

Welcome to Pearl Youth Residence

Where discovery ignites possibilities.

### **What is Pearl Youth Residence?**

Pearl Youth Residence (PYR) is a residential treatment center for adolescents ages 11-17. Youth from all over Washington come to stay at Pearl Youth Residence to learn and build skills with their family/guardians, PYR staff, and their community so they can successfully return to live in their home and community.

While youth at PYR have unique, individual stories and goals, they also experience shared struggles. Residents practice coping skills learned throughout the day together on our milieu (common space), throughout individual and family therapy, while on therapeutic outings, through group therapy, and during passes.

### **How long will I stay?**

The length of your stay depends on a lot of things: the goals that you and your family/community want to work on, your motivation, engagement, and the progress you achieve. Before discharging we will work with you and your team to ensure that you have support like WISE set up in your home community. Most residents stay around 6-12 months.

Some residents are admitted to PYR on voluntary status which means that the youth, family, and community agree about treatment at PYR. Others are involuntarily admitted, meaning that a court has ordered treatment. Some residents start with an involuntary status and move to voluntary or family-initiated treatment (FIT), and some do the opposite depending on the needs identified by the resident, PYR team, family, and community team.

### **Anti-Racism and Diversity:**

Pearl Youth Residence recognizes and celebrates that our residents are made up of people who represent diversity at many levels — diversity of thought, belief, race, ethnicity, culture, gender, and sexual orientation. PYR values different perspectives, experiences, and expressions of thought. Thus, we do not tolerate hate or bias-motivated behaviors in our spaces. All residents, staff, and visitors at PYR are equal and accountable to each other. Together, we can create a community where everyone is respected and valued despite our differences.

### **What is a Treatment Team?**

The PYR Treatment Team includes your Case Manager, Therapist, Psychiatric Provider, Recreation Therapist, Nursing Staff, Youth Peer and Milieu Staff.

The Community Team may include your parents or guardians, someone from your MCO/BHO (insurance company), your community-based therapist, school personnel, and others who have supported you. These other people might be your grandparents, a neighbor, your mom's best friend, or a teacher who has always helped you. Your case manager may ask you for names of people you would like to have on your community team.

Together these two groups of people are your "Treatment Team." You and your treatment team will help create your individualized treatment plan which is a living document that can grow and change depending on what you are working on.

## **YOUR PYR TREATMENT TEAM**

- **Case Manager:** This is your primary contact and the person who works with your community and the PYR team to coordinate your visits, needs while at PYR and discharge needs.
- **Psychiatric Provider:** They will work to develop an effective medication routine with you. They will explain the medications you need to take and how they can help you.
- **Nursing Staff:** They are available to help you with any medical problems that arise. They give you your medications at the scheduled times and help you learn about medication benefits and side effects. They schedule medical, dental and vision appointments and often take you to these appointments. Nurses provide ongoing health education and regular Health Skills Group.
- **Individual and Family Therapist:** Your therapist will work you individually to build and develop healthy and safe coping skills as well as explore the root cause of maladaptive/survival coping skill you may have used in the past. They may also partner with you to better understand past events and/or trauma. Individual sessions will be scheduled with you and your therapist, usually in our treatment offices and will take place weekly for at least an hour. Your family therapist will work with you and your family to strengthen your relationship with parent/guardian as well as siblings or others living in your home, this may happen by telehealth if distance makes it difficult for them to travel to Tacoma. This session will also take place at least once a week. Some therapeutic modalities commonly used include Motivational Interviewing, Cognitive Behavioral Therapy (CBT), Trauma informed CBT, Dialectical Behavioral Therapy, Family Systems Theory, as well as others.
- **Recreation Therapist:** They will help you identify and pursue recreational hobbies and interests that will be helpful in maintaining your recovery. Along with the Activity Coordinators, they schedule fun and healthy community outings and social activities for

all PYR residents. Some of the recreational activities that we provide are day trips, hiking, camping, Equine Assisted Therapy, therapeutic arts and crafts, board games, card games, team building, experiential learning, and cinema therapy to name a few. Recreational Therapy programs are subject to change with the need of our residents.

- **Youth Peer:** This is someone who has gone through similar life experiences as the residents here at PYR—they are here to support you, encourage you, and teach you skills they found helpful. Your youth peer is also “your voice” in our weekly Multi-Disciplinary Team meetings, monthly child and family team meetings, and requests and changes you would like to see at PYR.
- **Milieu Staff:** The milieu is the area where most activities take place. Day-to-day events such as groups, leisure/recreation, and social interactions are used as the main background against which treatment and learning take place. The milieu is where residents practice prosocial skills using coping techniques and building frustration tolerance. Milieu staff include Behavioral Health Techs (BHT’s) who help ensure safety, support, and guidance during day-to-day activities to support you in making positive changes in your life.
- **Substance Use Disorder Treatment Provider:** Any resident with a history of substance use will have a referral to a substance use disorder (SUD) treatment to have the opportunity to receive SUD services.
- **School Teacher/Paraprofessional:** Residents attend school on-site through the Tacoma Public School District. Your case manager will work with you, your family, and the school staff for any education plans that need to take place.
- **Parent Advocate:** They work with your family members to help them through your CLIP stay. They will offer support, guidance, and resources to your family to prepare for your return home. The parent advocate has faced similar life experience with their own child/children and can provide support to your family through your stay at PYR.

## **GENERAL INFORMATION**

Pearl Youth Residence is in Tacoma, WA. Inside the PYR building there is a recreational room, dining area, two classrooms, a courtyard, and three residential units, Denali, Ozark and Fuji. You will be given your unit assignment upon admission.

### **What activities are available?**

A traditional day is split between day shift and swing shift. Day shift, Monday through Friday, primarily revolves around a traditional school routine while school is in session. Swing shift and non-school days consist of staff facilitated small group, individual activities, and therapy. Some groups and activities include Check-in/Community Groups, Music Group, Mindfulness and DBT, Art Therapy, Health Skills, Life Skills, and Recreation groups/activities.

There are games (board and video), movies, music, arts and crafts, as well as staff and peers to talk with in your unit. The recreation area is used for indoor physical activities when the outdoor courtyard is unavailable (due to weather, etc.). Outside in the courtyard there is a basketball hoop/half-court and a grassy area for recreational use, including volleyball, soccer, and sprinklers during the summer. Also scheduled are group leisure time and outings such as bowling, skating, movies, parks, walks in the neighborhood and opportunities for shopping with your treatment team.

Occasionally, PYR coordinates large outings like a camping trip in the summer and ice skating in the winter. In the dining area, there is a full-service kitchen and dining tables for you to eat meals with your unit peers and BHT's. Dietary needs will be coordinated with your PYR team, nurses, and the kitchen.

### **What privileges can I earn and how can I earn them?**

In addition to the activities mentioned above, you could earn individual courtyard, individual walks, one-on-one time with staff, movie pick priority, extras on privileges such as allowance, group outs, going outside or community support groups, etc. It depends on what you need in your treatment, what your interests are, and how hard you work.

Privileges are earned in a couple of ways. Group outings are earned by attending school and meeting daily expectations (these are different for each person). Individual activities are earned by working directly on your treatment plan and moving through the Level System.

### **PYR Level System:**

Throughout your stay, you will work with your PYR team on building skills. Daily, you will earn points by following your milieu treatment plan. BHT's and your MDT Team can help you navigate through our level system where you will experience more privileges and responsibilities as you advance. Staff will review the points and levels system with you upon admission.

## Mail and phone calls:

Pearl Youth Residence will mail a reasonable number of letters for you. You can mail as many as you wish if you use your own stamps. Your case manager will help you with mail and you are encouraged to share and review letters with your treatment team. Your case manager will open packages before you get them to be sure there are not any unsafe items.

You, your parents or guardian and case manager put together a list of people you may call. Callers will be asked to identify themselves so staff can verify that they are on your phone list. To add to your phone list, ask your case manager. Phone calls are time limited.

## Some interventions you may see being used:

- **Behavior Contingency Plan (BCP)**: Individualized plans geared towards interrupting behavior that is impacting your treatment.
- **Privileges**: This includes small group walks, outings, preferred activities, individualized TV programming and gaming, in addition to later bedtimes and longer phone calls.
- **Temporary loss of privileges**: Loss of privileges or personal belongings (such as a radio or extra clothing). If privileges are withdrawn or personal belongings removed because of safety or health concerns, the reasons and time frame will be clearly communicated to you and restrictions will be reviewed regularly.
- **Breaks**: you are asked to take a break in a staff designated area, this may be in your room or in the Quiet Room. You are not physically prevented from leaving the designated area and are encouraged to successfully complete the time out and return to programming.
- **Rotations**: Rotations are an intervention given out at staff's discretion to interrupt inappropriate behavior. This provides an opportunity for you to regulate on your own, then practice pro-social skills.
  - For example, one set of rotations would be when you are in your room for 30 mins and out of your room for 30 mins. Rotations may be given in 1-3 sets or more at staff discretion.
- **Safety Protocols**: When you are “on Safety,” nursing and your provider have deemed you to be a danger to yourself. Unsafe items will be removed from your room and staff will complete routine checks every 15 minutes to ensure you are safe. If unsafe behaviors continue while on Safety, nursing and providers may add other restrictions to ensure your wellbeing and safety.
- **Line-Of-Sight (LOS)**: You are put “on LOS” when nursing has assessed you to be a danger to yourself. Residents on LOS may not have access to their room and must always remain in the line of sight of staff. 15-minute checks will also be conducted while on LOS to determine consistent safe behavior. Items may also be restricted as determined by nursing. LOS is always decreased to safety protocols before being discontinued.

- **Off Programming:** You can be put Off Programming when the treatment team has determined that it is unsafe for you to be in the day use area. You must remain in your room (or designated area) for a certain amount of time. Depending on the circumstances Off Programming could be for either a shift or a 24-hour period. All needs must be met by your contact, and you will be escorted to the bathroom. You will be required to knock for staff and wait for them to access needs such as coping skills, processing, or the bathroom.
- **PRNs:** PRN is an acronym for a Latin phrase meaning “as necessary.” If you begin to escalate, medical staff may suggest that a PRN medication may help you regain control. Medications are not given without the psychiatric provider’s order and informed consent of you and your parent/guardian (unless court ordered).

## **Emergency Special Behavioral Procedures:**

If you are unable to safely participate in the treatment milieu and are a danger to yourself or others, Pearl Youth Residence may implement a physical hold or seclusion.

- **Physical Hold:** If you remain a danger to yourself or others after attempts to de-escalate using less restrictive interventions, staff may restrain you using hands-on techniques. All staff are certified annually using effective and safe physical holding procedures.
- **Seclusion:** If your behavior becomes unsafe for yourself or others, locked seclusion may be used to assist in re-regulation. This requires a provider order in consultation with nursing. You will be continually monitored by staff and your needs, such as using the bathroom and receiving fluids, will be assessed, and met. Seclusion ends when you are no longer considered an active safety concern to yourself or others.
- **Medication:** Medications that are prescribed as PRN’s may be considered in crisis situations to maintain safety.
- **Emergent Use of Intramuscular Medications:** PYR currently does not use IM medications, but if your behaviors escalate to this level then IM’s will be considered. CLR psychiatric providers can order the use of intramuscular (IM) psychotropic medications involuntarily in an emergency, which can be administered safely when clinically indicated. This intervention is only utilized with approval from the provider prior to use and is only used after all other interventions have been exhausted.

## **Medical Emergencies:**

Should a medical emergency occur, staff will call 911 and provide First Aid and/or CPR as needed until medical personnel arrive.

## **Visits:**

Visits must be scheduled in advance through your case manager and decisions about visits involve you, your family, community, and PYR team. It is a huge part of treatment to practice

the skills you learn at PYR out in your home/community with your family and support systems. Visits can take place at PYR, in the local Tacoma area, and eventually in your home/community and overnight, depending on treatment progress and safety level. **When you return to PYR after a visit that does not have PYR staff supervision you will be scanned with a metal detector wand.**

### **Basic Expectations:**

- Attend and participate in school daily.
- Shower with soap and put on clean clothes daily.
- Wash your face and brush your teeth every morning and evening.
- Demonstrate respect for other residents and staff through positive word choice and appropriate advocacy of your needs.
- Follow directions from staff.
- Do your laundry twice a week (staff launder the towels).
- Eat at mealtimes in the dining area.
- Keep your bedroom clean.
- Leave dangerous items somewhere else (for example scissors in the art cabinet, pop cans in the trash, lighters with parents...)
- Honor peers' requests for space and boundaries.
- No cursing, sexual talk, drug talk, glorification/"war stories," or gang talk/signs. We take all threats of violence or unsafe behavior seriously and ask that these topics are not joked about.
- Always wear appropriate clothing; clothing covers undergarments and does not display inappropriate topics or words.
- When staff ask you to "clear the milieu," that means they are concerned about safety, and you need to go to your room immediately.

### **Music/Electronics:**

- Cords in your room must stay zip tied short per safety protocol.
- Most residents will be given a standard radio at admission if you would like one.
- Headphones may be used in resident bedrooms and on the milieu with staff permission.
- Please respect your neighbors and keep your music at a volume that cannot be heard outside your room. If you are using headphones, music must not be able to be heard by others.
- PYR will provide an MP3 to you at admit. This device can NOT have video/audio recording or WiFi capabilities. PYR staff will NOT load any music that has explicit lyrics or inappropriate content. All mp3 requests must be written down and turned in so overnight staff can download music. Each Unit has a schedule for when their MPS can get new downloads.
- TV viewing is permitted for both educational and entertainment purposes. Only PG movies and TV shows are allowed on the Milieu.

- Residents may request permission to watch TV during unstructured free time. Permission is given based on the appropriateness of the TV program. If the Movie or TV is rated above a PG, there must be approval from parent/guardian. This can be done through the Case Manager only.
- The PYR game room is shared space, and residents may earn time to spend in the game room based on their level and individualized plans. Games must be approved prior to use and storage of individual games is not guaranteed.
- Some individual gaming devices may be approved – all requests need to go through your case manager.

## **Peer Interactions:**

- PYR promotes healthy relationship skills and encourage residents to support each other in their recovery
- Gifting or gift-giving is not allowed at PYR. Any personal items that you no longer want should be given to your case manager for their return to your parents/guardians.
  - Residents are not allowed to share any personal items with any other residents.
- Touch: Resident to resident touching is allowed only with appropriate caution, supervision, and direction of treatment staff. Healthy and appropriate resident to resident touching when residents are in the common areas of the milieu is permitted under the supervision and guidance of program and treatment staff. Resident touching when residents are out of line of sight is not allowed.
  - Contact generally includes side hugs, celebratory gestures (high 5's, fist bumps, etc.), handshakes, hair care, incident touch when engaging in physical activity, comfort, or grounding strategies (therapeutic touch).
  - The following types of touch are not allowed: any unwanted touch except emergency safety interventions by staff, a touch that is or appears to be sexual, or touch with the intent to harm. Staff will intervene when touch is inappropriate.
- Conversations between residents should fall into the category of respectful and positive interaction (positive and/or therapeutic discussion). Residents' conversations must not be secretive and must be at a normal audible volume for staff or anyone else to hear. Staff may listen or join in and redirect conversation as needed at staff discretion.
  - Interactions/conversations must be respectful of others and should not be focused on perceived deficits of peers, clients of other facilities, or negative behavior unless in a positive and/or therapeutic manner.
  - Staff will redirect conversations with peers that talk about past trauma, self-harm, or otherwise potentially triggering topics. We ask that you have these conversations with therapists and not with your peers.
- Resident contact/interaction is always at staff discretion
- Unsafe or detrimental social interactions may result in social restrictions (commonly "5ft-no contact")



# ITEMS NOT ALLOWED UNDER ANY CIRCUMSTANCE

(Will be sent home or stored at PYR until discharge)

## Clothing:

- Clothing, posters, or other items that are sexually explicit or depict violence, profanity, drugs/alcohol, gang affiliation
- Provocative or inappropriate clothing or clothing that shows undergarments (crop tops, short-shorts, etc.)
- Extra clothing (other than that listed in allowable items)
- Heavy boots or shoes/excessively high heels (heels that exceed more than 1 inch)
- Belts (PYR will provide alternative)
- Shoelaces (PYR will provide alternative)
- Clothing with Drawstrings
- Bras with underwire
- Jewelry
  - Piercing jewelry will be replaced with silicone jewelry upon admission

## Personal Care:

- Aerosol cans (deodorant, hairspray, etc.)
- Medications of any kind
- Mouthwash
- Nail files/clippers, artificial nails, tweezers
- Artificial eye lashes (including eyelash extensions)
- Nail polish or polish remover
- Perfume or cologne in glass containers or that contains alcohol
- Cigarettes (including e-cigarettes), lighters, matches, alcohol, and drugs
  - If found, substances will either be destroyed or given to law enforcement. Criminal charges may

be pressed in situations involving illegal drugs.

## Stationary:

- Paperclips, staplers, or staples
- Erasers
- Pencils with metal and erasers
- Pencil sharpeners
- Permanent marking pens (gel pens are okay)
- Spiral notebooks or magazines/canvases/etc. with staples

## Miscellaneous:

- Glass items or other breakable items
- Gum, food, snacks, drinks
- Items of great sentimental value
- Money over \$40
- Pets or animals of any kind
- Pins of any kind (safety or straight)
- Sharp items, including scissors, knives, razors for shaving (other than electric razors), etc.
- Tools
- Valuable items (jewelry, etc.)
- Electronic items (DVD Players, MP3 that has internet or recording capability, IPODS, Cell Phones, Computers, Cameras)
- Plants
- Weapons will be confiscated and either destroyed, given to your legal guardian, or given to law enforcement.
- Toy guns: They will be sent home.
- Products that list alcohol as the first three ingredients.
- Additional items may be prohibited at staff discretion

## **Bedrooms:**

- PYR encourages you to decorate and personalize your room. (does NOT include any type of property damage and content may be discussed/decided upon with your treatment team)
  - Bedroom doors may only have one piece of paper on them on the inside OR the outside of it (per fire regulations)
  - You will only be able to cover up to 1/3 of each wall in your bedroom with paper (per fire regulations)
- Residents may ask for sticky tack to hang items.
- Residents are expected to keep their rooms neat.
- Items placed on the window/windowsill cannot block view into the room per safety guidelines
- Any damage intentionally caused to the room will result in damage being assessed and the resident charged for the repairs. Property damage may be reported to legal authorities.
- Keep in mind that room changes may happen with or without notice.
- Residents are not allowed in each other's rooms.
- Residents may not knock on each other's doors.
- Under no circumstances is a resident to open another resident's bedroom door.

## **Bedtimes:**

Early or later bedtimes are at staff discretion and can depend on level. Regular bedtime is 9PM.

## **Bathrooms:**

- Use the common areas for socializing and visiting, not the bathrooms or hallways.
- Only one resident is to be in a bathroom at a time.
- Staff will knock before opening bathroom doors – if it is occupied, ANSWER (“just a minute,” “occupied,” etc.)
- We ask that shower times are 20 minutes or less. Staff must visually check on you every 30 minutes, and we do not want to interrupt you.

## **Clothing:**

- Residents are allowed their own personal clothing
- Clothing which depicts violence, profanity, satanic messages/propaganda, alcohol/drug use or gang affiliations is not permitted.
- Clothing must fit as intended and cannot expose breasts, buttocks or genitalia
- Proper undergarments are required on the milieu
- Residents must wear shoes/slippers/slides and socks on the milieu.
- Clothing must be appropriate for weather conditions.
- Spandex clothing must be individually approved for wear on the milieu and usually only for recreational programs and times designated for physical exercise.

- All clothing must meet dress code policy
- Swimsuits are only permitted for in-water activities, we ask that swimsuits are one-pieces and provide full coverage; no genitalia or private areas of the body should be exposed.

### **Meals:**

- All meals are eaten in the dining area unless otherwise specified by staff.
- Residents are expected to be at meals on time. If you do not eat at mealtimes, you have missed that meal and will not be provided with other food.
- Residents are expected to demonstrate appropriate table manners and acceptable conversation.
- Outside food, candy and drinks are not allowed.
- Residents are required to clean up their place at the table following a meal. Plates are to be scraped and the table wiped down.
- Residents will be offered a portion of everything that is on the menu and must finish what they take before getting seconds or dessert if offered.
- Chewing gum is not allowed within the facility but may be permitted during outside activities with staff approval.

### **Fire Alarm:**

Setting off a fire alarm is a major violation resulting in at least one week building restriction and loss of allowance for two weeks. Legal charges may be filed.

We regularly have emergency drills to practice the appropriate steps for you to take if an emergency should happen while you are in our care.

### **Gambling/Betting:**

Residents are not allowed to place monetary bets or gamble with other residents or staff.

### **Taking care of the furniture:**

- Please respect the shared space and keep your shoes off the furniture
- Use furniture for its intended purpose (e.g. sit on the chairs and not on tables or counters)
- Do not over crowd the furniture (seats sit one person at a time). Residents must not sit so close that they touch when sitting on the couches.
- Food/drinks are to be consumed at the tables unless explicitly approved by staff
- To avoid injury or property damage, do not rock or lean back in the furniture, keep all furniture feet on the ground.

### **Sick Days/Medical Needs:**

- Residents must be examined by PYR nursing staff when feeling sick.
- Nursing staff will determine appropriate treatment and notify the necessary people: teacher, kitchen (meals in room or special diet), milieu staff.
- Residents on sick day must remain in their rooms to prevent the spread of illness unless otherwise specified by nursing staff and will not be allowed to go on any out of building activities.
- Residents are expected to discuss medical needs with nursing staff.

### **Laundry:**

- Residents are assigned two laundry days and are expected to wash, dry, and put away their clothing on that day.
- Resident dirty laundry is to remain in their rooms until the washing machine is available, unless otherwise decided by the treatment team.
- Laundry soaps provided by PYR are hypoallergenic and fragrance-free.

## **PERFORMANCE IMPROVEMENT**

As part of PYR's performance improvement program, information related to program processes is collected for internal use. This may include the number of emergency safety interventions, medication variances, infection control, behavior management plans, and milieu disruptions.

Residents can express their dissatisfaction or complaints to staff present to work together to resolve the complaint. If residents are uncomfortable talking with staff in the moment, they can fill out a complaint form and either give it directly to a supervisor or drop it in the lock box in the laundry room. The lock box is checked once a week by the Program Director or Milieu Manager. Complaints are discussed with the resident to try to reach a resolution. If the complaint is not resolved or if there has been a violation of a contract or agreement, the resident will be provided with a grievance form and will meet with the grievance coordinator to address the concerns and complete the grievance process.

## **LEVEL SYSTEM BREAKDOWN**

The intent of the points and levels system is to provide meaningful rewards and privileges based on engagement in treatment and safe behaviors. Points are calculated weekly, with privileges earned based on the behaviors of the week before. Privileges and rewards will ebb and flow weekly, based on individual resident behavior the previous week.

The intent is to create an environment where residents are continuously working on behaviors to continue to enjoy the rewards of the level; a brand-new resident with great behaviors could quickly earn privileges but would have to continue those behaviors to stay at that level. If they do not, they will move to a lower level with fewer privileges. Residents can go up, or down, levels week after week.

### **Points Categories**

Safe Bodies: refraining from self-harm, assaultive behavior, property damage

Safe Words: refraining from threats (towards others or self), bullying, racist/misogynistic

Programming: Therapy (individual / family) School, groups (Rec Therapy, BHT, nursing, community), transition

ADLs: Wake up / bedtime, hygiene (shower, brush teeth), laundry, clean room, meals, meds

Privileges may include:

- Increased allowance
- Complimentary items from the Behavior Bucks Store
- Small group walks
- Individualized outings
- Access to preferred activities
- Individualized TV programming and gaming
- Later bedtimes
- Longer phone calls

Residents who have consistently shown safe behavior and engage in programming may earn opportunities to have additional time in courtyard and community. Your treatment team and family will partner to identify appropriate opportunities for these privileges.

### **Non-negotiables that result in loss of privileges:**

(Not to exceed 24hr period unless noted by extenuating circumstances)

- AWOL attempt
- Assaultive or sexualized contact towards peers or staff
- Extensive property damage resulting in unsafe conditions
- Bringing contraband into the building of any kind
- Abuse of medication management