

PROGRAM STATEMENT

LICENSING & ACCREDITATION

Cinnamon Hills is licensed by the State of Utah, Department of Human Services to provide residential treatment services to adolescents ages 12 through 17. Cinnamon Hills is accredited through the Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and offers highly structured programming focusing on mental health disorders, behavioral problems, educational difficulty and/or chemical dependency issues.

PROGRAM POPULATION, SERVICES, CAPABILITIES & TREATMENT GOALS

Most youth treated at Cinnamon Hills are dually diagnosed having mental health disorders in addition to psycho-educational difficulties. Cinnamon Hills offers highly-structured residential programming, on-site therapeutic intervention and accredited academic and treatment programs. In this environment, all of the youth's presenting issues can be addressed and the youth can prepare to be a contributing member of society.

ASSESSMENT & EVALUATION

Upon admission to the Cinnamon Hills program, youth undergo a clinical assessment to ascertain the treatment issues of the youth. In addition to a review of the youth's collateral data provided by the referring agency, Cinnamon Hills provides diagnostic evaluations utilizing an initial psychiatric evaluation, Beck Depression Inventory, Hostility Inventory, Substance Abuse Subtle Screening Inventory (SASSI), Stages of Change Questionnaire, Woodcock/Johnson III Cognitive and Achievement Testing, TOP Treatment Outcome Initial Package, sexual and physical abuse screening and a Level II Psychological evaluation, if necessary. Evaluation results are used to develop an individualized treatment plan for each youth. A full assessment, including DSM-IV diagnosis, becomes part of the youth's treatment plan during residence at Cinnamon Hills.

INDIVIDUAL TREATMENT PLANNING

The individualized treatment plan for each youth includes individual and group therapy, academics, and a quality group living milieu. Effective and personalized treatment planning requires approximately two weeks time. During that time, the youth's social, psychological and/or delinquent histories are reviewed along with the youth's own autobiographical information, results of intake assessment diagnostics and ongoing psychiatric evaluation. Woodcock Johnson academic testing and time spent on a one-to-one basis help familiarize the youth with the program structure. Cinnamon Hills' professional staff provides continuing medical therapy and psychiatric observation and treatment for youth. The treatment plan is updated as required by the primary Therapist and Information Management personnel, and is reviewed monthly by the Treatment Team.

PROGRAM STRUCTURE

Cinnamon Hills is a staff-secure facility which operates with total "eyeball supervision" meaning the youth are under direct observation by child care staff during all awake hours. Staff supervise every program activity ensuring that the youth's environment is safe.

PLANNED ACTIVITIES

Youth participate in weekly recreational activities, as well as daily physical exercise, according to status level and physical capability of the individual. These activities take the form of picnics, swimming, hiking, bowling, movies, basketball, softball, volleyball, group calisthenics, etc.

ACADEMICS

The Cinnamon Hills School is fully-accredited through the Northwest Association of Schools and Colleges (NASC) as well as the California Department of Education (CDE) as a certified Non Public School (NPS). Cinnamon Hills School is an on-campus educational program that addresses three instructional components: (1) a remedial curriculum to increase cognitive and academic functioning of students who are performing below grade level; (2) accredited academic courses for high school credit and issuance of diploma; and (3) a General Education Development (GED) program for students to prepare for and take the GED exam. All teachers are state-certified in elementary, secondary or special education and teach within their endorsed subject matter area(s). For youth entering the program with an active Individualized Education Plan (IEP), a review is conducted to address the youth's educational goals and objectives while at Cinnamon Hills and the IEP becomes the basis for all academic instruction.

THERAPY**SPECIAL SERVICES/FAMILY REUNIFICATION PROGRAM**

In addition to weekly family therapy telephone calls, Cinnamon Hills coordinates transportation, lodging and food for families to participate in an intensive educational and therapeutic reunification program with the families and their youth in treatment. This program is designed to give the youth and their parents an opportunity to identify and address family-related issues. This therapy-based reunification effort helps facilitate a smooth and healthy transition back into their home environment following completion of treatment.

DOCUMENTATION & REPORTING

Cinnamon Hills follows Utah State Licensing Standards for methods of documentation, following all of the guidelines and confidentiality requirements. Comprehensive reports are sent monthly, or less often as requested, to all parties involved in the treatment process starting from the time of initial intake through the entire aftercare program. Families are provided with a toll free number to talk with youth and their youth's therapist.

YOUTH SAFETY

Cinnamon Hills is committed to providing a safe and secure environment in which youth can make positive life changes. Cinnamon Hills has developed a student rights advocacy program which is specially charged with protecting the physical and emotional well-being of our youth in treatment. Upon admission, youth are educated as to the program rules and acceptable student/staff interaction and are encouraged to voice grievances through specific channels. Student rights advocacy staff expeditiously investigate the youth's concerns, address problem areas with the youth and staff and reduce the result to writing.

AFTERCARE PLANNING

Beginning at admission and continuing through the youth's treatment stay, Cinnamon Hills therapists and Discharge Coordinator work with the family or guardian, referring agency, and applicable aftercare providers to develop a comprehensive aftercare program. The aftercare plan is based on the youth's individualized treatment plan, information provided by the referring agency, and our on-going experience with the family during family therapy and the Parent Week Program visits. The aftercare plan is updated as necessary throughout the youth's treatment stay to ensure the plan meets the youth's treatment needs post discharge. This process ensures a smooth transition to the aftercare provider. Quality Assurance personnel continue to have contact with youth, families, and referring agencies for one year post-discharge to help facilitate the aftercare program.

