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Residential treatment centers are facilities that provide treatment 24 hours a day for teens with serious emotional disturbances. Forms of rehabilitation include individual, family, and group therapy. Other types include behavior therapy, special education, recreation therapy, and medical services.

Residential services may be given in a state or private facility. Treatment is conducted regularly and usually takes much longer than hospitalization. An effective residential program utilizes a boundary model in which the staff models appropriate behavior while being directly involved in assisting the students. The boundary model addresses the difficulty and frustrations students face in living in a world filled with rules. It helps assist students develop personal boundaries and recognize and respect the boundaries set by the people around them.

Logical processes are used as a type of intervention between staff and students to gain insight on their attitude, thinking process, and behavior. Moreover, residential services allow students to engage in recreational treatment. Activities include adventure learning, diversionary activities, and organized sports.

Adventure learning activities include hiking, camping, white water rafting, and similar high-task adventures. These activities reduce defense mechanisms, evoke anxiety and emotions, and foster skill development. Alternatively, diversionary or incentive activities are a means to give rewards for progress. These open opportunities for students to engage in appropriate and thrilling leisurely activities. Organized sports or routing fitness activities are also offered to students, depending on the season.

Residential treatment centers that make use of the boundary model incorporate eight distinct levels which typify society. This helps students achieve greater self-confidence and independence. Consequently, students who are rehabilitated by this model are expected to find themselves desiring to be a part of a system that upholds rules. Their future success is determined by their act of choosing to follow rules, while setbacks are experienced when otherwise.

A residential treatment facility also provides clinical services for its students. Clinical treatment utilizes different modes of therapy to help students achieve a higher level of functioning to eliminate their causes of worry and help them become socially responsible members of society. Students will receive quality care as his individual and family needs are addressed. Multi-disciplinary teams comprising of regular therapists, recreational therapists, teachers, residential staff, psychiatrists, and nurses work together to create structured treatment programs that address the needs of every student.

Youth treatment centers have staff members fully trained in cardiopulmonary resuscitation, first aid, management of aggressive behavior, and adolescent growth and development. Thus, students will have a safe and productive experience while on the road to recovery. If you would like to read up some more on residential treatment, visit websites that would further describe the process.

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[Carolyn Newmeyer](#) - About Author:

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