Grafton’s Berryville Psychiatric Residential Treatment Center (RTC) is a Level C program designed to provide intensive behavioral health treatment to help children and adolescents develop the skills necessary to be successful in a community setting. Trauma, abandonment, abuse, neglect, prolonged exposure to environmental stressors and violence, and/or limited access to needed care and resources can impact children and adolescents in very significant ways, and contribute to difficulties with their overall ability to connect, learn, make decisions, and realize their strengths. To help understand and navigate these challenges, we provide a trauma informed model of residential treatment. The program is accredited by the Commission on the Accreditation of Rehabilitation Facilities (CARF).

The RTC has twelve distinct units, each with programming designed to address the specific needs of no more than nine individuals for each unit. Individual rooms are available for each child served at the RTC. Treatment programming is optimized to address the needs of the following populations:

- Children and adolescents with psychiatric disorders including but not limited to trauma related disorders, attachment disorders, mood disorders, personality disorders and disturbance of conduct. Treatment is also provided for substance abuse when it exists as a co-morbid condition. We view every diagnosis from a neuro-behavioral perspective and focus upon skill-building and an approach characterized by comfort, not control. We also provide trauma focused recovery programs for children of sexual abuse, trauma, exploitation and trafficking.

- Children and adolescents with developmental disabilities including intellectual disability, autism spectrum, communication disorders and co-morbid psychiatric conditions.
Our Process
For every client, an initial treatment plan is developed within 24 hours of admission to the RTC. During the first few days of admission, evidence-based practices are reviewed, and an initial treatment plan is developed. This plan includes a comprehensive assessment of the child's needs that includes input from the client, parents, teachers, doctors and therapists. In addition to a full-time Board Certified Psychiatrist, Grafton’s team includes:_poly_varying professionals within the community; assessments are provided based on clinical need. Treatment and discharge planning begins on the day of initial assessment and continues throughout each child’s stay at Grafton.

Population served
Grafton serves males and females aged 6-22 exhibiting challenging behaviors with a psychiatric disorder; without an intellectual disability, who meet the DSM-5 criteria for autism spectrum disorders. Although we do not have an IQ range that we admit, clients must actively participate and benefit from psychiatric treatment.

Our Goal
Our goal is to provide treatment with a sense of urgency so that the client is effectively treated as quickly as possible. Within the RTC, we also offer a structured environment that provides stability and a sense of normalcy. Typically, a client stays 41 days or less. Discharge planning begins on the day of initial assessment and continues throughout each child’s stay at Grafton. In addition to residential and other designated external resources to ensure a successful transition back to the home.

Grafton believes that a successful future for all children can be ensured only by families, schools, local and state agencies working in partnership with one another. We recognize that family involvement and engagement is critical to improving the lives of children and in achieving sustainable positive outcomes. Parents are partners in their child's treatment and decision making. Family therapy is provided weekly and available in the evenings and weekends as well as during the workday. Grafton is in the process of incorporating the Building Bridges Initiative into every aspect of the treatment program.

What age range do you admit? The RTC serves males and females aged 6-22.

Within the Sexual Trauma and Abuse Recovery (STAR) program, we employ Trauma-Focused Cognitive Behavioral Therapy (TF-CBT). TF-CBT is an evidence based treatment approach to help children and their caregivers address trauma-related symptoms. Core components of TF-CBT are psycho-education about child sexual abuse and PTSD, affect modulation skills, individualized stress management skills; an introduction to the cognitive triad (relationships between thoughts, feelings and behavior), creating a trauma narrative (a gradual exposure intervention) where children describe increasingly distressing details of their sexual abuse/cognitive processing, skills and knowledge about healthy sexuality; and a parent treatment component.

For children with intellectual disabilities, we offer board certified behavior analysts who focus on evidence-based and reinforcement based strategies to improve skill acquisition in the areas of communication, social interaction, motor control and activities of daily living.

A Trauma-Informed Approach
Grafton's philosophy is one of comfort versus confrontation. Our philosophy is that all children are more comfortable if their physical, emotional and mental health needs are met. Those children who have experienced sexual trauma and abuse, and those children with intellectual disabilities or mental health challenges will immediately feel the positive benefits of a trauma-informed approach. This is a daily basis; these situations do not have to be artificially constructed. Rather, this is a way of working that can be integrated into any treatment program. By focusing on the development of a trauma-sensitive environment, Grafton can help our clients learn to monitor behavior in a natural setting. In this way, we are not falling potentially dangerous circumstances on the student, but are able to provide appropriate support when obstacles arise during the school day, with other organizations.

At Grafton, we believe in the importance of the role of the family in treatment. Family therapy is available to the family as needed. The typical treatment plan includes therapy sessions with the family, child and parents on a weekly basis. Family therapy is offered to assist the child, family and clinician to create a realistic and sustainable plan for the child to return to the home. The plan is designed for the child’s and family’s needs. Where grade level advancement may be appropriate for one client, such advancement may not be reasonable for another. At Grafton, we work closely with each family and individual to identify goals that are appropriate and realistic based on his or her unique abilities and circumstances.

Monitoring, Measuring and Mastering Goals
Grafton has established a goal mastery initiative that seeks to assure objectives established for each individual are realistically defined, meaningful, and measurable. And what that means can look very different for each child. Whereas grade level advancement may be an appropriate goal for one client, such advancement may not be reasonable for another. At Grafton, we work closely with each individual and family to identify goals that are appropriate and realistic based on his or her unique abilities and circumstances.

Once set, data for each goal is graphed and formal systems put in place for review. Changes are made, as the need dictates, to treatment and work on the individual’s goals. The goal mastery initiative has been implemented. Grafton has consistently met the 80% target goal rate of 80% across the organization.