WELCOME TO

PERIMETER BEHAVIORAL Of MISSOURI

RESIDENT & GUARDIAN HANDBOOK

Welcome

Dear Residents and Families,

On behalf of our entire team, welcome to Perimeter Behavioral of Missouri.

We recognize that we are not part of the journey anyone expects. While the path that brought you here may not have been easy, we want you to know that you are not alone.

At Perimeter, we believe that healing happens through relationships, safety, understanding, and hope. Our mission is to provide a safe, structured, and nurturing environment where youth can develop the skills, confidence, and support needed to move forward successfully. We are committed to meeting each resident where they are, recognizing their strengths, understanding their experiences, and helping them build the tools necessary for lasting growth.

As a trauma-informed organization, we understand that behavior often tells a story. Rather than focusing solely on what happened, we strive to understand what has happened to a child and how we can help support their healing journey. Every interaction, every therapeutic intervention, and every relationship is guided by compassion, respect, accountability, and a belief in each resident's ability to succeed.

Families and caregivers are an essential part of the treatment process. We view treatment as a partnership and encourage active participation, open communication, and collaboration throughout your child's stay. Together, we can help create meaningful and lasting change.

During your time with us, you will find a team of dedicated professionals, including therapists, nurses, educators, case managers, activity therapists, dietary, direct care staff, and many more, who are committed to supporting both residents and families every step of the way. While treatment can be challenging at times, it can also be a time of tremendous growth, self-discovery, and healing.

Thank you for trusting us with your care. We are honored to be part of your journey and look forward to working alongside you as we build a brighter future together.

With respect and appreciation,

Dr. Skyler Barnes, PhD, LPC
Group Chief Executive Officer
Perimeter Behavioral of Missouri

Acronyms/Definitions

PBOM	Perimeter Behavioral of Missouri
MHTC	Mental Health Tech Coordinator
AOC	Administrator on Call
MHT	Mental Health Tech
TF-CBT DBT CBT	Trauma Focus Cognitive Behavioral Therapy Dialectical Behavioral Therapy Cognitive Behavioral Therapy
TBRI	Trauma Based Relational Interventions
Dysregulated	An unhealthy pattern of regulating emotions that may involve a failure of regulation or interference in adaptive functioning.
MTP	Master Treatment Plan
MTPR	Master Treatment Plan Review
PSA	Psychosocial Assessment
PE	Psychiatric Evaluation
IT	Individual Therapy
FT	Family Therapy
GT	Group Therapy
AT	Activity Therapy
PR	Peer Restriction
LOP	Loss of Personals
ACTT	All Calls Through Therapist
MOU	Meals on Unit
SO	Sexual Observation Precaution
AP	Verbal, Physical or Sexual Aggression Precaution
SH	Self-Harm Precaution
EP	Elopement Precaution
SP	Suicide Precaution
SH	Self-Harm
Code Red:	Fire
Code Blue:	CPR/Medical Emergency
Code Yellow:	Bomb Threat
Code Orange:	Major Violence
Code Green:	Disaster
Code White:	Elevated Supervision
Code Grey:	Active Shooter

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Rights and Responsibilities

Perimeter Behavioral of Missouri does not and shall not discriminate based on race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. We are committed to providing a fair, inclusive, and welcoming environment for all residents, family members, and external treatment and support teams.

Resident's Rights

Constituent Rights | dmh.mo.gov

Complaints & Grievances:

Our Grievance Policy allows a resident, the resident's parent or legal representative, a guardian, or a concerned person in the resident's life to have the ability to file a grievance if they feel warranted.

If you believe a resident has been physically or verbally abused or neglected, you may file a complaint with the person in charge of your agency, facility, or unit. An investigation of your complaint will be initiated immediately. If you believe any of these rights have been violated, you may file a verbal or written grievance with the person in charge of your agency, facility, or unit.

Perimeter will communicate verbally and in writing to a resident who is fully capable of understanding the facility's rules and the details of the due process system used in the facility. An impartial review of your grievance will be conducted, and a response will be given within seven (7) days.

In addition to filing a complaint or grievance with the person in charge of your agency, facility, or unit, you may mail a copy of your complaint or grievance to the client rights coordinator whose address is below:
Clients Rights Monitor
Department of Mental Health
P.O. Box 687
Jefferson City, MO 65102
1-800-364-9687

You may also direct your grievance or compliant to the Division Director of Comprehensive Psychiatric Services, Mental Retardation and Development Disabilities or Alcohol and Drug Abuse at the address listed above or to the Joint Commission, our accrediting body.
Joint Commission – 1-800-994-6610

A list of Children's Advocacy Organizations can be obtained from the Case Management office.

Hotline Information

Internal Investigation/Reporting of Abuse and Neglect:

Perimeter takes the safety of our residents seriously. If a resident alleges any allegations of abuse or neglect, information will be obtained to make a formal report to the Missouri Child Abuse and Neglect Hotline. The Hotline number is 1-800-392-3738. Once reported the Missouri Children's Division Out of Homes Investigations Unit (OHI) will either accept or deny the claim of neglect or abuse. If accepted, an investigator will visit the facility and conduct a hotline investigation regarding the alleged abuse or neglect incident. This is an external investigation and does not include a co-investigation with Perimeter Behavioral of Missouri. Perimeter Behavioral of Missouri will conduct an independent internal investigation to determine the timeline of events in which allegations of neglect or abuse had taken place and then the course of action that needs to be executed if the allegations prove to be substantiated. The legal guardian and other team members will be notified immediately when a hotline and/or internal investigation has been initiated on behalf of a resident. The Licensing Division with the Missouri Department of Children's Division will also be notified.

Conduct, Health, and Safety

Relationships with Peers and Staff Members:

Perimeter Behavioral of Missouri understands the importance of healthy peer relationships. We encourage friendships between residents as it promotes the building of positive social skills. However, intimate dating and/or sexual relations are strictly prohibited between residents and members of the staff, as it may be detrimental to the therapeutic process. Private communication between the

residents and with members of the staff are prohibited, this includes verbal and non-verbal forms of communication i.e., note passing. Residents are not permitted to do any of the following as well:

- Use personal funds for or on staff or other residents.
- Purchase or sell services for staff or other residents.
- Lend to or borrow from the personal belongings and money of staff or other residents.

Hygiene:

Personal hygiene is very important in promoting good health habits and positive self-concept. Residents are expected to bathe or shower daily during the scheduled times provided on their assigned unit. Nursing staff will instruct and assist new residents on a complete list of expectations for proper personal hygiene. Perimeter Behavioral of Missouri provides the following hygiene products for residents; body wash, shampoo/conditioner, toothpaste/toothbrush, and body lotion and deodorant. Ethnic hair products are also provided.

We ask that residents do not bring body sprays, aerosol cans or anything inside pump bottles when admitting.

Dental/Vision:

Residents will be referred outside of the facility for Dental and Vision Care. Residents will be scheduled for an initial dental exam and follow ups will be conducted every 6 months.

If the resident has had a vision exam within the last year, we request that a copy of the prescription be provided to us.

No contacts are allowed.

Braces cannot be maintained by the facility; legal guardians are responsible for the continued care/appointments.

Medication:

Safe and proper use of medication is extremely important for the safety and well-being of the resident. If a physician places a resident on medications, they will be administered after the parent or legal guardian has been notified for consent by our nursing staff. An exception to this is a PRN medication or antibiotics to prevent the spread of infections. Residents may not bring their own medications from home or keep medications with them on the unit.

If a resident goes on an approved pass, medication will be provided by nursing for the scheduled duration of the pass. While on pass, it is the care giver's responsibility to administer the medication. It is extremely important the child receive his/her medication as prescribed. If a resident is taken out on a pass or removed from the facility against medical advice, or without meeting the criteria set forth according to the policy and procedures of Perimeter Behavioral of Missouri, the available medication that remains will be provided for the resident. Residents are expected to follow their individual medication regiment set forth by the attending Physician. To ensure residents are appropriately taking their medications, residents will be checked by the med nurse and one staff member after given medications. In the event a resident attempt to hide their medication, they may be placed on crushed meds to ensure the safety of themselves and others. In the event a resident refuse to follow their individual medication regimen, the resident will be strictly monitored to ensure they do not engage in any unsafe behaviors. Precautionary measures may be taken to ensure the safety of the resident upon refusing medications. If a resident is not content with their medication, they will be afforded the right to speak with the attending Physician to voice their concern and request a potential change in their medication regimen.

Dietary:

Residents are expected to eat a balanced meal to maintain their health. Chronic challenges related to excessive eating or restricted intake will be addressed on an individual basis through compassionate and therapeutic support. Food will never be withheld as an intervention or consequence for engaging in unhealthy behaviors.
Snacks will be provided during the day that are both healthy and nutritious. Provisions will be made for any dietary restrictions to include allergies, diabetes, or religion. Residents are not allowed to keep any food in their rooms.

Smoking/Tobacco Products/Drugs/Alcohol:

- It is Perimeter Behavioral of Missouri's philosophy that smoking and/or tobacco products, illicit drugs and/or alcohol is unhealthy and, to promote a healthier environment, is not permitted regardless of the age of the resident. We also encourage parents not to permit their children to engage in these behaviors even when off grounds since it increases the residents' resistance to stopping. Residents will be drug tested upon admission, as well as after any subsequent off campus passes.

- If a resident is caught with any tobacco products, alcohol, or drugs, it is considered as contraband. The resident would then receive appropriate interventions for their engagement in these unhealthy coping skills.

Tattoos/Body Piercings:

- Residents are not permitted to pierce themselves or others or reopen any pre-existing pierced holes.
- Residents are not permitted to tattoo themselves or others while at Perimeter Behavioral of Missouri or while on pass.
- New piercings and new tattoos will be prohibited.
- A scar assessment will be completed upon the resident's admission and any tattoo done prior to admission will be notated in the resident's chart. Due to potential symbolism of an unhealthy lifestyle such as gang activity, if a resident has tattoos upon admission, precautionary measures may be used to cover the tattoos as much as possible to limit exposure.
- In the event it is suspected that a resident has been attempting to tattoo themselves or others, a daily scar assessment may be required, and the resident may be placed on monitor status in the bathroom and in the shower.

Hair Styles:

- Hair should be clean and neatly groomed.
- Hairstyles and colors should not be extreme (no shaving, Mohawks, hardlines, designs, or any other style that may represent gang affiliation, or promote any other unhealthy lifestyle.)
- Weaves and extensions are not permitted.
- If a resident is using their hair to harm themselves, a haircut may be required. Attempts will be made to contact the legal guardian prior to cutting the hair.
- Opportunities for maintaining residents' hair and grooming are provided within the facility on a regular basis.
- All hairstyles will be approved by the legal guardian.

Accessories:

- Acrylic/artificial fingernails, to include press-on nails are **NOT** permitted at any time.
- Fake eyelashes are not permitted in the facility.
- All residents must always have ankle length socks on their feet.
- Shoes will be always worn when a resident is off the unit. If a resident displays unsafe behaviors with their shoes, resident's shoes may be removed, and they will be provided with flip flops by the nursing department until determined that they are safe again with their shoes.
- Shoelaces will be removed from shoes dependent upon the safety of the resident and of the milieu.
- Jewelry is not permitted.

Fire:

Your life and safety are very important to us at Perimeter Behavioral of Missouri. In the event of a fire, (Code Red), we evacuate the building. If the fire alarms go off, please report to your Unit's staff member and they will escort you out of the building to the inside of the fenced in area. It is very important that you remain with staff.

If an unsafe situation is observed, please tell staff so all concerned may be moved to safety. Every effort has been made to make this building fire safe, so in the event of a drill, or a real situation, do not panic, remain calm and follow the directions of the staff members.

Tornado/Inclement Weather:

In the event of a tornado warning/high winds, (Code Black), we ask that all residents stay away from windows and electrical appliances/devices to include telephones. Staff will guide the residents into assigned areas designated for each unit's safety. If the tornado warning occurs during school hours, all residents must return to the main building.

**Fire and Tornado drills are conducted frequently in efforts to ensure residents and staff are prepared in the event of a fire or tornado.*

Dress Code, Clothing, and Personal Items

Responsibility:

Residents are responsible for the clothes and belongings they bring to Perimeter Behavioral of Missouri. It is recommended that expensive or valuable possessions be left at home. Upon admission, an inventory will be completed of all your possessions. Each item will be permanently marked with the resident's initials. If items are taken home or new items are brought to the facility from a visit or pass, the inventory list will be updated accordingly.

Staff launder all clothes. Unless otherwise specified, Perimeter Behavioral of Missouri is not responsible for providing clothes for residents, **clothing vouchers are to be filled by the LG only**. The borrowing of clothes or personal possessions is not allowed. Due to limited storage space, please make other arrangements for storing personal belongings not included in the list provided. **Perimeter Behavioral of Missouri will not be responsible for any lost or damaged personal belongings.**

Money:

Residents are not allowed to carry their own money. Each resident may earn P. Bucks each week. If there is any property damage P. Bucks will be deducted from the resident's account to help pay for the damage. P. Bucks will only be applicable to the Perimeter Store and will not transfer to a monetary value upon discharge.

Dress Code:

Residents are expected to dress in a manner that promotes modesty and a healthy lifestyle. The leadership team may determine the appropriateness or removal of an item at any time for safety. Any religious clothing/articles will be looked at on a case-by-case basis. Any clothing that displays or promotes sex, alcohol or tobacco products, drugs or drug paraphernalia, any band, gang, subversive organization, or subculture that may promote an unhealthy lifestyle is not permitted.

Please see the following chart for a list of acceptable and unacceptable clothing and other personal items while residing at Perimeter Behavioral of Missouri.

Leadership will assess any questionable clothing for appropriateness. Any additions, deletions or changes will be coordinated through the Executive

Leadership Committee with the final decision resting with the Management Team. Non-compliance of the standards will result in the individual being requested to change their attire to the appropriate clothing and interventions will be assessed. Residents will routinely receive a clothing search or trauma informed pat down to ensure no contraband is brought into the facility. Room searches may also be facilitated if contraband is suspected. Other searches, such as body searches and scar assessments will be directed by a doctor's order.
Residents and all their belongings will be searched upon returning from a pass.

Clothing & Personal Items*:*

Residents are allowed to have what is on the inventory list. Legal guardians are expected to pack what is on the list and nothing more. Any clothing or personal items not on the list will be shipped back to the legal guardian or picked up at the time of their first visit.

Weighted blankets are allowed when brought in by legal guardian requiring approval from provider and Clinical Director.

Therapeutic journals are provided by the therapist and are intended solely for private, therapeutic use. These journals are confidential and may only be read by the assigned therapist. In rare and special circumstances, such as safety concerns or incident reviews, site management may read the journal if deemed necessary. Journals must be stored securely, handled with respect, and used only to support the youth's therapeutic process.

Revised 05/12/2026

Clothing Permitted for Residents

Quantity allowed at the Facility	*Clothing Item*
5	pairs of pants (appropriately fitting jeans/khakis/joggers, leggings)
6	shirts (t-shirts, sweatshirts, long sleeve shirt, sweaters)
7	pairs underwear (No Thongs)
2	pairs shoes
1	pair of slides or slippers
7	pairs of socks (Ankle or low cut ONLY)
2	sets of sleepwear (Appropriate personal shirts are acceptable)
1	light outerwear garment
1	heavy outerwear garment
3	pairs of shorts (No cut-off jeans, must be no more than 2" above the knee)
3	bras (No metal)

Personal/Optional Items Permitted

- Prescription eyeglasses
- One comfort item approved by the treatment team.
- One Paperback Book that may be exchanged out *(Must be approved in advance by therapist)*
- *One twin size blanket remains on the bed.*
- Up to five family or fictive kin pictures upon admission provided by the legal guardian. *No glass, wood, plastic, or ceramic frames.*
- *One approved religious or spiritual book approved by the treatment team and provided by the legal guardian.*
- *One approved sensory item per therapist recommendation.*

Some items that are permitted may not be allowed in specific areas such as during school hours, during groups, after ADL time, etc.

Hygiene List

Perimeter supplies basic hygiene items to all residents. If a resident requires a specialty item, it will be made available upon request.

- All hygiene items are stored in the hygiene bins and always locked in the storage closet.
- Hygiene supplies will be distributed by staff into paper cups for each use.
- Caps are to be removed from deodorant before use.

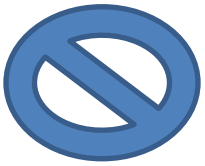
Make-up is not allowed on any unit.

Nothing with alcohol in the ingredients is allowed.

Aerosols, glass containers, and mirrors are not allowed.

CLOTHING/ITEMS NOT PERMITTED

- Thongs
- Bras with underwire
- No binders
- No packing
- Hats/Ball caps
- Clothing with holes or draw strings
- Hoodies with zippers and or strings
- Bandanas
- Headbands
- Panty hose
- Shoelaces
- Camouflage
- Mirrors
- Personal Razors
- CDs/DVDs
- Contact Lenses
- Hoops or Dangling Earrings
- Body Piercing/Jewelry
- Acrylic/Artificial/Press-on Fingernails
- Artificial eyelashes
- Weave or Extensions
- High Heels/Boots/Flats/Steel Toed Shoes
- Cut-off jeans for shorts
- Clothing that promotes alcohol or tobacco products, sex, drugs or drug paraphernalia, any band, gang, subversive organization, or subculture that may promote an unhealthy lifestyle.
- A-Cut undershirts, tank tops, crop tops, midriff shirts, weightlifting shirts, and/or white t-shirts.
- Blouses with low necklines or spaghetti-straps, halter-type, off the shoulder styles, or see-through styles.
- Dresses/Skirts *(Religious consideration is given; however, alterations may be requested such as leggings/shorts required underneath skirts.)*
- Spandex *(exception noted for religious considerations)*
- Objects that are sharp, that contain glass, metal, hard plastic, or other potentially dangerous materials.
- Alcohol/Drugs/Tobacco Products
- Pens/Pencils (except golf size pencils provided by PBM)
- Envelopes & Stamps (Provided by Clinical Team)
- Any electronic device with Wi-Fi capabilities, tablets, or game systems.
- Cell phones and MP3 players.
- Binders allowed per written guardian approval (The specified binder requires approval for safety and is currently pending review by the Clinical Director)



Communication

Phone Calls:

Here at Perimeter Behavioral of Missouri, we recognize the value of consistent communication between residents, their families and support systems. During the time of admission, the residents' guardian will be requested to provide a list of acceptable individuals in which the resident is permitted to have contact with. The guardian is responsible for providing a password to the acceptable individuals in which the individual must provide to staff prior to being permitted to speak with the resident. The guardian may coordinate with the resident's case manager to update the list as needed. Therapists will facilitate calls with the family or active kin during sessions. There will be an additional 10-minute phone call that can be made with designated staff member on their allotted call day. The communication consent form is not a release of information authorization.
*Please note that all phone calls are outgoing only. Due to logistical constraints, incoming calls to the facility are not permitted, and you will not be able to contact your loved one directly.

Mail:

Each resident's personal privacy is assured and protected. Residents are allowed to send and receive mail to and from any individual on their approved contact list. All incoming and outgoing mail will be channeled to the assigned case manager/therapist for distribution. Mail will be opened and read prior to the resident reading it, should the content of the mail not present to be appropriate, the legal guardian will be contacted. If the resident does not wish to keep the mail it will be thrown away, if they wish to keep the mail it will be stowed with their other items.

Visitation:

Visits are highly encouraged at Perimeter Behavioral of Missouri as they can be very valuable to the overall therapeutic process of a resident. In efforts to ensure provision for your successful visit, we ask that you follow the below guidelines:

- Provide a minimum of 72 business hours advanced notice prior to the scheduled date of the visit to the resident's assigned case manager or therapist.
- If a visit is required to be supervised, this must be conducted through the legal guardian. Unless family therapy is active, in which then the therapist can supervise up to a one-hour visit.
- Do not permit the resident to utilize your personal cell phone or any other electronic device during the visit.
- Remain in designated area for the visit and do not roam around the facility. Please ask a staff member for assistance if you need to utilize the restroom or leave the facility for any reason.
- Do not bring in any items that are contraband or listed on the previous "NOT PERMITTED" list. (i.e., alcohol, drugs, tobacco products, lighters, sharp objects, etc.)
- Do NOT bring children under the age of 18 or other individuals who have not been pre-approved by the guardian and therapist except for the scheduled family days.
- No bags are permitted beyond the lobby. If needed a locker will be provided.

Visitation Guidelines:

- Each team member is responsible for contacting their assigned clinical team to schedule a time to visit. Visitors must be approved by the resident's guardian prior to the scheduled time and listed on the resident's approved contact list. **No children under the age of 18 except for the scheduled family days.**
- Each Visitor must enter through the main entrance, sign in the Visitor Logbook, and provide identification upon arrival.
- During visits, residents are not permitted to utilize personal cell phones or any other electronic device. We ask that you leave any devices in your vehicle unless preapproved. All preauthorized accommodations will be communicated for each visit.
- Visitors are not permitted to bring in any items that are contraband or listed as not permitted in the resident's handbook.
- While on the premises the visitor is asked to comply with all Perimeter Behavioral of Missouri policies.
- Tobacco, Alcohol, and any other controlled substance is not permitted on Perimeter Behavioral of Missouri premises.

- All perishable items will be consumed during the visit. Leftovers will be discarded or taken back with the visitor. Bones, Sticks, Cans, and/or glass are prohibited. Please verify food choice prior to visiting. Nursing must approve residents accommodated dietary restrictions/needs. Any item brought without approval will be asked to leave in your vehicle. All preauthorized accommodations will be communicated for each visit.
- All other items must be preapproved through Case Management. All preauthorized accommodations will be communicated for each visit.
- Each visit is pre-approved at the assigned time created to fit the visitor's schedule. Should a visitor arrive late, the ending time still stands. Please contact the facility at your earliest convenience so notifications and updates can be made.
- Any missed visit will need to be rescheduled at a time available. We will not be able to accommodate late arrivals due to limited space. Contact the front desk at 573-774-5353 for available times on Visitation Day or contact the assigned clinical team to reschedule.
- **No unscheduled visits will be accommodated**.
- Any visitor causing a disturbance or otherwise not complying with Perimeter Behavioral of Missouri policy will be asked to leave. If they refuse to leave the grounds the appropriate authorities shall be notified with a request for assistance.

Passes:

Off-Campus passes are also seen as a valuable part of the resident's overall treatment and will be determined by the external and internal treatment team.

Prior to going on an off-campus pass we recommend:

- Please note the school hours are from 0730-1100 with lunch break then school resuming at 1300-1500. It is advised that the off site passes not be scheduled during these hours.
- The Resident would have to demonstrate safe behaviors within the facility.

- Residents must engage in a minimum of two successful unsupervised on campus visits with the person(s) that will be taking the resident on a pass.

- Resident and guardian must agree to a safety and support plan which includes the resident completing risk assessments for elopement, suicide, and other potential unhealthy behaviors with their primary therapist.
- Following their second successful unsupervised visit, a resident may be recommended to go on a local off campus pass for up to 4 hours.
- After going on two successful local off campus passes, and being within 60-90 days of anticipated discharge, residents may start day home passes, 1-48hr pass per month or 2-24hr passes per month.
- After going on a successful day home pass, and being within 60-90 days of anticipated discharge, residents may begin to go on overnight passes for a total time of 72 hours in one month, or no more than 21 days in a 12-month time frame.
- All visits and passes must be approved by the legal guardian and therapist.

During the pass, it is strongly encouraged that:

- Residents are under the direct and consistent supervision of the approved adult in which the resident is on the off campus pass with and never be left unattended.
- Residents **do NOT** engage in any use of alcohol, tobacco, or drug use.
- Residents **do NOT** engage in any sexual activity.
- Residents **are NOT** permitted to have unsupervised access to social media/telephonic communication.
- Residents **NOT** receive any printed photos of other residents or identified or alleged victims.
- Residents **NOT** engage in verbal or physical contact with a prior identified or alleged victim.

Upon returning from off-campus passes.

- Residents will be drug tested.
- Residents will have to be thoroughly searched to prevent them from bringing contraband into the facility.
- All items brought back to the facility from a pass must be pre-approved and inventoried by case manager or therapist prior to the resident being permitted to keep the item with them.
- Residents will have to participate in a scar assessment.

Contact with Past Residents:

Contact with past residents prior to discharging from Perimeter Behavioral of Missouri is strictly prohibited, as it can present as a violation of confidentiality and potentially create an unsafe environment.

Contact after Discharge:

Upon discharging from Perimeter, residents are encouraged not to attempt to contact any staff members. If a past resident should try to contact a staff member at Perimeter Behavioral of Missouri, they should not expect a response from them. This does not mean the staff member does not care, but instead they are following the strict policies and procedures of no contact set by the facility.

Therapeutic Services and Expectations

Therapeutic Milieu:

A therapeutic milieu is a therapeutic living environment in which the resident programs and resides with a group of peers in a designated living area, further known as a "Unit". Each unit is highly structured; promoting healthy routines and rituals that includes daily practices, community meetings, school, therapeutic groups, and activities. The therapeutic Milieu provides residents with an opportunity to have successful experiences, enhance their use of relationships, build their skills in social skills and communication, and improve their self-esteem.

Milieu Expectations

Cleanliness/Chores:

- Residents are responsible for maintaining the cleanliness of their living environment. Each resident is given a list of chores in which they will be given an opportunity to earn an allowance for completing.
- Residents' rooms must always be neat and clean. Time will be allotted after waking up to clean rooms in the morning prior to transitioning to the next scheduled daily activity.
- Beds should be made with fitted, flat sheets, and a blanket, clothes in laundry bag, all personal items must be kept neat and orderly.
- Room inspections are performed by staff at least once per shift and privileges are withheld if rooms are not clean and chores are not done.

Hygiene/Clothing:

- Residents must be appropriately dressed.
- Residents must always wear socks and slides on their feet while on the unit.
- Residents are NOT permitted to walk in front of peers in their undergarments; they must be fully clothed.
- Residents are expected to bathe or shower daily during the scheduled times provided on their assigned unit.
- In the event a resident refuse to engage in safe hygiene practices, it is important to understand that they may be placed on a precautionary measure to include one or more of the following.

- **Monitor in bathroom and/or shower:** The resident is monitored by staff while using the restroom or taking a bath or shower to ensure the resident is following proper hygiene and is not engaging in any unsafe behaviors.
- **Showers 2x daily:** The resident may be required to shower during both morning and evening showers times.

Dayroom/Assigned Areas:

- Residents are expected to always remain in the day room or in other assigned area while on the unit unless otherwise specified by staff.
- In the event a resident feels unsafe or has the desire to exit, it is encouraged that the resident calmly asks the staff member to take a time out.
- Staff may assign residents with a specified seating arrangement.
- Blankets and pillows are not permitted at any time in the dayroom (unless approved by nursing).

Bedrooms/Personal Belongings:

- Residents are NOT allowed to be in their peers' room at any time.
- Residents are not allowed to be in their peer's doorways.
- All doors will be locked and closed anytime residents are not in their rooms.
- Residents are to remain in their rooms at bedtime or in the morning unless staff members give them permission to come out into the hallway.
- Doors are to remain open while residents are in their rooms.
- No food is allowed in the residents' room.
- Lending, trading, and borrowing of personal items is strictly prohibited.
- Hygiene products are not allowed in a resident's room after scheduled shower times.
- Residents are not permitted to have any pens, markers, colored pencils, envelopes, or stamps in their bedrooms. An approved religious book and one journal are permitted. Safety pens are provided to residents.
- Residents are not permitted to have any weapons, sharp objects to include glass, metal, aluminum, hard plastic or any other potentially harmful item.
- Residents are not permitted to have alcohol, drugs, or tobacco products at any time.
- Residents are not permitted to have lighters or matches at any time.
- Pictures of identified or alleged victims are strictly prohibited. Pictures that may be inappropriate, or sexual in nature are strictly prohibited.
- Magazines are NOT permitted.

- Books, comfort items, and other personal items must be pre-approved by the resident's therapist or Director of Clinical prior to being permitted.
- Clothing that may be potentially representative of any unhealthy lifestyle is strictly prohibited.
- No candy, food or snacks are permitted on the unit unless prior approval is given by the leadership team.
- To provide a safe, therapeutic environment, spontaneous searches will be completed.

Daily Routines/Activities:

- Residents are expected to adhere to the daily schedule on their assigned unit.
- Residents will have 3 wakeup calls in the morning. They are expected to be fully dressed, with their room clean prior to transitioning to the next scheduled daily activity.
- Daily routines include but are not limited to scheduled milieu groups that focus on daily goals and the achievement of such goals, life skills, social skills, health/hygiene, and more.
- Residents are expected to attend and safely participate in each scheduled milieu group.
- Due to the number of planned and structured activities each day, times available for television viewing are limited. The choice of programs is a group decision and will be strictly monitored by staff to ensure appropriate viewing. Programs rated "R" or that may have violent or sexual content are not permitted. Some programs that may be otherwise appropriate for viewing may not be safe for the emotional well-being of our residents. If content is not appropriate for the entire group, staff has the obligation to change the channel or turn the television off. Some examples of stations that are not permitted include Cinemax, MTV, BET, and SCI-FI.
- Music that is sexual in nature or promotes violence, drugs, gangs, or other potentially unhealthy lifestyles is NOT permitted. In addition, music that would be otherwise permitted may not be safe for the emotional well-being of a resident.
- MP3 players are NOT allowed.
- Activities and outings are permitted and scheduled on a case-by-case basis and is dependent upon the safety and stabilization of the unit as well as the progression of treatment and the level of risk for engagement in dysregulated behaviors.

Transition:

- At NO time is a resident to be in the doorway.
- No leaning over the med nurse window.
- Residents must always wear shoes when off the unit.
- Line up quietly and no speaking without permission while in transition.
- Residents will receive a trauma informed pat down, and clothing searches to ensure contraband is not brought into any area anytime they are transitioning to and/or from another area. These will also take place before and after each transition.
- Residents are expected to follow additional rules and expectations set forth during scheduled transitions.
- If at any time, a resident does not follow rules and expectations of transitions, the group will be required to return to the starting point and re-start the transition over again until they are able to transition from one destination to the other without incident.

Bedtime Rules:

- Bedtime routine begins at 8pm during weeknights, 8:30pm for weekends. Doors are to remain closed during the day and bedroom doors will be opened while occupied.
- Residents will prepare for nighttime medications and follow med line rules.
- Residents will begin their nighttime routine and those assigned to night showers will complete their tasks and all residents will complete their ADLs. Hygiene products are not allowed in a resident's room after scheduled shower times.
- Residents will begin cleaning up their dayroom and follow milieu expectations. Designated individuals, who have been assigned daily chores, will complete tasks.
- Residents will transition to quiet time in their assigned rooms. No resident is permitted to be in an unassigned area or stand in the doorway of another resident's bedroom. Residents are NOT allowed to be in their peers' room at any time.
- Residents will be instructed to collect their contraband from their bedrooms and be placed outside their door directly before the lights go out. Lending, trading, and borrowing of personal items is strictly prohibited, and items may be removed if the behavior persists.
- No food is allowed in the residents' rooms.

- Residents are to remain in their rooms at bedtime until the morning unless staff members give them permission to come out into the hallway.

Unsafe Behaviors:

- Intimate relations and sexually inappropriate behaviors are strictly prohibited.
- Bullying of others will NOT be tolerated.
- Horse playing is prohibited as it may result in someone getting physically hurt; it may also cause trauma intrusions or trigger an adaptive stress response presenting a safety risk to self and others.
- Verbal and physical aggression is strictly prohibited.
- Stealing and/or destroying property or other personal items will NOT be tolerated and may result in the resident receiving community service, or the resident, parent or guardian having to pay for items that the resident stole or destroyed.
- Staff splitting is NOT permitted.
- Self-harming behaviors are unsafe and potentially life threatening. If a resident engages in self-harming behaviors, they will be placed on monitor in the bathroom and shower, engage in a check in every 15 minutes and be required to complete frequent scar assessments.
- If a resident is aware of a peer's involvement of behaviors that may be potentially harmful to themselves or others, we encourage the resident to immediately bring this to staff's attention.

Psychiatric Services

Upon admission to Perimeter Behavioral of Missouri, residents will undergo a Psychiatric Evaluation administered by our attending provider in which the diagnosis for the formulation of the resident's master treatment plan is determined. The Psychiatrist oversees the medication management of each resident and determines when it may be appropriate to administer additional medication, place a resident on suicide precautions, or give orders to send a resident to acute care to ensure the safety of the resident.

Nursing

Nursing staff is available 24/7 to assist residents in multiple capacities to include but not limited to the following:

- Administer medications to residents.
- Answer medical questions.
- Provide educational materials for Milieu Health Groups and proper hygiene.
- Schedule external appointments.

Activity Therapy

Our activity therapy provides opportunities for residents to engage in recreational activities and art therapy. It utilizes metaphors along with varied natural landscape to provide opportunities that are exciting, adventurous, and therapeutic. All our activities are designed to address the therapeutic needs of our residents in ways that encourage healthy relationships and act as a catalyst for change. Through participation in these activities the residents learn that success is measured by self-improvement rather than by comparison to others.

Our activity therapy program offers a cycle of sequences that build upon each other and help teach our residents the importance of creating and maintaining healthy relationships while experiencing independence. Our five areas of focus are: Teamwork, Communication, Trust, Empathy, Setting and Achieving goals. These character traits are emphasized throughout the year. During this time residents gain knowledge experientially as they explore these character traits through different mediums: Initiative games, Adventure activities, and Engineered experiences.

Daily activities provide exciting opportunities for residents to explore the fundamentals principles of important concepts required for independence. Through a series of initiative games and adventure challenges, residents learn how to build relationships of trust within their peer group while having fun taking safe risks together.

There are assigned activities for the five-character traits taught. These activities are choreographed to provide opportunities for conversation and processing moments with our residents. As the residents grow in their knowledge and experience of these different activities, they are encouraged to find their limitations and challenge them. During this process relationships are strengthened; personal confidence is increased, and residents acquire new hobbies and abilities that can add quality to their lives long after they leave Perimeter Behavioral of Missouri.

Education

Learning and educational growth is vitally important to healthy development. Education is provided by Waynesville R-VI School District, as well as the use of Edmentum (online curriculum) for our out of state youth. Our school building is located on campus where residents are expected to be in attendance and actively participating in their personal learning experience.

Religion/Study Groups

Perimeter Behavioral of Missouri will provide spiritual services for their residents on an as needed basis.

Other Needed Services

Residents will be transported to external sources to receive medical, dental and vision care that extends beyond the limits of our internal capabilities.

Milieu Treatment Approach

Trust Based Relational Interventions (TBRI)

Traumatic events and attachment related issues disrupt healthy development in children. Adolescents may act-out emotionally and/or behaviorally in response to being overwhelmed by their traumatic experiences and not having their needs met. Trust Based Relational Interventions are used to create an internal feeling of safety. Once basic needs are met residents, with the help and guidance of caregivers, will be able attend to higher levels of self-care and healing.

TBRI Principles

Empowerment- meeting physical needs
Connecting-building trust and meeting relational needs
Correcting- teaching self-management and socially acceptable behaviors

In addition to TBRI, the following are additional interventions that may be used:

Positive Reinforcement: The increase of regulated healthy behavior through incentives, awards, and additional stimulus.

Natural Consequences: Consequences that occur on a reactionary level based off behaviors. IE: Resident refuses to work treatment, so they will not progress; in turn they will not acquire the privileges associated with progress such as passes or outings.

Logical Consequences: Consequences imposed by the caregiver that are directly related to unhealthy behavior. IE Resident destroys peer's property; they then replace property from their own allowance.

Co-regulation: In the event a resident becomes dysregulated, staff members will attempt to assist the resident in calming down by speaking in calm and regulated tone of voice, using appropriate nonverbal body language, and allowing the resident to verbalize their thoughts, feelings, and sensations without presenting to be judgmental or threatening.

Redirection: This refers to the use of verbal instructions to redirect the resident away from engaging in unhealthy behaviors.

Physical Redirection: This refers to the use of gentle physical redirection of resident away from engaging in unhealthy behaviors.

Therapeutic Assignments: Refers to the use of written assignments, role-play, or oral presentations that help a resident to identify unhealthy behaviors and the potential thoughts, feelings and sensations that may have triggered them. In addition, the resident will work with their primary therapist in developing a safety and support plan to minimize the risk of the resident's future engagement in unhealthy behaviors and build the necessary skills to use adaptive responses.

Resident Initiated Time Out: A brief voluntary separation from unit, treatment, situation, activities, or other residents and is initiated by the resident to help the resident regain self-control. The time-out duration is typically 15 minutes in length and is monitored by a staff member. Location of time out will need to be approved/designated spot as identified by supervising staff to ensure safety.

Staff Initiated Time Out: Procedure in which an individual served is removed from the immediate environment by staff to help the individual to become regulated and safe, this is at the discretion of the staff and contingent open staff availability and current ratios.

Loss of Personals: In the event a resident is displaying unsafe behaviors with their personal items; their personal items may be temporarily removed until the resident presents to be safe enough for the items to be returned.

Team Building: In the event a resident has a conflict with another peer, resident may be encouraged to participate in a team building exercise in efforts to make a repair and build healthy social and communication skills among the residents.

Containment:

A physical hold called a containment which restricts movement is used to help prevent harm to self or others by restricting physical movement. This is used only as a last resort in crisis situations. Containments are done only be trained staff members under the direction of the nursing staff. The use of mechanical restraints is prohibited at Perimeter Behavioral of Missouri.

Safety Precautions:

In efforts to ensure safety and stabilization, a resident may be placed on a safety precaution. There may be a time that a resident may be required to wear paper scrubs when traditional cotton clothing would not be safe for a resident to wear. Safety precautions include Assault Precautions (AP), Elopement Precaution (EP), Suicide Precaution, and High Acuity (HA).

Removal of Safety Precautions:

To be removed from a safety precaution, the Clinical Team will conduct a daily assessment of the resident to determine whether they present to be a high risk for continued engagement in the unsafe behaviors. For residents on Suicide Precautions, the attending provider would make the final decision as to whether to remove a resident from the precaution.

Refusal(s):

Behaviors-

Ongoing refusals of AT, Therapy, Staff Led Groups, School, Chores, Hygiene, Medication, Medical.

Intervention-

Must attend and not be disruptive in whatever programming/activity they refused before the resident is able to come off the precaution. Resident is restricted to the

building while on UI. Residents will not attend free gym, outings, or special activities not on the daily schedule.

Elopement (EP):

Behaviors-
Elopement from the facility, or an attempt too, this includes running off unit frequently.

Interventions-
24 Hour RTI room
No going outside of the building unless it's for programming and will be on a case-by-case basis.
No shoes, slides only.
Scrubs while in RTI room
Arm to arm on the way to school.

Verbal, Physical, and Sexual Aggression/Sexual Acting Out Precautions (AP):

Physical/Verbal-

Ongoing Bullying
Threatening to kill someone.
Organizing to "jump" someone
Throwing something at someone
Hitting, kicking, pulling hair, spitting on someone.
Property Destruction can be facility property or a peer's property.

Interventions-
No going off unit until no longer dysregulated.
Cannot come off precaution until resident does a "repair" with peer/staff/team (If clinically appropriate to do so). They must acknowledge what they did, how it made the other person feel, and commit to doing better.

Sexual Aggression/Acting out-

Intentional verbalizations of a sexual nature.

Touching someone in a sexual or unwanted way
Touching someone's genitals above or under clothing.
Flashing genitalia to staff or peers.
Frequently talking about sex inappropriately and does not respond to redirects.
Masturbating/stimulating yourself in public.

Intervention-
Residents cannot go off unless they are able to regulate their emotions and behaviors in a healthy way.
Cannot come off precaution until they do a "repair" with peer/staff/team (If clinically appropriate to do so). Residents will acknowledge what they did, how it made the other person feel, and commit to doing better.

Self-Harm (SH)

Behaviors-
Verbalizations of self-harm, actual self-harm, and verbalizations of suicide, but no gestures or attempts at suicide.

Interventions-
Loss of personals.
Scar assessment.
Room searches and trauma informed pat downs.
Monitored showers.
Head and hands visible at all times.
Bed by the door.

High Acuity (HA)

A nurse or Therapist does a suicide screen CSSRS and completes recommendations for level of risk.

Interventions-
Nurse Checks
Loss of personals
Scar assessments
Scrubs
Head and hands visible at all times.
Sleep in hall or RTI room

No going off campus

Suicide Precautions (SP)

A nurse or Therapist completes the Columbia-Suicide Severity Rating Scale (CSSRS) and completes recommendations for level of risk.

Interventions-
Nurse Checks
Loss of personals
Scar assessments
Sterile Room for Sleep
Scrubs
Head and hands visible at all times.
Sleep in hall or RTI room
No going off campus

Therapy

Therapy Modality

At Perimeter Behavioral of Missouri, we believe in meeting each youth where they are, recognizing that every individual's journey is unique. With this in mind, we utilize a variety of evidence-based therapeutic modalities designed to address the specific needs of our residents. Our primary approaches include Trauma-Focused Cognitive Behavioral Therapy (TFCBT), Dialectical Behavior Therapy (DBT), and Cognitive Behavioral Therapy (CBT), all of which are integral to the care we provide.

Trauma-Focused Cognitive Behavioral Therapy (TFCBT):

- TFCBT is a specialized approach that helps youth process traumatic experiences and their emotional impact. It combines trauma-sensitive interventions with cognitive behavioral techniques to reduce trauma-related symptoms. In practice, TFCBT involves working with youth to identify harmful thought patterns, explore feelings linked to trauma, and develop healthier coping strategies. The focus is on creating a safe space to address trauma while promoting resilience and healing. TFCBT language is a key

part of our staff training and group discussions, ensuring consistency in trauma-informed care across our facility.

Dialectical Behavior Therapy (DBT):

- DBT is centered on helping individuals manage difficult emotions and build healthier relationships. This approach is particularly useful for those struggling with intense emotions, self-harm, or impulsive behaviors. DBT emphasizes the balance between acceptance and change, offering skills in mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. At Perimeter, DBT principles are incorporated not only in individual therapy but also in group settings and staff training, ensuring that our youth are supported in managing their emotions both inside and outside the therapeutic environment.

Cognitive Behavioral Therapy (CBT):

- CBT focuses on identifying and challenging unhelpful thoughts and behaviors that contribute to emotional difficulties. Through CBT, youth are guided to recognize negative thought patterns, understand their impact on emotions and actions, and develop more constructive ways of thinking and responding. This therapy is highly effective in treating anxiety, depression, and other emotional challenges by equipping youth with tools to change their thought processes and behaviors.

By utilizing these evidence-based modalities, Perimeter Behavioral of Missouri aims to provide holistic and individualized care that supports each youth's emotional and mental well-being. Whether through staff-led groups or individual sessions, our therapeutic approach is rooted in creating a safe, structured, and supportive environment that empowers our residents on their path to healing and growth.

Individual Therapy

All residents will be afforded the opportunity to participate in individual therapy sessions a minimum of once per week. Sessions will focus on achieving the goals and objectives outlined in the residents individualized master treatment plan. Individual therapy sessions will be 60 minutes in length unless the therapy sessions are divided into smaller increments of time in efforts to provide additional support to the resident.

Locations for Therapy:

Therapy sessions may occur in one or more of the following locations: primary therapist office, outside, on the milieu, or other available office space. In the event a resident or resident's peers on the milieu are engaging in unsafe behaviors, individual therapy sessions will occur on the designated milieu and/or in the presence of an additional staff member until the resident and/or milieu presents to be safe and stabilized.

Family Therapy

Families play a key and essential role in the treatment of our residents. Family therapy is vital to the continued growth and success of your child. Opportunities for family therapy will be provided at least two sessions per month for a period of 60 minutes in length when determined clinically appropriate. Family therapy can take place in person, or via online video through a safe and secure internet source. Unless otherwise specified family therapy sessions are for the primary attachment figure intended upon discharge from this facility. Family therapy must be approved by the legal guardian.

During family therapy sessions, the focus should be on working towards meeting the goals and objectives outlined in the resident's master treatment plan. There are circumstances however, in which family therapy sessions may be postponed, held without the presence of the resident, or stopped altogether. Such circumstances may include the following.

- It presents to be unsafe for the resident, care giver or family.
- The family or caregiver presents to be enabling "OR" obstinate in their actions towards the resident and potentially hindering the progression of the resident's treatment.

- The resident presents to be unsafe or dysregulated during the time of scheduled for family therapy.

Group Psychotherapy

All residents will be afforded the opportunity to participate in a psychotherapy group throughout the week. Participation in group psychotherapy sessions creates opportunities for interpersonal learning by receiving feedback from peers and experimenting with new ways of relating while providing a safe setting for accountability.

Safety & Stabilization:

- Safety and Stabilization is a priority. In this event, it is deemed unsafe to facilitate a group. The group may be canceled then facilitated upon the safety and stabilization of the group participants.
- Residents who are engaging in unsafe behaviors prior to or during the scheduled group will not be permitted to attend group or will be asked to exit the group to maintain the safety and stabilization of the group.

Resident Handbook Acknowledgement

My name and Signature acknowledge that I have accessed the latest edition of the Perimeter Behavioral of Missouri Resident Handbook. My Signature also indicates my understanding that the information contained in the resident handbook is official Perimeter policy.

Parent/Legal Guardian Printed Name Date

_____

Parent/Legal Guardian Signature

_____

Residents Printed Name Date

_____

Residents Signature

_____