

145 Lorana Avenue
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BEACON LIGHT
BEHAVIORAL HEALTH SYSTEM

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The Girls in Recovery Learning Strengths (G.I.R.L.S.) High Risk Residential program is a recovery focused program aimed at working with female clients to help them achieve skills to aid in recovery and successfully reintegrate them back into their home communities. The intensive services include psychiatric and psychological care, nursing staff on site, and intensive individual, group and family therapies. The G.I.R.L.S. program is intended to provide direct supports to individuals who are experiencing complex mental health symptoms who need extra support and resources to work towards recovery. Simultaneously, the program is set up to work intensely with families as often as possible in the home communities. The intention is to work with both the client and family to help them learn as many skills as possible to aid them in working towards recovery, while also focusing on making connections and referrals in the home community for a successful transition back home after completion of treatment.

Goals

The goal of the G.I.R.L.S. program is to increase independence in personal skills, home skills, community skills, and social skills, while managing challenging behaviors that result from multiple inpatient hospitalizations and unsuccessful placements out of the home. Length of stay will vary due to different factors with the targeted length being 6-9 months.

Objectives

The objective of the G.I.R.L.S. program is to alleviate the exacerbation of mental health symptoms the youth is experiencing by assisting the youth and her support systems in learning how to live with her mental health concerns, address the family's needs to increase structure and enhance/repair relationships, while linking to appropriate community-based interventions for managing self and successfully reintegrating into their community.

Target Population

The target population is young people between the ages of 13 and 20 who are experiencing complex and persistent mental health symptoms. Referrals outside of that typical age range will be taken into consideration on a case by case basis.

Intake Policy

The agency will consider for treatment the female who meets the following criteria:

- Must have psychiatric mental health diagnosis.
- Must be between 13-20 years of age.
- Must have an IEP (Individualized Education Plan) available if appropriate.
- Must be free of medical conditions that would require medical care not available at facility.
- Must have the approval of Parents/Guardian, Children and Youth, Juvenile Probation, and County Mental Health Administration for placement and authorization from insurance for PRTF level of care.
- Must have identified discharge resources that are willing to participate in the treatment process on a regular basis.

The initial request for placement is made by telephone to the Program Director or his/her designee. Copies of records will be requested. The referral will be shared with the treatment team members for review.

For the G.I.R.L.S. program, all referrals will be discussed with the Psychiatrist and Psychologist assigned to the program. As a standard of practice, pre-placement visits will also be utilized as feasible in order to ensure appropriateness of fit for the treatment modalities.

Discharge Policy

Discharge planning will begin at the time of admission to the G.I.R.L.S. program. All members of the treatment team will be included as part of the planning process and are expected to share equal responsibility in its implementation. The program staff will contact members of the individual's treatment team to update on progress towards discharge. Additionally, at each treatment team meeting discharge planning, progress towards discharge and the available resources in the home community will be discussed. At the time of discharge, another meeting will be held to review all discharge recommendations including the development of a crisis plan. These recommendations will be clearly documented and copies will be provided to all parties involved. Following discharge, a member of the treatment team will contact the youth/family to make sure discharge recommendations were adhered to.



Program Referrals Contact:
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