



# Little Creek

BEHAVIORAL HEALTH

## DEAF & HARD-OF-HEARING PROGRAM

Little Creek Behavioral Health is committed to ensuring that children and adolescents who are deaf or hard of hearing receive the best treatment possible for the mental health challenges they are facing. We offer long-term residential care for young people ages 6–17 whose lives have been disrupted by a variety of mental health concerns, including a specialty treatment track for children and adolescents who are deaf or hard of hearing.

We strive to create a culturally affirming environment throughout every aspect of the treatment experience in our deaf and hard-of-hearing program. Many of the members of the care team are deaf or hard of hearing, and we provide interpretation services to ensure that the young people who are participating in this program are able to communicate their needs, feelings, and concerns. Through inclusive, comprehensive care, we help young people who are struggling with various mental health challenges to make lasting positive changes in their lives.

### Overview of Services

We provide the same evidence-based therapies and scope of care in our deaf and hard-of-hearing program that we offer in all our other programs. The primary difference between programming for hearing patients and those who are deaf or hard of hearing is that we adapt our programming so that deaf or hard-of-hearing patients can fully benefit from those services and activities.

Highlights of our deaf and hard-of-hearing program include:

- A stay of six to 12 months, with extended-stay options available based on each young person's needs and progress
- Several types of group therapy sessions that address the varying needs of the children and adolescents who come to us for care
- Individual and family therapy sessions provided on a case-by-case basis depending on each young person's individual needs
- Medical staff on hand who can provide basic medical care and medication management services

## Care Experience

We have created an inclusive therapeutic environment in our deaf and hard-of-hearing program in which we employ an array of personalized interventions and modalities to help each young person start the healing process. Depending on a child's or adolescent's specific needs and treatment goals, we may incorporate some of the following elements into their individualized treatment plan:

- Trauma-focused cognitive behavioral therapy (TF-CBT)
- Dialectical behavior therapy (DBT)
- Eye movement desensitization and reprocessing (EMDR)

## Education Services

A young person's need for professional, effective mental healthcare should never be a barrier to their education. We provide integrated education programming for every child and adolescent who receives care through our deaf and hard-of-hearing program. Features of our education services include:

- On-site 8:30 a.m. – 2:30 p.m., five days a week
- Educational programming meets state regulations
- Participation determined by age, ability, and prior academic achievement
- Classes taught by certified special education teachers
- Therapeutic staff provides support within the classroom environment

## Admissions Criteria

We offer a specialized residential treatment program designed for the specific needs of children and adolescents who are deaf or hard of hearing. We make all admissions decisions on an individual basis after a thorough review of each young person's medical history and treatment needs.

In general, though, patients must meet the following criteria:

- Must be ages 6–17, though a young person may remain in treatment at Little Creek past their 18th birthday if they were age 17 or younger upon admission
- Are deaf or hard of hearing
- Have been experiencing significant mental health challenges

