

## Reflection Center Treatment Reviews

Treatment progress is reviewed on a daily basis via the point card and meetings with treatment staff. Continued placement in the Reflection Center is reviewed every 24 hours after the first 3 days, up to 7 days. Should a Resident continue to exhibit dangerous behavior necessitating further intensive treatment beyond 7 days, reviews may take place less frequently. Referral sources and families will be involved in the decision to keep the Resident at this level of care on a longer term basis.

## Reflection Center Discharge

A transfer staffing will be held to facilitate the Resident's return to his/her assigned cottage.

### Discharge Criteria:

- Resident has not exhibited dangerous behavior
- Resident has completed all written assignments
- Resident demonstrates understanding of appropriate coping skills
- Resident has attained A level on the behavior card for a minimum of 2 consecutive days
- Resident has used therapy sessions to address issues which brought about the need for intensive treatment.

## Admission to Reflection Centers

Residents are admitted to the Reflection Center based upon clinical need. When a Resident displays a repeated pattern of unsafe behaviors or is experiencing a crisis, the treatment team will meet to review the Resident's need for crisis stabilization.

Persons involved in the review are the primary therapist, team leader, cottage staff, education staff, milieu director and clinical director. No one staff may make this decision alone. Caseworkers, Client Managers, Probation Officers and parents are consulted prior to consideration of a transfer to the Reflection Center.

If a Resident is determined to need the level of care provided in the Reflection Center, the treatment team will develop a short-term crisis intervention plan. This plan is communicated to DSS, DYC, Probation and parents.

### Specific Admission Criteria:

- The Resident is demonstrating a repeated pattern of behavior that constitutes danger to self and others. These dangerous behaviors are: AWOL, AWOP, serious property damage that includes injury to self and/or others, physical assault, sexual assault, and suicide gestures.
- Resident demonstrates a repeated pattern of refusing medications that affect health.

## What Is The Purpose Of The Reflection Centers?

The purpose of the Reflection Centers is to provide a structured, supportive environment for Residents who need crisis stabilization. The Reflection Centers provide a **higher level of supervision and therapy** along with a **greater staff ratio of 1 to 4**.

The therapeutic focus of this crisis intervention is for the Residents to reflect upon their core issues that drive unsafe behavior. This period of reflection is intended for the Resident to come to a greater understanding of their underlying beliefs and to then develop new skills/tools for effective coping and constructive behaviors.

All El Pueblo policies and procedures are applicable to this dimension of the El Pueblo Performance Program for Youth©.

### CORE VALUES

**Integrity**

**Respect**

**Trust**

**Compassion**

**Accountability**

**Selfless Service**

**Fun**



## Intensive Therapeutic Reflection Centers



*A Center of Excellence  
in Residential Treatment*

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# Therapeutic Interventions You Can Expect

*El Pueblo recognizes that sometimes Residents may reach a critical point in treatment that brings about the need for more intensive supervision, structure and therapy. We believe that a psychologically safe environment with intensive treatment can help children resolve their current crisis and return to a safer level of functioning. The Intensive Therapeutic Reflection Centers represent an enhanced tool to augment the El Pueblo Performance Program for Youth©.*

## Summary of Services

Residents receive 6 hours of educational programming daily; recreation/leisure activity of one hour daily with an additional 3 hours per week of specialized recreation services; a minimum of 5 hours per week of group counseling; a minimum of 3 hours per week of individual therapy; 1 to 4 staff ratio; 24 hour structured milieu services; and frequent treatment plan reviews. Clinical supervision is provided twice a week to ensure quality, clinically based programming.

## Clinical

Therapy will focus on the immediate crisis-driven behaviors to reach some resolution and to develop improved behavioral functioning.

The Resident will learn to identify core beliefs and defense mechanisms, and then develop effective self-management skills based upon increased understanding of self.

The Resident's primary therapist will develop the crisis intervention plan with the Resident and will communicate and review it with the direct care staff.

Residents will receive daily therapy sessions with Bachelor's level direct care staff under the direction and clinical supervision of a licensed therapist. Residents will have group counseling sessions every day that will be psycho-educational in nature.

The primary therapist will meet with the Resident for two sessions each week in addition to the daily therapy sessions provided by the direct care staff.

Rotating master's level therapists will provide treatment groups twice a week in addition to the daily group therapy provided by the Bachelor's level direct care staff. Licensed therapists will provide case reviews and clinical supervision twice a week.

## Medical and Psychiatric Services

El Pueblo's nurse will conduct sick call upon request at the Reflection Centers and will perform brief assessments to determine need for any further medical services. Psychiatrist will be notified of a Resident's move to a Reflection Center. A Psychiatrist will see the Resident for medication management one time per week.

## Milieu

The Reflection Centers are intended to be self-contained. Meals are brought in from the facility kitchen. All services take place in the living area or fenced yard for recreation. The daily schedule is highly structured with an emphasis on therapy. Residents receive a copy of rules and expectations when placed in the Reflection Center. A copy may be provided to referral sources and family. Phone calls and mail continue on a regularly scheduled basis.

## Education

While Residents are assigned to a Reflection Center they will continue to receive educational services consistent with the El Pueblo education curriculum.

All academic assignments that are conducted in the school setting shall be sent to each Resident in the Reflection Centers through a coordinating licensed teacher. The assigned teacher will coordinate the school assignments through a qualified paraprofessional. All school assignments will be graded and counted towards each Resident's academic grade point average and earned school credit.

Residents who are assigned to the Reflection Centers are primarily assigned to the

Reflection Centers due to exhibiting an increased need for a higher level of care, structure, and therapy. As such, a component of the education piece will be helping the Residents "learn to learn". This will occur by the Residents conducting and completing assignments that will improve their performance and success rate in a school setting. The "learn to learn" curriculum will focus on, but is not limited to: organizational skills, test-taking strategies, time management and study skills.

## Recreation

Residents will have organized, staff directed and supervised recreation activities for at least one hour a day. Part of the recreation schedule will include three hours per week of instruction from a recreation specialist under the supervision of a Certified Therapeutic Recreation Specialist.

Recreation specialists conduct group activities that are therapeutically designed to address teamwork and trust. At the end of each activity, the specialists process with the Residents to assist them in gaining understanding of their interactions with others. In addition, Residents will have one hour a day of physical fitness exercises with large muscle activity.

### MISSION STATEMENT

**El Pueblo...an Adolescent Treatment Community is a private, non-profit organization serving the needs of at-risk youth and their families. By creating an environment of safety and loving care, youth and their families learn the skills they need to become productive members of the community.**

**For More Information:  
(719) 544-7496**