

RIDGEVIEW RESIDENTIAL TREATMENT

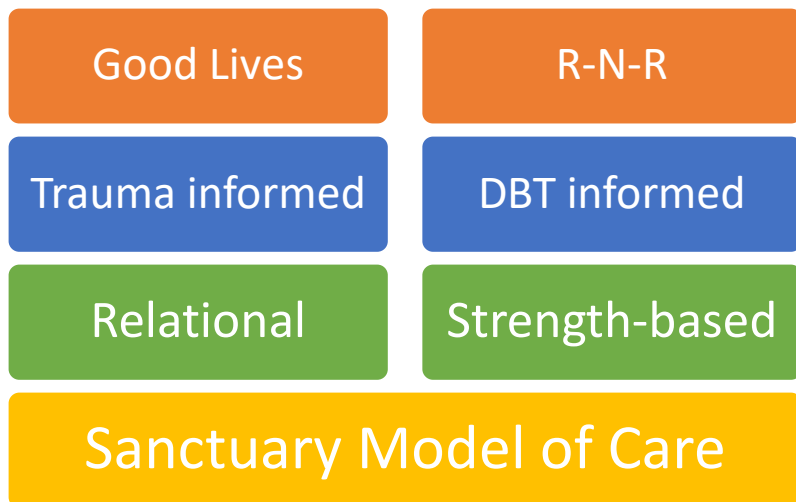
The Program

Bethany Christian Services Ridgeview Residential program has been providing services since 1985. We offer a 24-hour treatment setting for male adolescents ages 12-17 years old who have sexually offended or have done sexually problematic behavior. The treatment program is an open, unsecure program located on a 3-acre campus. Two separate units in one building serve 12 residents each. The Ridgeview program is licensed by the state of Michigan and is fully accredited by the Council on Accreditation of Services for Families and Children. The average length of stay is 18-months; it can be as short as 12 months depending on several factors.

Overarching Philosophy

The Ridgeview treatment program is primarily relational. Change only occurs through relationships. There are multiple components of our program, which is pictured in the graphic. Trauma-responsive (more than informed) care is embedded in all aspects of the program. We use the Sanctuary Model, which emphasizes safety and collaboration while understanding the impact of trauma and development. Family engagement and partnership is essential for

adolescents to be successful. Families are encouraged to be engaged throughout the process of treatment: from admission to aftercare. The treatment program is grounded in multiple theoretical foundations; all with an emphasis on the inherent worth of residents and that change happens within relationships. Trauma and DBT informed practices are used in all areas of the program. The Good Lives and Risk-Need-Responsivity (R-N-R) models of treatment emphasize the inherent worth of adolescents using a strength-based perspective to help address the unique individual's needs. Each component acts in concert with each other to execute the treatment program.



Clinical Program

Psychological and Psychiatric Services. A fully licensed psychologist conducts a comprehensive psychological evaluation for each adolescent at the onset of the program. This information is used by our Treatment Team to develop effective, individualized treatment plans that target the unique needs of each youth. A fully licensed child psychiatrist provides on-site psychiatric assessment and medication review.

Individual, Group, and Family Therapy is provided by licensed master-level clinicians. They implement a treatment plan that addresses the dynamics of the sexual offending behavior, the unique precipitating needs of each adolescent, and the family dynamics to develop or maintain healthy family relationships. Written clinical work, journaling, and family homework is given to adolescents and families. Clinical staff is available through an on-call system for emergency situations.

Activity Therapy is provided by a certified Recreation Therapist. This part of the program consists of a variety of action-oriented and experiential interventions, including group initiatives, team challenge low-ropes course, leisure education and skills, and expressive arts. Teamwork, problem-solving, trust, leadership, communication, and self-esteem are emphasized within a relationship perspective.

Outpatient TF-CBT and OT (trauma focused cognitive behavior therapy and occupational therapy) is available as needed to adolescents in the program. These are time limited services and not every adolescent will participate.

Daily Program

The Therapeutic Milieu is the backbone of the treatment program. This consists of a structured daily schedule of activities needed for an adolescent to thrive. Youth Specialist staff are coaches that bring the program to life. They offer direct supervision and interactions with residents daily, including facilitating the therapeutic milieu, level system, life skills groups, and group activities. These opportunities promote relationships building, responsibility, empathy, and healthy social and coping skills. Each resident has a Staff Advocate to assist in building relationships and to advocate for them in the program.

Education. All youth are enrolled in Grand Rapids Public School and use an online e2020 system with state-certified public-school teachers physically present in the classroom. Tutors are available several days a week to help adolescents make academic progress.

Health. All adolescents received regular medical, dental, and optical examinations as required. An agency nurse is available to assess situations and make referrals for medical and dental appointments as needed. An on-call system is in place for emergencies. We are only 8 minutes away from the local children's hospital.

Family Transition Coordinator/Case management is available for adolescents and their families. This relationship is the eyes, ears, and heart of the program to families. Adolescent progress is communicated to families and referring workers bi-weekly.

Mentoring is also available using an outside service. This allows adolescents with limited or no family contact to have an adult in the community with whom to build a long-term relationship.

Admission

Referrals are accepted from state supported agencies, such as the Department of Health and Human Services, CMOs, and family courts as well as individual referrals from families and local community mental health. The per diem rate is set by MDHHS, which is \$729.49 per day.

Criteria for Admission

- Male, 12-17 years old
- Sexual offense or abusive behavior
- IQ of 70 or higher (some exceptions may be made)
- Potential to benefit from treatment

Exclusions for Admission

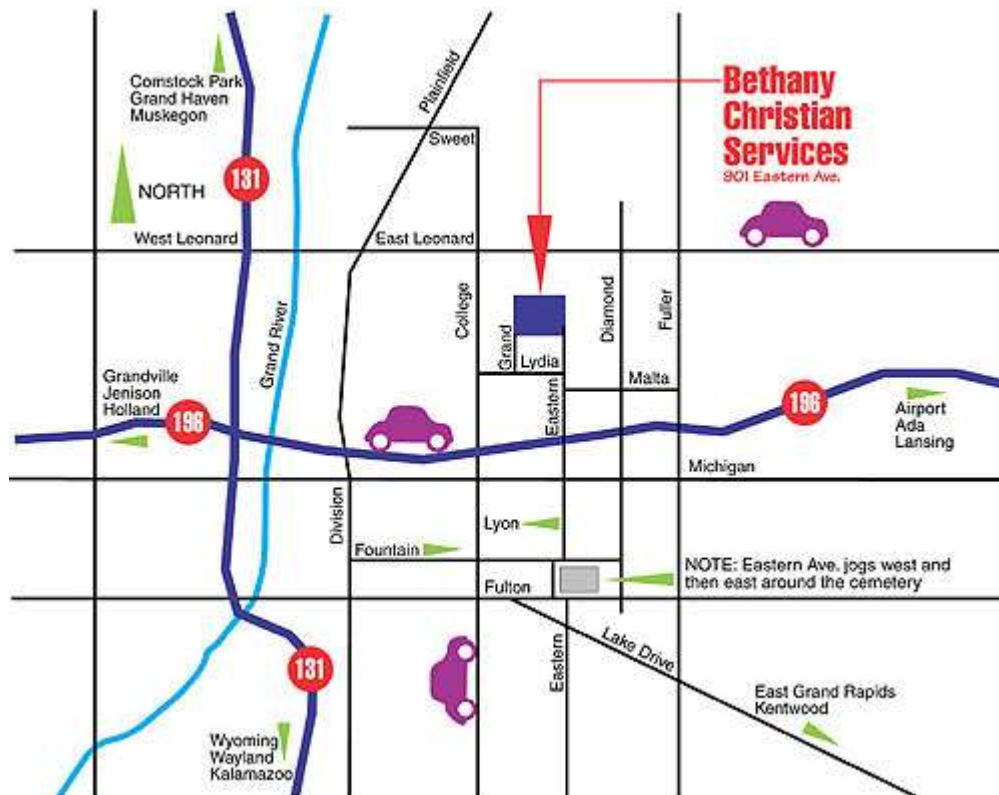
- Significant assaultive behavior
- AWOL behavior history
- Other significant safety related behavior
- Currently expelled from public school

To make a referral or receive further information, please contact intake coordinator, Bryan Funk, MA, LPC, LMHC at (616) 224-7578 or e-mail bfunk@bethany.org.

Referral Material requested

- Comprehensive Evaluation of Sexual Harm with residential recommended (required)
- Court reports, court order, and police reports
- Victim assessment, victim impact statements (if available)
- Documentation of offenses and/or inappropriate sexual behavior
- Previous initial and updated treatment plans (if previously in treatment)
- Initial case and updated case treatment plans and/or parent agreements
- Psychological testing (if completed)
- Psychiatric evaluation and/or medication reviews (if applicable)
- School reports, e.g. IEPs, evaluations, etc.

DIRECTIONS TO BETHANY CHRISTIAN SERVICES



Southbound or Northbound on 131

Take the Lansing exit to I-196 East
Exit I-196 at College Avenue (2nd exit)

Eastbound on I-196

Exit I-196 at College Avenue

Turn left on College Avenue

Westbound on I-196

Exit I-196 at College Avenue

Turn right on College Avenue

Turn right on Lydia (top of the hill)

Turn left on Grand (bottom of hill)

Grand dead-ends into Bethany's campus. Continue passed the 1st entrance (IT and Maintenance Building) to the very end of the road. As you enter Bethany's campus, turn left up the hill for parking.

The Residential Services **Building B** is on top of the hill.