

# A Different Kind of Treatment Facility

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 is hardware secured and situated on 19.5 acres in rural Clarke County, Virginia. The property includes a licensed and accredited school, multi-purpose gymnasium, basketball court, library, music program, art therapy room and a greenhouse that is an integral part of an active horticulture program. In addition, there are multiple opportunities for inclusion in animal care programs involving for example rabbits, dogs and horses. Equestrian therapy is available as well.

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.

## Recognition

Grafton's minimization of restraints initiative has been recognized by:



## Accreditation

Grafton's specialized therapeutic group homes are accredited by:



## Licensing



## Membership



For more information on Grafton's therapeutic day schools, see contact information below.

## Contact:

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# Psychiatric Residential Treatment Facility



## Our goal

Our goal is to provide treatment with a sense of urgency so that the child returns to the home and community as quickly as possible. Within the RTC, we also offer a short-term stabilization program where the length of stay is 45 days or less. Discharge planning begins on the day of intake and we work collaboratively with the client's family 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 drive 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.

## Our Process

For every client, an initial treatment plan is developed within 24 hours of admission to the RTC. During the first two weeks of admission, assessments are completed to develop a full conceptualization of the child's and family's needs that includes input from the client's transdisciplinary team: board certified psychiatrist, therapist, nurse, allied therapists, teacher, dietician, residential manager, case manager, child and parent. In addition to residential treatment and special education services, we also provide individual therapy, group therapy, family therapy and behavior consultation for each child. In addition, a full range of medical and nursing support is available for each client onsite. Holistic medical services are provided and overseen by the Medical Director who is a Board Certified Psychiatrist and Pediatrician. The Medical Director integrates the physiological, physical, emotional, and behavioral aspects of the individual to provide integrated health care. Additional services such as speech and language therapy, occupational therapy, psychological assessments are provided based on client need. Contract services with various professionals within the community may be arranged as needed.



## Population served

Grafton serves males and females aged 6-22 exhibiting challenging behaviors with a psychiatric disorder with or without an intellectual disability. We have 12 specialized units and support the following populations:

- Children and adolescents with psychiatric disorders including but not limited to attachment disorders, mood disorders, personality disorders and conduct disorders. We also provide a trauma-focused recovery program for children of sexual abuse, trauma, exploitation and trafficking. Treatment is also provided for substance abuse when it exists as a co-morbid condition.
- Children and adolescents with developmental disabilities including intellectual disability, autism spectrum, communication disorders and specific learning disorders coupled with a mental health diagnosis.

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

**What IQ range do you admit?** Grafton has strong organizational expertise in treating individuals with intellectual and developmental disabilities including autism spectrum disorders. Although we don't have an IQ range that we admit, clients must actively participate and benefit from psychiatric treatment.

## Treatment Modalities & Interventions Used

Grafton employs a trauma informed approach to treatment, which was internally developed and pioneered more than a decade ago. Our treatment approach involves not only understanding, recognizing and responding to the effects of trauma but also emphasizes the physical, psychological and emotional safety of our clients and employees to rebuild a sense of empowerment. Once a client is admitted to Grafton, he/she is assessed by a Board Certified Psychiatrist and a conceptualization of the child's and family's needs is developed by the transdisciplinary team: psychiatrist, nurse, dietician, therapist, allied therapist, teacher, case manager, child, parent and others as needed. A minimum of three individual therapy sessions are provided per week and group therapy is provided as indicated by the individualized treatment plan. In addition, each client has at least three documented therapeutic activities per day. Grafton also provides clients opportunities to access music instruction, art activities, animal assisted intervention and organized sports activities. A greenhouse is an integral part of an active horticulture program and clients sell produce and flowers to a local Farmer's market.

Clinicians at Grafton have training and expertise in a wide array of methodologies including trauma-focused cognitive behavioral therapy, structural family therapy, applied behavior analysis, mode deactivation therapy and dialectical behavioral therapy amongst others. We also employ therapists experienced in substance abuse treatment (Certified Addictions Therapist) and sexual trauma and abuse recovery (Certified Sexual Offender Treatment Provider).



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; affective modulation skills; individualized stress-management skills; an introduction to the cognitive triad (relationships between thoughts, feelings and behaviors); creating a trauma narrative (a gradual exposure intervention wherein children describe increasingly distressing details of their sexual abuse); cognitive processing; safety skills and education about healthy sexuality; and a parental treatment component.

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

We provide ongoing training to our direct support professionals in the areas of trauma informed care, the function and meaning of behaviors, behavioral assessments and interventions and the importance of comfort versus control in supporting clients who are experiencing behavioral challenges.

**Is this facility a secure facility or a non-secure facility?** The psychiatric residential treatment facility in Berryville is a secure facility and has a 12-foot fence that surrounds the property. Additional features at the RTC include a DVR camera system, alarms, campus wide communication and hardware security.

## A Trauma-Informed Approach

Grafton's philosophy is one of comfort versus control. We recognize that clients with intellectual disabilities or mental health challenges will inevitably face frustrating circumstances on a daily basis; these situations do not have to be artificially constructed. Rather than seeking to control the student through manipulation or coercion, we monitor behavior in a natural setting. In this way, we are not forcing potentially traumatizing circumstances on the student, but are able to provide appropriate support when obstacles arise during the school day. with other organizations.

## Monitoring, Measuring and Mastering Goals

Grafton has successfully implemented a formal goal mastery initiative that seeks to assure objectives established for each individual are clearly defined, meaningful, and measurable. And what that means can look very different for each client we serve.

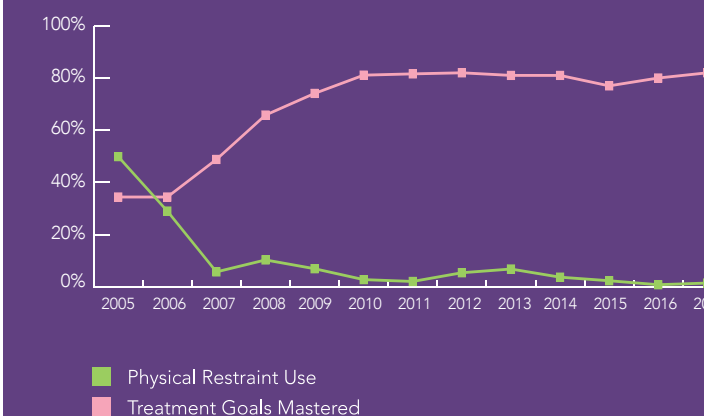
Whereas grade level advancement may be an appropriate goal for one client, such advancement may not be reasonable for another. At Grafton, we work closely with each individual and family to identify goals that are appropriately ambitious, based on his or her unique abilities and circumstances.

Once set, data for each goal are graphed and formal systems put in place for review. Changes are made, as the need indicates, to treatment and instructional strategies. Since Grafton's goal mastery initiative was implemented, Grafton has consistently exceeded its target goal rate of 80% across the organization.



## PROVEN SUCCESS Minimizing Restraint and Eliminating Seclusion

Well over a decade ago, Grafton implemented an organization-wide initiative to minimize and, where possible, eliminate the use of coercive techniques such as restraint and seclusion. Today, not only have we achieved a 99.8% reduction in the use of restraint and 100% reduction in the use of seclusion, we have dramatically reduced the number of injuries to clients and staff and significantly increased the rate of treatment goals mastered across the organization. Through our Ukeru Systems division ([www.ukerusystems.com](http://www.ukerusystems.com)) — currently used in 24 states and more than 110 private day and residential programs, private and public schools, psychiatric hospitals and forensic units — Grafton now shares this expertise with other organizations.



*"In public school, [my son] was spending as much as four hours out of a six-hour day in seclusion...I asked how much time was spent in seclusion at Grafton. The answer? None."*

*- Grafton Parent*