

Group Residential Treatment Facility

Program	Youth Demographics	Contact Information
Hughes Center	Males and Females 10-22 Virginia	https://thehughescenter.com Phone: (434) 836-8500

The Hughes Center offers a 56-bed residential treatment program for males and females, ages 10 – 22, who have been diagnosed with an Intellectual Disability and/or Autism Spectrum Disorder, and who are experiencing significant social and behavioral difficulties within the home, school, and community environments. Various evidence-based practices and educational strategies are utilized with the intent to increase each resident’s level of functional independence. The program also addresses the management of medical conditions and challenging behaviors that are often associated with Neurodevelopmental Disorders.

Our team works diligently to challenge residents to apply learned skills within new environments and situations; and to maintain functional use of these skills when they return to their homes or other community-based settings.

Additional Program Features Include:

- Highly structured treatment environment with specific emphasis placed on predictability, routines, and visual schedules (principles of Applied Behavioral Analysis)
- Functional Behavioral Assessments (FBA) & Behavioral Intervention Plans (BIP)
- Individual / Group / Family Therapy
- Social Skills Training & Development
- IEP Services
- Psycho-education & Training for Parents / Caregivers
- Cognitive Behavioral Therapy (CBT)
- Trauma-Focused CBT
- Dialectical Behavioral Therapy (DBT)
- Play Therapy
- Medication Management
- Weekly Psychiatric Consultations (as needed)

Evidenced Based Practices

- CBT
- DBT
- Play Therapy