

## *Episode 12 - RTT Series – Structures and Structural Interventions*

This podcast delves into the fundamental structures of residential treatment programs and the concept of structural interventions. While theoretically residential treatment could customize programs for each individual, practicality dictates the need for a standardized framework designed to meet the overall needs of a group of kids.

The concept of program structures includes physical aspects like room configurations and the flow of rooms, as well as how clients are allowed to move throughout a program. Other major structures are elements such as the daily schedule, analogous to a class schedule in school. Additionally, program structures include rules, expectations, and traditions that govern clients' interactions and behaviors.

Structural interventions are adjustments made within these structures to positively influence resident behavior. These can range from changing room arrangements to introducing rules or schedules.

A really important program structure involves maintaining clean and organized bedrooms. This greatly determines how others judge the effectiveness and professionalism of a program. It also greatly influences kids' cognitive organization and their physical safety.

Personal cleanliness, really basic hygiene routines are also critical, and different levels of structure may be necessary for different children and treatment populations.

The concept of "key staff" is introduced, wherein a specific staff member is assigned to work closely with individual residents, addressing their unique needs and fostering a supportive relationship. This structure facilitates oversight tasks, communication with parents, and helps nurture a sense of care and stability.

The podcast concludes by emphasizing that the effectiveness of structures and structural interventions relies on their enforcement. The next episode is set to delve into the art of setting limits in a therapeutic manner.