



Midwest Center for Youth and Families
South Shore Academy
1012 W Indiana Street
Kouts, IN 46347
Phone: (888) 629-3471
Fax: (219)766-0007
www.Midwest-Center.com



PARENT RESIDENTIAL TOOL KIT

Why would I send my child to Residential Treatment?

Residential treatment may be considered when other methods of treatment have not been successful or when residential treatment is recommended by a mental health professional.

What is Residential Treatment?

Residential treatment is an intensive program considered when a child or adolescent needs a safe and secure treatment setting with 24-hour care provided by trained, qualified staff. The average length of stay will vary by program but usually is between 30-90 days or longer.

Residential treatment should have a clinical foundation involving psychiatrists, nurses, doctors and others who participate in the treatment. Some programs may offer an education component along with the clinical setting so that your child continues his or her education while in treatment.

A Parent's Checklist. What do I look for in a residential treatment facility?

All residential treatment facilities are not alike. Deciding which one to trust with the care and treatment of your child can be difficult. However, here are some things to ask the programs you're evaluating:

Will Residential Services Work?

- Does the facility provide therapy that has been clinically tested and provides positive outcomes?

Safety of Children

- Is the facility locked? Can children leave without a planned discharge?
- Can I remove my child if I change my mind?

Staff Training

- What are staff credentials and who exactly will be treating your child?
- Who will do the medication management?
- Does the facility work with a board certified psychiatrist?
- How will the facility handle your child if he or she becomes verbally or physically aggressive?

Family-focused treatment and support

- How much family therapy will be provided?
- What other family support and education groups are offered?

Accreditations-Organizations that hold the facility accountable

- Is the facility licensed? By whom?
- Is the facility accredited by JACHO www.JACHO.com? Many insurances require this level of accreditation.

Individualized Treatment Programs –This addresses **YOUR** child’s needs

- How will the facility customize treatment to meet your child’s individual needs as well as your family’s needs?
- Does the facility develop an individual treatment plan specifically for your child?
- How many individual, group and family sessions will be provided?

Treatment Updates

- How will you be informed of the goals being set?
- How will you be notified of your child’s progress?

Aftercare planning

- How will they assist you with finding the right aftercare providers?

Facility assistance

- Will the facility help you explore and access available financial resources to cover the costs of residential treatment?

What can I expect when I decide to call a residential program and who should I talk to?

While all programs are different, there are some common things you can expect in the residential treatment process:

- ***Making that first call, the Intake Process.*** Generally when you call a residential facility, you would ask for the Intake or Admissions Department. This is the first step in the process of evaluating whether or not the residential facility can meet your child’s unique treatment needs. Admissions staff should be willing to spend as much time with you as necessary for you to explain your situation and answer questions about the program. Sometimes the initial phone call can take up to an hour. During this exchange of information, it is a good idea for you to have as much clinical information as possible. Things to share would include information about the history of your child’s therapies, medications, hospital stays or other residential stays. During the process, parents share their story about the behaviors of the child or adolescent and why residential treatment his being considered. It is not necessary for a mental health professional to recommend residential treatment; parents can always call on their own to gather information. Once it has been determined that this particular residential program can meet your need, you may arrange for a tour and staff interviews.
- ***Admission Process.*** Once you and the program have decided to admit your child, the admission process varies from program to program. Not all children will come willingly; and, therefore, you must make arrangements with the Intake office on how you will get the child to treatment. Some children are in the hospital while you are interviewing residential facilities. Look for agencies that are willing to do a **Direct Admission** from the hospital to the residential treatment facility. Depending on geographical concerns, you may need to transport your child. If you are not comfortable with that, escort services may be an option. Good programs will encourage you to go to the facility and tour to see where your child

will be. Parental involvement is necessary for great outcomes. Programs should welcome your involvement.

What resources are available to help me in the decision-making process?

There are many resources available to parents when trying to decide the best treatment alternatives for their child:

Mental Health Professionals

- Talk to your doctor, mental health therapist or psychiatrist about your child's problems and ask their opinion about the available treatment options.

Parents

- Ask if facility will provide references of other parents who have used the program. Talking with other parents can help alleviate fears and give you a level of comfort about the staff and overall treatment.

Social Service Organizations

- Seek out your local NAMI (National Alliance of the Mentally Ill) organization. They are a consumer group dedicated to providing support groups to adults and parents of children with mental illness. Many parents who have participated in NAMI programs have had to make these same decisions. Their website is www.nami.org.

Professional Organizations to Research

- **NATSAP** - National Association for therapeutic Schools and Programs www.natsap.org
- **AACRC American Association Children's Residential Centers** - Founded in 1956, the oldest national association focused on the needs of children with serious mental and behavioral problems who are in residential or other milieu-based placements. Their website is www.aacrc-dc.org.
- **NACBH** - National Association for Children's Behavioral Health www.nacbh.org
- **SAMSHA** - Substance Abuse and Mental Health Services Administration www.SAMSHA.org.
- **Mental Health America** - www.nmha.org
- **Family Driven Care** – Promoting the primary decision making role of families in the care of their own children www.ffcmh.org
- **Indiana Families** – Their mission is to create and grow networks of support, education, intervention, leadership and advocacy and empower families to facilitate growth and development for their children who have emotional behavioral or mental challenges www.indianafamilies.org.

What funding options are available for residential treatment?

- **Medicaid**-Programs vary by state. Indiana residents who qualify for Medicaid may be able to participate in the PRTF program. In 2004, Medicaid providers who qualified received the designation to become an approved provider for Psychiatric Residential Treatment Facility. Other options may include a Medicaid Spend down to assist with payment. Medicaid "C" package is available to use in a PRTF as of 1/1/10.
- **Insurance**-Your policy may cover residential treatment. It is important to work with the residential provider to verify insurance benefits.

- **Department of Education**-Depending on the situation, your child may be eligible for services through his or her school. You will need to discuss this with the Special Education Services Department at your child's school.
- **State specific programs** – In some cases, the Illinois Care Grant may be an option. www.Illinoislegalaid.org.
- **Loans**-Some banks and institutions will make loans similar to student loans.

Summary

Residential Treatment can be beneficial in affecting the long term mental health and behavior of many children and adolescents. It is important that you as a parent are comfortable with the treatment being provided and that you can be actively involved in the treatment.