



Program Description

Pressley Ridge at Laurel Park

Pressley Ridge Overview

Pressley Ridge provides an array of services to troubled and developmentally challenged children while helping these children remain close to their families and communities. A nonprofit organization founded in 1832, Pressley Ridge offers innovative programs in Maryland, Ohio, Pennsylvania, West Virginia, Virginia, Delaware and the District of Columbia. Internationally, our programs serve children and families in Hungary, Portugal and the Ukraine. Our 1,000 employees help 1,900 children and their families daily.

Pressley Ridge offers four types of services:

- **Foster care services**, including treatment foster care, Individual Residential Treatment, family-based shelter care, adoption services, and respite care.
- **Residential services**, including a wilderness camp, small group facilities and campuses, and supervised independent and transitional living.
- **Community-based services**, including intensive case management wraparound, therapeutic social groups, family-based mental health and family preservation services.
- **Education**, including an Autism program, a day school, a school for the deaf and a wilderness program.

Program Philosophy

Pressley Ridge at Laurel Park is in Clarksburg, W. Va. Our program seeks to help children and youth with challenging behaviors to better adjust to their environments and to achieve within them. We strive to be a leader in developing innovative programs through our evaluation, research and measurements of outcomes.

The Re-Education philosophy serves as our foundation and the theoretical framework for all of our services. The concept of Re-Education and its 12 principles were created and written in the 1960s by Dr. Nicholas Hobbs. The principles rest upon two basic beliefs: that every child wants to do well and that when basic needs are met, the child is able to learn.

The group is the center of treatment in our program. Group process programming serves as the primary form of treatment intervention. This method seeks to involve youth in the process of teaching organizational and cooperative skills as well as the development of interpersonal skills. We work to develop a positive peer culture where peers confront one another on unacceptable behavior while working on their own behavior goals.

Program Purpose

Pressley Ridge at Laurel Park provides relatively short-term residential treatment services to troubled children. We hope that our services will allow them to function more successfully in their communities and to return to a less-restrictive living environment, preferably with family. We also strive to significantly reduce the need for subsequent intervention by the human service, judicial or mental health systems.

Our objectives include; providing an appropriate level of care, individualizing treatment and services, empowering youth and families

to make their own decisions on treatment and services; and focusing on youth and family strengths.

Program Outcomes

Pressley Ridge has a long tradition of tracking its performance and using that data to manage and develop programs. For more than a decade, we have evaluated all of our services monthly, measuring their financial results, tracking the number of critical incidents, and assessing the status of children and families when they leave our program. These results are routinely reviewed by Board members, management and a critical-incident oversight committee that is chaired by a senior clinician.

In addition to a monthly review of program effectiveness, we evaluate how our services impact our children and their families one year after a child stops receiving services. All children and their families are contacted to determine their satisfaction with our programs. We also ask how the children are performing in school, the community, and/or workplace. These results are shared broadly with the Board of Directors, staff, consumers, other referral agencies and funders. They serve as a guide to developing programs and new initiatives annually.

Population Profile

Pressley Ridge at Laurel Park provides residential treatment to 40 youth (20 male and 20 female) between the ages of 13 and 17. Our youth also have serious emotional and behavioral problems that meet Level II criteria. The residential program includes cottages that house 10 same-sex youth.

All youth admitted to the program must be in the custody of the West Virginia Department of Health and Human Resources and court-ordered for placement.

Family Participation

Families are strongly encouraged to participate in all phases of treatment, from entry to discharge and the development of after-care plans. Pressley Ridge believes that the child and family can best express their needs and that we need to support the relationship between our youth and the important people in their lives. Ultimately, we want to empower the family to make its own healthy decisions so it no longer needs our services. In addition, Pressley Ridge defines "family" very broadly and recognizes that the definition of who constitutes family for each youth is unique to the child and his/her circumstances.

Our staff encourages regular contact between our youth and their family and friends when such contact is positive and not contraindicated. We encourage phone calls, mail exchanges and home visits when possible. Home visit goals are developed with family participation. Families are permitted to visit youth on campus and are also invited to holiday celebrations and special events.

Eligibility Criteria

Our Level II youth:

- Meet Level II Criteria
- Are between the ages of 13 and 17 at enrollment
- Are in the legal custody of the state by enrollment date
- Have a current DSM-IV diagnosis
- Have an IQ of 70 higher
- Have a history of challenging behaviors and inability to maintain in the community
- Have presenting problems in more than one life domain
- Have a score of 70 or above on the Child and Adolescent Functional Analysis Scale (CAFAS)

- Preference is given to youth from the surrounding geographical area.

Assessment Procedures & Service Planning

A psychosocial assessment is done by interviewing staff and the youth; reviewing past services; directly observing the youth; and consulting with family members and significant others involved in the youth's daily life. Staff may also use specific behavioral checklists and assessment protocols. The psychosocial assessment addresses the following topics: demographic information, strengths of both the child and family, developmental needs, presenting problems, reasons for referral, recent services, social history, physical health, emotional wellness, educational information, cultural dimensions, cognitive skills and spiritual values of the individual and/or family systems.

Service and treatment planning for the child and family begins at intake. Program personnel identify the initial team members who will define roles and responsibilities of each team member, assign tasks to be undertaken by each member, and outline case responsibilities of team leaders.

We develop a very individualized service and treatment plan for each child. The treatment team also identifies family and community support systems that will assist the child and family upon transition back to the community and long term.

Formal team meetings occur at least once every three months and are adjusted as needed. Discharge planning ensures that the youth and family are linked to post-discharge services that are specific to their continuing needs and that are most appropriate.

Program Components & Brief Descriptions

- **Individual counseling** – services are available through a qualified licensed professional on campus or contracted locally as needed.
- **Education** – on-grounds schooling is provided by the Harrison County Department of Education. Youth have the ability to attend Harrison County public schools as able.
- **Medical Services** – local doctors, specialists, dentists and emergency centers are used to meet youth's needs.
- **Psychological/psychiatric services** – psychological and psychiatric services are contracted locally.
- **Drug and alcohol education** – provided by trained Teacher/Counselors and clinical staff.
- **Social/recreational activities** – scheduled as part of the weekly planning meeting and are determined by youth and direct care staff.
- **Family Education and Case Management** – provided by Family Service Coordinators at the youth's home or on campus, depending on the need of the family.
- **Supportive Individual Counseling** – provided by Teacher/Counselors and program aides under the supervision of a Clinical supervisor.
- **Religion and Spirituality** – provided through local volunteers or in the child's home community when possible
- **Crisis Response** – awake staff are on campus 24 hours a day, seven days a week. Support for on campus staff is available by phone and/or pager 24 hours a day, seven days a week.

Personnel

Pressley Ridge believes that children can overcome the most troublesome issues when strong, therapeutic relationships are developed. Each youth has a treatment team made up of the following persons:

Teacher/Counselors - provide direct professional treatment planning, implementation and supervision.

Program Aides - assist the Teacher/Counselor in supervision and monitoring.

Program Supervisor - supervises the team and is responsible for oversight of treatment planning and implementation.

Family Service Coordinator - responsible for case management and liaison work with the court, school community and family of each child.

Licensed psychologist and/or psychiatrist (by contract) - provides assessment, consultation services and medication oversight (psychiatrist).

Program Director -program administrator who has oversight in all areas.

Staffing

Each group of ten youth has two direct care staff (Teacher/Counselor and Program Aides) with them during waking hours. Teacher counselors and aides work either a live-in, two-and-a-half day schedule or an eight-hour shift schedule.

Fees

Pressley Ridge maintains provider contracts with state, county and local governments and is the recipient of federal grants. Depending on the program, services are provided to children and their families on a

fee-for-service and/or cost-reimbursement basis. Pressley Ridge services are available to all persons without discrimination based upon race, color, disability, religion, sex, age, or national origin.

Licensure

Pressley Ridge operates within state, county and local licensing and accreditation requirements in all program locations where direct child welfare, mental health/mental retardation and educational services are provided to children and their families. Pressley Ridge at Laurel Park is COA accredited.

Contact Information & Admission process

Once referral information is received, admission decisions are made after consulting program staff, viewing assessments from referral sources and using internal screening tools. An interdisciplinary team of psychiatric, medical, psychological and/or other professionals are used as needed to make decisions regarding appropriateness of placement.

Referrals for the program at Laurel Park are accepted by mail or phone and should be directed to:

Intake Coordinator
Route 5, Box 697
Clarksburg, West Virginia 26301
Office 304-624-9890
Fax 304-623-5543

Point of Contact for Pressley Ridge at Laurel Park:

Program Director
Pressley Ridge at Laurel Park
Route 5, Box 697
Clarksburg, West Virginia 26301

Office 304-624-9875
Fax 304-624-9871

Hours of Operation

Pressley Ridge at Laurel Park is a residential program that operates year-round with crisis response available 24 hours a day.

Please visit our Website at www.pressleyridge.org

