

During Reception/Assessment: **Preparation for treatment program resources** (including gang decision element)

Core A Program

130-session model
Stages of change-based
Motivational Interviewing
CBT
Emotional Intelligence
Problem Solving
Gang intervention
Coping Skills
Risk Factors
Protective Factors
Transition

Core B Program (MAV) 50-session

cycle -skills development model
(repeats) - MAV 50-Card skill set



Monthly case conference to review progress.. If issues below are noted, specific programming to be provided.

Stuck in
earlier stage
of change (i.e.
precontemp.)

Supplemental - "Jumpstart"

Core C1 (Precontemplation resource)
MI Counseling (1:1)
Option to recycle

Intensive
program
need?

Gang involvement (need levels 1,2,3)

Aggression and violence (")

Substance Abuse

Sex Offender Programming

Additional CBT (Core C2)

Other:

Mental
Health
need?

Anxiety (need levels 1,2,3)

Depression (")

Self-harm

Core MH model (Rikers Island model)

Conduct

Other:

Extended
stay
resources

ES Program

Extended stay
resources - includes
Core C2 (CBT)

Post-release documentation

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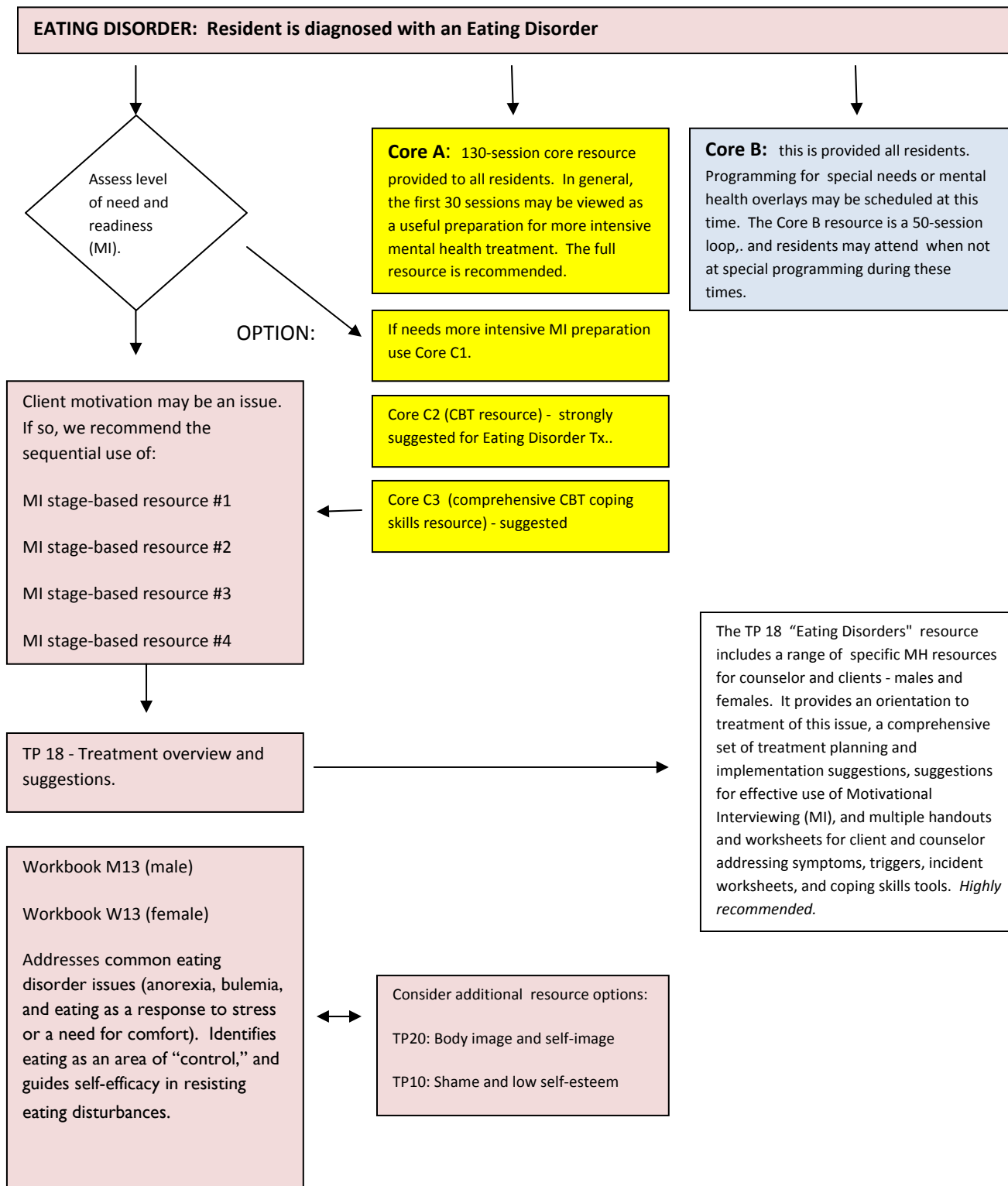
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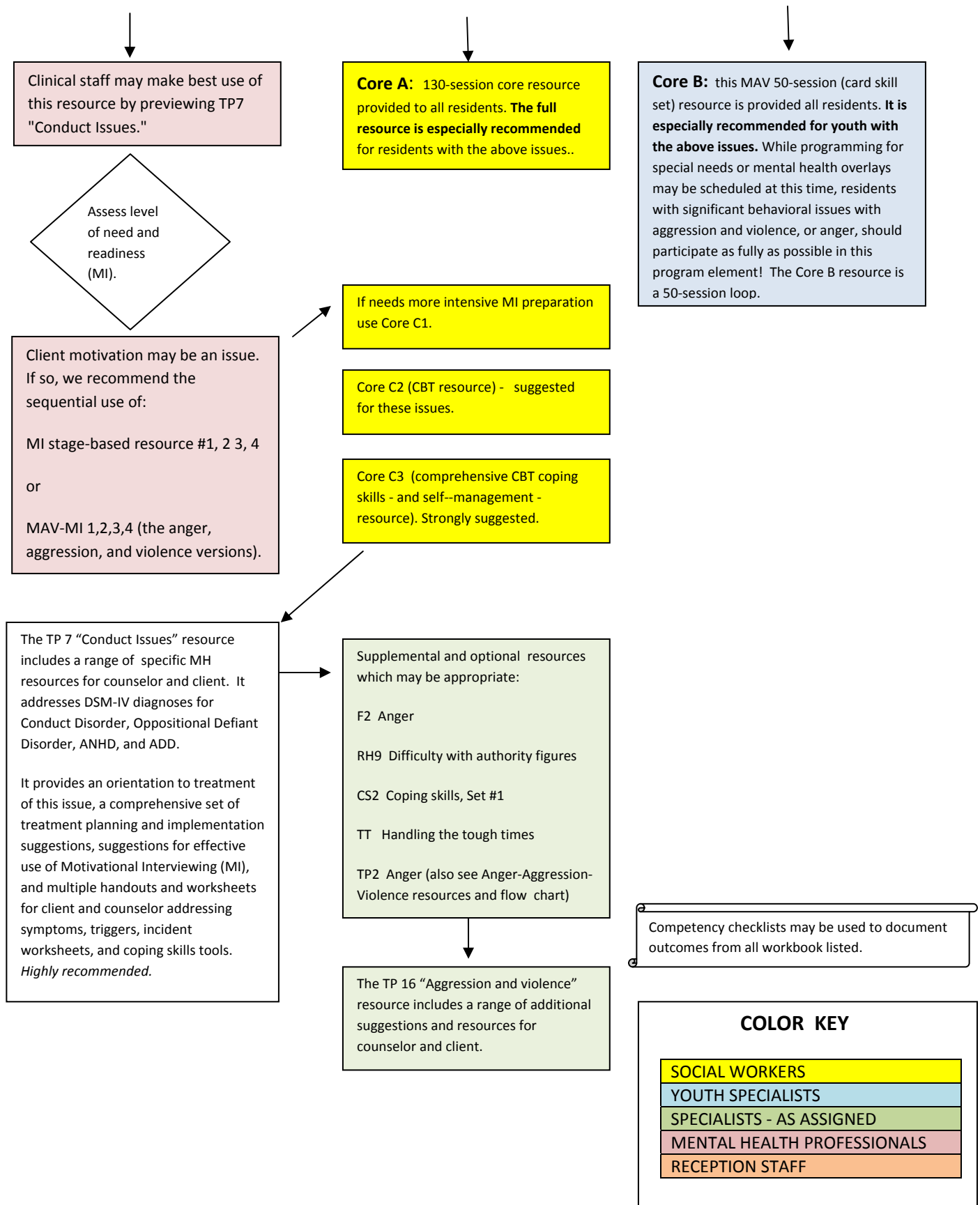


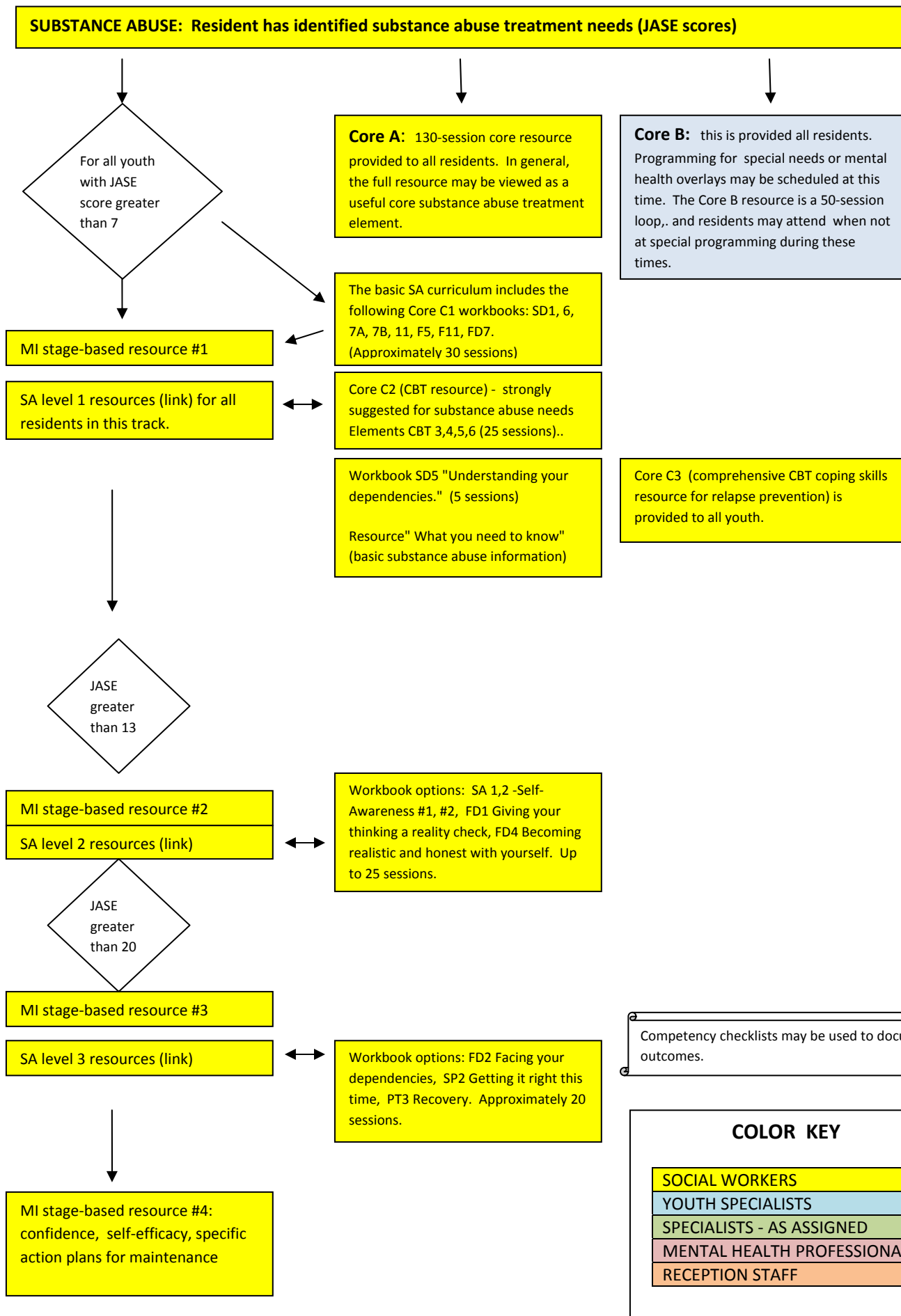
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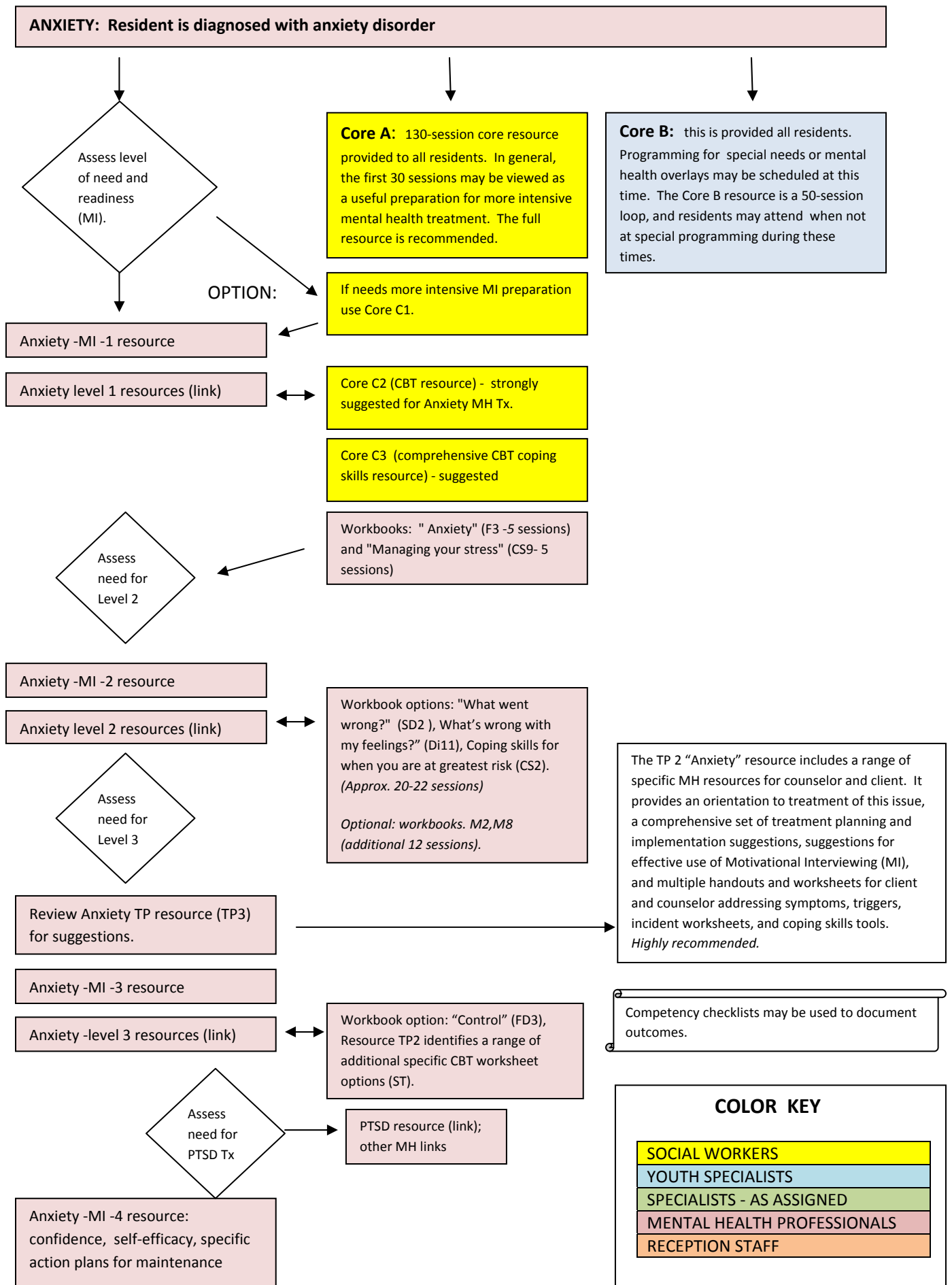
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CONDUCT DISORDER, OPPOSITIONAL DEFIANT, & ADHD/ADD DIAGNOSES

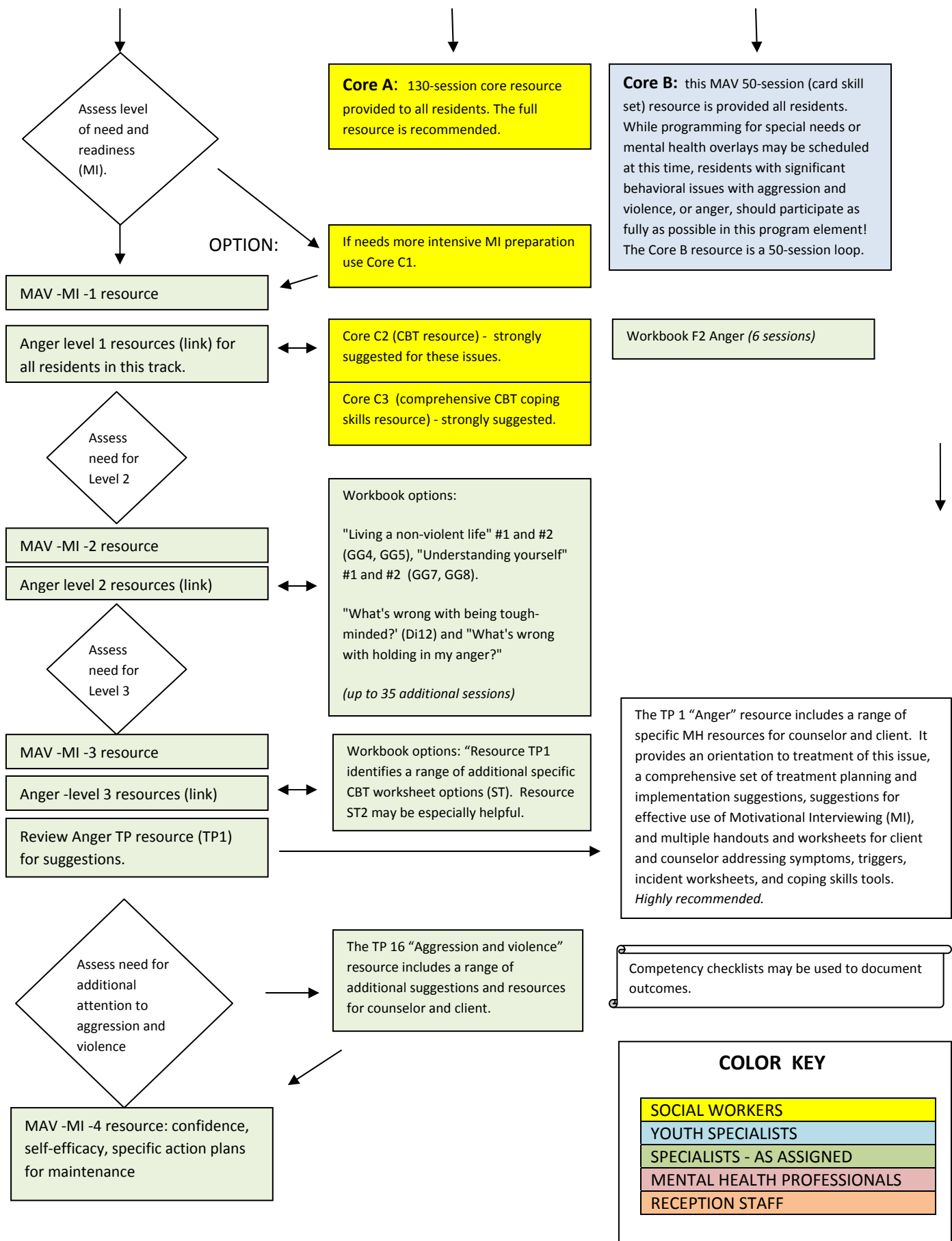
This resource may be used in two ways: (1) in sequence with the Anger/Aggression/Violence resource, and (2) as a stand-alone resource. The chart below is based only on option #2 (above)







ANGER, AGGRESSION, AND VIOLENCE: special programming for residents with these issues



SUPPLEMENTAL ISSUES - RESOURCES

If client motivation is an issue, consider the sequential use of:

MI stage-based resource #1

MI stage-based resource #2

MI stage-based resource #3

MI stage-based resource #4

Body image and self-image (TP20. Male/female versions available.)

Links to workbooks: M12/W12, W11

Shame and low self-esteem (TP10). Addresses several sources of shame and low self-esteem.

Links to workbooks: F5g, Di 2, Di3, Di4, Di6, Di7, FD1, FD5, SP1, SP2, M2/W2, ST5, W11 (also ST series)

Codependency (TP4) - addresses various forms of codependency, links to several workbooks (male/female)

Links to workbooks: Di2, Di3, Di4, Di8, M2/W2, FD3/W3, FD2, FD3

Abandonment/neglect (TP3) - addresses a range of Childhood issues.

Links to workbook: F8 (Hurt). Also consider workbooks: F5g, M7/W7, RH12 (males), W8

Handling difficult feelings (TP14) - Designed for use with dual diagnosis clients and adolescents who have difficulty identifying and dealing appropriately with feelings, including confusion and emptiness.

Links to workbooks: F1, F4, F6, F7, F8, F9, F10, FD4, Di11, TT, CS10.

Compulsive gambling (TP19) - addresses gambling issues (male/female). Comprehensive workbook provided.

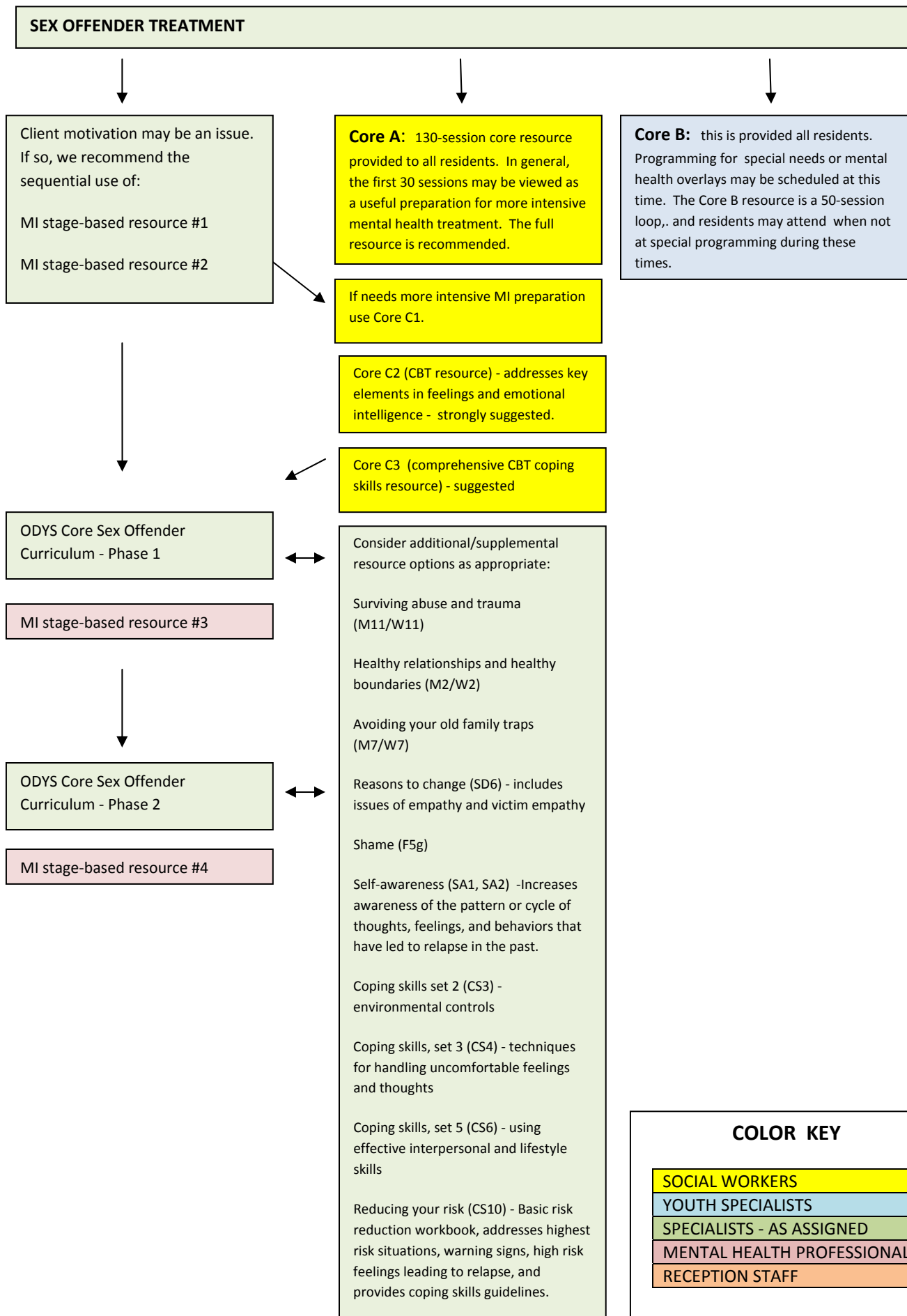
Workbook. Reducing Consequences (SD10). Basic harm reduction workbook, helps clients identify the consequences of their behaviors and examine their readiness to reduce their substance abuse. This can be a critical first step towards abstinence.

Workbook: Helping Treatment Work (Tx1). Treatment adherence workbook, primarily for clients with medical issues.

Workbook: Treatment adherence 2 (Tx2). Treatment adherence workbook, primarily for clients with medical issues.

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SLEEP DISTURBANCES or SLEEP DISORDER: Resident presents with sleep disturbances or diagnosed sleep disorder.

The resources below may be helpful with residents who complain of insomnia, or other sleep disturbances - especially as an alternative - or prerequisite to - the prescription of sleep aids.

Client motivation may be an issue.
If so, we recommend the sequential use of:

MI stage-based resource #1

MI stage-based resource #2

MI stage-based resource #3

MI stage-based resource #4

TP 15 - Treatment suggestions.
this is primarily a comprehensive workbook-based resource which guides the client through the following:

Sleep habits/sleep knowledge

Sleep hygiene

Coping skills and options

Self-analysis resources/action plan

Supplemental option: significant opportunity to learn and practice coping and relaxation skills is provided in resource C3 (comprehensive CBT coping skills resource) .

Supplemental options: significant opportunity to learn and practice coping and relaxation skills is provided in resource elements: CS1b , CS4b, CS4c, CA2, CS4.

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SELF INJURY (SELF HARM) Resident presents with evidence of current (or past) self-harm

NOTE: THIS RESOURCE IS NOT A GUIDE FOR SUICIDE PREVENTION OR ADDRESSING SUICIDAL IDEATION. It was also not designed as a primary resource for Borderline clients or other significantly decompensated clients, though it may be a helpful treatment program element.

Consider the assignment of the "Core Mental Health Resource" for this client.

Core A: 130-session core resource provided to all residents. In general, the first 30 sessions may be viewed as a useful preparation for more intensive mental health treatment. The full resource is recommended.

Core B: this is provided all residents. Programming for special needs or mental health overlays may be scheduled at this time. The Core B resource is a 50-session loop, and residents may attend when not at special programming during these times. Certain of these skills (assertion, interpersonal communication, and basic coping skills) may be helpful to residents who have a history of self-harm or of passive-aggressive behavior.

Client motivation may be an issue. If so, we recommend the sequential use of:

MI stage-based resource #1
MI stage-based resource #2
MI stage-based resource #3
MI stage-based resource #4

If needs more intensive MI preparation use Core C1.

Core C2 (CBT resource) - strongly suggested for MH Tx..

Core C3 (comprehensive CBT coping skills resource) - strongly suggested.

TP 22 - Treatment overview and suggestions.

Workbook M22 (male)

Workbook W22 (female)

A comprehensive set of more than 20 behaviorally-stated objectives is provided for this resource (also see the competency checklist for workbooks M22, W22).

The TP 22 "Self-Injury" resource includes a range of specific MH resources for counselor and clients - males and females. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and implementation suggestions, suggestions for effective use of Motivational Interviewing (MI), and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools. *Highly recommended.*

A comprehensive competency checklist is provided for this resource, and may be used to document outcomes.

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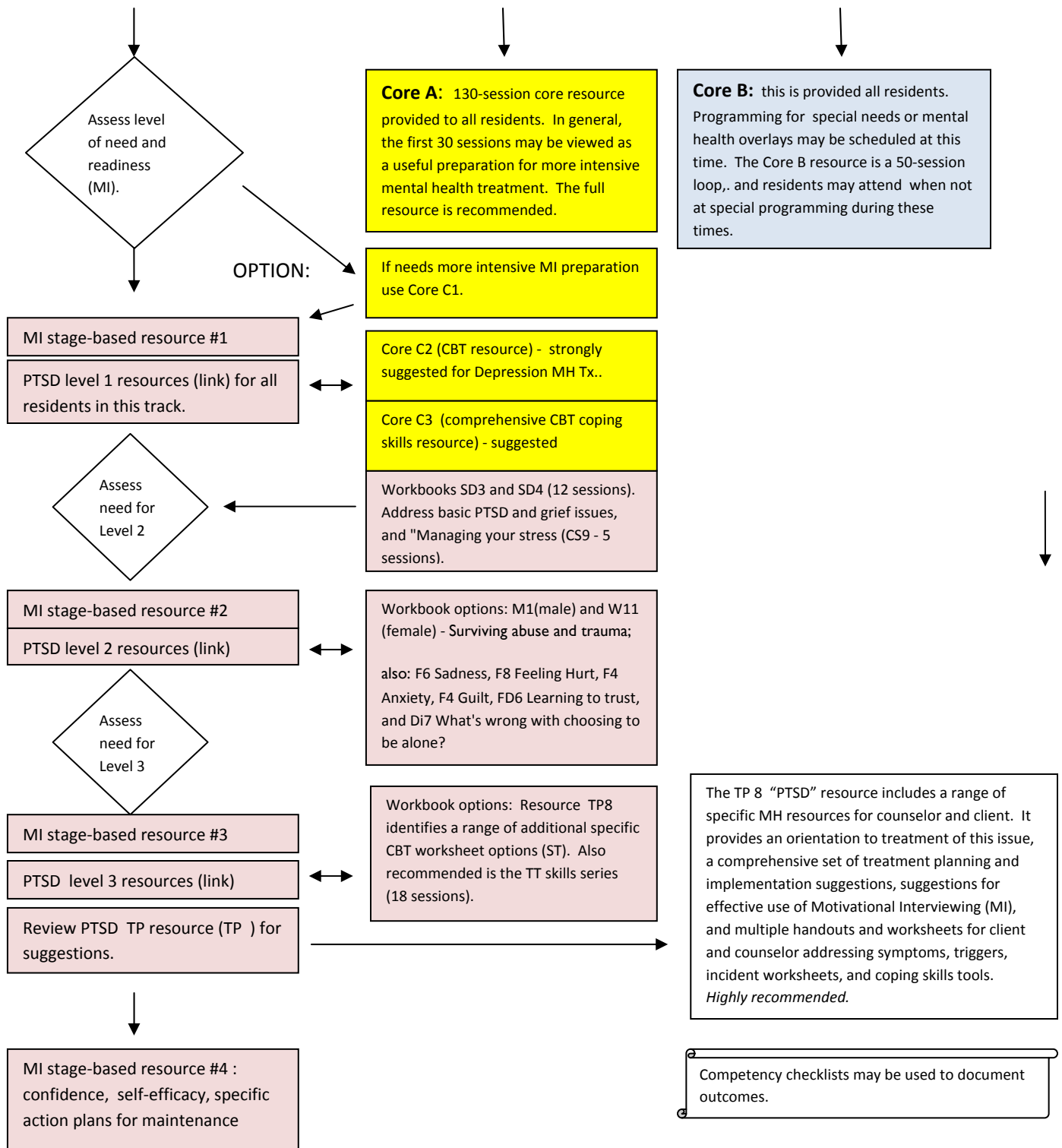
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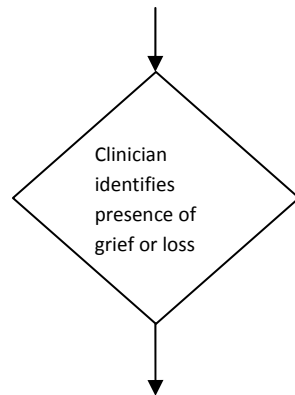
PTSD: Resident is diagnosed with Post Traumatic Stress Disorder (PTSD) NOTE: MH staff may consider appropriateness of addressing Anxiety (using Anxiety overlay) first - recommended.



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GRIEF AND LOSS ISSUES



TP 6 - Treatment overview and suggestions.

The TP 6 "Grief and Loss" resource includes a range of specific MH resources for counselor and clients - males and females. It provides an orientation to treatment of this issue, a comprehensive set of treatment planning and implementation suggestions, and multiple handouts and worksheets for client and counselor addressing symptoms, triggers, incident worksheets, and coping skills tools.

Workbooks:

(SD4n) Facing your grief
(recommended)

(F6) Sadness

(CS2) Coping Skills, Set 1

(CS4) Coping Skills, Set 3

Core A: 130-session core resource provided to all residents. In general, the first 30 sessions may be viewed as a useful preparation for more intensive mental health treatment. The full resource is recommended.

Core B: this is provided all residents. Programming for special needs or mental health overlays may be scheduled at this time. The Core B resource is a 50-session loop,, and residents may attend when not at special programming during these times.

HELPFUL OPTIONS:

Core C2 (CBT resource) - may be helpful in identifying feelings, and in addressing symptoms and triggers.

Core C3 (comprehensive CBT coping skills resource) - basic coping skills , including thought stopping and thoughts switching may be helpful.

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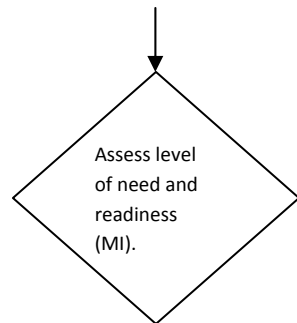
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GANG INTERVENTION: Resident is identified as involved in gang activity, or as a gang member



We strongly suggest that this sequence NOT be implemented until the first 80 sessions of Core A have been completed with each youth.

Core A: 130-session core resource provided to all residents. The full resource is recommended. The WDYT elements are critical to the gang intervention process, and build sequentially (1-100) to more gang intensive subject matter. Core lessons #60-80 are especially gang-intensive.

If needs more intensive MI preparation use Core C1.

Core C2 (CBT resource) - generally helpful for gang-active youth (specifically addressing internal risk factors)

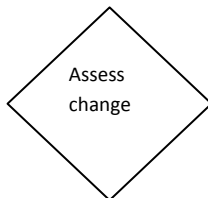
A short resource, "Making decisions about gangs," is provided all youth at reception.

Core B: this is provided all residents. The Core B resource is a 50-session loop, and residents may attend when not at special programming during these times. In general, gang-active youth who are also violent, should receive the full dosage of this resource while incarcerated.

Gang contract #1
GG-MI -1 resource
GG level 1 resources (link) for all residents in this track.

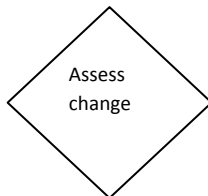
"What do you need?" (needs and gangs)
"What was on your mind?" (gang mind-set)
(up to 14 sessions)

These resources provide up to 42 sessions. Can be used 1:1 or group. Suggest counselor using these materials be selected for gang specialization.



GG -MI -2 resource
GG level 2 resources (link)
Gang contract #2

"Gang Intervention Resources" (GG13, including ST6g).
(up to 16 sessions)

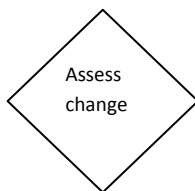


GG -MI -3 resource
Gang contract #3

"Who wants to be at risk?" (10 sessions)

The series of graduated "contracts" for addressing the issue of leaving the gang.

Competency checklists may be used to document outcomes.



GG -MI -4 resource: confidence, self-efficacy, specific action plans

Gang contract #4

Workbook GG14 (for 1:1 use only) is designed to assist youth in leaving the gang. Suggest counselor using these materials be selected for gang specialization.

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