



BRIGHTSIDE TREATMENT CENTER SKILLFUL WAYS TREATMENT PROGRAM

FOR GIRLS AGES 8 - 17 WITH EMOTIONAL AND BEHAVIORAL DISORDERS

- For females ages 8 - 17
- Staff-to-client ratio: 1:3
- Meets or exceeds all set standards

The Skillful Ways Treatment Program (18 beds) serves girls ages 8 - 17 who have severe emotional and behavioral disorders that present significant risk to their safety in the community. Characteristics of this population include:

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

The program emphasizes the intensive skill-based treatment the girls receive through Dialectical Behavior Therapy (DBT), Psycho-educational Treatment Model (PEM) and techniques adapted from the Mind/Body Medical Institute (MBMI) of Harvard Medical School.

In this program, girls learn behavior change skills, emotional regulation skills, distress tolerance skills, core mindfulness skills, as well as a host of social, academic, self-care and pre-vocational skills. 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 Skillful Ways 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).

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; has a full-scale IQ less than 70; or is pregnant or parenting.

Contact: Pamela Lamlein

Director of Referral Development

Phone: 413-827-4289

Fax: 413-827-4284

Email: Pam.Lamlein@sphs.com

Bob Borgatti

Admission Coordinator

Phone: 413-827-4288

Fax: 413-827-4284

Email: Brightside.intake@sphs.com