



KIDSPeACE PENNSYLVANIA RESIDENTIAL



"Without KidsPeace I'm not sure where I would be today... Many caring people gave me the treatment and care I needed to move forward."

Former KidsPeace Youth

The KidsPeace Orchard Hills Campus features a highly innovative, independently certified evidence-based residential treatment center and psychiatric hospital in a scenic and peaceful setting in Orefield, PA. We provide an ideal environment for the treatment of children and adolescents in need of a safe, highly structured, dynamic and nurturing residential treatment experience, supported by specialized training for staff on evidence-based Trauma-Informed interventions for individual, family and group therapy with Nationally Certified Trauma Focused CBT Therapists.

At KidsPeace, we use a holistic approach that melds the principles of community interaction, evidence-based interventions, trauma-informed care, and youth reintegration. Each member of our clinical leadership team is either currently Nationally Certified as a Trauma Focused Cognitive Behavior Therapist (TF-CBT), or in process of receiving this certification. Our Director of ABA is a board-certified Behavioral Analyst and the department supports interventions in each program. Additionally, one clinical manager is also certified in Eco-Systemic Family Therapy. Treatment includes evidence-based and individualized treatment interventions and program specific progress monitoring tools. Interventions include TF-CBT, Cognitive Behavior Therapy (CBT), Behavior Therapy (BT), Parent Management Training (PMT), Applied Behavior Analysis (ABA) and elements of Motivational Interviewing (MI), Dialectical Behavioral Therapy (DBT) and Eco-Systemic Family Therapy. Each program also utilizes highly trained aftercare specialists to ensure appropriate reintegration back into the community.

Culture of Safety: The KidsPeace Culture of Safety is our initiative to integrate all of our resources to improve the safety for all staff, kids and families. This is emphasized by our utilization of Evidence-Based Practices, Cultural Competence, Trauma-Informed Care, Life Space Crisis Intervention, Model of Care, Ukeru, Safe Crisis Management, Applied Behavior Analysis, and QPR (Question, Persuade and Refer).

Ukeru: KidsPeace utilizes UKERU, a crisis de-escalation technique and restraint-free approach, which provides an additional resource for staff and kids to stay safe and keep treatment progress moving forward.



To make a referral for treatment, please call
800-854-3123



Diagnostic Therapeutic/Shelter Residential Treatment

Staff-to-Client Ratio: 1:3 - 1:4 (males and females ages 6 to 18)

The KidsPeace Residential Diagnostic Program offers emergency crisis stabilization and diagnostic services for children and adolescents experiencing emotional, behavioral and social adaptation challenges. The program provides short-term care in a staff-intensive, 24-hour, campus-based environment and includes but is not limited to the following array of services: physical examination/nursing assessment, clinical review, Life Space Crisis Intervention (LSCI), initial treatment plan, behavior management, comprehensive assessment services, therapeutic recreation, Individual/group/family counseling/therapy, risk screening, court testimony, psychiatric and psychological evaluations, social history, educational services, medication management and education, health education.

★ Specialized Behavior Disorder Treatment

Staff-to-Client Ratio: 1:3 - 1:4 (males ages 12-18)

This reality and cognitive behavior-based treatment helps young men accept responsibility for inappropriate behaviors, identify maladaptive behavioral patterns, increase social sensitivity, develop empathy for victims and learn pro-social skills and long-term accountability and self-discipline.

★ A.S.P.I.R.E. (Adolescent Sexual Preoccupation, Intervention, Responsibility and Education) Program

Staff-to-Client Ratio: 1:3 - 1:4 (males ages 13 to 18)

The PRTF Certified ASPIRE residential treatment program provides structured, staff secure, intensive residential treatment services for male adolescents who are exhibiting high-risk sexualized preoccupations and behaviors. The program focuses on treating the youth in a holistic manner giving an understanding that the youth is more than just their “sexual behaviors.” The team utilizes a Trauma-Informed approach to help youths understand and accept responsibility for inappropriate behaviors; identify behavior patterns; increase social sensitivity; increase emotional regulation/expression; increase impulse control; gain understanding of healthy sexual development and relationships; develop empathy for abuse victims; and learn long-term accountability and self-discipline. Every youth receives a full psychosexual evaluation upon admission, which includes the Juvenile Risk Assessment Tool (J-RAT). This program utilizes the Brief Psychiatric Rating Scale for Children (BPRS-C), behavioral scorecard system, J-RAT results and team feedback to ensure that progress monitoring and integrity is maintained.

★ TRICARE

Staff-to-Client Ratio: 1:3 (males/females ages 13-18)

TRICARE certification and KEPRO approval allow us to provide a complete continuum of care for our military-involved kids and families. The Residential Treatment Center offers 24-hour residential care and treatment in an unlocked staff-secure setting for adolescents.



★ KidsHope Intensive Residential Treatment

Staff-to-Client Ratio: 1:3 - 1:4 (males ages 12 to 18)

The PRTF Certified KidsHope Residential Treatment Program provides structured, staff secure, intensive residential treatment services for male adolescents with **I.Q. scores between 50 and 70**. Limitations in adaptive functioning that prevent a child from being successful in less restrictive settings are identified and targeted. Interventions address improving a youth’s impulse control, social judgment, emotional regulation/expression and interpersonal skills to enable and support the child to transition to a less restrictive setting. Education occurs initially in a self-contained, highly structured and closely supervised classroom. This program utilizes the Brief Psychiatric Rating Scale for Children (BPRS-C), behavioral scorecard system, Social Skill Improvement System (SSIS) and team feedback to ensure that progress monitoring and integrity is maintained.

★ KidsPeace Trauma, Resiliency, Empowerment, and Elevation (T.R.E.E.) Residential Program

Staff-to-Client Ratio: 1:3 (males ages 7-18; females ages 10-18)

The PRTF Certified T.R.E.E. Program uses a holistic approach that combines the principles of community interaction, Trauma-Informed evidence-based interventions, and life-skills development for females and males. This program is designed to address emotional and/or behavioral acuity in children/adolescent females/males whom have experienced complex trauma, including Commercial Sexual Exploitation of Children (CSEC), that cannot be treated in a less restrictive environment. Goals of this program include teaching healthy relationships/sexual development, emotional regulation, cognitive coping, self empowerment, family/support building, and community reintegration. This program utilizes the Brief Psychiatric Rating Scale for Children (BPRS-C), Childhood PTSD Symptom Scale (CPSS), Trauma History Questionnaire (THQ) and Casey Life Skills Assessment, in tandem with our youth behavioral scorecard system and team feedback to ensure that individual and program progress monitoring and integrity is maintained. In the life skills program, youths can work with local community groups to help build self-empowerment and social responsibility through active community engagement.

KidsPeace Orchard Hills
5300 KidsPeace Drive
Orefield, PA 18069
800-854-3123



Donley School



Recreational Facilities



Pioneer Center



Ropes Course



Residence



Family and Youth Engagement to Discharge

Family and Youth engagement is vital to achieving positive outcomes in residential treatment. The culture, ideas, beliefs, and values of family members play a critical role in the success of adolescents and are utilized to support and guide the treatment of youths at KidsPeace. To this end, KidsPeace has made the decision to highlight the idea that the youth is “visiting” KidsPeace and returning to their home is the ultimate goal. Family members know more about their children than anyone else, and thus the youth and family are considered the experts and critical components of the Interdisciplinary Treatment Team.

KidsPeace has created a youth advisory council that affords youth in our program the opportunity to enhance their treatment for such things as policy and document development and food likeness (taste tests). This, along with family inclusion, allows for the real experts of child adolescent treatment to be the drivers of care.

To help families make the transition to having a youth in placement, discharge planning starts prior to admission. Family members are offered a tour and introduction to members of the treatment team, if possible, and will work with those team members to ensure the most appropriate and safe transition as soon as possible.

Customer Service

KidsPeace tracks and monitors customer and referral agency satisfaction and feedback through formal surveys and informal communications with customer relations liaisons: customerrelations@kidspeace.org.

KidsPeace Psychiatric Hospital

★ Child and Adolescent Psychiatric Treatment Program

Males/females ages 6-20.5, 5 and under on case-by-case basis

Treatment for youths with severe conditions in a highly-structured environment utilizing intensive intervention, comprehensive treatment, support to children and families, and aftercare.

★ TRICARE

Males/females ages 13-21

TRICARE certification and KEPRO approval allow us to provide a complete continuum of care for our military-involved kids and families. Youth can use the KidsPeace continuum to move to less restrictive settings as treatment progresses, but can also utilize the KidsPeace Psychiatric Hospital for periods of stabilization when necessary.



Psychiatric Hospital



Student Lounge



Student Pavilion

KidsPeace Education Programs

Private Academic Schools

SED, LD, MR and regular education students grades 1-12

KidsPeace offers an alternative education program for students requiring a more structured academic environment.

Licensed by PA Department of Education, KidsPeace schools serve residential and community populations with appropriate education programs.

Year-Round Academic Program

Elementary/secondary-level residential students

Education programs are offered throughout the summer for residential students approved and funded by home school districts.

The following is a list of evidence-based practices currently being utilized by KidsPeace Residential Programs based on the individual needs of the youth.

Evidence-Based Models

- Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)
- Cognitive Behavioral Therapy (CBT)
- Applied Behavior Analysis (ABA)
- Behavioral Therapy (BT)
- Parent Management Training (PMT)
- Girls Circle
- Thinking for a Change
- Life Space Crisis Intervention (Promising Practice)

Evidence-Based Curriculum

- Super Flex
- Preparing Adolescents for Young Adulthood (PAYA)
- Stages of Accomplishment

Progress Monitoring Tools

- Brief Psychiatric Rating Scale for Children (BPRS-C)
- Childhood PTSD Symptom Scale (CPSS)
- Trauma History Questionnaire (THQ)
- Casey Life Skills Assessment (CLS)
- Juvenile Risk Assessment Tool (J-RAT)

Models

Trauma Focused-Cognitive Behavioral Therapy (TF-CBT)

TF-CBT is utilized in the treatment of PTSD symptoms, affective, cognitive, and behavioral problems, as well as improving the participating parent's or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions with the child.

(Nationally Certified leadership and clinicians.)

Cognitive Behavioral Therapy (CBT)

Cognitive-behavioral therapy is based on the idea that our thoughts cause our feelings and behaviors, not external things like people, situations, and events. The benefit of this approach is that we can change the way we think to feel / act better even if the situation does not change. *(Available in all our houses)*

Applied Behavioral Analysis (ABA)

ABA is an empirically validated, evidence-based science that is devoted to understanding and improving human behavior. ABA applies principles of behaviorism, such as reinforcement, to treat individual youths. ABA defines a behavior in objective and measurable terms, then it examines the relationship between behavior and changes in the environment. ABA focuses on socially significant behaviors, not inconsequential behavior. The ABA analysts are part of our treatment team and work with other members of the treatment team to help our youths. The analysts can provide the following services to the treatment team to help our youths: behavior snapshot, behavior contract, behavior intervention plan and functional behavior assessment.

Behavioral Therapy (BT)

Behavior therapy is a psychotherapy which aims to change identifiable negative behaviors. The basic principle of behavior therapy acknowledges that people are essentially shaped by learned aspects. However, these learned aspects can be overturned and replaced with constructive behaviors. Behavior therapy occurs systemically using an individualized method designed to deal with the patient's specific destructive behaviors.

Parent Management Training (PMT)

Parent Management Training is a type of family therapy that utilizes techniques including psycho-education, parental attending skills, role plays, problem solving, communication training, and behavioral expectations. PMT's ultimate goal is to help the parents be able to create healthy relationships and boundaries that will promote positive behavioral changes in their children.

Thinking for a Change

Thinking for a Change is a cognitive-behavioral program, governed by a simple, straightforward principle: thinking (internal behavior) controls actions (external behavior). The three components of Thinking for a Change are: Cognitive Self Change, Social Skills, and Problem Solving Skills. Cognitive Self Change teaches a concrete process for self-reflection aimed at uncovering antisocial thoughts, feelings, attitudes and beliefs. Social Skills instruction prepares group members to engage in pro-social interactions based on self-understanding and consideration of the impact of their actions on others. Problem Solving Skills integrates the two interventions to provide an explicit step-by-step process to address challenging life situations.



Girls Circle

The Girls Circle model, which is part of the One Circle Foundation, is a structured support group for girls that integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in female youths.

Life Space Crisis Intervention (Promising Practice)

LSCI is an advanced, interactive therapeutic strategy for turning crisis situations into learning opportunities for children and youth with chronic patterns of self-defeating behaviors. LSCI views problems or stressful incidents as opportunities for learning, growth, insight, and change. This non-physical intervention program uses a multi-theoretical approach to behavior management and problem solving. LSCI provides staff a roadmap through conflict to desired outcomes using crisis as an opportunity to teach and create positive relationships with youth.

Curriculums

Superflex

Superflex is a trademark program that uses the “Superhero Social Thinking Curriculum” to help provide staff with fun and motivating ways to teach youths social difficulties how to build social thinking skills. *(Available in specialized programs)*

Preparing Adolescents for Young Adulthood (PAYA)

PAYA is a curriculum developed by the Department of Children and Families (DCF) in Massachusetts to enhance life skills through a set of modules that cover Money/Food Management, Activities of Daily Living (ADLs), Social Skills, Safety, Housing, Transportation, Understanding Law, Job Skills, Recreation and Overall Maintenance. *(Trauma Center Life Skills Program)*

Stages of Accomplishment

Stages of Accomplishment is a set of four inter-related workbooks that assist in the treatment of sexually abusive or sexually troubled adolescents. Building from simpler ideas to more complex and richer concepts, the workbooks take youth through a series of guided exercises that touch on many of the most significant elements of treatment. *(Sexual Issues Program)*

Progress monitoring tools

The Brief Psychiatric Rating Scale – Children (BPRS-C)

The BPRS-C is a validated, clinician-rated clinical outcome measure. Subscales rated in the BPRS-C are described as follows:

Behavior Problems includes uncooperativeness, belligerence, lying, and destructive behaviors. Depression includes depressed mood, suicidal ideation, worthlessness. Psychomotor Excitation includes hyperactivity, perpetual motion, pressured speech. Withdrawal/Retardation includes

weak speech, little peer interaction, limited eye contact, flat affect. Anxiety includes fears, phobias, worries, sleeplessness. Each of the subscales is comprised of three items in the BPRS-C, and severity of symptoms is scored on the following scale: 0 = Not Present, 1 = Very Mild, 2 = Mild, 3 = Moderate, 4 = Moderately Severe, 5 = Severe, and 6 = Extremely Severe.

Childhood PTSD Symptom Scale (CPSS 5)

The CPSS is a 26-item self-report measure that assesses PTSD diagnostic criteria and symptom severity in children ages 8 to 18. It includes 2 event items, 17 symptom items, and 7 functional impairment items. Symptom items are rated on a 4-point frequency scale (0 = “not at all” to 3 = “5 or more times a week”). Functional impairment items are scored as 0 = “absent” or 1 = “present”. The CPSS yields a total symptom severity scale score (ranging from 0 to 51) and a total severity-of-impairment score (ranging from 0 to 7). Scores can also be calculated for each of the three PTSD symptom clusters (i.e., B, C, and D). *(Trauma Care Program)*

Trauma History Questionnaire (THQ)

The Trauma History Questionnaire (THQ) is a 24-item self-report measure that examines experiences with potentially traumatic events such as crime, general disaster, and sexual and physical assault using a yes/no format. For each event endorsed, respondents are asked to provide the frequency of the event as well as their age at the time of the event. *(Trauma Care Program)*

Casey Life Skills (CLS) Assessment

Casey Life Skills (CLS) (previously Ansel Casey) assesses the behaviors and competencies youth need to achieve their long term goals. It aims to set youth on their way toward developing healthy, productive lives. It assesses the following categories for youth in our care: Daily Living, Communication, Self-Care, Work and Study Skills, Social Relationships, and Community Resources. *(Trauma Care Program)*

Juvenile Risk Assessment Tool (J-RAT)

The J-RAT is a clinical assessment tool that also provides variants to assess youths that are as young as 9 at KidsPeace, and can be utilized for cognitively impaired individuals as well. It includes the ability to assess sexual risk, non-sexual risk, and non-abusive sexual risk. In addition it identifies protective factors within the youth currently and also identifies strategies to increase protective factors to help limit long-term recidivism. *(Sexual Issues Program)*





HOPE. HELP. HEALING.

Mission Statement

To give hope, help and healing to children, adults and those who love them.

Vision Statement

To transform lives of individuals with emotional, mental, developmental, and behavioral disorders caused by trauma, abuse, neglect or other causes by providing mental health care and educational services in a safe environment with teamwork, compassion and innovation.

Contact

KidsPeace PA Residential

KidsPeace Pennsylvania Residential Treatment
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KidsPeace Psychiatric Hospital

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On the Web

www.kidspeace.org
www.fostercare.com
www.teencentral.com
www.healingmagazine.org
www.facebook.com/kidspeace.org
Twitter@KidsPeace

KidsPeace offers services in Georgia, Indiana, Maine, Maryland, New York, North Carolina, Pennsylvania, and Virginia.

KidsPeace accepts many private insurances. If you would like to see a more comprehensive list, please visit www.kidspeace.org/admissions.

The KidsPeace Customer Relations Team serves as your resource to help connect kids and families with the best mental health care possible!

Visit our web page at

www.kidspeace.org/customer-relations
to learn more about how our team can help you!



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