

ACADIA

H E A L T H C A R E

Proposed Use for 4937 Wise Springs Rd.

Child and Adolescent Residential Treatment Center

8-C-20-UR
7/1/2020

Program Overview and Daily Operations

The planned use for 4937 Wise Springs Rd. Knoxville, TN 37918 is a residential treatment center for youth who are struggling with mental health and/or addiction issues. The program will be licensed as a residential treatment center and alcohol and drug treatment center for youth. The program will be accredited through Joint Commission on Accreditation of Healthcare Organizations (JCAHO) and have an on-site licensed and accredited (SACS) school. The mission is to provide youth the highest standard of excellence in mental health and addiction treatment. We aspire to provide a setting where youth receive therapeutic care which will empower them to develop hope and direction in a supportive, caring, and compassionate environment with a strong academic program addressing both their emotional and educational needs.

This program will treat youth experiencing histories such as:

- Trauma from physical, emotional, or sexual abuse
- Mood disorders such as depression, bipolar disorder, and anxiety
- Chemical dependence and/or abuse of alcohol and drugs.
- Behavioral disorders & issues
- Difficulties in academic environments
- Family problems
- *This program will not treat youth adjudicated as a sex offender.*

The program will provide a handful of specialized therapeutic services that are capable of giving youth the most well-rounded approach to treatment available. Individualized to the needs of the youth, he or she will be able to access the following services:

- Individual therapy
- Group therapy
- Family therapy
- Equine therapy
- Animal assisted therapy
- Medication management
- 12-Step programming

- Cognitive Behavioral Therapy (CBT)
- Dialectical Behavior Therapy (DBT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Motivational interviewing
- Experiential and Vocational therapies

The program will be staffed 24 hours a day, 7 days a week with employees specifically trained in working with youth experiencing mental health and substance abuse diagnosis. The professional staff disciplines involved in the program will include:

- Child and Adolescent Psychiatrist
- Pediatrician
- Psychiatric nurse practitioners
- Registered Nurses
- Dietitian
- Licensed and Master level therapists
- Certified Therapeutic Recreation Specialist (CTRS)
- Licensed Alcohol and Drug Counselor (LADAC)
- Teachers
- Behavioral Health Technicians

Youth will admit to this program and average around a three month stay. Throughout the week, youth will participate in school, daily group therapy, weekly family therapy, weekly individual therapy, and participate in many other treatment modalities such as equine therapy, activity therapy, and vocational therapy. On the weekend's youth will participate in on/off campus activities such as sports, hiking, movies, etc. Visitation with the youth's family predominantly occurs on the weekends on-site as well as youth leaving the campus with their family for 1-2 days at a time.

Program Layout and Security

There will be 8 cottages housing youth in the program. Each cottage consists of two units housing 9 youth each. The cottages will be hardware secure with key card access for both entering and exiting the building. Youth will not be able to exit the cottage without staff. The back of each cottage will enter into a large courtyard/sports field that is secured by a 10-foot privacy fence. Youth will transition through the courtyard to school and other activities housed in the main lodge. Within the main lodge will be dining, full gym, classrooms, group rooms, nursing, and other administrative offices.

The main entrance to the property will have a key card access gate to prevent any entry of unauthorized individuals. The family members of youth in the program will come for on-site family therapy and visitation on average one time per week. On an average day there will be approximately 75-100 employees on site and 10-20 visitors.

The youth will occasionally participate in activities in other parts of the property outside the cottages, courtyards, and main lodge. These activities will always be supervised by staff and include things such as use of the fishing ponds, walking trails, and other outdoor recreational activities. Neighboring properties will be shielded from view with natural vegetation both pre-existing and some areas where additional landscaping will be added during construction. Youth will always be supervised on the property.

Respectfully submitted,

A handwritten signature in black ink that reads "Jeffrey Woods". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

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