

STEVENS TREATMENT PROGRAMS

Youth who have engaged in dangerous behavior--assault, abusing substances, stealing, destroying property, and running away--are often very difficult to manage and difficult to treat. They are generally resistant to intervention, mistrustful of adults, and have lost any hope of being successful in society. They have often developed an ingrained pattern of delinquent behaviors that can be difficult to break.

Youth who act out behaviorally typically have serious underlying emotional issues with histories that can include abuse and neglect, multiple placements, hospitalizations and school failures, and as a result, they struggle with low self-esteem. Some present as withdrawn, under-socialized, and self-injurious, and they often become a target of other youth.

At Stevens, we specialize in working with difficult populations, and we excel at providing a safe, behaviorally controlled setting. Stevens offers treatment approaches that address each adolescent's unique needs. Specialization provides a more intensive, consistent, and concentrated approach, improving the quality of treatment and the chances for success.

How the Program Works

For the emotionally disturbed / behaviorally disordered youth, treatment begins by providing a safe, staff-secure, predictable, and highly structured therapeutic environment staffed by professionals trained to work with this population. Within the nurturing environment at Stevens, our treatment staff manages the resident's out-of-control behavior, until he can learn to do so for himself.

Individual Therapy

Upon admission to the program, each resident is assigned a masters-level clinician who provides weekly individual therapy, as well as case management. An initial psychosocial assessment is completed and is

designed to clearly identify problem behaviors and underlying emotions. Individual therapists then develop goals and treatment approaches that build on the resident's identified strengths. This process results in a comprehensive assessment with specific treatment recommendations and a detailed, individualized treatment plan to help each resident reach his goals.

For individual therapy, clinicians use a variety of techniques that often include cognitive-behavioral therapy, art therapy, role-playing, and project-based treatment. Residents learn therapy tools they can use to stop unwanted behaviors. These include thought blocking, anger management techniques, relaxation and visualization, empathy development, and the cycle of inappropriate behaviors. After gaining an understanding of these tools, they have the opportunity to practice them within a safe environment. The treatment plan includes a list of specific therapy tasks, which will enhance the integration of concepts and healthy values.

Progress in treatment is formally reviewed after the first six weeks of treatment, and then on a quarterly basis. In addition to the Stevens treatment team, families and outside agency workers are also invited to attend. An updated treatment plan is developed at each meeting with progress noted.



Group Therapy

Group Therapy is a critical part of our program. The following groups are offered: Anger Management, Empathy Development, Process Group, Social Skills, Survivors' Group, Substance Abuse Prevention, Relapse Prevention, Human Sexuality, Appreciating Diversity, and Transition Group.

Family Therapy

Family support and involvement can be an effective motivator making family therapy an important part of treatment. The family is assisted in examining existing family dynamics and strengthening healthy functioning. Sessions begin with a family assessment followed by the development of a family therapy contract, which is used as a guide for on-going treatment. Family sessions generally take place bi-weekly.

Other Services

Our consulting psychiatrist provides medication consultations and psychiatric evaluations regularly. Psychological testing and evaluations are available through a consulting psychologist. Medical services are provided on campus by a registered nurse. The nurse also coordinates services obtained from community health care providers.

Educational Services

The focus of special education services is on small classrooms with individualized instruction tailored to each student's academic needs. Individualized Education Plans are developed and reviewed quarterly by treatment teams. The educational program operates year round, which enables students to progress at a rate that allows the greatest opportunity for academic success and growth. Students earn educational credits while at Stevens and are able to graduate and earn high school diplomas from their home communities.

Conclusion and Integration

Whether the next step is enrollment in a follow-up program, or integration back into the community, Stevens prepares youth and their families for successful transitions.



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Comprehensive Treatment for
EMOTIONALLY DISTURBED /
BEHAVIORALLY
DISORDERED YOUTH



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