



Mingus Mountain Youth Treatment Center

Located in the beautiful Prescott Valley, AZ, Mingus Mountain Youth Treatment Center serves adolescent females ages 12-17 in both an inpatient and residential setting. They strive to provide the highest quality of comprehensive behavioral health and education services for at-risk adolescent girls from Arizona and across the nation. They do this by providing a safe, structured, and nurturing environment combined with a trauma-informed approach to their individual treatment needs.

Their impressive treatment program combines relational engagement, caring and well-trained staff, careful medical treatment, individualized psychotherapy and education and various activities (including an equestrian program). They pride themselves in their ability to treat and motivate their clients toward a positive, healthy future resulting in long-term success for them and their families.

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Ukeru has truly brought trauma-informed care to Mingus. It has provided me with the tools and techniques to successfully manage challenging behaviors. Nonviolent de-escalation techniques with Ukeru equips me and my team members to avoid going hands-on and allows our youth to utilize their coping skills when they are escalated.

Leah Fields
Direct Care Staff



MINGUS MOUNTAIN
YOUTH TREATMENT CENTER

Looking for Solutions

Prior to Ukeru, Mingus Mountain recognized a need to minimize restrictive practices. Their Executive Director, Shaun Mohon, reflects “Outdated practices that included ‘one size fits all’ treatment interventions were causing much risk and delaying or stopping treatment progress.”

They were searching for a tool that promoted safety for all. It was essential to them for staff to feel physically and psychologically safe, in order to invest in their job and treatment. Thus, Ukeru’s hands-off, trauma-informed approach appealed to them as a partner.

Working with Ukeru

Mingus Mountain began working with Ukeru in late 2019, prior to the pandemic. They were strategic in their implementation, making sure that staff knew that this was an initiative to keep them safe. Staff introduced Ukeru blocking equipment to the clients by pairing it with an activity they enjoyed. “Every pad at Mingus is painted. You will be pressed to find a blank, boring one. Our clients integrate with Ukeru by using them for painting murals, sitting on them during group or using them as extra cushion in their school desks” Mohon proudly shared.

To further support their efforts, they utilized the Ukeru team for training, consultation and support, while also holding micro-trainings of their own to build staff’s confidence and competency. They focused on embedding Ukeru’s philosophy of Comfort Vs. Control into their organizational culture. “When staff feel unsafe they often become restrictive. We needed to shift their neural pathways towards meeting the needs of clients in crisis, rather than restricting them” Mohon shared.

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Staff feel encouraged when they can identify ways that the Ukeru curriculum and blocking can help support them in a crisis.

Shaun Mohon

Executive Director

Results

77%

**Staff injury
reduction**



**Culture
shift**

86%

**Restraint
reduction**

The results have been astounding. Not only have they transformed their culture into one that is comforting and treatment-based, they have accomplished exactly what they set out to do - increase staff safety and reduce restrictive practices. They have drastically reduced the use of restraint by 86% and reduced staff injuries by 77%.

Mohon excitedly shared, **“Staff feel encouraged when they can identify ways that Ukeru curriculum and blocking can help support in a crisis.”** Mohon continued by sharing feedback they’ve received from clients and their families, “Clients generally state that Ukeru helps them calm down. Families have stated that they appreciate the patience and willingness from staff to de-escalate first rather than going hands-on, which has really helped their child.”