

Ponca Pines Therapeutic Group Home at Uta Halee Academy

Ponca Pines Therapeutic Group Home therapeutic residential service (classified as Level 3.5) providing 24-hour awake supervision with a rich ratio of 1:4, clinical treatment and related services to address identified, persistent behavioral problems through a wide range of diagnostic and treatment services.

Case Management. While at Ponca Pines, students will have a Case Manager (CM) who will be responsible for overseeing the student's progress, completing case plans, scheduling meetings with the treatment team, discharge planning, and facilitating treatment groups.

Treatment Groups. The Ponca Pines Group Home uses a cognitive behavioral model to assist students in identifying negative thought patterns that lead to problematic behaviors and adverse outcomes. Depending on student need, trained UHA staff will deliver evidence-based, cognitive-behavioral group services such as:

- ***Thinking for a Change (T4C)*** is a cognitive-behavioral curriculum that concentrates on changing criminogenic thinking. An extensive body of research shows cognitive-behavioral programming reduces recidivism of offenders.
- ***University of Cincinnati's Cognitive Behavioral Interventions for Substance Use (UCCI-Substance Abuse)*** follows current research and best practices in substance abuse programming. Cognitive Behavioral Intervention for Substance Abuse is a curriculum designed for adolescents that are moderate to high need in the area of substance abuse.
- ***Seeking Safety: A Treatment Manual for PTSD and Substance Abuse*** is an integrative treatment approach developed for youth presenting with traumatic stress and/or substance use disorders. Efficacy is supported by the Psychotherapy Division of the American Psychologic Association and the International Society for Traumatic Stress Studies.
- ***Aggression Replacement Training (ART)*** curricula includes: Social Skills Training, Anger Control Training and Moral Reasoning. OJJDP and research conclude ART curriculum is correlated to a reduction in recidivism.
- ***Positive Skill Development (PSD) Groups*** developed from *The Prepare Curriculum (Goldstein, 1999)*, targets social and thinking skills. Youth are guided through learning activities in which they rehearse, practice and role-play skills. Discussion on skill application reinforces the new knowledge.

- **Trauma Focused Cognitive Behavioral Therapy (TF-CBT)** is an evidence-based treatment for youth impacted by trauma. TF-CBT is a short-term treatment model that improves a range of trauma-related outcomes with the youth and caregiver. TF-CBT effectively addresses Post-Traumatic Stress Disorder (PTSD) and many other trauma impacts, including affective symptoms (e.g., depression, anxiety), cognitive distortions and behavioral problems, as well as improving the participating parent or caregiver's personal distress about the child's traumatic experience, effective parenting skills, and supportive interactions.
- **Equine Therapy (on a case-by-case basis)** is a form of experiential therapy that involves interactions between clients and horses. Equine Therapy improves the young woman's mental, physical, social and emotional functioning, and helps the youth develop skills and attributes, such as accountability, responsibility, self-confidence, problem-solving skills, and self-control. PATH certified staff work with the clients and horses.

In addition, each student will receive individual and family therapy (when applicable) services from a licensed clinician.

Ponca Pines will provide 21 hours of active and rehabilitation treatment that will include, but not be limited to:

- Three hours of weekly individual psychotherapy, substance use disorder counseling and/or group psychotherapy.
- Twice monthly family psychotherapy and/or family substance use disorder counseling.

Psycho-educational groups and individual psycho-educational therapy services may include, but are not limited to:

- Crisis intervention plan and aftercare planning
- Social skills building
- Life survival skills
- Substance use disorder prevention intervention
- Self-care services
- Recreational activity
- Medication education and medication compliance groups
- Health care issues group (may include nutrition, hygiene and personal wellness)

Transition Services. Ponca Pines will coordinate with the youth's community resources, including schools, with the goal of transitioning the individual out of the program to a less restrictive care setting for continued, sometimes intensive, services as soon as possible and appropriate.