

## DIFFERENCES BETWEEN TYPES OF RESIDENTIAL PROGRAMS

Program Description	<u>Boarding School</u>	<u>Group Home</u>	<u>Residential Treatment Facility</u>
<b>Age Range Served</b>	Up to high school age	All ages – grouping by ages and diagnosis	Depends upon treatment facility
<b>Academics</b>	Primary Focus	N/A	Only if therapeutic, but not primary focus
<b>Treatment Modalities</b>	N/A	Behavior Support Plans	<ul style="list-style-type: none"> <li>• Cognitive Behavioral Therapy (CBT)</li> <li>• Dialectical Behavioral Therapy (DBT)</li> <li>• Trauma-focused Cognitive Behavioral Therapy (TF-CBT), etc.</li> </ul>
<b>Level of Security</b>	Typically non-secure facilities with an open and large campus	<ul style="list-style-type: none"> <li>• Typically located in neighborhoods</li> <li>• May have alarms when doors open</li> </ul>	24-hour supervision in a highly structured and restricted environment.
<b>Length of Stay</b>	As long as enrolled in boarding school. Typically go home for summers and major holidays.	No limit	Typical residential treatment facilities are 3 to 5 months or until person is stable enough to return to previous living arrangement.
<b>Staffing</b>	Live-in teachers	Direct Support Professionals (DSPs) in rotating 8 to 12 hour shifts.	Mental health assistants in rotating 8 to 12 hour shifts.
<b>Medical/ Psychiatric</b>	May have a health & wellness center	<ul style="list-style-type: none"> <li>• May have nursing available</li> <li>• DSPs dispense medications</li> <li>• Follows treatment plans with minimal oversight</li> </ul>	<ul style="list-style-type: none"> <li>• Nursing dispenses medications</li> <li>• Physicians &amp; Psychiatrists on site</li> </ul>

### The Monarch School & Institute Residential Program

17 & up

*Supports students enrolled in college and/or technical school by helping to develop organizational strategies and studying skills. Provides education in the area of living independently.*

*Therapeutic & innovative program focused on Four Core Goal areas:*

- *Self-Awareness and Self-Regulation*
- *Relationship Development*
- *Executive Functions*
- *Academic/Professional Competence*

- *The residential homes are located in a safe neighborhood in the Spring Branch area, less than one mile from the school.*

- *The residential apartments are in a gated complex caddy-corner from the school on Kempwood Dr.*

- *3 to 5 years for young adults who can progress through all 3 sub-programs.*

- *We also provide long-term care for those who cannot, which has no time limit.*

*Live-in Residential Professional Educators for consistency and stronger relationship development.*

- *Coordinate medical needs with family*
- *Provides transportation support to appointments when needed*
- *Provides individualized medication management*