

CONSULTANT COLLABORATION

What is a Stonewater Referring Collaborator (RC)?

An RC is a professional who has worked with the family or adolescent, will likely continue working with them during or after their time at Stonewater, and would like to collaborate with the resident's Primary Clinical Therapist on treatment and continuing care.

What to expect from the Stonewater team:

- Wellness check-in within the first two days of admission
- Regular updates with the resident's Primary Clinical Therapist
- Notification of elopements, transfers to a higher level of care, new supervision protocols, medical emergencies, significant physical altercations with other residents and other major incidents
- Collaboration on academic, clinical, medical and family support after Stonewater

Stonewater Clinical Approach

- Stonewater's expertise in adolescent treatment is rooted in evidence-based research, proven practices, creative adaptation to an ever-changing population and innovation in our field
- In the spirit of our clinical platform, DBT, we use every opportunity to shape residents' behaviors. Consequences are learning moments that allow us to simulate real life while safe and supported
- We celebrate positive milestones; we communicate with respect; we give residents a voice; and we love them through their toughest moments. In fact, we love them enough to communicate – and to hold them accountable. This means that sometimes consequences within the program can impact communication or engagement with incentives. It also means that positive behaviors and progress earn them additional access to responsibilities and rewards (Kray et al, 2018)

Medical and Academic Approach

- Stonewater is unique in our ability and willingness to accommodate special requests
- Our medical process begins with a personal phone call to the family from our medical doctor within the first two weeks of admission and within the last two weeks of discharge. Each week, our Nursing Manager, who works closely with our doctor, will connect with the family for a medical update regarding the weekly doctor appointment and to answer any other questions
- Our Headmaster will meet with the families virtually within the first week of Admission to understand the current academic picture and chart the optimal academic plan while at Stonewater; In cases where an RC has the academic path after Stonewater in mind, our Headmaster can begin

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collaborating with you and the subsequent academic program from the beginning of the Stonewater stay to ensure the best possible transition

Higher Level of Care (HLOC) Transfers and Administrative Discharges

In the case that a resident requires a transfer to an HLOC due to suicidal assertions, unmanageable physical behavior, threat of harm to himself or another person, etc., the Stonewater team will communicate to the HLOC that our hopes are to readmit the resident as soon as possible upon confirmed stabilization. We proactively solicit daily updates from the HLOC and communicate these updates to our RCs and the family. Upon confirmation that the adolescent is able to discharge from the HLOC, the Stonewater team will review all information provided to determine whether they are appropriate for readmission to Stonewater. In the case that they cannot be readmitted to Stonewater, our team will help to provide recommendations as needed for alternate programs. In cases where a resident refuses to participate in the Stonewater program despite extensive intervention or becomes a continuous threat to himself or the progress of others in the program, we may choose to administratively discharge the resident. In these rare cases, we will collaborate with the RC to coordinate an expedient discharge with recommendations for alternate programs.

What we ask of our Referring Collaborators:

- Support in communicating our approach to parents and helping them to trust our processes which have been designed according to what is most effective long term; Policies cannot be bent or waived due to parental request
- Respect for the relationship with our leadership team, ensuring that clinical relationships aren't undermined by allowing parents to circumvent normal lines of communication; Please do not share personal cell phone information of any Stonewater staff members directly with the family
- Understanding that, while our clinicians are collaborative and aim to accommodate, they must also prioritize the entire case load and not just one student or family

Stonewater is far more than a mental health or substance use program. We cultivate leadership skills. We utilize the powerful influence of peer feedback and accountability to inform progress through our clinical phase system, so that no one can coast to the finish without practicing integrity and being challenged. When families focus on how many individual sessions their child is receiving per week, we focus on all the opportunities our clinical team is able to observe and interact with residents *outside* the individual sessions in true-to-life situations and interactions. We use the work you have done with the resident to strengthen our own understanding of his needs and we hope that our collaboration with you can help the adolescent and his family to achieve the best possible outcomes in our program and going forward.