

Youth Rehabilitative Services

Summary of Programs & Services

January 4, 2016



Core Principles

- Base supervision, service, and resource allocation decisions on the results of validated risk and needs assessments.
- Adopt and effectively implement programs and services demonstrated to reduce recidivism and improve other outcomes, and use data to evaluate the results and direct system improvements.
- **Employ a coordinated approach** across service systems to address youth's needs.
- Tailor system policies, programs and supervision to reflect the distinct developmental needs of adolescents.

Positive Achievement Change Tool (PACT)

Designed to:

- Determine the youth's risk for re-offending
- Identify criminogenic needs and protective factors
- Prioritize needs so case managers understand how to reduce a youth's risk to reoffend
- Highlight areas which may indicate need for further mental health or substance abuse evaluation



Community Services/MST

Intensive, comprehensive community-based
therapeutic intervention model

Cognitive Therapy for client and their families
– especially recommended for families with
other children beyond the offender

Intervention strategies integrated into a social
ecological context

Structural family therapy



Community Services/FFT

Functional Family Therapy (FFT): FFT is a family-based therapy approach that provides treatment for youth offenders (and their families) between the ages of 10 and 17 and are primarily demonstrating disruptive externalizing behaviors (e.g., attention deficit hyperactivity disorder, oppositional defiant disorder, conduct disorder, etc.) that lead to delinquency, violence and drug abuse and other negative manifestations.



Community Services Family Support Program

Family Support Program (ISB only): While the youth is in residential ISB treatment, the primary Family Support therapist works collaboratively with the residential therapist, the PBH worker and the Delaware probation officer in an effort to assist the youth and the family with reducing maladaptive behaviors.

Community Services/Family Support Program (continued)

Following residential treatment, provide assistance with reintegration, promoting relapse prevention and pro-social behaviors for 6 months.

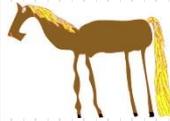
Include family and individual sessions, parent groups, aftercare group therapy with other ISB youth, as s/he returns to live at home.

Step-down Services through a state run RTC.

DFS foster home placement - the therapist is able to provide education regarding sexual offending issues and safety to foster parents. Crisis services are provided 24/7 as needed.

Ferris School & Residential Cottages





Equine Therapy

- Develop an understanding of thinking and behavior patterns
- Explore alternative, positive choices in an experiential manner
- Licensed Mental Health Clinician and an Equine Specialist
- Requires participants to take initiative, make decisions and be accountable for results.



Student Warriors Against Gangs & Guns (SWAGG)



- **Gun and Gang Violence Prevention Program (based on the Phoenix Curriculum) - DCJ**
- **An evidence-based gang prevention and intervention program. Used by juvenile justice agencies and facilities across the country.**
- **Helps youth address the risk factors underlying gang recruitment and gang involvement, and aims to provide youth with decision-making skills.**



Trauma Grief Component Therapy for Adolescents

TGCT-A is an evidence-based group treatment program

Designed to reduce posttraumatic emotional and behavioral reactivity improving youth's pro-social skills

Delaware Division of Prevention and Behavioral Health (PBH) staff administer the program at Ferris School over a 16 week period.



Opportunity to Change

Licensed Drug & Alcohol Treatment Program

16 core sessions

Impact on cognitive functioning and decision making

Psycho-education and process groups

Linking violent crime and incarceration with substance
abuse

Intensive Family therapy sessions with counselors

Thinking for a Change



**T4C - A widely utilized program nationwide – Ferris
and Residential Cottages**

**A cognitive behavioral curriculum geared towards
helping youth develop social and problem solving
skills**

Consists of 24 sessions of groups - 10 youth

Aggression Replacement Training (ART)

- *Helps youth develop individual competencies to address emotional and social aspects that contribute to aggressive youth behavior.*
- *Rated “Effective” by the Office of Juvenile Justice and Delinquency Prevention.*
- *Youth learn how to control their impulses and consider perspectives other than their own.*

Growing Great Girls



Focuses on expanding girls' capacity and health across six developmental domains including physical, sexual, emotional, relational, intellectual, and spiritual.

The core values of protect, respect, and connect are woven throughout to provide a guide for decision making.

The curriculum is strength-based, holistic, and designed to guide girls through a dynamic experience by gaining practical skills, critical thinking skills, and self-discovery.

Second Chance K-9 Program

***Partnership between Faithful Friends
Shelter***

***State Department of Animal Control
and YRS.***



Secure Care Programming

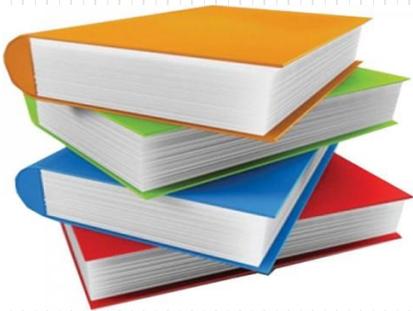
Kind to Kids (Life Skills)

Delivers Life Skills Education Programs to at-risk youth.

- *Small group intense instruction*
- *Two teachers for ten students*
- *Interactive instruction*
- *Engaging Classes*
- *Program cycles of 10 classes*



Kind to Kids 10 skill areas



Decision Making & Goal Setting

Budgeting & Money Management

Job Readiness & Employment

Daily Living & Self Care

Housing & Home Care

Education

Career Planning

Drug and Alcohol Prevention

Violence & Suicide Prevention

Communication & Conflict Management



Questions?



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