

Mount Prospect Academy, Sub-Acute Program

The Sub-Acute Program offers intensive residential treatment in a highly supportive and structured environment. The program's small community size and its 4:5 faculty-to-student ratio allow Sub-Acute to work with students who exhibit extreme behavioral challenges.



Two separate communities, located at MPA's Becket House in Campton, N.H., comprise Sub-Acute. The program houses a maximum of 12 students between the ages of 11 to 20 years old.

Sub-Acute's treatment pathway incorporates components from Ross Greene's evidenced-based approach for the "Explosive Child." The program also uses the clinical methods Attachment, Self-Regulation and Competency (ARC); Motivational Interviewing (MI); Eye Movement Desensitization and Reprocessing (EMDR); and Trauma Focused Cognitive Behavioral Therapy (TF-CBT).

Program staff seek to establish a safe and trusting environment, so students feel secure enough to begin stabilizing their high-risk, maladaptive behaviors.

Students are assigned to work with a master's level milieu clinician (MC). The MC provides case oversight and clinical support for the student and their family. MCs facilitate weekly phone calls and meetings with the student's family. The MC uses various evidence-based approaches, such as strength-based counseling, safety and behavior counseling, communication support, anger management, and trauma-focused counseling. Students are also assigned a permanency coordinator (PC). The PC works in conjunction with the MC, providing additional services to the youth and their family. PCs provide an array of services, including and service planning, health and safety assessments, curfew checks, and crisis support within the family home. 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 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 Sub-Acute receive academic instruction from Mount Prospect Academy instructors. MPA is certified to provide special education services and a range of elective courses.

We focus on developing student interest in real-world career paths, along with fostering relevant career skills. 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.

Finally, our Follow Along program provides support after students discharge from the program. PCs maintain a relationship with youth and their families, meeting with them weekly for the first month following transition. During Follow Along, the PC reviews how the discharge plan is progressing. This continues bi-weekly for the second month, and there is one final meeting during the third month. Families can reach out to on-call faculty during this three month follow-along period.