

WHITE DEER RUN ALLENWOOD CLINICAL RESTRUCTURING

CLINICAL RESTRUCTURING HIGHLIGHTS

As part of assessment, all patient assessments will include stage of change, based on Prochaska's and DiClementi's stage of change model, using a stage of change grading scale. All assessments will include: Determination of special needs, based on the history of under-performance, life skills, trauma, choice making, team building, recovery success and legal history.

PROGRAM ASSIGNMENTS

Patients will be placed in their primary programs based on stage of change and will receive primary services (group and chemical dependency services) in that program. These services are scheduled to occur during the morning hours for all patients at the facility.

SPECIALIZED SERVICES AND CREATIVE THERAPIES

During the afternoon hours, Sunday through Saturday, patients will participate in needs-specific services/activities and creative therapies, as designated by their treatment plan. This means that patients from different programs will be attending these services and creative therapies with patients from other programs (this pertains to the adult units only).

These services will include:

- Mental Health Group
- Problem Solving and Decision Making Group "The Web"
- Parenting Group
- PTSD Group
- EMDR/Individual
- Reikki/Individual
- Psychodrama
- Art Therapy
- Relapse Prevention Group
- Cognitive Group (challenging thinking errors – "first wrong thoughts")
- Yoga
- Therapeutic Activities in the Activities Center

During the evening hours, all patients will return to services on their primary unit for process sessions, including completion of a daily ten step (AA or NA, depending on what is more relevant).

CONCURRENT SERVICES/ACTIVITIES

The Environment of Care technicians (EOC), who are part of the Safety Department, will complete inspections of patient living quarters to ensure patients are completing personal daily preparation by maintaining an ordered personal living space. This includes: laundering clothes, putting their clothes away, making their bed, putting trash in appropriate receptacles. The EOC's will also facilitate afternoon groups for patients who lack employment readiness skills. These groups will focus on: how to complete job applications, interview preparedness, employment services (Career Link, Job Core, OVR).

PATIENT AUTONOMY/RESPONSIBILITY

- Patients will be provided with individual schedules, which will direct them to their daily activities.
- Medication times, meal times, activities will be provided in blocks of time and will be open for patients to access based on their preferences and schedule.
- Clinicians facilitating services will have a list of those patients scheduled for such services, and lack of attendance will affect level of privileges to utilize audio/visual equipment such as: Wii, sports, Guitar Hero, Rock Band Hero, and movies. This, of course, means that White Deer Run Allenwood will continue to practice use of a level system that is uniform for all patients regardless of the program they are in.

The intent of this restructuring is to provide services that match with patient's stage of change, variable learning styles, and need to practice individuality and responsibility, while experiencing positive or negative consequences for their decisions and actions.