



# Program Descriptions Residential Treatment

Revision Dates:  
04/16

Last Review Date:  
04/16

## POPULATION SERVED

The Residential Treatment services are structured programs for adolescents ages 12 to 18, who live with mental health and/or substance use issues that impact their ability for success.

Referrals are accepted for youth residing in the City of Toronto. The 2 per diem beds at Clifton can be accessed by any youth regardless of geographic location.

## Referral Process

The program receives referrals via the CARS System (Centralized Access to Residential Services) and from the community by contacting the Intake Coordinator at Turning Point Youth Services.

## Number of Clients Served/Location of Program

- Withrow Residence – 8 bed female residence– Pape and Danforth area
- Woodycrest Residence - 8 bed male residence – Pape and Danforth area
- Clifton Residence – 6 bed residence for youth of all gender identities – Victoria Park and St. Clair area. There are additional beds available on a fee for service/per diem basis for youth living with mental illness and/or developmental disabilities who may require longer term treatment.

## PRINCIPLES OF SERVICE

- Accessible
- Respectful/Non-Discriminatory
- Embrace Diversity
- Equitable
- Safe
- Strengths Based
- Relationship Based
- Partnership with youth and families
- Collaborative
- Transparent
- Flexible
- Efficient/Effective
- Risk Reduction
- Accountable

## MODEL OF INTERVENTION/APPROACH

The Residential Treatment Programs are committed to providing an evidence informed, client centered, strengths based, relationship based approach that is sensitive to issues of racial, cultural, religious and sexual diversity. Services are always provided within the framework of best practice. Services focus on the assessment of the client's goals, strengths and needs, and corresponding interventions to support the achievement of goals, meeting of needs and the enhancement of strengths.

A range of treatment models for individuals, families and groups are used, with particular emphasis on Trauma Informed, Attachment Based philosophy of care and interventions. Treatments such as Dialectical Behavioral Therapy, Cognitive Behavioural Therapy (CBT), Narrative, and Brief Solution Focused Therapies are some examples of models of therapy used.

The Residential Treatment services use a client-focused, relational/strengths-based approach to create individualized Treatment Plans/Plans of Care for each client. The programs are committed to providing services that are non-discriminatory and respectful of the ethno-cultural, racial, linguistic and ancestral diversity of the youth and families served. Flexible and individualized services are provided, which accommodate the gender-specific needs of the clients served.

Access to broader Agency resources and consultation ensures that services provided are:

- sensitive to and recognize the needs of lesbian, gay, bisexual and transgendered youth;
- providing opportunities, in partnership with parents and guardians, for youth to participate in leisure and recreational activities that promote physical, social and cultural benefits;
- working in partnership with ethno and culturally specific organizations to help aboriginal youth preserve their unique cultural identity and heritage

The primary focus is to help clients to develop skills to manage their mental health issues and ultimately help them achieve their goals.

Each client participates in the development of a Plan of Care that reflects an individualized assessment of needs, strengths and risk factors. The Plan of Care identifies the specific services/supports received by the client, the expected outcomes and is based on the principles of individualized planning, self-determination and choice. Plans of Care are also built upon the client's strengths and are targeted at building supports for specific needs of the client, ensuring continuity, where possible, in social, educational and recreational activities.

## **STAFFING**

The program is staffed by individuals with the appropriate range of skills and abilities necessary to respond effectively to the needs of clients and families. The Programs are staffed by a team of 9 Full Time Equivalent (F.T.E.) Youth Workers. Staffing to support programming is based on client needs. Occasionally, as determined as a component of a client's treatment plan, 1:1 staffing for a client may be implemented.

Counsellors also provide services to residents of the programs. The Agency typically hires professional counsellors with post-graduate degrees in social work or a related field (e.g. Masters in Psychology/Education) to work within the Counselling program. Employees possess licensing with the appropriate regulatory body.

## **MULTIDISCIPLINARY APPROACH**

The program utilizes a multi-disciplinary approach in the provision of services, with the employee team working with the program clinician who acts as the Service Coordinator for the clients and families. Additionally, as determined appropriate, a consulting psychiatrist and/or psychologist, may be involved as a member of the multi-disciplinary team. The program clinician may also provide individual and/or family counselling to clients, as appropriate.

## **COLLABORATION**

In keeping with our belief in youth and family engagement, the client and parents/guardians/caregivers are seen as integral members of the service team. As such, they are involved in all major decisions in the development and review of the service, and then regularly at goal reviews and at service completion.

If other service providers (such as school, doctor, other agency, hospitals, etc.) are likely to be involved in

providing service to the client and parents/guardians/caregivers then, with the consent of the client and parents/guardians/caregivers, they will also be encouraged to participate as members of the service team.

**FOLLOW-UP SERVICES**

Aftercare services are individualized, based on the needs of the client and family and negotiated as a component of the discharge Plan of Care.

**PROGRAM SUMMARY**

Each client has a current, individualized Plan of Care that reflects an assessment of his/her needs and preferences. The Plan of Care will identify the specific services/supports received by the client, the expected outcomes and be based on the principles of client centered planning, self-determination and choice.

The program provides a supportive milieu that is designed to meet the needs of youth served and is structured with daily routines that incorporate the development of life and social skills, recreational and leisure activities and process oriented groups. The programs utilize the community supports in the surrounding areas which include libraries, schools, medical and recreation centres.

Individual, family and group counselling are available to all youth in the programs.

Additionally, all clients participate in an educational program, either in the community or within a Day Treatment/Section 23 Classroom (located in the Clifton Program), operated in collaboration with the Toronto District School Board. The program provides individualized educational assessment and programming for the clients throughout the school year.

The per diem program at Clifton offers higher employee to client ratios (1:2). Clients will be provided with life skills training and support to assist them to transition toward more independent living. They will also have access to a section 23 classroom and counsellor as required.

The residence is accredited by Canadian Centre for Accreditation (C.C.A.), and licensed by the Ministry of Children and Youth Services.