



Therapeutic Offerings

Personal Development Curriculum

The YSA Personal Development course is provided to youth at the ACT program 3 times per week. This intervention has been through the Standardized Program Evaluation Protocol (SPEP) process, which provides a framework to ensure that service delivery and protocols meet or exceed recommendations. The curriculum is structured to provide a dosage of 45 hours, and duration of 16 weeks, for the service of Social Skills Training. This exceeds the target dosage and meets the target duration requirements. In addition to Social Skills Training, students participating in Personal Development also receive school credits on a pass/fail basis.

In addition to **BARJ** components, the primary focus is the identification, understanding and restructuring of **thinking errors** and subsequent **pro-social skills development (skill streaming)** in a variety of settings. This course delivers social skills training as an intervention to address the dynamic criminogenic risk factors including attitudes/orientation (thinking/beliefs), personality/behavior, and substance abuse. Several different evidenced informed curricula are utilized to address these areas. All classes are facilitated by a bachelors' level counselor.

Anger Management Program

YSA's ACT program offers an anger management intervention designed for youth with more substantial anger issues. The anger management program is a group modality and facilitated by a master's level clinician. Group meets several times per week.

This evidenced informed curriculum incorporates components of:

- Cognitive Behavioral Therapy
- Skill development and practice of anger control techniques.
- Moral reasoning and values; internalized understanding of cognitive distortions.

Trauma Counseling-Individual

Individual trauma counseling is provided on site by the Victims Resource Center for clients who have been victims of physical abuse, sexual abuse, or a crime at any point in their lives. VRC counselor/advocate assesses each victim's needs and provides counseling and support on site weekly. There are no additional qualifications to receive this service and all interventions are free and confidential.

Individual Counseling

Clients meet with a master's level clinician or Bachelors level counselor weekly, based on needs presented. Common reasons for referral include grief counseling, stress management, self-esteem building, decision making, coping skills, and adjustment to placement concerns. Additionally, crisis intervention counseling is offered whenever a client is experiencing a mental health crisis or just needs more support. If indicated, a client will be taken to the Emergency Room to be assessed by the crisis team for behavioral health inpatient stabilization.

Family Therapy

Bringing the resident and their parent/guardian together to work on issues and conflict is a critical therapeutic component for many clients. Family therapy is offered in-person, or through videoconference or teleconference and is conducted by a master's level clinician. Family sessions target establishing or reestablishing healthy communication practices, defining roles, boundaries, rules, and expectations, and reducing risk-taking behavior. Homework and practice are frequently used to reinforce skills and ideas discussed during these sessions.

Gender Specific Programming

The ACT program at YSA provides gender specific groups to all youth utilizing Once Circle Foundation's curricula for both boys and girls. *"These gender-responsive circle models and interventions are designed in evidence-based principles and practices, incorporating Motivational Interviewing, Cultural Responsivity, Strengths-Based approaches, and Trauma-Responsive practices. "GIRLS CIRCLE: Addresses conditions and risks and builds on protective factors.... THE COUNCIL FOR BOYS AND YOUNG MEN: Promotes a healthy passage through pre-teen and adolescent years..."* The gender responsive programming incorporates structured therapeutic activities to develop pro-social skills and competencies for their futures lives as functional members of the community.

The YSA clinical team act as facilitators for these groups, which meet 1-2 times weekly for a minimum of 10 weeks. Our facilitators have been trained by One Circle Foundation to improve program delivery and fidelity.

Drug and Alcohol Intensive Education Interventions

Youth in need of drug and alcohol interventions participate concurrently in all services at the ACT program while receiving additional Intensive Drug and Alcohol Services interventions.

Intensive D&A services are offered in 60, 90 and 120 day tracks, and include group and individual sessions weekly. The 90 and 120 day tracks are targeted towards adolescents requiring an increased scope of drug and alcohol intervention, but who are not appropriate/eligible for drug and alcohol treatment in an inpatient setting. Placement in each track is based on referral/recommendation from the placing agency, and often includes additional interventions such as anger management and family therapy.

Treatment begins with an individualized drug and alcohol evaluation. The **SASSI™** assessment is utilized along with an interview to assess clients' needs. A service plan is developed from the evaluation. Clients successfully completing the program will receive a certificate of completion as a representation of their personal progress, as well as an individualized discharge summary and aftercare recommendations.

12-Step Awareness

The 12-step awareness group is designed to assist those who are actively seeking to maintain their sobriety. It is facilitated by a Drug and Alcohol Specialist or masters level clinician and meets weekly. Group members gain exposure to the 12 step process and are encouraged to support and gain strength from one another.