



The Keys of Carolina

Application Checklist



Applicant Name: _____

Please indicate program:

- _____ Residential-- Girls (**PRTF**)
_____ Residential-- Boys (**PRTF**)
_____ Residential-- Male Sexually Aggressive/Reactive Youth Program (**PRTF**)

All items need to be included or addressed with application to be considered for acceptance and admission. Information should be no more than three years old and still relevant to the case. Our admissions department will notify you if additional information is required. Please return a copy of this checklist with the necessary materials.

1. _____ Brief written summary from referring agent addressing reasons for referral. Referrals should address the level of care where the applicant is currently placed, past failed placements, and reasons why referral to PRTF is requested.
2. _____ **Recent Physical and Medical History, including Immunization Records** and information of any health problems.
3. _____ Most recent Psychological Evaluation: This evaluation should be no more than three years old. The Keys of Carolina may request a more current psychological if case necessitates. A current IQ score **must** be provided in the psychological or in current academic records.
4. _____ **For Male Sexually Aggressive/Reactive program only:** Current Sex Offender Evaluation and/or Risk Assessment
5. _____ Full Psychosocial History (i.e., Area's records of life events and At- Risk Assessment, if possible)
6. _____ Most recent Psychiatric Evaluation (not medication management notes) and current psychotropic medication regimen.
7. _____ Educational records including educational assessments, DEC evaluations, placement information and most current IEP. If applicant is not receiving any special education, this should be noted. In these cases, most recent report card and school contact is required.
8. _____ Records of past psychiatric hospitalizations (if applicable).
9. _____ Verification of insurance and/ or copy of Medicaid card.

www.thekeysofcarolina.com

1715 Sharon Road West Charlotte, North Carolina 28210

704-554-9874/ Fax: 704-554-4908

THE KEYS OF CAROLINA

A Residential Treatment Center for Adolescents

Overview

The Keys of Carolina is a Psychiatric Residential Treatment Facility that provides programs for both female and male youth in need of mental health or behavioral care, beyond what is available in an acute inpatient setting. Residential services are delivered utilizing an integrated model, addressing the psychiatric, behavioral, psychosocial, and educational needs of adolescents, ages 12- 17. Residential treatment is designed to teach youth to function effectively in society upon discharge and to prepare for eventual independent living.

Residential Treatment Services are provided in programs specifically for adolescent males and females, as well as a PRTF unit that specialize in providing treatment for **sexually aggressive/sexual reactive males**. The treatment model incorporates the individual developmental strengths and weaknesses of each adolescent into a multidisciplinary, individualized treatment plan that is reviewed every thirty days, by the treatment team. Therapy, milieu and other treatment applications are cognitive- behaviorally based, with a focus on developing desirable patterns of behavior. Services emphasize respect for each individual's needs and strengths and are designed to enhance personal growth and healthy relationships. Dedicated staffs, which are professionally trained, are guided by the philosophy that individuals are responsible for their own behavior and well- being and possess the capacity for change.

Services

- Individual, group and family counseling
- Psychiatric Services
- Nursing Services
- Located in Charlotte, North Carolina
- Social Skills Training
- Educational Programming
- Recreation Program

The Facility

- CARF Accredited Residential Treatment Center
- Dining Room
- Five 12 bed units, providing individualized programming

Admissions Criteria

- Boys and Girls
- 12 to 17 years of age (upon admission)
- IQ 70 or above

Security

- Secure (Locked) Facility
- 24- hour staff supervision

More Information and Referrals

- The Keys of Carolina is part of Universal Health Service national network of treatment and education programs. For more information about The Keys and any of its programs, visit our website at www.thekeysofcarolina.com
- More detailed program information and/ or referrals can be directed to The Keys of Carolina at **(704) 554-4914**
- Recommended contents of referral packets: Psychiatric and Psychological Evaluations, Social History, Individual Education Plan (if Special Education), Brief summary of why client is in need of a secure placement, Medical History and current Physical, Previous treatment provider's Progress Notes, including Medication History, and past treatment history.

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EDUCATIONAL SERVICES

The Keys of Carolina educational program has been in existence since 2000. The educational program has been committed to providing the most innovative, relevant, and comprehensive educational program available by listening to the needs of the students, parents, school systems, organizations and communities. The educational program is an integral part of the treatment milieu which offers an extensive array of therapeutic interventions. The program identifies your child's specific educational needs and establishes an appropriate course of action. The goal is to create a successful academic experience for all students while at the Keys of Carolina. In addition, the educational program attempts to provide a course of action by which he/she can continue to meet educational goals in the future.

The school at the Keys of Carolina is a private school accredited by North Carolina Division of Non-Public Instruction.

SPECIALTY SERVICES/PROGRAMS

- Science Association Reading Program (SAR)
- Aquatic Therapy Program (Fish Adoption)
- Weekly outing to increase social skills
- Art classes
- Sunday Worship Services (optional)
- Weekly assemblies to showcase talents, recognize academic achievements, and acknowledge therapeutic progress
- Violence free recognition with monthly incentives
- Clean room rewards
- Work study

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RESIDENTIAL SERVICES

The Keys of Carolina's is a 60 bed Psychiatric Residential Treatment Facility that provides programs for both male and female youth in need of long- term mental health of behavioral care. Residential services are delivered in two different methods, which are the *medical- model* and the *social- model*. The Medical- model provides an environment, which focuses on extensive, long- term inpatient psychiatric care. The Social- model is more rehabilitative, in that it focuses on the reduction and elimination of the youth's socially unacceptable behaviors. Both modalities of residential treatment are designed to teach youth how to live independently and function effectively in society, upon discharge.

Both the medical- model and social- model component of The Keys of Carolina's residential programs provides the following services:

- Individual **case management** services, which include orientation, individual treatment planning, transition and aftercare planning.
- Appropriate **healthcare services**, to ensure each resident's physical and/ or emotional well- being and present him or her with health education opportunities. These services are designed to conform to each contracting authorities policies, procedures and standards.
- **Daily living skills and Independent living planning groups**, which are designed to teach the youth coping skills for managing day to-day issues, events and problems they may encounter at work, with family, and social and leisure situations.
- Other components within the treatment milieu include **group and individual therapy, pro- social skills training, ethnic, heritage activities, access to religious services and counseling.**
- **Individual education services**, which comply with all state and federal requirements, are provided to all youth during their stay in the residential treatment setting.



SEXUALLY AGGRESSIVE YOUTH

The Keys of Carolina offers a youth *male sexually aggressive/reactive* program. The services are emended either as a programming component for sexually reactive/aggressive youth within a more generalized treatment population or as the key programming philosophy within an exclusive youth sexually aggressive/reactive program. The services are provided in the residential treatment center.

The Keys of Carolina's Sexually Aggressive programming provides the following services and program components:

- Each comprehensive treatment program is designed to match the learning style, personality, strengths and deficits of the youth, generally by population and individual profiles. Cognitive behavioral approaches, with the goal of community protection, are at the forefront of treatment interventions and are used to teach healthy productive living and appropriate relationship skills.
- Individual case management services are implemented for youth, including program orientation, individual Person Centered planning, and transition of aftercare services. Sex offender specific evaluations can be implemented when deemed appropriate.
- Victim awareness education, empathy and victim impact groups allow the youth to acknowledge and take ownership of his harmful, reactive and/or deviant and predatory behaviors.
- **Active family and/ or parental involvement and counseling, when appropriate,** ensure that the family benefits for their child's treatment.
- Structured recreational and leisure time planning teaches the youth positive, healthy, and productive ways to relax and/ or to participate as a team member.
- Comprehensive evaluations of the programs are utilized to include both a process-oriented review of service delivery and documentation outcome delivery. This is utilized as a means to measure individual progress and the overall treatment effectiveness.

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