Overview

The Ridge has long been recognized in the Commonwealth of Kentucky as a leader in the treatment of children and adolescents. We accept patients from across the state and from all contiguous states. We are dedicated to providing quality behavioral health services for our community and the region.

We offer a continuum of youth services including:

- Outpatient Services
- Adolescent Early Intervention Program
- Intensive Outpatient Treatment
- Partial Hospitalization
- Child Inpatient Acute Psychiatric Services
- Adolescent Inpatient Acute Psychiatric Services
- Adolescent Inpatient Chemical Dependency/Dual-Diagnosis Program

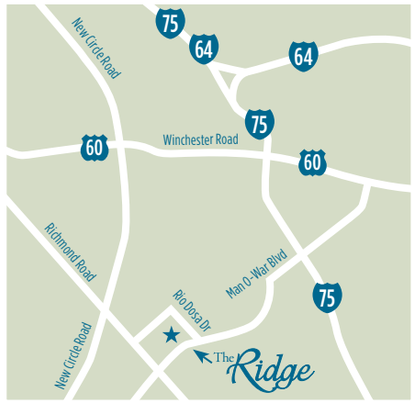
The Ridge Youth Services programs accept referrals from physicians, advanced practice registered nurses, courts, community agencies, schools, social workers, therapists, counselors and family members.



24-hour Admission Services

The Ridge Intake Department is available 24 hours a day, 7 days a week to provide immediate access to confidential care. The compassionate team of physicians, nurses and clinicians can evaluate an individual and initiate the recommended course of treatment.

To schedule a free assessment or make a referral, contact our Intake Department at ***859-269-2325*** or ***1-800-753-4673***.



The Ridge
Behavioral Health System

Psychiatric & Chemical Dependency Treatment
3050 Rio Dosa Drive ▪ Lexington, KY 40509
Tel: 859-269-2325 ▪ Toll-free: 800-753-HOPE (4673)
Fax: 859-268-6456 ▪ ***ridgebhs.com***

Physicians are on the medical staff of The Ridge Behavioral Health but, with limited exceptions, are independent practitioners who are not employees or agents of The Ridge Behavioral Health. The facility shall not be liable for actions or treatments provided by physicians.

Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations. 171170 3/17

Quality Behavioral Healthcare for Children and Adolescents

Trusted, Compassionate Care
since 1982



The Ridge
Behavioral Health System

Adolescent Outpatient Programs

- ***The Ridge Behavioral Health System*** *offers inpatient services to children and adolescents. All of our youth services programs utilize the following:*
- ***The Multidisciplinary Treatment Team*** *- Board-certified child and adolescent psychiatrists, licensed nurses, master's-level therapists, certified recreation specialists and other skilled professionals comprise the patient's team.*
- ***Group Therapy*** *- Led by master's-level therapists, this daily process group helps children focus on goals, work through issues and teach them ways to cope with their thoughts and feelings.*
- ***Goals/Education Groups*** *-Daily groups cover topics including medication and illness education, communication, anger management and coping skills.*
- ***Family Therapy*** *- Provided once or twice a week to help foster positive communication skills, cohesion and adaptability in the family.*
- ***Daily Recreation Therapy*** *- Our certified recreation therapy specialists provide activities to help patients learn to cope with their thoughts and emotions and promote healthy lifestyles. Pet therapy is offered weekly to help children learn to regulate emotions and improve their ability to tolerate frustration. A full-service gym, two outside play areas and an outside pool are also available.*
- ***Fayette County School Program*** *- Patients are enrolled in the Fayette County School System and receive one-to-one instruction from certified teachers in collaboration with their home school.*
- ***Positive Reinforcement and Level System*** *- Our treatment program and level system focus on reinforcing or rewarding appropriate and positive behavior.*
- ***Discharge and Aftercare Planning*** *-Our master's-level therapists can work with families to develop an appropriate plan for after discharge.*

Child Inpatient Acute Services

This program offers an intensive inpatient treatment program for children ages 5 to 11 who are experiencing acute symptoms of psychiatric illness. Children who are overwhelmed due to depression or anxiety, family conflicts or reactions to stress, trauma or substance use can benefit from a positive, supportive and stable environment to help them recover.

Our treatment program includes:

- ***A Trauma-informed Care approach*** *- The treatment team members have extensive training in Trauma-informed Care, an evidence-based model for working effectively with trauma survivors.*
- ***Elements of Collaborative Problem Solving*** *- CPS is an evidence-based model for working effectively with children who demonstrate aggressive and/or out-of-control behavior.*

Adolescent Inpatient Acute Services

Teens experience many physical and emotional changes. But for some, life can become overwhelming due to mood disorders, family conflicts, or reactions to stress, trauma or substance use. We help adolescents ages 12 to 17 develop effective coping skills and build self-esteem so they can return home and back to school.

Our Adolescent Treatment Program includes:

- ***Utilizing Elements of Dialectical Behavior Therapy*** *– DBT is an evidence-based practice for treating those who are struggling with mood and behavioral issues. Specific skills to help patients cope more effectively are taught in daily treatment groups and on an individual basis.*
- ***Developmentally Appropriate Treatment*** *- Because some adolescents have delays in cognitive development, our approach ensures the treatment matches patient development to enhance their understanding and coping ability.*

Adolescent Inpatient Chemical Dependency/ Dual-Diagnosis Program

The Adolescent Recovery Center at The Ridge is designed to serve adolescents, ages 12 to 17 (or 18 if still in high school) who are struggling with substance use and co-occurring disorders. We can help patients whose substance use problems have caused legal problems, school difficulties and relationship problems.

The program includes:

- ***The Seven Challenges Approach*** *- The Seven Challenges is an evidence-based treatment model for adolescents with co-occurring disorders that can help young people identify the behaviors that have negatively impacted their lives, understand what it takes to maintain sobriety and commit to making changes.*
- ***Goals/Seven Challenges Groups*** *- These daily groups help patients monitor their progress. The groups can help patients work through each challenge and identify specific areas addressed in their individual treatment plans.*
- ***Dual Diagnosis Educational Groups*** *- These groups cover topics such as: substance use and relapse prevention, medication and mental health issues, healthy lifestyles, communication and anger management.*
- ***Seven Challenges Journals*** *- With the assistance of their therapist, each patient works at their own pace through the journals to help them recognize the impact that drug and alcohol use is having on their life.*
- ***Daily Self-help Meetings*** *-Patients participate in daily self-help groups to support their treatment and prepare them for their transition home.*
- ***Seven Challenges Aftercare*** *- A weekly aftercare group is offered to all graduates of the Adolescent Recovery Center program.*