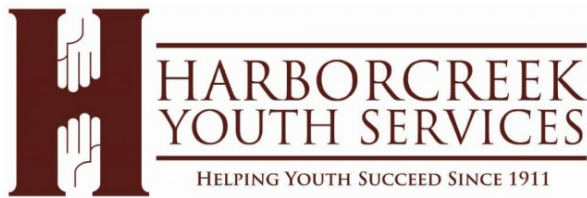




About Harborcreek

Harborcreek Youth Services has been caring for the boys of Pennsylvania since 1911 when it was created to be a home for youth too old to remain in orphanages. Today, Harborcreek is a psychiatric residential treatment facility for young men aged 10 to 18, **providing a structured and nurturing environment where skilled professionals provide the opportunities for success.**



Working With Ukeru

When Ukeru met the incredible people at Harborcreek, they already had a Developmental Trauma Treatment Model which **recognizes the impact of complex trauma on a youth's development,** acknowledging that a child may experience difficulties in emotional, behavioral, cognitive, and even physical development that can interfere with necessary growth and change. Even with this model in place, the use of physical restraint was their only tool to utilize when all other alternatives had failed. They began to see the negative effects of restraints and wanted something new. Enter Ukeru!

"Staff do not want to put their hands on a client. Ukeru gives them another opportunity to provide safety and prevent re-traumatization of the client."

SHARON MCDEVITT
Harborcreek Youth Services, Assistant Residential Director

Working with Ukeru

Sharon McDevitt, Assistant Residential Director at Harborcreek, said: "Hearing about Ukeru's hands-off approach utilizing blocking pads gave us hope that we could reduce our restraint numbers and help make our clients feel safe during their most difficult times. Ukeru further supported the commitment we had already made to reduce our restraints. It was the additional tool we had been seeking."

Steps to Success

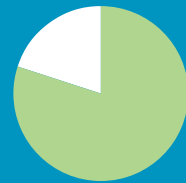
- Initially trained **8 staff members**
- Group meetings to discuss Ukeru implementation
- Held a day of learning to **showcase Ukeru to client & families**
- Conducted incident reviews each week to ask the question **"Was it preventable?"**

Results

- 69% decrease in Emergency Safety Physical Intervention (ESPI)
- 82% decrease in acting-out behaviors
- Better client/staff relationships
- Parents report positive results
- Ongoing Ukeru training for new staff
- Clients became empowered in their own treatment

"We continue to emphasize Ukeru as the 'go-to' de-escalation technique."

SHARON MCDEVITT
Harborcreek Youth Services, Assistant Residential Director



82%
Decrease in
Acting-Out



Clients
Empowered in
their Treatment



Parent
Satisfaction