

Children need a healthy, nurturing, family environment in order to thrive and grow. Some children need something in addition to help out for a while – a healing, therapeutic environment with caring mental health professionals...



GUIDE's Therapeutic Residences

GUIDE Program, Inc. provides community-integrated therapeutic out-of-home services in Prince George County and Baltimore City for male adolescents who require intervention and placement due to the severity of their mental health needs. Our programs are licensed by the Department of Health and Mental Hygiene as *Therapeutic Group Homes (TGHs)*. TGHs offer the highest intensity level of mental health treatment available in an integrated community-based setting. Our mental health treatment services are youth and family-centered, strength-based, and informed by various evidenced-based practices (e.g., Motivational Interviewing, Aggression Replacement Therapy, and Cognitive-Behavioral Therapy). We provide high intensity clinical and family treatment on-site and through assertive outreach by full-time licensed mental health professionals.

Services that we provide include:

- Individual, group and family therapy on site by a licensed mental health professional.
- Regular treatment team collaboration with a child psychiatrist who also provides psychiatric diagnosis and evaluation, medication management, and consultation.
- Monthly parent support groups and outreach to families that find it hard to become involved.
- Social skill development, therapeutic recreation, anger management training, independent living skills, and vocational development all that support a youth's transitioning into adulthood.
- Case management services that provide linkage to needed healthcare and that monitors service delivery, as well as regular collaboration with case workers and placement officials from the Departments of Social Services, Juvenile Services, as well as wrap-around and other care management personnel.
- Collaboration with public schools, local Level V programs, GED preparation providers, and other alternative educational placements to assist youth in their own educational goals. We provide advocacy and educational monitoring to facilitate appropriate enrollments and ensure students receive services in accordance with their Individual Education Plans. Weekly tutoring is provided to youth requiring extra academic help.
- Collaboration with substance abuse intervention programs including Intensive Outpatient services to provide on-going treatment for substance abuse dependence and addictions education, prevention, and early intervention.

Candidates for admission include adolescent males (13-18) who:

- Are in need of treatment for psychiatric disorders and who have AXIS I diagnoses.
- Are in need of clinical treatment services that require living temporarily outside of a natural family or other family-based community setting.
- Can benefit from a six to 18 month program providing 24 hour / day supervision and support that is not now available at a lesser level of care.
- Often have histories of trauma, or childhood onset of behavioral disorders, and have significant needs in the areas of social, emotional, moral and cognitive development. Typical diagnoses treated include; mood disorders (e.g. bi-polar disorder, major depressive disorder, and mood disorder, NOS); anxiety disorders; disruptive behavioral disorders (e.g. ADHD, conduct disorder, and oppositional disorder), as well as disorders with psychotic features.

Exclusions from current consideration for admission:

- We are unable to serve adolescents who present with untreated sexual offenses, have a history of recent and dangerous fire setting that is untreated, have an IQ less than 70 (MR/ DDA), or have a current primary substance abuse diagnosis.
- Individuals who are admitted must be deemed safe to reside in the community; therefore individuals who are actively suicidal or actively homicidal will be excluded from admission pending other treatment and stabilization.

When placement in an out-of-home therapeutic residence is the intervention of choice:

Much of current thought in child welfare and juvenile justice emphasizes that children as a rule fare better when placed in family environments in their own communities where the services they need can be provided in-home or in their local communities. However, some children have unique mental health and behavioral challenges that exceed the capacities of the best prepared families and the resources that can be brought to bear in their homes. For these children, group homes which provide regular, intensive treatment services imbedded into a caring, therapeutic, home-like environment may provide that something extra that these unique children need to prepare them to return to their communities as soon as possible. Not every group home provides such a treatment rich environment; however, TGHs are specially licensed to provide a more intensive level of care that dictates a higher staff ratio and a regimen of treatment services provided by mental health professionals with assessment and treatment planning that focus precisely on the individual and family needs of each child. In addition, certain TGHs are assigned High Intensity ratings in clinical and family services that reflect an even greater intensity of services than other TGH programs provide.