



LAKEMARY

## Children's Psychiatric Residential Treatment Facility

**Lakemary's Psychiatric Residential Treatment Facility (PRTF)** is designed to treat children ages 5-21 with severe developmental disabilities and concurrent psychiatric disorders. A wide array of specialized treatment modalities are provided 24/7 across all Lakemary settings to assure a well coordinated continuum of active treatment supports. Lakemary develops and implements an individualized behavioral support plan that helps provide some of society's highest needs children the greatest opportunity for successful reintegration into a less restrictive, more independent environment closer to home. When you have a child whose needs exceed local and state resources, Lakemary may be able to help. We're only a phone call away.

### Children in Lakemary's PRTF Program Receive:

**Counseling • Psychiatry • Art Therapy • Speech Therapy • Music Therapy • Occupational Therapy  
Behavior Modification Therapy • Psychological Assessment • Adaptive Physical Education  
Health Services • Dietician Services • 24 hour Therapeutic Treatment/365 days per year  
Special Education in On-Site Fully Accredited K-12 School • Vocational Training  
Snoezelen (multi-sensory) room • Safe Crisis Management • Swimming (seasonal)  
Social Service Support • Basic Life/Social Skills Training • Behavioral Levels System  
IEP Based Classroom Instruction • Community Based Instruction**

**Lakemary School** is located in the center of our 32-acre campus close to the children's residences. Our academic curriculum provides instruction for students in our PRTF program during 4 nine-week periods and a 6 week summer school session. Class offerings complement each child's educational objectives and IEPs. True to our mission of *helping children reach beyond their disabilities*, Lakemary provides educational services to children up to age 21, who have found it difficult or impossible to find appropriate, supportive educational experiences in other school programs.



### Lakemary's Intensive Behavioral Supports (IBS) Program

is designed to serve youth in our PRTF program who require one-on-one supports. These children typically suffer from severe challenging behaviors comprised of; high occurrences of aggression and self-injury, limited daily-living capabilities and non-verbal or extremely limited communicative abilities. These children in crisis typically demonstrate 600 - 1600 incidents of aggression and/or self-injury within a 30 day period. Prior to the conception of the IBS

program, these children resided an average of 3-7 years in treatment facilities and frequently were never able to successfully return home to live with their parents and family.

The IBS Program was created on the foundation of Behavioral Modification principles. Each child admitted into the program has an individualized IBS treatment plan created specifically for the child by a Lakemary therapist in partnership with the IBS Program Clinical Coordinator. Each child is treated and viewed individually in the IBS program so there are no two IBS treatment plans that are identical. Children may have similar diagnosis and similar challenging behaviors; however, the "reasons" they engage in the challenging behaviors are never alike. This program creates small successes - one child at a time (see reverse side for Casey's story) and helps transition the child into the next step of the PRTF program.

# Helping Students Do Their BEST.

**B.E.S.T. – Building Essentials for Successful Transitions** is a cornerstone of Lakemary’s curriculum. This classroom is complete with a full kitchen, living room, bedroom, bathroom, and laundry room. Although the classroom appears similar to a home economics classroom, the focus is to teach basic life skills that students can use when they return to their home communities at the end of their stay at Lakemary. Many skills are practiced in this structured setting – phone etiquette, personal grooming, making a bed, household chores, preparing meals and washing dishes - just to name a few.

Children learn and retain information best when they are actively involved in the learning process through “hands on” experiences in “real world” settings. Keeping this in mind, Lakemary’s B.E.S.T. Instructor gives children the opportunity to test their skills in the community with field trips to community businesses. In just one trip, they are able to make a grocery list, determine their budget, shop for the items on their list, purchase them, count their money, and even practice returning items that were not needed. Other trips may include job search activities like getting job applications and job interviews, going to the library, and asking for directions .

Through Lakemary’s B.E.S.T. classroom, students build confidence in their ability to live with greater independence and begin to realize new opportunities to “reach beyond their disabilities” not previously imagined!

## SMALL SUCCESSES...ONE CHILD AT A TIME

“Casey” was admitted into Lakemary’s Psychiatric Residential Treatment Program (PRTF) & Intensive Behavioral Supports (IBS) Program in March, 2011 at the age of 16. Casey was not toilet-trained, wore a pull-up on a daily basis and was very limited in his expressive language skills. The initial 30-day assessment showed Casey with over 400 instances of self-injurious behavior, close to 650 instances of inappropriate sexual behavior, almost 1,400 instances of disruption and aggression.

Lakemary created an IBS treatment plan based on Casey’s individual needs, which included 1:1 support by a Behavioral Specialist, trained on implementation of his individual treatment plan. For Casey, some of the strategies to address his challenging behaviors included 1:1 staffing 24/7 in each of his therapeutic environments, rewards to reinforce appropriate and positive behaviors, and planned ignoring, redirection or proximity for challenging behaviors. These strategies were maintained to increase social behaviors and communication skills, address toilet concerns, and to enhance developmental skills.

Almost 9 months after the initial assessment, Casey has shown remarkable improvement in the four targeted behavior areas.

His self-injury is down to 22 instances, 21 instances of inappropriate sexual behavior, 117 instances of aggression, and 121 instances of disruption in the last 30-day period. Casey has become successful in many areas of his behavior and development and his quality of life has enhanced. Casey is now toilet trained, and goes into the community on regular outings with staff. Casey’s vocabulary has increased to over 200 words and phrases to express his wants and needs, and he now greets and interacts appropriately with his peers. Casey’s story is not unique. Miracles like Casey’s story happen every day at Lakemary.

*When local resources limit your ability to serve your highest needs children, Lakemary is there to help you provide the necessary supports to make a positive difference in that special child’s life. Call us today to learn more.*



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