

What criteria must be met for admission to the program?

Participants must meet criteria for admission into a Psychiatric Residential Treatment Facility (PRTF) and have a diagnosis of a co-occurring mental disorder requiring hospitalization. In addition, they must have a diagnosis of a moderate to severe substance use disorder.

To learn more about our program or for questions about the admissions process, please contact:

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ABOUT SHODAIR

Since 1896, Shodair Children's Hospital has cared for Montana's most vulnerable residents. The legacy has evolved throughout those years to cater to the Treasure State's ever-changing needs.

- Today Shodair provides acute, residential, and outpatient psychiatric care for Montana children and adolescents, and clinical and laboratory medical genetic services to residents of all ages.
- Three-quarters of its patients are on Medicaid and 99 percent of patients are from Montana. Shodair is a non-profit, non-denominational facility and the state's only Children's Miracle Network Hospital.
- The medical genetics department at Shodair is the state's only medical genetics program and provides comprehensive services to patients at the Helena Campus and through outreach clinics statewide.
- For more information, visit shodair.org.

Shodair Children's Hospital has been caring for Montana families for over 116 years. We started as a home for orphaned and abandoned children in 1896. We are now a hospital providing psychiatric care for children and adolescents as well as genetic services for people of all ages.

Shodair provides psychiatric treatment for children and teens (ages 3 - 18) dealing with mental illness and other conditions impacting their health and well-being. Shodair is the only hospital in Montana offering both acute and residential treatment in one location, as well as two group homes, and outpatient services in Butte, Helena, and Missoula.

For more information, please contact us or visit our website:

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To heal, help and inspire hope



RESIDENTIAL ADOLESCENT ADDICTION TREATMENT PROGRAM



Our New Addictions Treatment Program

Shodair Children's Hospital is now offering a residential addictions treatment program for teens ages 15-17.

Hosted on our Glacier Residential Treatment unit, this program is designed to address moderate to severe substance use disorders in youth. These youth also experience co-occurring conditions including mood and anxiety disorders as well as trauma-related disorders.

Led by an experienced team of Licensed Addictions Counselors and Licensed Clinical Professional Counselors, our program is based on the Adolescent Motivational Change Model for Recovery (ARM). ARM is an evidence-based treatment protocol based on Miller and Rollnick's Motivational Interviewing approach and adapted for use with adolescents via the Motivational Enhancement Therapy model.

This model embraces the need to create a culture of change with clearly defined norms and expectations. Other core themes include family and group cohesion, emotional support, and positive peer relations, which may have been impaired or absent in the youth's past.



How Does The Adolescent Motivational Change Model Work?

The Adolescent Motivational Change Model (ARM) is structured for use in small open-ended groups of six to eight participants. Each member also has an individual treatment plan. Participants may also experience additional personalized interventions based on a bio-psychosocial assessment as well as program progress.

Using visual and experiential interventions, ARM recognizes that adolescents can be challenging to treat due to factors such as limited attention spans during reading and lecture activities, low motivation, and a minimal understanding of the consequences of risky behaviors.

ARM uses four phases to progressively engage participants. Patients gain awareness, self-efficacy, interpersonal learning, communication and coping skills, and relapse prevention.

THE FOUR PHASES OF ARM

Problem Recognition

- Drug Use History
- Drug Purpose History
- Life Problems History
- Decisional Balance Exercise
- Consequences Checklist

Understanding The Problem

- Defenses
- Symptoms
- Loss of Control Inventory
- Relapse Triggers
- Cognitive Distortions

Problem Management

- Goals & Problem Solving
- Depression & Anger Management
- Coping with Cravings & Triggers
- Coping with Trauma
- Effective Communication

Recovery Management

- Planning & Goal Setting
- Commitment from Family
- Outpatient Services