

# ECHO

Education, Change, Health & Opportunity

ECHO (Education, Change, Health and Opportunity) is a fully accredited, residential treatment program for adolescent males who have sexually abused and remain at high risk to commit further offenses.

The program is unique in offering strengths-focused, competency-based treatment within a holistic context that addresses the individual needs of each adolescent without minimizing the issue of abusive behaviour, and supports the adoption of an abuse-free lifestyle.

The ECHO program benefits from Peel Children's Centre's more than 20 years of experience delivering high quality residential treatment programs, as well as its specialized expertise in sexual abuse treatment.

ECHO's multi-disciplinary treatment model brings different clinical perspectives together to enhance staff's ability to understand the youth's issues, enriching staff's capacity to develop treatment plans that lead to positive change. The highly qualified staff have clinical expertise in social work, child and youth counselling, individual and group therapy, family therapy, behaviour management, psychology and psychiatry.

The ECHO program is available to Peel residents at no charge, and to residents from outside of Peel Region on a *per diem* basis.

## Education

Most ECHO residents begin their educational programs on-site in Day Treatment classrooms that offer a small, self-contained academic setting that is nurturing and positive. The educational program is delivered in partnership with the local district school board, which provides a certified teacher with specialized training to work with youth experiencing mental health challenges. Each ECHO youth has an Individual Education Plan designed to meet his unique learning needs. The teacher and day treatment and residential counsellors work closely with the student to help him prepare for successful reintegration—academically and socially—into a mainstream school.

## Change

ECHO utilizes a multi-disciplinary treatment model that is based on individualized needs. Each client has his own "treatment" team that includes a Child and Family Clinician as well as a Day Treatment Counsellor and a Residential Counsellor. Other members of the team include a Psychologist, a Psychiatrist and clinical supervisors. Youth engage in individual and group treatment to:

- Develop and implement safety plans
- Identify triggers for sexually abusive behaviour
- Learn healthier coping strategies
- Learn about healthy sexuality
- Learn appropriate social skills and behaviours.

Treatment includes family-focused therapy when appropriate.

## Health

At ECHO, participants are offered a safe, healthy environment that is well supervised yet respectful of their privacy. A breadth of expertise is available to promote and support the learning and practicing of new skills within a safe, accepting and supportive environment, helping to prepare participants for a successful integration back into the community. Each youth has his own private room and shares common living space and other amenities on campus.

## Opportunity

Fostering social growth is an integral component of treatment at ECHO. As part of their treatment plans, youth are encouraged to participate in a range of extracurricular activities. With support from staff, youth prepare a weekly schedule of activities that are based on their areas of interest. Activities combine indoor and outdoor options, including:

- formal and informal team sports
- participation in community groups
- extracurricular, religious, cultural and educational pursuits.

Participants experience a variety of community settings where they have the opportunity to apply social skills, appropriate behaviours and safety plans. By focusing on these areas and utilizing individual and family strengths, ECHO prepares the youth to reintegrate successfully into their communities.

It's about HOPE

## It's about HOPE

### Admission

A referral to the ECHO program begins with a telephone call to the Sexual Abuse Treatment Program at **905-795-3500**. Next steps may include:

- Review of relevant documentation by a multi-disciplinary team
- Completion of an intake
- An assessment
- A tour of the ECHO and Day Treatment facilities.

Following admission, each youth is assigned his own multi-disciplinary treatment team.

### After-Care

Post-discharge support is available to youth and care-providers so that youth are able to maintain the changes they worked so hard to achieve.



Hope for the future ...

An abuse-free future is a realistic possibility for youth who commit themselves to doing the necessary work.

We can help!

05-10

For more information about the ECHO Program and Peel Children's Centre, please contact us at:

**85A Aventura Court  
Mississauga, ON L5T 2Y6**

☎ **905-795-3500**

☎ **905-696-0350**

[www.peelcc.org/services-for-professionals/prof-echo](http://www.peelcc.org/services-for-professionals/prof-echo)



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CHILDREN'S CENTRE

*A multi-disciplinary  
residential treatment  
program specializing in  
services for adolescent  
males who have  
sexually abused*

It's about  
**HOPE**



**The  
ECHO  
Program**