

## Population Served

Our secure Intensive Treatment Unit (ITU) provides services for up to 16 males, ages 7-17, with aggressive or self-harm behaviors and are in temporary need of a highly supervised and restrictive environment for their own safety and/or that of others.

ITU is a stabilization program for male children and adolescent males. Children admitted to the ITU secure unit benefit from a short term, service intensive program. Those admitted have been hospitalized or are at serious risk for hospitalization. Children who are in crisis can avoid a hospitalization with the services of our ITU program.

The goal of the unit is to provide a highly structured environment with a treatment model, conducive to: individual treatment, crisis stabilization, diagnostic assessment, and focused treatment in order to avoid hospitalization or longer stays in our ITU program. Our objective is to alleviate the crises while improving daily functioning, ability to participate in school, and social situations, and family activities.



## Presenting Problems

Increasing numbers of referred youth are presenting with more severe symptomatology including:

- Suicidal behaviors
- Self-inflicted injuries
- Violence directed towards others

ITU provides a therapeutically safe and responsive environment to help residents regain control of their lives.

## Life in the Intensive Treatment Unit

ITU is a separated component of the residential program and functions autonomously with its own classroom and separate amenities.

The secure Intensive Treatment Unit provides the highest staff-to-client ratio of 3:10. CCH provides supervision 24 hours a day, 7 days a week. Additional staff are available for support as required, and a supervisory staff is always on duty.

## Our Treatment

We seek not only to provide therapy services but also a therapeutic milieu in which to successfully treat our residents. Accepting limits and boundaries, respecting authority figures, and learning self-control are usual problems associated with this population.

Staff are trained to model and demonstrate healthy behaviors, while encouraging youth to make positive choices. Positive choices are highlighted and rewarded, while negative choices are seen as opportunities for instruction.