

Mount Prospect Academy, Becket House at Rumney

The Becket House at Rumney (BHR) serves males from age 11-21 who display problematic sexual behavior, along with a variety of mental and behavioral-health issues.

The program provides more supervision and treatment than a traditional residential setting. While BHR primarily focuses on treating problematic sexual behavior, the program also aims to address students' general mental health, substance abuse, and maladaptive behaviors.



BHR treatment starts with targeted assessments that aim to pinpoint specific treatment goals for students. BHR staff use the Juvenile Sex Offence Specific Treatment Needs & Progress Scale to identify dynamic risk factors associated with the youth's probability of re-offending. Data indicate that youth are much more likely to re-offend in a non-sexual manner than they are to commit another sexual offense. We also administer the Youth Level of Service/Case Management Inventory (YLS/CMI) to identify the general risk of re-offense, and to identify additional treatment targets.

Each student is assigned to a master's-level clinician who takes responsibility for managing treatment. The clinician conducts individual counseling with the student, focusing on problematic sexual behavior while following the curricula of either Pathways or Roadmaps to Recovery.

Students also engage in three different groups: Aggression Replacement Therapy, which helps a student learn social skills, aggression control training and moral reasoning; Dialectical Behavioral Therapy, which focuses on mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness; and Street-wise to Sex-wise, which provides an easy-to-use, comprehensive model of human sexuality for high-risk teens.

BHR offers weekly opportunities for students to participate in MPA's Adventure Based Trauma Informed Treatment program. Students can attend yoga at least once a week, ascend a climbing tower and participate in a challenge course, go skiing weekly during the winter, and participate in several other regularly offered clubs and activities.

BHR students earn allowance by engaging in prosocial behavior, practicing independent living activities, engaging in programming, achieving academic goals, participating in treatment, completing hygiene routines, and by following program expectations. This behavior is tracked daily. The data we collect is used to quantify progress over time, and it is used to identify a student's strengths or areas that need improvement.

Intellectual growth is a core element of Becket's holistic philosophy. We emphasize services that promote the strengths and development of the whole person, rather than just a focusing on areas of weakness or concern. Students at BHR receive academic instruction from Mount Prospect Academy teachers. MPA is certified to provide special education services and a range of elective courses.

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