

Standards of Treatment

Embark programs establish partnerships between families, community service providers, and oversight agencies to ensure comprehensive services are administered with compassion and skill. Our Standards of Treatment reflect practices congruent with Embark values and are what set Embark programs apart.

While the location and level of care differ, the Embark commitment to its Standard of Treatment is universal. These standards are rooted in sound evidence-based practices and the Embark Treatment Approach based on the neurobiology of relationships. Inherent in the standards are the assumptions that children and youth thrive when they are met with compassion and understanding and when given tools to navigate their struggles on their path to healing.

Embark Standards of Treatment Include:

- All Embark programs are accredited by The Joint Commission.
- Evidence-based practices are customized to the unique strengths and needs of each young person and family.
- Clients and their families are empowered to be active participants in treatment planning and ongoing treatment assessment.
- Feedback Informed Treatment (FIT) is used in real-time to inform client care while in treatment and track client progress after discharge.
- Inpatient clients have regular access to parents and other immediate family members. Contact with family is never used as an incentive for behavior, nor is withholding contact from parents ever used as a punishment.
- Embark implements systemic, experiential, and feedback-informed interventions rooted in neurodevelopment and the CASA framework to creating healing relationships and growth.
- Embark programs support the entire family process. We seek to facilitate growth and learning for parents, not just their children in our care. We believe lasting change in a client's presenting problems relies on parental growth and healing.
- Embark programs utilize the least restrictive interventions necessary.
- Embark programs do not use mechanical or chemical restraint.
- Embark programs do not use seclusion or solitary confinement.
- Embark programs do not use a client's access to food, shelter, hygiene, bedding, or exercise to influence a client's behavior.
- Embark programs do not use any consequence or practice designed to frighten or humiliate.
- Embark programs do not use any practice designed to cause physical discomfort or pain as a form of managing behavior.
- Services offered are culturally competent and delivered with humility and respect.

- Strong partnerships with families, mental health professionals, community agencies, advocates, and other community stakeholders result in lower lengths of stays and successful transitions back to home, school, and community.