

Mount Prospect Academy, CAST

The Comprehensive Assessment & Short-term Treatment (CAST) program offers a complete assessment of strengths and needs during a student's residential placement. We aim to clinically stabilize adolescents in the program. Becket's treatment philosophy focuses on promoting the strengths and development of the whole person, rather than just focusing on areas of weakness or concern.

Our assessments rely on psychological testing and extensive clinical interviewing with students, their families, and collateral contacts. This enables our clinical team to form connections with students and then present findings in a developmental, bio-psycho-social, and holistic framework. The precise avenue of testing is driven by information gained during a student's initial intake assessment. We use several tools in our standard battery of assessments. The CAST clinical team can support other assessments, if requested by the referring agency or other external treatment team members.

In addition to identifying diagnostic criteria and ensuring effective student transition to the least restrictive setting possible, our team will communicate preliminary and then final recommendations for the ongoing care, support, and treatment of the child and family system. These recommendations are based on the student's history, clinical summary, and staff observations.

A master's level milieu clinician (MC) takes a lead role in stabilizing students. The MC provides case oversight and clinical support to the student and their family. The MC uses various evidence-based approaches such as strength-based counseling, safety and behavior counseling, communication support, anger management, trauma-focused counseling, and parent-training education. The MC works with faculty members to develop a plan for implementing safe and productive coping skills, should the student escalate and require additional support. This is known as the Individual Crisis Management Plan (ICMP). As part of the ICMP, we develop behavioral skill sheets with the goal of consistently tracking student progress and overall skill development.

A permanency coordinator (PC) is assigned to each CAST student. The PC works in conjunction with the MC, providing additional services to the youth, families, and referrals. PCs

provide an array of services, including a Comprehensive Family Assessment. This assessment takes inventory of student and family strengths, including an in-depth accounting of significant events throughout the family's history. PCs also complete a Care Giver Wish List with the student's family. The wish list aims to better ascertain family strengths, barriers, and potential long-term supports. Other services include health and safety assessments, curfew checks, crisis support within the family home, and ongoing psycho-education. The PC ensures that families are adequately connected to long-term community supports, while maintaining communication with all team members.



Intellectual growth is a core element of our treatment philosophy. Students at CAST attend school at Mount Prospect Academy in Plymouth, NH, which is certified to provide special education services and a range of elective courses. Academics are a core element of all treatment plans, and the student's sending school district is seen as a critical stakeholder in our planning efforts.

We strive to develop student interest in real-world career paths and provide curriculum that's relevant to careers. MPA's curriculum provides students with opportunities to advance in the general curriculum from their sending schools, and we aim to develop a sense of responsibility and diligent work ethic by engaging students in work-based learning experiences and internships.