



— SPARK —  
**BALANCE**



## ADMISSION CRITERIA

### CLINICAL PROFILE

#### **Some form of neurodevelopmental disorder**

- Autism or closely related symptom cluster
- Learning disorders or Nonverbal Learning Disorder
- Other Neurodevelopmental Disorder Unspecified
- Average to high IQs (80+) but may have lower Processing Speeds or Working Memory
- ADHD

#### **Many students have secondary mood or dysregulation issues**

- Generalized Anxiety or Social Anxiety
- Persistent Depressive Disorder
- Executive Functioning Deficits including impulse control issues
- Easily overwhelmed or dysregulated, trouble with self-regulation

#### **Usually has a social/emotional deficit involved**

- Has trouble making and keeping friends, not knowing how they fit in
- Difficulty taking the perspective of others
- May be diagnosed with PTSD or Reactive Attachment Disorder
- May have some form of gender dysphoria or sexual questioning

**Send inquiries and information to**  
[SparkAdmissions@heritagertc.org](mailto:SparkAdmissions@heritagertc.org)

#### **History of maladaptive coping strategies (intense fight/flight/freeze responses)**

- Self-harm
- Elopement
- Addictions including sexual and technological
- Anger
- Defiance
- History of eating disorder or disordered eating
- Suicidal intent, threats, or attempts
- Lacks ability to appropriately self-advocate

#### **CONDITIONS RESTRICTING ADMISSION:**

- Younger than 12 or older than 17.75 years old
- Assigned female at birth
- FSIQ below 65
- Sexually acting out behaviors
- Acute psychotic disorders
- Disease, illness or injury requiring follow up during stay
- Primary substance use disorder or detoxification required
- Primary eating disorder

#### **CONDITIONS CONSIDERED ON A CASE-BY-CASE BASIS:**

- ASD Level 2
- FSIQ between 65-80
- Violence outside of the family system
- Frequent elopement behaviors
- Self harm behaviors
- History of suicide attempt
- History of psychotic disorder
- Chronic diseases/illness
- Medical complexity
- Disordered eating