

Child Study & Treatment Center

Transforming
Lives

CSTC stands as Washington state's sole state-operated and funded psychiatric hospital caring for children and youth aged 5 to 17. Situated in Lakewood, WA, our campus offers a 65-bed capacity facility and more than 180 staff providing a secure haven for young people with complex psychological and safety needs that extend beyond their community's resources.

Tailored Programs for Diverse Needs

At CSTC, we've structured our facility into four distinct cottages, each designed to meet specific age and developmental requirements:

- **Camano Cottage:** Caring for children aged 6 to 11.
- **Ketron Cottage:** Serving children aged 12 to 14.
- **Orcas Cottage:** Focusing on youths aged 14 to 18.
- **San Juan Cottage:** Designed for forensic and civilly-committed youths, aged 14 to 18.

Established
in 1961

Holistic Treatment Approach



Our comprehensive therapy program encompasses a range of therapeutic options, including individual, family, and group therapies, as well as recreational activities. Each young person under our care benefits from a personalized treatment plan crafted by a skilled multidisciplinary team, featuring psychologists, psychiatrists, social workers, nurses, recreational therapists, and psychiatric child care counselors. Families and guardians play a vital role in the process, participating in a weekly dialectical behavioral therapy skills group and a quarterly multiday retreat, ensuring that both youths and their caregivers acquire new skills to ensure success upon reintegration into their communities.

Patient Demographics

As of December 2022, our patient population numbered 81, with 57% aged between 13 and 17, and 43% between 6 and 12. Ethnic diversity was represented by 37% Black, 25% Hispanic, 15% Native American, and 31% White Non-Hispanic patients.

The percentages may not add to 100% as some clients identified as more than one race/ethnicity.

Impact and Reach

In fiscal year 2022, we served 81 patients; we admitted 47 patients and discharged 42. The average length of stay is 10 to 12 months. Our fiscal year 2022 operating budget stood at \$20,020,700, underscoring our commitment to delivering exceptional care and assistance to the young individuals entrusted to our center.



Washington State
Department of Social
& Health Services

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Treatment & Programming

- **Treatment Goals:** Enhance functioning, reduce symptoms, support healthy development, and foster long-term success.
- **Cottage Programming:** Integrating evidence-based practices for effective care, including:
 - Cognitive behavioral therapy
 - Exposure and response prevention
 - Trauma focused-CBT
 - Family therapy
- **Professional Trainees Program:** Partnerships with local universities offer training in psychiatry, psychology, social work, nursing, and more, enhancing CSTC's clinical programming and staff recruitment.



Recreational Therapy & Programming



- **Recreational Therapy:** Aims to help patients achieve goals through social skills, fitness, and independent living skills. Initiatives:
 - New fitness program for each cottage (2x/week)
 - Expressive arts integration (poetry)
 - Adventure therapy expansion (camping, backpacking, family trips)

Staff & Patient Safety

- **Enhanced Training:**
 - Nonviolent Crisis Intervention® 2nd Edition with Advanced Physical Skills (3-day training)
 - Dialectical behavioral therapy for direct care staff
 - Advanced crisis intervention training for crisis prediction, prevention, and de-escalation

Facility Improvements

- **Seclusion room upgrade:** Oak Grove Elementary School
- **Ligature reduction:** Enhancing safety in cottage common areas
- **Low stimulation areas:** Expanding and improving at Ketron and Orcas cottages
- **New multi-purpose facility:** Planned for family and professional visits, staff training, and admin expansion.

