UMass Adolescent Treatment Programs

Philosophy Statement

We are committed to provide a strength-based, trauma-informed system of care. We are guided by the knowledge that the vast majority of the youth we serve have suffered trauma in their lives. We are reducing and striving to eliminate our use of restraint and seclusion. Our values, vision, mission, core principles, goals and strategies are aligned with this approach and we work to integrate our policies and practices in a continuous quality improvement manner. Restraint and seclusion are not therapeutic interventions but rather safety interventions of last resort. Restraint and seclusion pose significant risks to individuals undergoing treatment and those who are entrusted with their care.

We are embrace the principles and practices of facilitating a recovery-oriented environment. These include being welcoming and respectful, providing youth and family-centered care, giving information and choice each step of the way; and enhancing resiliency by developing and practicing self management skills. Our focus on building collaborative relationships enables us to increase self-determined motivation, minimize conflict, decrease coercion and instill hope.

We are incorporating a public health system/delivery model prevention approach to reduce and eliminate our use of restraint and seclusion. In accordance with national best practices, we are implementing the Six Core Strategies to reduce our use of restraint and seclusion from the NTAC/NASMHPD curriculum.