

**PATH AT STONE SUMMIT**  
**A THERAPEUTIC COMMUNITY RESIDENCE IN DANBY, VERMONT**

Updated Narrative Description\*

June 6, 2016

\*This is an update of a prior description of the program dated March 18, 2016 that was filed with the Green Mountain Care Board and the Department of Licensing and Protection, DAIL. Updates appear in RED.

**Introduction**

PATH at Stone Summit, Inc. is proposing to operate a Therapeutic Community Residence (hereinafter "TCR") at 2380 Colvin Hill Road, Danby, Vermont 05739. The property features an existing 5,600 square foot home on 39 beautiful acres of rolling hillside and mountain vistas in the green mountains of Vermont.

The TCR will be known as PATH at Stone Summit (hereinafter "PATH") and will be a completely voluntary therapeutic community offering residential treatment for men and women ages 18 - 29 in the context of a safe and nurturing farm environment. PATH will provide psychological, educational and job training services for up to eight residents at a time. The term of treatment is case specific and will be based on the individual's treatment progress and goals, but the program is generally designed to last from two to six months.

PATH at Stone Summit, Inc. is applying for a license to operate a Therapeutic Community Residence from the Department of Disabilities, Aging & Independent Living, Division of Licensing and Protection (DLP). The Program will work closely with DLP to comply with the Licensing and Operating Regulations for Therapeutic Community Residences (effective 1/6/2014).

PATH hopes to open its doors to the first group of new residents in summer 2016. Initially PATH will accept **four** residents. **In time PATH hopes to increase its program to eight residents.**

**The PATH Program**

The PATH Program offers an alternative to typical residential programs which continue a hospital type program without emphasizing how the young adult can use their strengths to return to work and/or school. Unlike more traditional programs, the PATH program utilizes a vocational rehabilitation model, providing young adults a skills-based program in which they can navigate their transition from adolescence to adulthood. Utilizing a mentalizing and rehabilitation model, staff work with each resident's strengths to prepare them to return to work or school and to their community.

The PATH Program is developed for both young men and women who are struggling in their transition from a psychiatric hospital to college or work, or who, because of a psychiatric condition, are unable to succeed at college or work. Because of the focus on the individual, PATH will only accept up to eight residents at a time. PATH will not accept more than eight residents at any one time.

PATH at Stone Summit is designed to treat young adults who are dealing with psychiatric issues such as depression, anxiety, bipolar disorder, comorbid substance use, and personality disorders. It is meant for young adults who have either just left a psychiatric hospital or young adults whose outpatient treatment team believe they need a more intensive environment without the restrictions of an inpatient hospitalization or a rigid residential community. Residents admitted to PATH are expected to use PATH to help them transition to adulthood through the sharing of community standards and the learning of life and vocational skills. It is expected that when they leave PATH they will be able to function fully in college or work.

Because of its lack of restriction and expectations of agency and self-motivation, PATH does not accept people with developmental disorders, people with active substance use issues (a resident must be sober for at least 30 days before entering the program) or people with a psychotic diagnosis. PATH will not accept patients who are suicidal or have attempted suicide. The Brattleboro Retreat and Rutland hospital will be used for emergency services should a PATH resident need an acute hospitalization.

### **Three Tiers**

The initial two to four weeks (Tier I) are considered an evaluation/transition period. During this time, residents will meet daily with their primary clinician to review and address long-term goals and to create a treatment plan. In this initial phase, residents will attend a full day of groups designed to prepare them for life in their community. They will also work at the residence, learning increased responsibility through their job in the residence's gardens, kitchen or caring for the resident livestock and pets. A typical schedule in Tier I will be: 3 times weekly meetings with primary clinician; 3 times weekly meeting with a vocational rehabilitation specialist; assessment and regular meetings if necessary with an addiction specialist; one time weekly individual therapy; and daily group therapy including such topics as: understanding your diagnosis, roles and relationships, DBT skills group, taking agency group, job skills group, mentalizing group, sober living group, and social skills group.

As residents feel prepared, they will apply to move to the next level of care. Tier II involves working or attending classes in one of the nearby communities. PATH will partner with local businesses to provide volunteer opportunities to our residents. Residents will apply for jobs carefully screened by vocational rehabilitation staff. They will be expected to work, under supervision, 20 hours a week, or attend classes. A typical schedule in Tier II will be: 2 times weekly meeting with primary clinician; 3 times weekly meeting with vocational rehabilitation specialist; ongoing meetings with addiction specialist if necessary; one time weekly individual therapy; and group therapy including DBT group, sober living group, group psychotherapy, discharge planning group, transitions group, and relapse prevention group.

As residents feel comfortable with their performance at work and/or school, they will enter the final tier of their program. This involves job hunting in their community, taking a pass to visit home, and preparing to relocate back into their home community. A typical schedule in Tier III will be: 2 times weekly meeting with primary clinician; 2 times weekly meeting with vocational rehabilitation specialist; continued meetings with an addiction counselor (if necessary); discharge planning; sober living group; relapse prevention planning. It is the goal of the PATH program to enable patients to return to their own communities feeling a sense of mastery, competence, and personal integrity.

## **Therapeutic Need and Objective**

PATH will fill an important niche among Vermont's therapeutic community residences. It will be unique in that it offers a vocational rehabilitation approach to psychiatric care. The most similar program in the area is Spruce Mountain Inn in Plainfield VT. [www.sprucemountaininn.com](http://www.sprucemountaininn.com). However, Spruce Mountain serves a different population and differs in its approach. Spruce Mountain Inn does not offer a vocational rehabilitation model and does not offer the step-down approach that PATH is utilizing. Another TCR, Spring Lake Ranch in Cuttingsville, VT offers a transitional program but focuses on more seriously ill patients and does not offer the intensive clinical program that PATH will. [www.springlakeranch.org](http://www.springlakeranch.org)

PATH's vocational rehabilitation approach to psychiatric care is based on sound science and will achieve results for its patients. Over the past several years, there has been a significant increase in the severity of psychiatric diagnosis in the young adult population. According to a 2014 National College Health Survey and numerous studies by the JED foundation, Colleges and Universities are facing "a crisis" in college and university mental health as more and more young adults come to school facing serious psychiatric problems such as mood disorders, substance abuse, and psychotic symptoms ("The Crisis in College and University Mental Health"; Victor Schwartz Psychiatric Times Volume 26. No. 10). Nine percent of students entering college had seriously considered suicide. In the young adult population at large, serious mental illness also appears to be on the increase and according to The Substance and Mental Health Services Administration (SHAMSA), young adults face increasing struggles with serious mental health issues and substance abuse. Over 70% of college students report having struggled with a depression so severe that they have been unable to complete life tasks. Early intervention in these problems has proven to reduce long-term risk. "Rethinking the Brain: New Insights for Early Intervention; Early Intervention and Prevention of Anxiety and Depression," Rima Shore 1996, Jordana K Bayer. PhD

Psychiatric vocational rehabilitation originated in more traditional physical rehabilitation. Its premise, as with physical rehabilitation, is that helping a person use their strengths to recover functioning is far more useful than focusing on an individual's weakness. Emphasis in the PATH model is on providing individual's with new skills and competence will help them transition from a sense of their role as patient into a role as a functioning and productive citizen in their broader community.

In a longitudinal study on the effect of psychosocial rehabilitation, research has shown that psychosocial rehabilitation significantly impacts a patient's level of motivation, self-worth and self-esteem. ("Research in Psychiatric Rehabilitation; A Review of Experimental and Quasi-Experimental Studies", Don G, Anthony W) After-hospital programs that focus on job training, skill development, and competence training decrease recidivism and increase a patient's sense of motivation, hope, and agency. ("Supported Employment: Evidence for an Evidence Based Program", Bond, Gr. 2004) Symptoms of depression, anxiety, and even more serious mental illnesses have been shown to be significantly reduced through treatment utilizing psychosocial and vocational rehabilitation models. Additionally, it has been shown that treatments that incorporate training into their programs are far more useful than programs that utilize training for vocations rather than a hands on approach ("Vocational Rehabilitation for People with Psychiatric and Psychological Disorders", Vaghorn, Geoff, PhD, International Encyclopedia of Rehabilitation.) Recent research indicates that on-site training is far more effective than class room training in helping the individual sustain a viable long term vocation.

PATH's philosophy is that in order to transition from a hospital, from adolescence, and into healthy adulthood, an individual struggling with psychiatric illness needs to develop a sense of their own strength, a sense of their impact on others, and sense of their ability to take agency and make changes in their life. It is the emphasis on vocational and psychiatric rehabilitation that works to move them from a sense of stigmatization to a sense of their own power. As one prospective patient put it, "it is my hope to move from a sense of humiliation to a sense of humility" and "to move from feeling as if I have no power to feeling empowered."

## **The Building and Grounds**

PATH will lease the building and premises at 2380 Colvin Hill Road, Danby, from a third party. **The property consists of a 5,600 square-foot main home and a guest house.** There are five bedrooms in the main house and one additional bedroom in the guest house. **All residents will reside in the main house, in gender-designated rooms. One of the bedrooms of the main building will house a staff member, and a staff member will live in the guest house.** The main home has six bathrooms, a large family room, a dining room, eat-in kitchen and vaulted stone fireplace. The house is situated on 39 beautiful acres in rural Danby Vermont. **Danby is 30 minutes away from Rutland and 30 minutes from Manchester.**

The home is currently vacant and generally in good condition. PATH will lease the premises with a triple net lease, wherein PATH will be responsible for operating expenses while the landlord will be responsible for capital expenditures and improvements. It will be a five-year lease with options to renew for three additional five-year periods. The landlord will finance all improvements, renovations, and repairs to make the home ready for PATH residents.

PATH will operate a farm at the Colvin Hill Road residence with a large garden and farm animals such as goats, sheep and horses. Residents will share responsibility for helping with farm work to build work skills and confidence.

**PATH will initially accept only 4 residents at a time. A new septic system will need to be designed and permitted before additional residents can be admitted.**

## Life at PATH

PATH is a completely voluntary program emphasizing an individual's sense of agency and desire for self-growth. The residence, like the program, is structured to foster individual's creativity, sense of community, and motivation to change. Residents are considered full members of the PATH community and of their treatment team and as such have a responsibility for the care of Stone Summit and its animal friends.

Residents at PATH will be housed in single or double rooms which are equipped with all necessary furniture and amenities. Residents are welcome to bring their own sheets and bedding. However, PATH provides a weekly change of bedding as part of its services. Residents will be expected to launder their own clothes. A washing machine and dryer are provided on premises. A list of recommended clothing and supplies is included in the Resident's acceptance letter.

Transportation to activities, outside appointments, and shopping is provided on an as needed basis. Residents may not have a car on campus for the first month of their stay. Although it is not recommended, those Residents who want to bring their own car to campus after their first month can apply to do so through their treatment team. No resident can transport another Resident in their private vehicle without permission from PATH administration.

PATH residents will eat communally for dinner and lunch and for Saturday and Sunday brunch. During the week a continental breakfast will be available from 7:30-9:00am. Residents will be responsible for preparing their own hot breakfast (with the help of the house manager) if they would prefer a full breakfast during the week. Because of health codes, Residents are required to name and date all personal food that they put in the PATH refrigerator. Food is not permitted in Residents rooms. A full "snack bar" holding juices and a variety of healthy snacks is available to Residents at all times. **Dinners will be prepared by the house manager.** A weekly meal plan will be available and a Resident can choose to prepare their own meal if they do not like the menu option of the day. If a Resident is on a therapeutic diet, this diet will be noted in the Residents chart and the **house manager** will provide special foods in accordance with that diet.

Emergency medical care, including psychiatric care, will be provided by the Rutland Regional Medical Center. PATH will enter into a memorandum of understanding with the Rutland Rescue Squad to provide emergency medical services and transport for residents.

## House Rules

PATH is a therapeutic community built on the understanding that residents are here to learn more effective ways of living and coping. PATH's goal is to help residents learn skills and develop relationships that can help them transition from adolescence to adulthood and become active healthy members in their community. Towards this end, we function on an honor system; expecting each member of our community to follow certain ethical and community principles. These are elaborated below.

1. Residents are expected to be active and engaged members of the house community. Each member will be elected to a certain job/position weekly. You are expected to do that job as effectively as possible.
2. This is your home. Please keep your room and the house clean. Housekeeping comes once weekly. Please have your room in good order so that they can clean effectively. Please have your sheets stripped for them. New sheets will be provided every week.
3. There is no smoking permitted in the house. Please smoke only in designated smoking areas.
4. House doors are locked at 10pm. Please be home by 9:30 unless special arrangements are made with your team.
5. There is no alcohol permitted in the house.
6. There are no non-prescribed drugs or medication permitted in the house. At admission, please check in your medications with the physician. They will be stored for you. Please check in with your house parent who will unlock your medications for you at their prescribed times.
7. Because exclusive relationships affect the entire community and your treatment there is no dating permitted between residents!
8. Because we have limited parking space, residents will not be permitted to bring their cars unless approved by their treatment team.
9. If you have a concern please come to house staff or a member of your treatment team as soon as possible. Our goal is to help you foster good relationships and coping skills. Asking for help and working with others to manage problems is important.

## **Medication**

Residents will meet with PATH's psychiatrist and discuss medication options. If the resident decides to take medications, he/she will be responsible for adhering to the medication schedule. Medications will be kept in a locked storage area which will be opened by the program counselor only at appropriate times. Adhering to your medication regimen includes not taking medications meant for someone else or giving medications to anyone else.

## **Providers / Staff**

Professional staff will be present on the premises to provide psychological, educational and job training services for PATH's residents. PATH will employ a full time Primary Clinician and Vocational Rehabilitation Specialist on site to serve the residents, as well as a part time on-site Medical Director and On Call Physician. PATH will contract with an LADC to provide substance abuse counseling off site.

Various full- and part-time staff will oversee operations at PATH, including a Program Director, House Manager, Community Live-In Counselor, Facilities Manager and Housekeeper. A Chief Operations Officer will be responsible for financial management and marketing.

PATH will contract with an entity off-site to provide HR, billing and payroll services.

The attached Table more fully describes the Providers and Staff at PATH

## **Fees**

PATH is a private pay facility and is not contracted with any insurance company. PATH will not participate in any third party billing, nor will PATH accept Medicaid. However, PATH will contract with a company that can help the resident with a utilization review process. The COO and the resident's primary clinician will help the resident apply for reimbursement.

The Resident fee for PATH is \$750 per day for Tier 1 services, \$500/day for Tier 2 services, and \$450/day for Tier 3 services. This fee covers room and board, program services, psychiatric services, and local transportation. It does not include expenses for medication, medical or dental visits, personal expenses, or special transportation.

If the Resident is absent or on leave from the program, the standard fee will continue to be charged in the Resident's absence from the program to maintain the Resident's place in the program for up to 30 days. If the Resident does not return or confirm in writing their desire to continue in the program, termination from the program will occur.

In the event that a resident is discharged from PATH for hospitalization or medical necessity and the Resident wishes to hold a place at PATH, a charge of one half the normal daily rate will be charged for the first twenty-one days. After that time, if the Resident still wishes to hold the place, the full daily rate will be charged.

Starting in its second year, as finances permit, PATH will offer two scholarships to Vermont residents per year to attend all three Tiers of the PATH program, free of charge. PATH sees this scholarship as an opportunity to build stronger roots with the Vermont community in which it is situated. PATH will devise a fair and objective way to choose the scholarship recipient.

## **Referral Sources / Marketing**

PATH will seek out referral sources for prospective residents from colleges and mental health facilities. **We anticipate that approximately 80% of residents will come from out-of-state, and 20% will be drawn from the Vermont community.** Residents will primarily be recruited from inpatient facilities such as Menninger, Austin Riggs, or Brattleboro's young adult program. Local and national colleges and educational consultants will also be referral sources and potential referees.

Potential referral sources locally include local educational consultants, Rutland and Brattleboro hospitals, Bennington College, Green Mountain College, Middlebury College, University of Vermont and Champlain College.

We will also attempt to develop a relationship with UCS and Wilson house so that we can share group resources.

## **Project Costs**

The facility will be housed in an existing 5,600 square foot home located at 2380 Colvin Hill Road, Danby Vermont. The home is currently vacant and in generally good condition. Prior to the date the first residents move in, the third party landlord, unaffiliated with PATH, will repair and renovate the building so that it will function as a TCR. Thereafter the landlord will remain responsible for capital expenditures to the building and grounds. PATH at Stone Summit, Inc will not be financially responsible for improvements to the building or grounds.

As shown in the attached spreadsheet, the bulk of PATH's start-up costs will be a van, furniture and moveable equipment and working capital. PATH will lease the premises with a triple net lease, 5 years in length with three options to renew, wherein PATH will be responsible for utilities, payroll, maintenance, taxes and insurance. The most significant operating expenses will be salaries and payroll, employee benefits, insurance and rent. At no time in the next three years are PATH's operating expenses projected to exceed \$500,000.