



SHORT-TERM RESIDENTIAL TREATMENT:

Achieving Success through Community-based Services

Magellan, in collaboration with Lehigh and Northampton counties in Pennsylvania, works with local providers to pioneer community-based alternatives to traditional residential treatment for children and adolescents with serious emotional disturbance. The Short-Term Residential Treatment Facility (RTF) model represents a fundamental change in how residential treatment is provided and emphasizes community services and supports essential to the success of children and their families.

Accelerating Treatment: Short-Term vs. Traditional Residential Treatment Facilities

Short-term RTF programs feature an accelerated timeframe over traditional residential standards, with length of stay ranging from 60 to 120 days. Other key components include:

- **An intensive team approach.** The team includes a licensed therapist, an intensive case manager, and the child and involved family members.
- **Family involvement.** Families participate in treatment planning meetings, family support groups and family therapy that includes sessions within their home as well as at the RTF.
- **Comprehensive discharge planning.** Planning begins upon admission and focuses on building community-based supports and ongoing, community-based treatment.

Shorter Stays Mean Fewer Readmissions: The Proof is in the Data

Just how does Short-Term RTF measure up against traditional residential treatment? The data says it all.

- Average length of stay in Short-Term RTF was 171 days shorter when compared with traditional RTF services during a three-year period.
- No residential treatment facility readmissions occurred following treatment in the first 12 months of Short-Term RTF—compared to an average of six for traditional RTF programs during a three-year period.
- Members placed in a Short-Term RTF program are discharged approximately five months sooner and are not likely to be readmitted to another RTF program within 90 days of their discharge.

Innovation Yields Success

The Short-Term RTF model has raised the bar for treatment expectations, proving that a willingness to seek innovative solutions can lead to positive treatment outcomes. At Magellan, we are committed to helping children and youth remain at home, live with their families and achieve success in their schools and communities whenever possible during treatment. We continue to seek opportunities to expand Short-Term RTF services to more individuals and families to help them live life to its fullest.

Learn More about Magellan

E-mail BHSales@MagellanHealth.com to find out how our services can help your county or state. Or, visit www.MagellanofPA.com to learn more about our programs in Pennsylvania.

