

Lutherwood Residential Treatment Center

Admission Criteria:

1. Males and Females age 6-21
2. Symptoms and Diagnosis of psychiatric disorders: Attention Deficit Disorder and Disruptive Behavior Disorders, Anxiety Disorders, Intermittent Explosive Disorder, Mood Disorder, Reactive Attachment Disorder, Elimination Disorders, Substance Use Disorders, Adjustment Disorders, Personality Trait Disorders, Relational Problems, Problems Related to Abuse or Neglect
3. Acuteness – a pattern of significant risk of harm to self or others with recent behavior or frequent ideation (i.e. aggression, runaway, self-mutilation, homicidal ideation, suicidal ideation, fire-setting, sexually maladaptive behaviors)
4. Functional Impairment – significant impairment in ability to function in current residence and/or educational environment
5. May have several failed hospitalizations or other restrictive programs
6. Requires 24 hour supervision in a secure setting

Exclusions:

- Children with an IQ below 70
- Children with a Pervasive Developmental Disorder
- Children requiring a detox program

Specialized Programming:

LCFS employs a strength based, child centered and family focused approach when engaging with families. The youth's protection and safety needs are the foundation of our program. It is recognized that each family has unique strengths and needs. Family Engagement recognizes the strengths of family relationships and builds on these strengths to achieve optimal outcomes. The engagement process begins the moment a family is identified as needing any service in our continuum of care.

LCFS utilizes a variety of evidence based practices. Cognitive Behavioral Therapy and Motivational Interviewing are well documented evidenced based practices. LCFS utilize mastered level clinicians who are well skilled in providing these therapies. Successful therapy is youth-centered and family focused. Knowing that the entire family is in crisis, our clinicians show respect for all members by working to understand what's going on and why. Each Services will build on the specific competencies of each youth and are provided within the context of the DCS practice model or Probation plan with involvement in Youth and Family Team (CFTM) meetings. LCFS has begun the process of developing and utilizing Trauma-Focused Cognitive Behavior Therapy (TF-CBT).

To meet the needs of youth that are abusing alcohol and or drugs LCFS uses the evidence base program Seven Challenges®. The Seven Challenges® program is designed for adolescent (and young adult) substance abusing and substance dependent individuals to motivate decision and commitments to change. Once such decision and commitments are made, the program guides young people toward success in implementing the desired changes. The Seven Challenges® is an empowering model that also addresses co occurring disorders. It also encompasses the principles of motivational interviewing and cognitive behavioral therapy.