

Meadowlark Academy



2024 Program Statement

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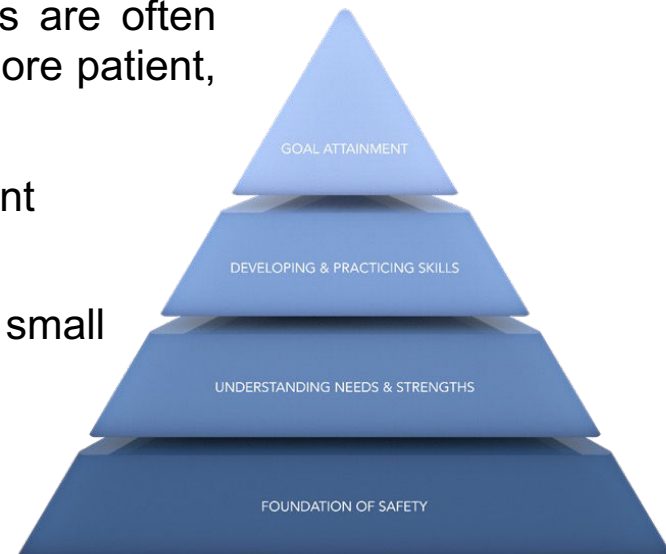
General Statement & Program Purpose

- Meadowlark Academy provides a comprehensive residential treatment program that incorporates evidence-based practice and features on-site accredited education, extracurricular opportunities, and treatment through a holistic approach addressing both mental and physical well-being.
- Meadowlark Academy (MLA) is licensed to serve up to 62 at-risk and vulnerable youth referred from juvenile courts, social service agencies and county multidisciplinary teams. The program serves boys ages 12-17 with a variety of issues including delinquency, mental health, and addiction.

Overview of the Program's Milieu

MLA provides gender-specific, strengths-based and trauma-informed care that follows an Integrated Care Model. Features include:

- Safe, protective surroundings for students to process trauma in a restorative environment. Our goal is to help students process and understand their own behaviors to allow the most benefit from treatment as possible.
- Trauma Informed Care involves all staff members responding to students through a *Trauma Informed lens*, recognizing that maladaptive behaviors and dysfunctional relationships are often rooted in experiences of trauma, allowing staff to be more patient, understanding, and empathetic to behaviors exhibited.
- Trauma Responsive and Informed, IV-E reimbursement and Medicaid Eligible.
- Staff to student ratio 1:6 during the day, 1:10 at night, small ratios for teaching staff and therapists.
- Target length of stay is 6-10 months.



Target Population

The Admissions Committee reviews all referrals and makes a recommendation to the Program Director of designee regarding an applicant's suitability for the program. Meadowlark Academy currently accepts referrals from all 50 states.

The following exclusion criteria will be considered in the admission decision:

- Below 70 IQ on a valid measure of Intelligence Quotient
- Active Psychosis
- Sex Offender
- Arsonist

Assessments

Clinical Assessments	Educational Assessments	Medical Assessments
<ul style="list-style-type: none">• Mountain Region Initial Strengths/Needs• Clinical Interview• Beck• PCL-5• PTSD• Life Events Checklist• MDQ• PHQ-9• ODD and Conduct• Mini Mental (MMSE)• GAD-7• ACE• T-ASI• MAYSI	<ul style="list-style-type: none">• ACT• WY-TOPPS / WY-ALT• STAR	<ul style="list-style-type: none">• Physical• Vision Screening• Dental• Medication Management

Treatment Services

- Each youth and family participates in a comprehensive Clinical Assessment to evaluate current behavioral and mental health needs. Based on the evaluation, a treatment plan is developed to individually meet the needs of each youth. Treatment programming involves individual therapy, family therapy, and group psychotherapy.
- MLA offers evidence-based and evidenced-informed interventions including:
 - Eye Movement Desensitization Reprocessing (EMDR)
 - Cognitive Behavioral Therapy (CBT)
 - Motivational Interviewing (MI)
 - Aggression Replacement Training (ART)
 - Substance Use - Matrix Model
 - Thinking for a Change (T4C)
 - Impulse Control
 - Behavioral and Mood Skills
 - Seeking Safety (Substance Use and Trauma)
 - Victim Empathy
 - Healthy Relationships c
 - I VALIDATE

Medical Services

On-site medical staff and contracted medical providers support all the students at Meadowlark Academy. The features of the facility's planned medical services include routine care, sick calls, visits from a contracted physician, medication management and psychiatric assessment services, and contracts for dental, vision, lab, x-ray and pharmaceutical services and medication.

Gender-specific health and wellness include:

- Healthy body image
- Taking care of selves with knowledge of nutrition (Health Pyramid), exercise, heart rate, etc.
- Healthy activities
- Wellness – being outside
- 8 dimensions of wellness, wellness wheel

Education & Vocational Services

MLA's education program features a blended learning model, that provides credit recovery and remediation, as well as the following:

- Edmentum is an online program offering our students the opportunity to recover credits and/or stay current in their education.
- HiSET and GED preparation is offered dependent upon the student's individual education needs.
- Online college classes opportunities are provided for students to take online courses at Laramie County Community College
- On-site employment is available dependent upon the youth's individual program.
- Vocational credit opportunities include OSHA, CPR, ServSafe, Forklift, Drone program, 3D printing classes, Z Space computers and robotics.

Extracurricular/Recreation Services

Recreation and physical fitness programs designed to promote healthy, positive lifestyle choices.

On-site activities at Meadowlark:

- Chess Club
- Running Club
- Traveling basketball team
- Weight Training Club
- Student Council
- Rams Club
- Art Club

Family & Community Involvement

- Meadowlark strives to rebuild relationships youth have with their community by connecting them to resources and providing community service opportunities.
- In some cases students have the opportunity to work off-campus. A portion of their earnings go toward restitution.
- Meadowlark works to engage parents from the admission process and continue to work with them through discharge.

- Prosocial community activities
- Community partnership with Meal on Wheels
- Strong Families Strong Wyoming

Discharge Process & Successful Discharge Criteria

- Meadowlark Academy's transition services are individualized, detailed and specific, targeting criminogenic risk factors as well as protective factors.
- The Transition Plan supports the youth's Measured Achievement Plan and is completed at least 14 days before the youth exits the program.
- Youth are matched and linked with all applicable and available community resources including health care, counseling services, workforce centers, recreational programs, food banks, and crisis hot lines.
- Meadowlark Academy's transition staff is a resource for students and their families to assist with reintegration back into the community.