



**GRAFTON**  
INTEGRATED HEALTH NETWORK

# Psychiatric Residential Treatment Facility





# A Different Kind of Treatment Facility

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Grafton's Psychiatric Residential Treatment Center (PRTC), located just outside of Berryville, provides intensive behavioral health treatment to children and youth. Our goal is to provide comprehensive care designed to quickly help youth develop the skills necessary to be successful in a community setting. Our clients have suffered the long-term effects of struggling with their behavioral health issues, often resulting in a complex mix of trauma, difficulty with socialization and educational challenges. 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 secure and situated on 20 acres in rural Clarke County, VA. 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 therapeutic experiences with animals, for example, equestrian therapy.

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 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. Discharge planning begins on the day of intake and we are committed to full family engagement to ensure a successful transition home.

Grafton believes that a successful future for all children can be ensured only by families, schools, and 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.

## 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. Our 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 and psychological assessments are provided based on client need.

## Population Served

Berryville serves a broad spectrum of youth. Youth are always served with other children who are of the same age and experiencing similar challenges. The campus and professional infrastructure are subspecialized to address the specific needs of each group (board certified behavior analysts for autism spectrum disorder and intellectual disabilities, therapists for psychiatric disorders, etc.) All children are assigned a psychiatrist who oversees his or her multidisciplinary treatment team. The diagnostic groups include:

- Children and adolescents with developmental disabilities, including intellectual disability, autism spectrum, communication disorders and specific learning disorders coupled with a mental health diagnosis
- Children with psychiatric conditions, such as attachment disorders, mood disorders, thought disorders and personality disorders
- Young males who have been sexually abused and have sexually maladaptive behaviors as a result
- Victims of traumatic experiences, such as sex trafficking
- Treatment also available for substance abuse disorders when it is not the primary condition – Grafton does not provide detoxification services

**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. Grafton does not have an arbitrary IQ exclusion criterion. Instead, we follow a process prior to admission that will help us understand the youth holistically.



# 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. Grafton also provides clients opportunities to access music instruction, art activities, animal-assisted intervention and organized sports activities. An individualized treatment plan – combining one-on-one and group therapy as well as therapeutic activities – is created for each client. A greenhouse is an integral part of an active horticulture program and clients sell produce and flowers to a local farmers' 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, motivational interviewing 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. 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.

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.



## 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.

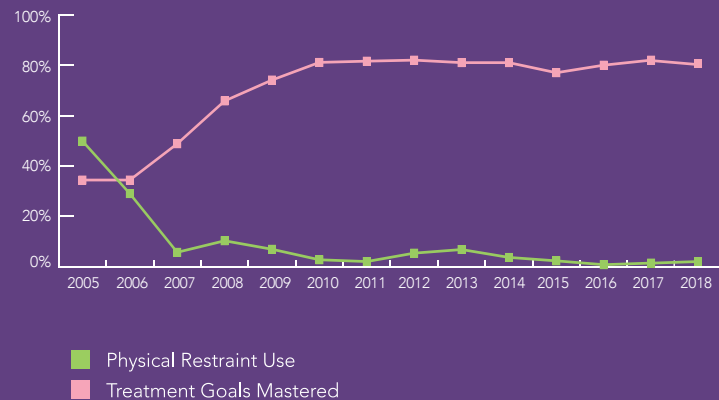
Whereas grade level advancement may be an appropriate goal for one client, such advancement may not be reasonable for another. At Grafton, we work closely with each individual and family to identify goals that are appropriately ambitious, based on his or her unique abilities and circumstances.

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 achieved a high rate of goal mastery as depicted in the graph to the right.



## PROVEN SUCCESS Minimizing Restraint and Eliminating Seclusion

Well over a decade ago, Grafton implemented an organization-wide initiative to minimize and 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 nearly 30 states and more than 130 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*

## Recognition

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



## Accreditation

Grafton's specialized therapeutic community living options are accredited by:



## Licensing

Grafton's therapeutic community living options are licensed by:



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

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