



**Alamance House Group Home**  
**Children Residential Level III**

**Program Description:** Alamance House is a 4-bed residential treatment facility licensed by the State to provide high management residential (Medicaid Level III) services to children and adolescents. Staffing ratios are typically 2 staff per four clients with awake overnight staff. In addition, a licensed professional visits the home for consultant and treatment on a weekly basis and professional support is available for crisis assistance around the clock. Alamance has typically served older adolescents with severe and persistent behavior and emotional problems and it is therefore not unusual for clients to continue to reside in the home past the age of 18 years. An adolescent may continue to receive services in the group home past the age of 18 based on continued medical necessity and a waiver of rules from the State licensing authority. When our clients have legal involvements, such as with the juvenile justice system, representatives from the court system are viewed as members of the clients' treatment team and invited to participate in all team meetings.

The staff of Alamance House seek to understand and identify with the values of our clients' families and encourage families to remain productively involved with their children at a level consistent with their preferences and any specific court orders or DSS guidelines. In order to assist families in meeting their goals and responsibilities Alberta seeks to help them to optimize their resources and opportunities through community linkages, enhanced social supports, and other outreach activities. For example our Agency may assist families in seeking educational opportunities in such areas as parenting skills, child development, child and adolescent disabilities, assessing community resources and support groups, budgeting and planning. When our clients have legal involvements, such as with the juvenile justice system, representatives from the court system are viewed as members of the clients' treatment team and invited to participate in all team meetings.

**Philosophy:** Our treatment philosophy is simple by nature. It's a belief that all humans have the same intrinsic needs. We need to feel safe. We need to feel loved. We need a family that makes us feel valued. We need strong and reliable relationships that support our success at home and in the community. We need to be able to find goodness and value within ourselves. Our goal at Alberta is to fulfill these needs for the clients we serve. We strive to provide an environment that will nurture the spirit and build self-esteem in every life we come in contact with.

**Program Goals:** Alamance House provides a highly structured and supervised therapeutic milieu with an emphasis on encouraging clients to develop and express their own unique personalities and accept such individual differences in their peers, while coming to understand the legitimate restrictions and imperatives that society places on them at various stages in their maturation. This is achieved by emphasizing each client's strengths and special interests while requiring from them that they respect the rights of others and learn the social norms of the many community groups and settings that they are experiencing.



## ALBERTA PROFESSIONAL SERVICES, INC.

***Service Modalities:*** Our clients are encouraged to set their own goals, experience their own successes and failures, and assess the progress they are making towards greater independence and adulthood. This requires from the staff an active engagement in the lives of their clients, a close knowledge of their interests and abilities, and above all frequent, overt expressions of confidence in their clients' abilities to overcome their past traumas, errors, self-defeating views of the world, and related issues. Staff assist their clients in recognizing and developing their individual strengths and using these to supplant past approaches that are not allowing the clients to develop to their full potential and progress towards greater independence.

This is a relationship intensive process and often not a short-term one. Staff are trained in and use a variety of professionally accepted interventions and modalities including behavior management, role-modeling, psychosocial education, cognitive behavioral techniques, group processes, and peer mentoring. They have learned that their clients over time will show progress as they make fewer mistakes, improve their social skills and decision making, improve their independent living skills, develop real plans for their future, and ultimately develop their own identities. A key aspect of this approach is that our clients are expected to make mistakes. The world can be punishing enough of our clients' errors so staff, rather than add to the negative consequences, are trained to set their focus on helping their clients to learn from these mistakes and improve their chances of getting it right next time.

***Population Served:*** Adolescent males with severe and persistent behavior and emotional problems

***Resources:*** This service is typically paid through Medicaid or DSS, but private pay arrangements can be made.

***CARF Accredited Service:*** Residential Treatment: Mental Health (Children & Adolescents)