-based, best practice program specifically designed for this age group, including:
 - ▶ Youth may have a history of involvement with the Juvenile Justice or State Custody Systems, prior episodes of hospitalization (case-by-case basis) and / or a history of

behaviors including but not limited to: aggression, emotional dysregulation or conduct, oppositional or defiant behaviors.

- ▶ The student's current living environment, family setting and extended community cannot provide the appropriate levels of support and access to therapeutic services.
- ▶ The student meets the age, cognitive capacity, adaptive functioning level and/or developmental level requirements necessary for acceptance.
- ▶ Typical student/family history and behavior could include:
 - Substance Abuse,
 - Family dysfunction,
 - Impulse control,
 - Low self-esteem,
 - Non-compliance/defiance,
 - Poor relationship choices.
 - Trauma History including:
 - Grief and loss,
 - Attachment and Adoption issues
 - Abuse (physical, emotional and/or sexual)
- ▶ DSM V Diagnosis including:
 - Neurodevelopmental disorders (attention-deficit/hyperactivity disorder (ADHD), learning disabilities, and intellectual/borderline intellectual disability (functional limitations/deficits in adaptive behavior, with full scale IQ 65-79); of note, autism spectrum disorder with severity level 1 (requiring support) will be reviewed on a case-by-case basis, while level 2 and level 3 severity levels are excluded);
 - Depressive and bipolar disorders;
 - Anxiety disorders;
 - Trauma- and stressor-related disorders;
 - Disruptive, impulse control, and conduct disorders;
 - Substance-related disorders;

- Personality disorders (Cluster A, B, and C);
- Co-occurring/dual diagnoses of the above.

▶ Teens that BYA cannot serve effectively include:

- Significant cognitive impairment
- Active self-harming behaviors requiring hospitalization
- Severe autism spectrum disorders,
- Schizophrenia spectrum and psychotic disorders,
- Current or persistent suicidal or homicidal behavior,
- Recent or ongoing violent behavior,
- Are experiencing psychosis, or impaired reality testing,
- Chronic and/or ongoing history of development.

DISCHARGE PLANNING/CRITERIA

- Discharge planning begins at the time of admission. A preliminary discharge plan with discharge goals, projected length of stay, tentative discharge date, and tentative aftercare plan will be formulated. Discharge / transition planning processes are family-driven and child-focused ensuring voice, choice, and access throughout the continuum of care. Discharge processes are managed through weekly treatment team reviews and monthly multidisciplinary meetings bringing the student, family and external support systems together to assess progress and identify ongoing treatment goals. The aftercare plan is based upon the individual strengths and unique needs of the student/family.
- A student will be considered for discharge when he has made significant progress toward treatment goals and sufficient aftercare services (mental health, education, family, medical/physical) have been arranged to support a smooth transition.

PROGRAM SERVICES

Brooksville Youth Academy provides residential treatment programming for male youth ages 13-17 who have mental health treatment and behavioral support needs that require temporary care in a structured, supportive and therapeutic setting.

The program provides for twenty-four (24) hour per day staff care that consists of screening, evaluation, treatment planning, individualized treatment services, education, and health care services designed to meet the unique and individualized needs of the students. The program is a highly structured, predictable, trauma-responsive, and healthy, therapeutic community that fosters personal growth, social development and responsibility through an array of comprehensive mental health services.

Daily group and individual therapeutic interventions are utilized to motivate, teach, and reshape maladaptive behaviors and thought processes while providing interventions that help students achieve emotional and behavioral stability.

Families are supported through family therapy, improving communication, identifying community resources, visitation, and regular contact with their child. Individualized educational programming, mental health services, social skills (including appropriate recreation), communication skills, and building resilience are utilized to promote growth. Reunification (as appropriate) is established early as a goal and guides treatment as is possible. Towards that end, community (mental health, education, employment, recreation) resources are explored for the returning student and family.

CLINICAL SERVICES

Brooksville Youth Academy provides evidence-based and trauma-informed treatment services to all students. Master's level and licensed therapists deliver therapies including; individual, group, family therapy, Trauma Focused – Cognitive Behavior Therapy (TF-CBT), Dialectical Behavioral Therapy (DBT), Eye Movement Desensitization and Reprocessing (EMDR), Seeking Safety (for co-occurring substance abuse and PTSD), individual counseling, family counseling, Skillstreaming (social skills development) and Independent Living Skills.

PSYCHIATRIC SERVICES

All students receive a psychiatric evaluation within seven (7) days of the student's admission to the program. Psychotropic medications are monitored monthly during psychiatric reviews. Treatment is overseen by a licensed psychiatrist, board-eligible in child and adolescent psychiatry and a licensed psychologist serving as Clinical Director.

EDUCATIONAL SERVICES

Educational services are provided to improve academic and social skills. Educational programs promote scholastic success by reinforcement of attendance, individualized instruction and academic assignments. Educational services are provided onsite and address each student's individualized academic needs. Each student is assessed to establish an individualized education program. Educational services promote skill acquisition, which ultimately will yield benefits in behavior and social competence.

MEDICAL SERVICES

Medical, dental and vision issues which are both routine and emergency in nature are coordinated through a contracted Designated Health Authority who is responsible for the provision of onsite health care services and health care oversight. Staff provides for transportation for specialty appointments and follow up, assuring the safety of the youth. Onsite medical staff conduct sick



call, medication pass and health education to facility youth. There is 24/7 Registered Nurse medical oversight.

BEHAVIOR MOTIVATION SYSTEM

The program utilizes a behavior motivation system that promotes respect, healing, and positive behavior, using a student-centered, strength-based, approach centered on positive reinforcement that fosters the opportunity for healthy growth and development. The program recognizes that students served have some degree of traumatic exposure and, as a result, there are adverse effects on ability to cope with everyday life. The overarching goal of our model is to provide support, guidance, and interventions to develop each student's capacity to self-regulate and build resiliency. All staff are educated and trained in observation, trauma-



responsive approaches and "Motivational Interviewing" to support students through their process of personal change and self-improvement.

PHYSICAL INTERVENTIONS

The program will make every effort to provide a physically and emotionally safe environment for all youth, staff, visitors and the community. Physical intervention methods are used as a last resort when all other verbal de-escalation and behavioral interventions have been exhausted. Physical interventions are NEVER used as punishment.

Emergency Physical Holds may be employed under the following conditions:

- the youth is at imminent risk to harm himself
- the youth is at imminent risk to harm another individual
- Program staff are trained in crisis intervention, de-escalation and therapeutic emergency physical intervention techniques, Handle with Care as well as being First Aid, AED, and CPR certified.

Staff "Debrief" with the youth and staff after a physical intervention. The purpose of processing is to determine the behaviors that led to the physical intervention and identify a plan to ensure such behaviors are avoided in the future.

Certain discipline measures are defined as punishment and are NEVER used with our students, including:

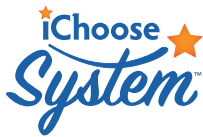
- Corporal or physical punishment (hitting, shaking, spanking, etc.)
- Physical exercise as a consequence (push-ups, running laps, jumping jacks, etc.)
- Humiliation techniques
- Denial of meals or snacks or hygiene
- Denial of contact with family / involved adult / DCS
- Group punishments for individual behavior
- Excessive or degrading consequences



Youth Opportunity is driven by our vision of **Investing in Excellence™**. It is the umbrella under which everything unites. It guides our treatment model with youth, our employee incentive and retention efforts, and our continuous quality improvement process that ensure overall fidelity.



The **iHOPE Experience™** encompasses the youth's involvement with Youth Opportunity. It is our treatment model. Everything we do – every process, every treatment service, every relationship we forge – is guided toward instilling in our youth the essential ingredient for success: HOPE.



The **iChoose System™** is focused on modeling, coaching, and incentivizing prosocial healthy behaviors. Youth are incentivized through earning credits through the demonstration of healthy, on-task behaviors throughout a structured daily agenda. Basic hygiene and wellness-related tasks are incentivized, as are educational, vocational, and treatment participation, and prosocial, healthy interaction with peers and staff.



i-ACHIEVE™: Innovative academic, pre-vocational, and vocational services to better equip youth for success upon transition to their communities. Includes post-secondary education, soft skills, and vocational industry-recognized certification opportunities



We understand the success of our youth, and of Youth Opportunity itself, is dependent on the quality of our employees and the training and tools we equip them with. As such, we have developed an employee recognition and retention program designed to enhance employee morale and retention and build and maintain a best-in-class employee culture, conducive to providing effective service delivery to our youth.

Teamwork * Leadership * Culture

Our multidimensional employee recognition program recognizes employees for their contribution to the company, high level performance, and creating a positive culture through **Investing in Excellence™**. All employees are eligible for an Employee of the Month and Employee of the Year nomination. Our Teamwork, Leadership, Culture, or **TLC™** program includes awards from any supervisory employee, or a customer, for exemplifying **Investing in Excellence™**.



Teamwork, Leadership, and Culture, what we term **TLC™**, has been systematically defined and elucidated in program expectations. To achieve the employee, and hence program, culture necessary for service delivery in line with Youth Opportunity values, we have developed expectations encompassing our systems, staffing, program environments, and communication strategies.

Finally, in achieving our vision of **Investing in Excellence™** we are dedicated to the concepts of: Compliance & Fidelity Monitoring and Continuous Quality Improvement.



Youth Opportunity has developed the **Premier GOLD Innovations™** compliance and program performance evaluation process to ensure both oversight of compliance to Youth Opportunity standards and expectations, contractual obligations, rules, and regulations, as well as systemic drive toward continual improvement and innovation.



BROOKSVILLE YOUTH ACADEMY
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