



BRIGHTSIDE TREATMENT CENTER MIDDLE PATH TREATMENT PROGRAM

FOR BOYS AGES 8 - 13 WITH EMOTIONAL/BEHAVIORAL
DISORDERS AND/OR SEXUALLY REACTIVE BEHAVIORS

The Middle Path Treatment Program

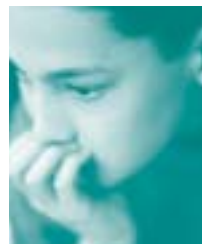
(17 beds) serves boys ages 8 - 13 who have severe emotional and behavioral disorders that present significant risk to their safety in the community. Characteristics of this population include:

- For males ages 8 - 13
- Staff-to-client ratio: 1:3
- Meets or exceeds all set standards

- Aggression
- Fire-setting
- Poor impulse control
- Oppositionality
- Depression
- Self-abuse
- Sexualized behaviors

The Middle Path Treatment Program emphasizes age-appropriate adaptations in Dialectical Behavior Therapy (DBT), the Psycho-educational Treatment Model (PEM), and techniques adapted from the Mind/Body Medical Institute (MBMI) of Harvard Medical School, for youth who are in middle childhood. It also evokes references to mindfulness training which is thought of as a middle path to self-actualization. In the program, children learn behavior change skills, emotional regulation skills, distress tolerance skills and core mindfulness skills, as well as a host of social interaction and behavioral skills that

can be generalized to community and family situations. Treatment components include the Culture of Caring, as well as family therapy, Dialectical Behavior Therapy (DBT) skills group training, therapeutic recreation programming, spiritual development and individualized treatment planning.



The program also includes a component for treatment of Sexually Reactive Youths who may have been the victims of sexual abuse, resulting in their own habitual patterns of acting out sexually. Our program uses a cognitive behavioral model that focuses on identifying deviant patterns of behavior, cognitive distortions and arousal patterns. Clients in this program work on the "Roadmaps to Recovery" curriculum with their individual therapists. The Middle Path Treatment Program maintains a 1:3 staff-to-client ratio during awake hours and meets or exceeds all standards set by the Massachusetts Office of Child Care Services (OCCS) and the Council on Accreditation (COA).

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Admission Criteria

The individual demonstrates symptomatology and diagnosis which requires and will respond to a structured, 24-hour therapeutic residential setting; the individual has sufficient intellectual capacity to respond to active psychological treatment; the individual is able to function with some degree of independence and participate in community-based activities to develop skills for functioning outside of a controlled psychiatric environment.

Exclusionary Criteria

The individual has a psychiatric condition, diagnosis, behaviors and/or treatment needs requiring care at a more intensive level; has a medical condition requiring more intensive medical treatment; is actively suicidal or homicidal; or has a full-scale IQ less than 70.

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