

ABOUT THE RESIDENTIAL TREATMENT CENTER

- A Psychiatric Residential Treatment Facility licensed by the Nebraska Department of Health and Human Services
- School program is licensed by the Nebraska Department of Education
- Accredited by Joint Commission
- 4,000 children served from 7 countries & 30 different states
- 30 years of service

THE RTC HELPS YOUTH WITH

- History of school failures
- Experienced physical/sexual abuse
- Problems with authority
- Poor peer relationships
- Aggression
- Self-injury
- Risk for psychiatric hospitalization

RTC YOUTH DATA

- 89% say they feel safe
- 90% say they are learning skills that will help them succeed in life
- 89% say they have input on their treatment goals
- 93% are reunited with caregivers
- Have an average length of stay of 112 days (3.7 months)

CALL FOR MORE INFORMATION

531-355-1234

BOYS TOWN

Residential Treatment Center

Since opening its doors in 1995, Boys Town Residential Treatment Center (RTC) has welcomed children and teens struggling with a range of behavioral and mental health challenges. Our mission is to empower the youth in our care by providing them with compassionate support, essential life skills and the expert medical care they need to thrive.

The RTC is a safe, secure environment with two designated centers for youth based on age. At our Children's Center, we offer comprehensive, medically directed care, licensed classroom education and nurturing support tailored to children in kindergarten through fifth grade, ages 5 to 11. For pre-teens and teens ages 12 to 17, our Adolescent Center provides specialized programs designed to meet their unique needs. All our classrooms are structured by grade level, ensuring an age-appropriate and supportive learning environment for every child.

The RTC is led by a board-certified child and adolescent psychiatrist. Other staff include behavioral health registered nurses, licensed mental health practitioners who provide individual, group, and family therapy, and behavioral health technicians who provide direct support to youth via cognitive-behavioral intervention.

Treatment Model

- Psychoeducational Treatment Model (PEM) is a multifaceted combination of treatment strategies designed to supplement traditional psychiatric and clinical methods with a behavioral-based approach.
- PEM uses a token economy to help increase prosocial behaviors and decrease problem behaviors and a structured approach (e.g., effective praise, positive teaching, and corrective teaching) to teach youth self-control strategies and social skills.
- Youth have individually designed plans to address their behavioral, educational, and mental health needs.
- A robust tracking system provides real-time behavioral data to monitor daily progress. Data, along with other qualitative measures, are used to adjust treatment plans as needed.

Education Support

- Grade-based educational program within small classrooms and essential social skills for success inside and outside the classroom.
- Certified teachers trained in behavioral and mental health challenges work closely with youth during their time in our program.
- Compliance with Nebraska Rule 18 Interim Program Standards – ensuring that public schools can award academic credit for work completed in our program.
- Comprehensive support services – access to speech-language pathologists, school psychologists, and physical and occupational therapy for qualifying youth, providing a holistic approach to address each youth's unique needs.



OUR MISSION

Changing the way America
cares for children and families.

ABOUT THE BOYS TOWN CHILD AND FAMILY TRANSLATIONAL RESEARCH CENTER

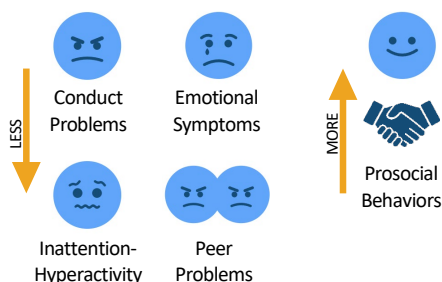
The Center conducts and disseminates applied research and provides clinical data support to promote Boys Town's Mission and advance knowledge and practice in child and family science.

Our goals include guiding the development, evaluation and implementation of evidence-based interventions for preventing and reducing social and behavioral problems in children and families, as well as promoting their positive development on a large scale to promote public health.

What is translational research? Embedded within partnerships between researchers and practitioners, translational research draws from and informs practice. It involves multiple research activities, including basic research and the development, evaluation and scale-up of evidence-based interventions, for the benefit of children and families.

Visit us online at boystown.org/trc

SDQ Improvements for RTC Youth



RTC RESEARCH SUMMARY

At Boys Town, we continually measure the effectiveness of our child and family programs to ensure those we serve actually get better. The Boys Town Child and Family Translational Research Center conducts applied research to help understand the nature of problems children and their families face today and identify the most effective ways to help them. For more information about RTC research, go to www.boystown.org/trc and click the Publications tab. Select the Bibliography and click "Residential Treatment Center" in the table of contents.

Selected Publications

- Preadolescent children in residential care have treatment needs that are different from adolescents. A recent study described the development and testing of the Junior Psychoeducational Model (Jr PEM), which was designed to address the emotional regulatory needs of preadolescents in residential treatment (Huefner, 2021). The Jr PEM was effective in helping preadolescents decrease their aggressive behaviors. Very strong treatment effect sizes support the potential use of the program in other clinical settings.
- High levels of psychotropic medication use and polypharmacy are common for emotionally and behaviorally troubled youth entering residential care. A study of psychotropic medication usage in the RTC found three medication patterns: low/no psychotropic medication, combination of antidepressant and antipsychotic medications, and multiple psychotropic medications (Huefner, 2017). Findings highlight the need for careful monitoring of the types and range of medications that some youth are prescribed, and research on how youth with certain background characteristics are more likely to get prescribed multiple psychotropic medications. For youth experiencing higher levels of psychotropic polypharmacy, medication regimens need thoughtful reassessment using the principle of sufficiency as the foundation for medication management.
- An earlier study examined the impact of reducing psychotropic medication for youth in the RTC (Huefner, 2014). The results demonstrated that psychotropic medication can be significantly reduced without increases in problem behavior or the use of seclusions or personal restraints within the context of a clinically directed cognitive-behavioral treatment milieu.

Outcomes from Routine Data Collection

- The Strengths & Difficulties Questionnaire (SDQ) is an assessment completed by parents/caregivers at admission and departure to the RTC to measure change in youth behavioral and emotional problems. Results indicate youth achieve statistically significant reductions in Total Difficulties, Conduct Problems, Emotional Symptoms, Inattention-Hyperactivity, and Peer Problems during their RTC stay; youth also make statistically significant improvements in Prosocial Behaviors. The effect sizes of these outcomes are large, indicating these improvements are clinically significant in addition to statistically significant. Youth also complete a self-report SDQ, the results of which were similar to that of the parent/caregiver results.