Mount Saint Vincent
Treatment Programs for Children

Committed to Caring for Children
Welcome!

Here at Mount Saint Vincent, we are proud of our longstanding history of caring for children. Back in the 1800s, our beautiful campus, with its panoramic views of the Rocky Mountains, was home to an orphanage. More than 130 years later, we now offer innovative treatment programs utilizing pioneering therapeutic modalities. Each is specially designed to help children aged five to 13 overcome severe emotional and behavioral challenges.

I encourage you to browse through this informational brochure to learn about our specialized treatment approach, our highly trained multidisciplinary teams, the specialized adjunct therapies we employ, and our whole-child approach to trauma care.

Please feel free to contact us at any time with your questions, or better yet, stop by for a tour.

Sincerely,

Kirk Ward, LCSW
Executive Director

“The children at Mount Saint Vincent benefit tremendously from these individualized treatment innovations.”

— Bruce D. Perry, M.D., Ph.D.
Internationally known child trauma expert and founder of The ChildTrauma Academy
Mount Saint Vincent: A Longstanding Commitment to Care

Mount Saint Vincent has transformed the lives of thousands of children. We provide them with a safe haven, highly individualized treatment, and developmentally appropriate education.

First established as an orphanage in 1883 by the Sisters of Charity of Leavenworth, Mount Saint Vincent began offering residential treatment for severely abused, neglected, and mentally ill children in 1969. Using the most advanced therapeutic approaches — including the groundbreaking Neurosequential Model of Therapeutics® (NMT®) — our innovative programs help heal these children.

A host of adjunct modalities complement the traditional cognitive therapy we offer. Therapies such as art, animal-assisted, music, and dance/movement help our clinical staff gently uncover the trauma stories that young children often cannot verbalize.

To provide the best possible care, we employ only the most highly qualified professionals. All direct-care staff hold a minimum of a four-year bachelor’s degree and receive nearly 70 hours of rigorous training in NMT, Therapeutic Crisis Intervention, CPR/first aid, and more. Our average child-to-staff ratio is one of the lowest of any residential child care facility (RCCF) in the region.

Upon admission, the clinical team assesses each child, then creates an individualized treatment plan that best suits that child’s unique needs. The staff works to regulate behavior, creating a safe, structured environment. Once the child’s behavior is stabilized, clinical and teaching staff help them grow emotionally, socially, physically, and cognitively.

Our goal is to discharge each child to a lower level of care, where he or she can continue to recover. With treatment, patience, and nurturing care, we help these children grow to lead full and productive lives within their communities.
The Neurosequential Model of Therapeutics: The Backbone of Our Treatment Philosophy

Mount Saint Vincent is a leader in the application of the Neurosequential Model of Therapeutics® (NMT®), a developmentally sensitive approach to child trauma treatment.

The NMT approach was developed by internationally recognized child trauma expert Bruce D. Perry, M.D., Ph.D. The model builds upon a child’s strengths, integrating several core principles of neurodevelopment and traumatology into a comprehensive approach. Mount Saint Vincent is one of only a handful of organizations worldwide designated as a Flagship Site for NMT, an honor bestowed by The ChildTrauma Academy of Houston, Texas.

As a collaborative partner, we work closely with the academy to further our shared goal of providing trauma-informed training to those who care for children in need.

Clinical NMT Assessments | Moving from Deficits to Benefits

When a young child suffers from abuse, neglect, or mental illness, his or her brain will organize in a disorganized fashion. This may cause the child to struggle with his or her own behavior due to an inability to regulate emotions. The unique NMT approach helps pinpoint exactly where the child is developmentally, so appropriate interventions can be taken to address the child’s needs.

Following the NMT model, our clinicians conduct a thorough assessment that measures development in 32 separate areas of the brain. The assessment takes other pertinent evidence into account, including developmental history, a review of prior evaluations and reports, interviews with the child, and input from individuals with significant impact on the child’s life.

Using this data, a functional brain map is created, detailing the developmental levels and current functioning in the 32 areas. Our clinicians then recommend practical tools that can also be used at home or in school to support other clinical therapies the child is receiving.

Children enrolled in the residential, day treatment, or in-home programs receive NMT assessments as part of their treatment. Assessments are also available on an outpatient basis.

Increase in Cortical Modulation Ratios from Intake to Discharge

<table>
<thead>
<tr>
<th>Location</th>
<th>Increase</th>
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<tbody>
<tr>
<td>Residential</td>
<td>+81%</td>
</tr>
<tr>
<td>Day Tx</td>
<td>+29%</td>
</tr>
<tr>
<td>In-Home</td>
<td>+23%</td>
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In-Home Therapy | Supporting Lasting Change

The In-Home Therapy Program ensures a safe, healthy, and nurturing home environment for children and their families. Each family is paired with a team consisting of a therapist and a behavior coach. Therapists and behavior coaches certified in NMT and Therapeutic Crisis Intervention create individualized treatment plans for each family by using developmentally appropriate interventions that are strengths-based and solutions-focused.

The therapist’s and coach’s role is to provide comprehensive and collaborative support by identifying coping skills, strengthening familial communications, initiating safety planning, and providing structure. In addition to addressing problematic behaviors, the coaches also offer positive reinforcement of desirable behaviors.

Several levels of services are available, depending on the family’s needs. These range from one to 15 hours per week of In-Home services and 24/7 crisis support. The goals of the In-Home program are to prevent out-of-home placements as well as support children who are transitioning from foster care or residential treatment.

To make a referral, please call an In-Home team member at 303-458-7220 extension 367.

“The In-Home staff fit in well with our family. They work hard to build relationships with our entire family. They listen and are helpful. They are very easy to get a hold of when we need extra support.”

— In-Home parent
Our Foster Care Program serves children ages newborn to 18 years old whose length of stay in foster care may range from overnight, to a few months, or a few years. If adoption becomes the permanency goal, a child may be adopted by his or her foster family.

Our Foster Care Program trains and certifies foster and foster-to-adopt families, providing individualized support and guidance along the way.

We offer an array of services designed to help families succeed, including:

- 24/7 family support and guidance
- Monthly support group meetings
- Numerous training opportunities
- Respite care
- Case management assistance, including home visits
- Advocacy and assistance with resources and referrals

We contract with Colorado county departments of human services to provide foster care placements for identified children. Our seasoned staff has more than 50 years of combined experience helping Colorado children and youth find safe, nurturing homes where all family members can thrive.

In 2016, our goal was for 85 percent of children to experience the stability of remaining in their current homes. Due in large part to our experienced staff, that goal was exceeded: 92 percent of children remained in their foster care placements. For referrals, please call 303-458-7220 extension 204.

“We saw the need. We heard the call...and somehow in it all, we’re changing the world.”

– Foster care parent
Day Treatment  I Academics + Therapeutics

The Day Treatment Program serves children who struggle with maintaining in a traditional school classroom and who need additional therapeutic support. The treatment milieu provides them with a supportive and nurturing start to their school day, which includes check-in groups and other activities. The goal of day treatment is that children and their families will learn to use their support systems to realize their strengths and skills in meeting the responsibilities and opportunities of life.

Day Treatment Program participants receive:
- Initial service plan
- Initial psychosocial assessment
- NMT Assessment with recommendations
- Child and Adolescent Needs and Strengths (CANS) Assessment Tool
- Coordination of transportation with the school district
- Medication evaluation with recommendations
- Weekly individual, family, and group therapy
- Monthly staffings with parents/guardians and the treatment team
- Post-discharge treatment recommendations based on the NMT approach

Day Treatment and the K-8 school offer a variety of programs throughout the school year, such as back-to-school night, family night, talent show, and field day. Families, guardians, caseworkers, and other parties involved are all encouraged to attend.

“The staff at Mount Saint Vincent are responsive and knowledgeable. I have seen a big improvement in his behavior and attitude towards school. For the first time in my son’s academic life, I believe we have landed in a school that takes its role as educator to heart. It makes all the difference in the world.”

— Day treatment parent
Residential Treatment | Intensive, Individualized Care

Our Residential Treatment Program specializes in treating children with significant behavioral or emotional health issues resulting from severe trauma, physical abuse, sexual abuse, mental illness, or chronic neglect. Our three homelike cottages house up to 32 children, each in his or her own room. The expansive 16-acre campus also features a K–8 school, athletic facilities, therapy areas, pool, bike track, and plenty of open space.

The program includes:
- Initial service plan
- Initial psychosocial assessment
- NMT Assessment with recommendations
- Child and Adolescent Needs and Strengths (CANS) assessment tool
- Academic assessment
- Ongoing medication evaluations with recommendations
- Weekly individual, family, and group therapy
- Monthly staffings with parents/guardians and treatment team
- Post-discharge treatment recommendations based on the NMT approach

During the treatment process, we maintain constant communication with all involved parties to ensure the success of the child and family members. Our goal is to reduce symptoms in order to discharge the child to a lower level of care as soon as indicated.

Short-Term Stabilization
This service is designed to achieve stabilization in 3 to 10 days through intensive therapeutic services and case management. This service increases the child’s ability to thrive in a home environment by focusing on the primary symptom causing dysregulation. The service is also appropriate for children stepping down from a psychiatric hospital or emergency room. This program has extended evening and weekend intake hours with a dedicated number. To make a referral, call 303-458-8030.

Respite Care
Respite care services help prevent a loss of placement by giving caregivers and children time to rest, recover, and break the trauma response cycle. The service offers 24-hour supervision, medication administration, and a summary of stay, including behaviors and positive interventions. The children stay in one of three homelike cottages, with individual bedrooms within a therapeutic milieu.
Children who experience trauma or abuse early in life often experience difficulties in school. The trauma or neglect, especially in the first four years of life, can affect brain organization, self-regulation, and impede a child’s ability to understand the way they feel or express what they think.

Our educational program is designed for children who need either day treatment, residential treatment, or a school-only program in an on-grounds K–8 school. Classrooms can hold up to 12 students with a special education teacher and educational mental health worker in each class.

Additional services provided include physical education, Title One math and reading, in-classroom computers, speech/language therapy, occupational therapy, and music, art and movement groups. With this in mind, our school is designed to provide a consistent, well-structured system of education and behavioral management that focuses on a child’s individual skill level, learning style, cognitive ability, and developmental degree of socialization.

Academic, behavioral, and treatment goals are cooperatively defined by the teaching staff and clinical teams. The child is involved with the process and is responsible for his or her goals. An individualized education program (IEP) may be implemented if requested or indicated. Consistent, year-round services help students achieve academic success.

“All staff are knowledgeable and always welcoming to outside district staff when trying to support our students!”

– School district representative

Our Early Learning Center is a child-centered program serving the local Denver metro community. It provides a warm, homelike environment rich in meaningful opportunities that encourage exploration, creativity, and growth.

The three classrooms serve children aged three to five years, and our hours of operation vary to accommodate our parents’ busy schedules. Our program holds a four-star rating with Colorado Shines.
Unlike traditional cognitive or “talk” therapies, adjunct therapies give clinicians a different way to tap into children’s thoughts and emotions. These conduits of self-expression allow us to treat a child’s trauma in a safe, nurturing environment.

**Animal-Assisted**

Children are often able to form positive bonds with the animals, providing a sense of security and trust often lost in human relationships.

**Art**

Children are given opportunities to engage in self-exploration and self-expression through work with a variety of media.

**Dance/Movement**

Dance/Movement Therapy incorporates both nonverbal movement communication and verbal language in the therapeutic process. Props may be used to invite and organize sensory, fine-motor, and gross-motor activity.

**EMDR**

Eye Movement Desensitization and Reprocessing (EMDR) therapy is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma.

**Horticultural**

Horticulture therapy can help children express their feelings through their connection with nature. Watering and nurturing plants and then watching them grow can have a healing effect.

**Music**

The rhythmic and predictable nature of music helps children regulate their nervous systems. Music can provide a safe outlet for emotional expression and bolster self-esteem.

**Recreation**

Recreational therapists utilize play, recreation, and leisure activities to improve the children’s physical, cognitive and social/emotional abilities.

**Therapeutic Massage**

The massage program gives children the opportunity to experience safe touch and define their own boundaries. The therapist gives children primary control over their own experience.
Trainings  I  Sharing Our Expertise

As a leader in trauma-informed care, early childhood development, and crisis intervention, Mount Saint Vincent shares its expertise with community organizations and public institutions.

Using NMT as our foundation, we offer a wide range of trainings on trauma-informed care. Our staff provide introductory trainings, individual case consultation, on-site observations and coaching, and full NMT assessments.

Trainings offered include:
- Foundations in a Trauma-Informed Approach
- Introduction to a Trauma-Informed Approach
- Applications of a Trauma-Informed Approach
- Therapeutic Crisis Intervention Training
- In-Depth Consultations

Our team of specialists can also develop training content to address the needs of your particular audience. The content is based on the same trauma-informed concepts and principles, but explores the specific options and approaches most appropriate for your team.

Other topics include crisis prevention and milieu/classroom management, early childhood development and developmental enrichment, creative arts therapy interventions and regulation strategies, and more.

What People Are Saying About Mount Saint Vincent

“Mount Saint Vincent has been a saving grace for our family. The support and healing has been vital in our family’s success.” – Day Treatment Parent

“Amazing work is done here! My whole family has benefitted and I would give them my top recommendation. I love this place.” – Residential Parent

“All staff are knowledgeable and always welcoming to outside district staff when trying to support our students!” – School District Representative
Mount Saint Vincent is a 501(c)(3) nonprofit agency. Visit MSVhome.org to learn more about our programs and services and how you can donate to help children in need.

“I have been fortunate to work with the remarkable professionals at Mount Saint Vincent for many years. During that time, I have seen their creativity, dedication and knowledge transform the lives of many children.”

— Bruce D. Perry, M.D., Ph.D.

Internationally known child trauma expert and founder of The ChildTrauma Academy