



**GRAFTON**  
INTEGRATED HEALTH NETWORK

Psychiatric Residential Treatment



Grafton operates two Psychiatric Residential Treatment Facilities (PRTF) — located in Berryville, Virginia and Cold Spring, Minnesota — providing intensive behavioral health treatment to help children and adolescents 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.

## Our Berryville, VA Center



The PRTF in Berryville, VA is a secure facility and has a 12-foot fence that surrounds the property. It is situated on 19.5 acres in rural Clarke County, Virginia.

This location 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 PRTF.

Clients are provided 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 farmers' market.

## Our Cold Spring, MN Center

The program at Grafton's Cold Spring campus is designed to provide youth with education, life skills, and a range of therapy services that have been shown to improve outcomes for populations that are the most at-risk and vulnerable. The property features housing for up to 30 children, an outdoor play area, and a day school. The building is hardware secured meaning youth will not be able to leave the facility without staff supervision.





## 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 PRTF, 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 community.



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 Services

For every client, an initial treatment plan is developed within 24 hours of admission to the PRTF. Once a client is admitted, they are assessed by a Board Certified Psychiatrist and a conceptualization of the child's and family's needs is developed by the multidisciplinary 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.

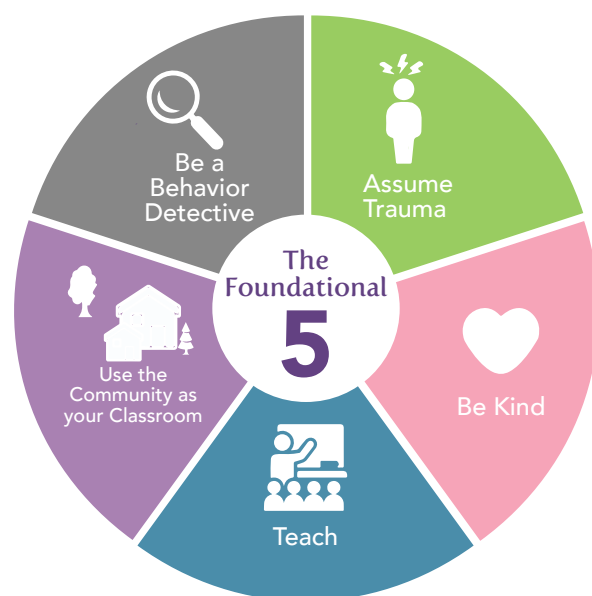
In addition to residential treatment and special education services, Grafton also provides individual therapy, group therapy, family therapy and behavior consultation for each child. A full range of medical and nursing support is also available for each client onsite. Holistic medical services are provided 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, and psychological assessments are provided based on client need. Contract services with various professionals within the community may also be arranged as needed.

## Our Clinical Model

Grafton's clinical model — which we call the Foundational Five™ — guides every aspect of what we do. The principles of this model are: be kind, assume trauma, teach, be a behavior detective, and use the community as your classroom. All of these rest on the foundation of "meeting them at their best" - leveraging clients' own interests and skills are the basis for all teaching.

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.





## Population Served

Grafton provides treatment programming optimized to address the needs of children and adolescents (age 6 – 21) 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.



Developmental disabilities including intellectual disability, autism spectrum, communication disorders and co-morbid psychiatric conditions.

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.

## A Trauma-Informed Approach

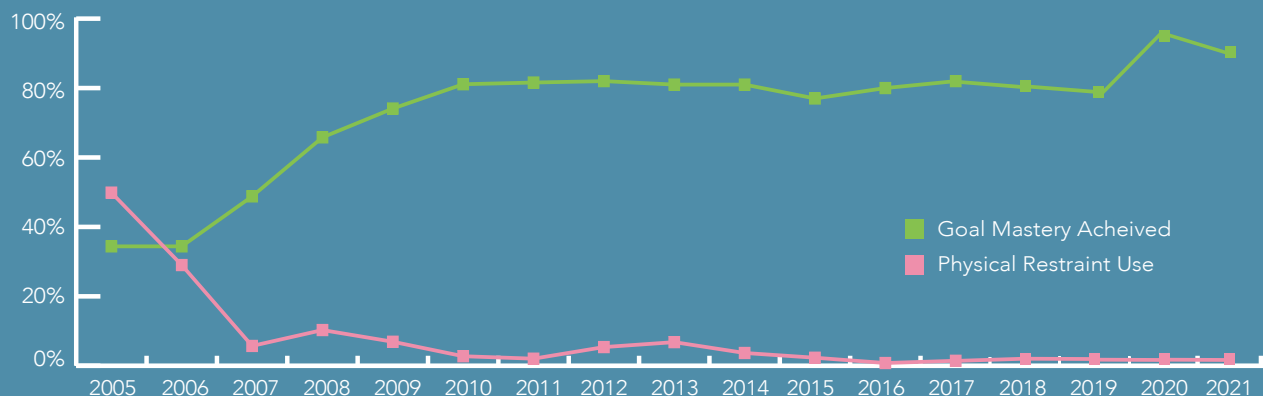
Grafton uses a trauma-informed approach, creating a supportive, caregiving environment sensitive to past experiences of violence and victimization. This approach, combined with a philosophy of Comfort vs. Control®, creates an environment that enhances the experience of both clients and employees.

By showing compassion, kindness, and patience, our team helps clients on the path toward a more fulfilling and independent life. Grafton is so committed to this approach that we created Ukeru Systems®, a trauma-informed crisis management technique rooted in the belief that physical restraints are not only unnecessary but also unproductive, and that all intervention should be built on an approach of comfort versus control.



# Goal Mastery

Grafton rigorously measures people's progress and uses the data it gathers through this process to inform treatment decisions. We identified "Treatment Goal Mastery" as a key performance indicator for the organization. Our "Treatment Goal Mastery" system provides systematic data about each client's progress towards treatment goal attainment. We track, monitor and adjust interventions based on client progress or lack thereof. As a result of detailed monitoring and tracking, treatment goal mastery increased to over 80% with clients and families across the organization.



## Contact

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