



New Child and Adolescent Treatment Program

4937 Wise Springs Rd. Knoxville, TN 37918

Mental, Emotional, Behavioral Disorders (MEB) in Children

- ▶ It is estimated between 14%-20% (up to 1 in 5) of young people have a diagnosable MEB disorder.¹
- ▶ Without early diagnosis and treatment, children with mental disorders can have problems at home, in school, and in forming friendships. This can also interfere with their healthy development, and these problems can continue into adulthood.²
- ▶ Children's mental health disorders have significant consequences on the individual, socioeconomic factors, and can impede healthful transitioning into adulthood
- ▶ There are significant access barriers for families seeking behavioral health treatment. It is estimated only 15% to 25% of children with MEB disorders receive specialty care.³
- ▶ Data shows that 61% of adults have had at least 1 Adverse Childhood Experiences (ACEs)
 - ▶ ACEs include:
 - ▶ experiencing violence, abuse, or neglect
 - ▶ witnessing violence in the home or community
 - ▶ having a family member attempt or die by suicide
 - ▶ substance misuse
 - ▶ mental health problems
 - ▶ instability due to parental separation or household members being in jail or prison
 - ▶ ACEs have a tremendous impact on future violence victimization and perpetration, and lifelong health and opportunity.⁴

1. National Research Council (US) and Institute of Medicine (US) Committee on the Prevention of Mental Disorders and Substance Abuse Among Children, Youth, and Young Adults: Research Advances and Promising Interventions. <https://www.ncbi.nlm.nih.gov/books/NBK32776/>

2. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/childrensmentalhealth/basics.html>

3. Behavioral Health Integration in Pediatric Primary Care: Considerations and Opportunities for Policymakers, Planners, and Providers. https://www.milbank.org/wp-content/uploads/2017/03/MMF_BHI_Executive-Summary-FINAL.pdf

4. Centers for Disease Control and Prevention (CDC). <https://www.cdc.gov/violenceprevention/cestudy/index.html>

New Child and Adolescent Residential Treatment Center

- ▶ Program will be licensed as a Residential Treatment Center and Alcohol and Drug Treatment Center for Youth
- ▶ Accredited through Joint Commission on Accreditation of Healthcare Organizations (JCAHO)
- ▶ Onsite School licensed and accredited through TN Department of Education and Southern Association of Colleges and Schools (SACS)
- ▶ 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.

New Residential Treatment Program

- ▶ Will treat youth who have attempted less intensive treatment approaches (outpatient therapy, medication management, school based services, etc.) at home and continue to struggle
- ▶ Youth in this program will have experienced significant trauma, family problems, problems in academic environments, and/or problems in their social environments
- ▶ Common mental health and behavioral disorders treated are:
 - ▶ Anxiety Disorders (generalized anxiety disorder, post-traumatic stress disorder, social anxiety disorder, etc.)
 - ▶ Mood Disorders (depression, bipolar disorder, dysthymia, etc.)
 - ▶ Behavioral Disorders (ADHD, oppositional defiant disorder, conduct disorder)
 - ▶ Co-Occurring Disorders and Substance Abuse Related Disorders
- ▶ This program will **NOT** treat youth who are:
 - ▶ Adjudicated Sexual Offenders
 - ▶ Youth charged with significant crimes

New Residential Treatment Program

- ▶ Projected Age Range Served
 - ▶ 11 to 17 years old
- ▶ Geographic Location
 - ▶ Approximately 70% of youth will be from Tennessee
 - ▶ Another 15% from North Carolina and remaining 15% from other parts of the country
- ▶ Youth in the program will average around a 3-4 month stay
- ▶ Youth will admit to the program via transportation from their family. If for some reason the family is unable to bring the child for admission, a facility staff member will transport.
 - ▶ Though youth might be able to drive, they will not be allowed to have their vehicle while in the program.

New Residential Treatment Program

- ▶ Professional Staff Disciplines Include:
 - ▶ Child and Adolescent Psychiatrist
 - ▶ Pediatricians
 - ▶ Psychiatric Nurse Practitioners
 - ▶ Licensed Therapist
 - ▶ Certified Therapeutic Recreation Specialist
 - ▶ Licensed Alcohol and Drug Counselor (LADAC)
 - ▶ Registered Nurses
 - ▶ Dietician
 - ▶ Licensed Teachers
 - ▶ Behavioral Health Technicians
- ▶ The program will have approximately 200+ employees.
- ▶ The program will provide a handful of specialized therapeutic services that are capable of giving youth the most well-rounded approach to treatment available.
- ▶ Treatment Modalities included in this program:
 - ▶ Intensive Individual and Family Therapy
 - ▶ Group Therapy
 - ▶ Life Skills Groups
 - ▶ Equine and Animal Assisted Therapy
 - ▶ Activity, Vocational, and Experiential Therapy
 - ▶ Psychiatric Medication Care
 - ▶ Cognitive Behavioral Therapy (CBT)
 - ▶ Dialectical Behavior Therapy (DBT)
 - ▶ Eye Movement Desensitization and Reprocessing (EMDR)
 - ▶ Motivational Interviewing
 - ▶ Accredited On-Site School

New Residential Treatment Program

► Features of the program:

- 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.
 - Behavioral Health Technicians (BHT) are primary frontline staff assigned specific to each cottage and will be with the youth 24/7.
- 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 weekends 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.

New Residential Treatment Program

▶ Program Layout and Security

- ▶ There will be 8 cottages housing youth in the program. Each cottage consists of two units housing up to 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 14-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 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.



Campus Aerial

Perimeter Fence Activity Yard Administrative Building Typical Visitor Parking Typical Patient Cottage Activity Yard Perimeter Fence Vegetation Screen



LEGEND

- Property Lines
- ▬ New Roads (on site)
- New Buildings

N

100' 200'

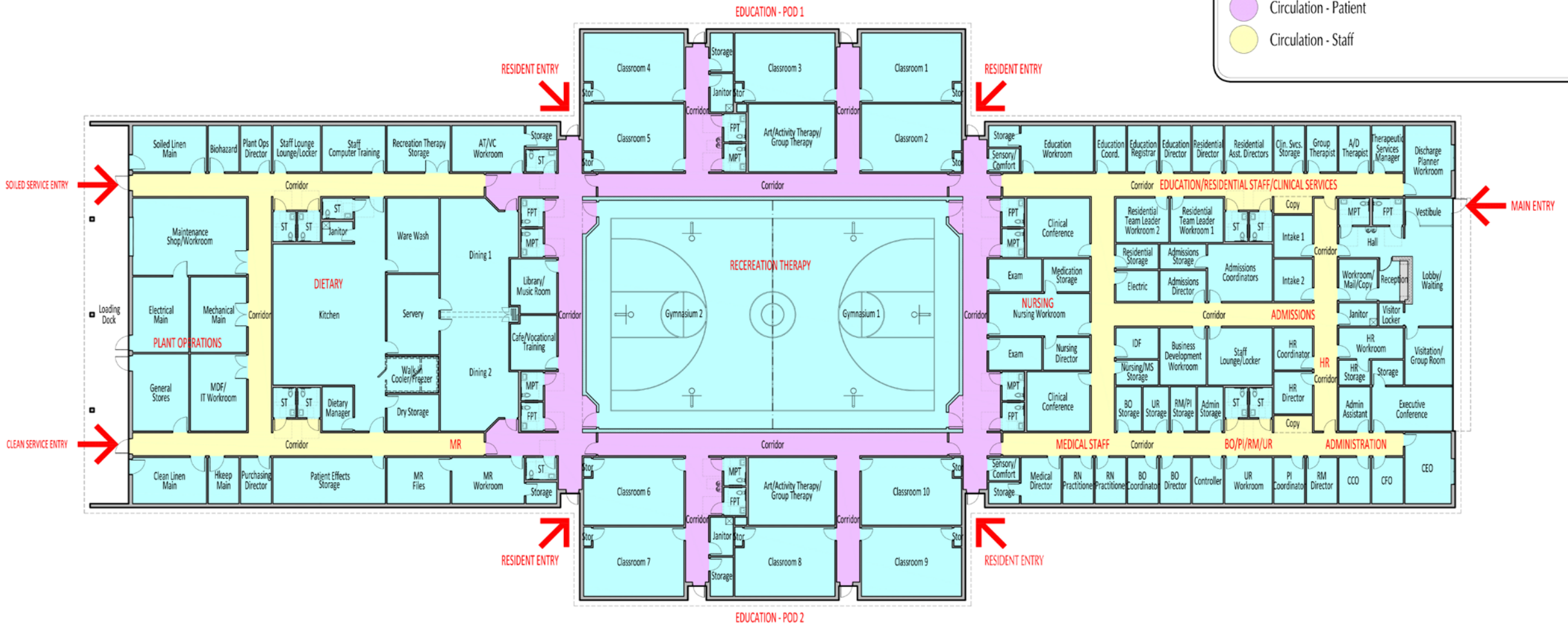




Administrative Building

LEGEND

- New Building Area
- Circulation - Patient
- Circulation - Staff



01 MAIN LODGE
CONCEPTUAL FLOOR PLAN

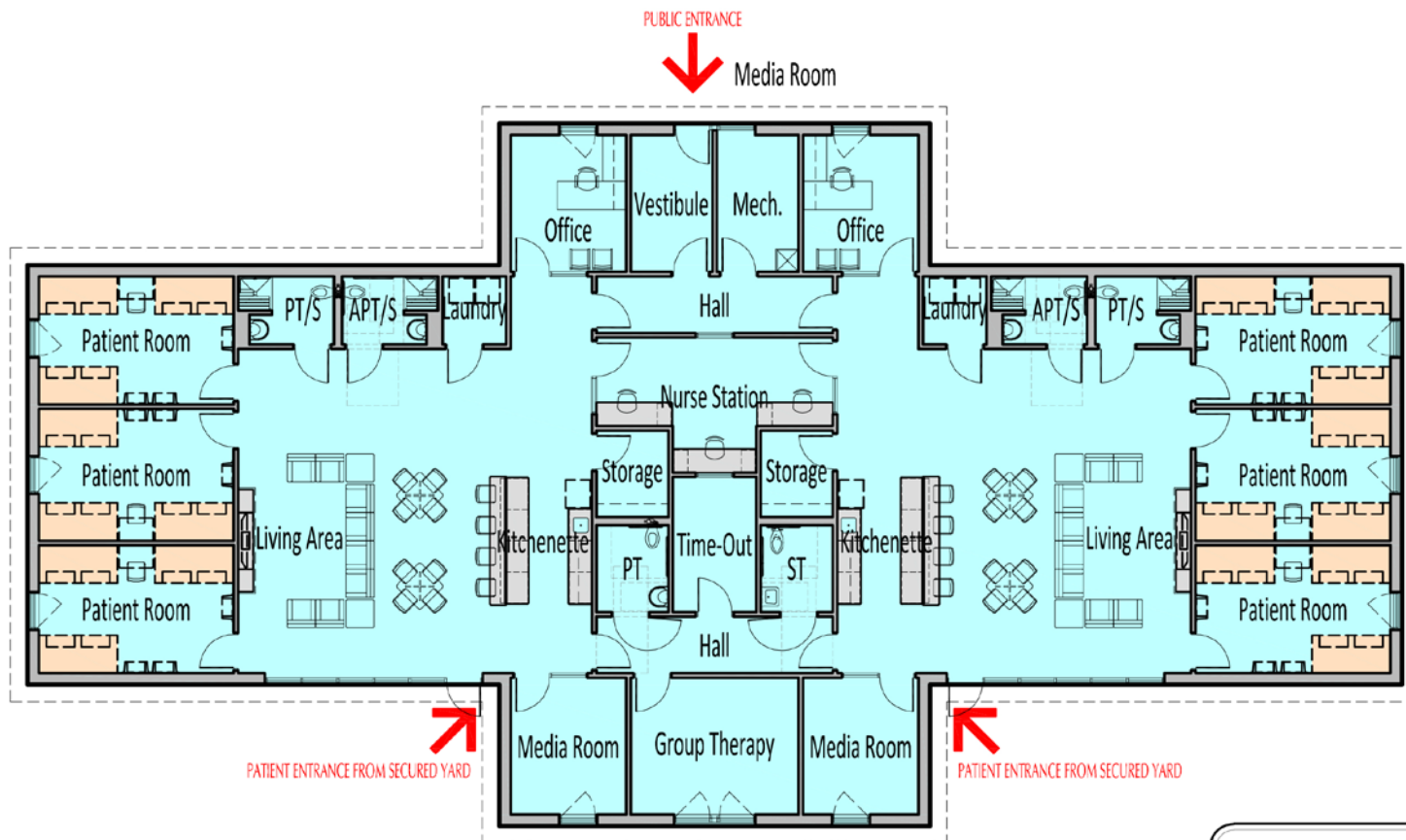
A4.1

● New Building Area

39,045 sf



Typical Patient Cottage



LEGEND

- New Building Area
- Circulation - Patient
- Circulation - Staff

02 TYPICAL 18-BED PRTF COTTAGE CONCEPTUAL FLOOR PLAN

A4.1

New Building Area

5,420 sf

New Residential Treatment Program

▶ Our Commitment to Be Good Neighbors

- ▶ As the CEO, we fully plan to always maintain an open dialogue with our neighbors.
- ▶ Neighbors who want, will have direct access phone numbers to our nursing station (staffed 24/7) and direct line to the onsite Residential Director's cell.
- ▶ The program will also include a text messaging platform that will message any neighbors regarding operations. Examples can include invitations to on-campus events for the neighbors or to alerting of a youth who has eloped from the facility.
- ▶ We have a strong belief in community service and giving back. From the clinical level this is also very therapeutic for an adolescent to participate in community service projects. With this being said we hope to incorporate into the program opportunities for youth to serve our neighbors and the Knox county community. This could include things such as yard work, serving animal shelters, community cleanup projects, etc.