

# Sunstone Youth Treatment Center

## Navos CLIP

### **Mission Statement**

*We are a safe, inclusive, and supportive community that believes youth and families do well if they can. Together, we nurture healing and growth.*

Sunstone is a Children's Long-term Inpatient Psychiatric treatment center operated by Navos. The center is located in a residential neighborhood in Burien, WA. Sunstone has a current census of 12 and expanding, with a total capacity of 36. We only serve the CLIP population at this time. This program's current census is comprised of youth ranging from 12 years of age to 17+.

### **Group Activities/Offerings**

Mindfulness, Music, Art with Heart, Anger Management, Substance Use Disorder, Safety Emotion Loss and Future (SELF), Physical Exercise

### **Unique components**

We have six cottages with 6 beds on each, this provides us with opportunities to create special populations and different age groups, individualized treatment, separating acuity and treatment progress stages. We are situated on the beautiful Lake Burien, surrounded by private properties.

## **Care Models**

### **Engagement Model of Care**

1. Navos is a trauma-informed organization and utilizes The Engagement Model of Care as its framework for ensuring the agency has:
  - a. Safe, calm and secure environments with supportive care.
  - b. A system wide understanding of the prevalence of trauma, the impact of trauma, and trauma informed care;
  - c. A commitment to being a culturally competent organization;
  - d. Consumer voice, choice and self-advocacy;
  - e. Consumer and family-driven services that are trauma specific and promote recovery and wellness;
  - f. Healing, hopeful, honest and trusting relationships for consumers and employees.
2. All employees receive training in The Engagement Model of Care developed by The Engagement Model of Care Committee, and gain an understanding of the neurobiology of trauma and its impact both on consumers and employees.
3. Every employee is expected to recognize their contribution to creating a safe, secure and recovery oriented environment by exhibiting courteous communication, respecting boundaries, and behaving in a predictable and caring manner.
4. It is essential to the culture of Navos to embrace the principles of trauma informed care to ensure the physical, psychological, social and moral safety of consumers of our services, employees, guests, and the community at large.

## Trauma-Informed Care

The National Council for Behavioral Health has established an "Organizational Self-Assessment" (OSA) to help organizations become trauma-informed.

Key Principles of Trauma-Informed Care Approach:

- Safety
- Trustworthiness and transparency
- Collaboration and mutuality
- Empowerment
- Voice and choice
- Peer support and mutual self-help
- Strengths-based

### Who to Contact:

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