



Community-Based Services

FAMILY & PARENT SERVICES

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SUBSTANCE ABUSE SERVICES: YOUTH & ADULT



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FAMILY & PARENT SERVICES



FAMILY REUNIFICATION

The CS Pathway to Permanency Program is designed to deliver a comprehensive parent reunification service. The CS Program includes the following combination of efforts based upon The Family First Prevention Services Act:

- ◆ CS will conduct a Family Team Meeting (or participate in a meeting conducted by DSS) to establish agreed upon goals among agency, family members, and foster care providers.
- ◆ Working as a team with the foster family and biological family members. CS aids in the development of a positive working relationship where visitation and other initiatives are supported by the foster parents while the child is out of the home.
- ◆ Supervised visitation sessions between child and bio family members are a key component of family reunification. Visits are conducted with increasing frequency and include trial home visits prior to actual reunification
- ◆ Concrete services that address the biological family's ability to provide a stable home environment will be addressed. These services may include linking a family member to substance abuse treatment, addressing transportation barriers, locating a therapist, and ensuring financial stability.
- ◆ Teaching parenting skills prior to reunification is critical. The CS multi-family group is the vehicle to teach a variety of skills including clear communication, problem solving, anger management and discipline strategies in an environment with peers working toward the same goals.
- ◆ Special attention will be given to teaching bio parents about the court and legal process that leads to reunification, so they have a clear understanding of what they need to do to regain custody of their child.

Each client family is assigned a Family Reunification Specialist (FRS) to coordinate services. The FRS will review all case documentation and meet with all parties prior to the initial Family Team Meeting. From the Family Team Meeting a comprehensive plan is developed and the meeting will serve as an opportunity to form an alliance between the foster parents and bio family members.

GUIDED VISITATION

CS visitation takes place in the community allowing families to learn and practice healthy and safe parenting techniques to assist them in moving forward toward reunification. Visits may take place in the family's home, at public parks, malls, restaurants or libraries. In each instance, the Visitation Counselor closely monitors interaction between parent(s) and child and records a summary of the visit in the visitation log.

Guided Visitation is a structured and therapeutic intervention during which the counselor is actively involved in the interaction to provide feedback and model positive communication skills and engagement techniques. The assigned worker coaches, models appropriate parenting skills, and when necessary directs the parent-child interaction. This form of visitation serves as a teaching model and incorporates several elements which can lead to an improvement in parenting skills and successful reunification. Together the worker and parent set goals for each visit allowing the parent to practice discipline and communication skills they learn in previous sessions. This provides the parent with a realistic test of their ability to effectively parent when reunification takes place. By moving the visitation to a variety of settings including the home (unless safety concerns dictate otherwise) the visitation worker has the opportunity to monitor interaction in real life situations.

The process of educating parents of the family court process is an important aspect of the CS visitation process. It is imperative that parents have a clear understanding of how the legal process operates and their responsibility to make positive changes to aid in the reunification process. Often parents do not understand this process creating an adversarial relationship with social workers, probation officers and judges. CS workers routinely attend court proceedings to give the court feedback on the status of the relationship between parent and child. CS court reports are detailed and provided to the agency representative and judge 10 days prior to the court hearing.

When identified, the worker will work closely with the Agency referring worker to bring to their attention barriers that may make reunification impossible such as unstable housing situation, substance abuse of family members, or significant mental health barriers of the parents.

HOME-BASED

The CS Home Based Program assists family in building on existing strengths to overcome problems and obstacles which prevent them from achieving a healthy family lifestyle. All counselors operate under the clinical supervision of a licensed clinician.

Counselors work with the client, parents, extended family members and the community systems (school, church etc.) to achieve results. During the engagement and motivation phase, the Home-Based counselor forms a collaborative partnership with the family to clearly identify barriers, challenges and ultimately treatment objectives to be accomplished during the intervention. The second Behavioral Change phase is the treatment phase in which a variety of interventions and strategies are implemented by the Home-Based counselor. Skills necessary to maintain stability in the home are taught and family challenges are addressed in a solution-focused manner.

The generalization phase is the final stage in which the family demonstrates their ability to make progress without the assigned Home-Based counselor. The assigned worker decreases contact with the family at this point. The family is successfully linked with community therapists or other agencies/individuals. It is at this point that the family has clearly demonstrated the ability to function as an autonomous unit, utilizing the linked support system in the community to achieve success. The Home-Based counselor will connect families to community resources such as financial literacy services, mental health professionals, support groups, leisure resources (recreation centers, Boys and Girls Clubs), employment specialists, or other service as warranted.



PARENT MENTORING

CS Parent and Family Mentors provide a valuable service to complement professional clinical interventions with parents. Mentors serve as role models to provide instruction and motivation to parents struggling with family challenges. This service takes place in the family home as well as community settings such as schools, stores, parks, church etc. The primary goal of this service is to model and teach clients effective methods to parent and supervise their children.

The initial visit is used to identify problem areas for the parent and, in conjunction with the parent, develop goals and objectives in designated areas. During the entire intervention the mentor provides feedback and suggestions to improve parenting skills. The mentor serves as a “parent coach” who teaches through role modeling effective interventions and techniques. Interventions may address a number of challenges including:

- ◆ Assisting youth with homework
- ◆ Assigning and monitoring chores
- ◆ Attending meetings with school officials
- ◆ Advocating for self or youth with agencies
- ◆ Assisting with shopping efficiently
- ◆ Participating in family meetings
- ◆ Helping with transportation
- ◆ Attending medical appointments
- ◆ Disciplining youth in an effective manner
- ◆ Problem solving with parent(s) and children

COURT PARENTING GROUP

CS offers Parent/Family Skills Training classes to Norfolk families referred by personnel for the Norfolk J&D Court Services Unit. The group is called Active Parenting of Teens and it is a nationally recognized curriculum included in SAMHSA’s National Registry of Evidence-based Programs and Practices. Our approach teaches parents effective methods to communicate effectively with their children, diffuse confrontational situations and effectively set limits.

This course is optimally taught in a multi-family setting with 5 to 10 families participating. Parents share struggles in the home, successes and learn together to become more effective parents. Periodically, the youth are included in the group to discuss problem areas and improve communication regarding these areas. Groups typically last 10 weeks at 2 hours per weekly session. Central to all activities is the methodology to set family goals, develop reasonable steps to reach those goals and enhance the parent-child relationship.

(See Key Curriculum Areas in adjacent box)

At the conclusion of the sessions, both parents and youth celebrate their graduation from the program and share their goals for the future, pledge to work together more effectively and focus on a new start in the home.

CS also offers **Parent Skills Training using STEP curriculum** for new parents and parents stressing with the basics of child-rearing. Health and safety practices positive discipline and clear communication techniques are taught in a nurturing and constructive environment. This multi-family group strengthens the bonds between parent and child(ren).

KEY CURRICULUM AREAS

- ◆ Setting household rules that do not create conflict
- ◆ Effective behavior management techniques
- ◆ Understanding and competing with the Hip/Hop Rap culture for your child’s values
- ◆ Clear communication
- ◆ The importance of consistency
- ◆ Activities that build positive family relationships
- ◆ Supporting your child’s education
- ◆ Building self-esteem in children
- ◆ De-escalating the angry child
- ◆ Avoiding power struggles
- ◆ Contracts, point systems & rewards
- ◆ Parents as role models



THERAPEUTIC YOUTH PROGRAMS

THERAPEUTIC MENTORING

CS Therapeutic Mentoring Program designed to serve youth with emotional, behavior and mental health needs. The mentoring model administered by CS Staff is based on the curriculum of Skill streaming which has at its foundation the teaching of prosocial skills. This research-based approach has been proven to be effective in various settings including schools, community agencies, juvenile institutions and in the home setting for system involved youth. A key element of the program is enhancing the clients ability to consider the rights and needs of others prior to initiating destructive behaviors. The following skills are taught in this program:

- ◆ Listening and communication skills
- ◆ Anger management and conflict resolution
- ◆ Frustration tolerance
- ◆ Daily living and independent living skills
- ◆ Raising expectations and setting personal goals
- ◆ Healthy interactions with family members
- ◆ Age appropriate social functioning

The program is strengths-based and the Individualized Service Plan (ISP) includes specific behavioral goals. Youth are given the opportunity to build skills in designated domains in family situations, school settings and in the community at large. Self-management is the ultimate goal of this programs so the client can acquire the pro-social skills necessary to achieve in school and community settings while avoiding negative influences such as gang activity. A key element of the mentoring intervention is the engagement of family members to reinforce behavioral gains made by the mentor and mentee.

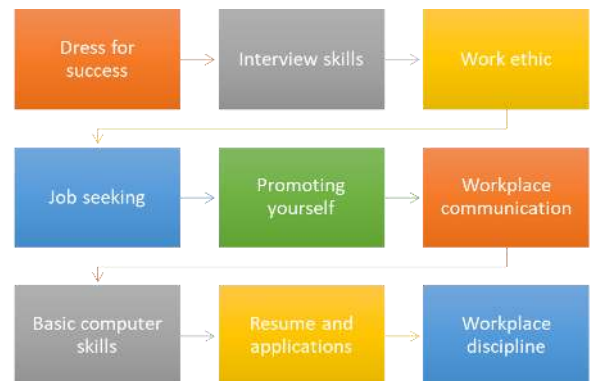
The core service is a one-to-one intervention between mentor and the youth, however periodic activities are planned with 2 to 3 mentees together to serve as an opportunity to practice skills learned in a protected environment. Positive and healthy peer relationships are critical to long-term social skill and communication gains. These small group activities augment the learning achieved in individual sessions and provide the opportunity to practice newly acquired skills.

VOCATIONAL PROGRAM

The CS Career Specialist works one-to-one with the youth to identify a realistic and achievable career goals and teach youth the hard and soft skills they need to find and keep a job. It is imperative that prior to searching for a job, applying for a job, and beginning a job, the client is successfully oriented to the world of work. CS will be responsible for conducting and documenting a comprehensive assessment of all participants, to include:

- ◆ Basic literacy skills
- ◆ Occupational skills
- ◆ Career Interests
- ◆ Career aptitude
- ◆ Work readiness skills
- ◆ Barriers to employment
- ◆ Supportive service needs

CS Staff motivates clients to build a plan that clearly identifies the steps necessary to move forward toward stable employment. This unique program offers youth the opportunity to gain a paid worksite experience, to visit a variety of employers throughout Hampton Roads and to gain the skills necessary to build a career. The program is geared to prepare clients for both a long-term career based on their aptitudes and interests and also prepare them to seek, obtain and keep short-term jobs in the community to provide income while they prepare for their career or finish their education. Competencies of the program include:





ALTERNATIVE DAY PROGRAM

The CS Alternative Day Program (ADP) is a 12-week program designed to provide an educational and pro-social skill attainment experience to youth referred by Court Services Probation and Parole personnel deemed to be at moderate or high risk to reoffend. Referred youth will be educationally functioning between 1-3 years below grade level and have a history of truancy and school non-compliance. Clients will have a demonstrated history of lacking the pro-social skills and coping ability necessary to manage their behavior in an appropriate manner. They will also have a track record of poor decision-making skills and negative behaviors when operating in the structure of a classroom setting.

The CS ADP incorporates a blend of educational support including tutoring in problem subjects in a classroom setting along with participation in group activities that enhance life skills and pro-social socialization activities. Community outings expose the youth to community resources that promote sound and realistic educational and vocational planning. Staff use role play, didactic presentations, guest speakers and decision-making exercises to teach the skills necessary for long-term success in school, community, and family. Program activities include:

- ◆ Weekly academic review
- ◆ Cohort groups of 3-4 clients interacting in a safe and stimulating environment
- ◆ Leisure outings to outdoor recreational sites
- ◆ Visits to educational and career sites including apprentice and trades programs
- ◆ Participation in creative/story-telling exercises including writing, music and video presentations
- ◆ Pro-social experiences through the Why Try Curriculum
- ◆ Guest speakers from the community

ANGER MANAGEMENT: INDEPENDENT & GROUP

The CS Anger Management Program is designed to serve adjudicated youth deemed to be at moderate or high risk to reoffend due to aggressive behavior and lack of self-control. Examples include abusive language toward family and authority figures, disorderly conduct in public places and physically assaultive behaviors. Referred clients have a demonstrated history of lacking the pro-social skills coping skills necessary to manage their anger in an appropriate manner and avoid destructive behaviors. The CS group addresses these problems in a realistic manner designed to give participants the necessary coping and decision-making tools to reach the different outcomes in perceived adversarial situations.

CS Employs trained group facilitators who specialize in teaching positive alternatives to existing antisocial and aggressive behaviors utilizing the Aggression Replacement Training (ART) curriculum. Anger Management Group uses role play, didactic success in school, community and family by assisting clients to manage their anger and adopt pro-social strategies and techniques. Group issues and subjects include:

- ◆ Listening and communication Skills
- ◆ Frustration Tolerance
- ◆ Dealing with Fear, Embarrassment and Peer Pressure
- ◆ Learning to Accept Responsibility and Apologize
- ◆ Staying out of Fights
- ◆ Dealing with Accusation
- ◆ Expressing Affection
- ◆ Using Self-Control in Tense Situations
- ◆ Responding to Failure in a Non-Destructive Manner
- ◆ Following Instructions from Authority Figures in Home and Community

THERAPEUTIC CAMP

CS operates specialty camps for CSA eligible youth. Camps are themed and emphasize community integration to expose campers to a variety of sites in all Hampton Roads communities. Explorer Camp is designed for youth ages 7-12 features outdoor recreational activities combined with visits to historical sites, museums and other leisure/recreational opportunities. Each day CS vans take campers on the road to parks, sporting sites and cultural venues. Campers participate in goal setting, personal achievement exercise and make new friends in a safe and nurturing setting. It is the goal of Explorer camp to offer campers a unique life-changing experience that pays benefits academically, socially and emotionally. Staff use role play, didactic presentations, guest speakers and decision-making exercises to teach the skills necessary for life-term success in school, community and family.

The **Brighter Futures Camp** highlights the world of work to prepare older mature teens ages 15-18 to succeed in the workplace. Campers have the opportunity to job shadow, visit various employers and learn skills to find jobs, keeps jobs, and build a career according to interests and abilities. CS has commitments from local employers to assist campers in the acquisitions of skills and abilities related to establishing a successful career. In addition, youth are given an interview outfit and have an opportunity to be videotaped in interview situations. Finally, campers learn the workplace “soft skills” necessary to be successful.

ACADEMIC SERVICES

EDUCATIONAL MENTORING

The Community Solutions Educational Mentoring Program includes a flexible array of services initiated by the mentor to improve the client's academic performance and school attendance/involvement. The mentor meets with the client, parent/caregiver and visits the educational institution prior to creating an Academic Enhancement Plan. This plan is individualized according to client and family challenges and may include any or all of the following activities:

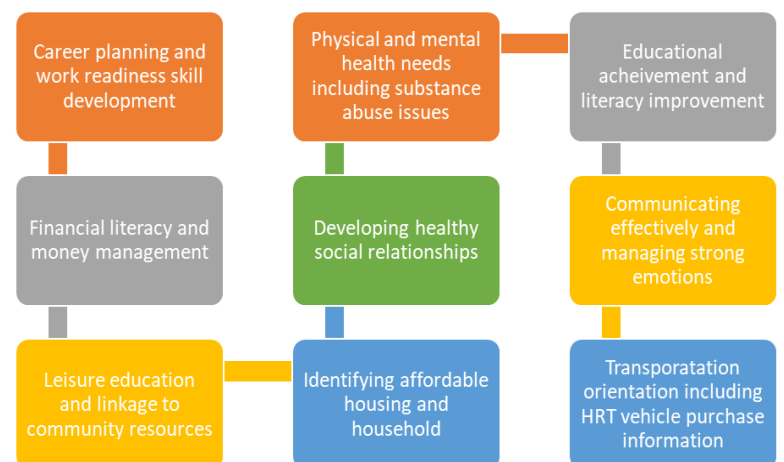
- ◆ Meet with the teacher or guidance counselor to identify achievable objectives for the student
- ◆ Link the student to tutoring programs or other academic supportive resources specific to the areas of challenge
- ◆ Develop charts, goal sheets, organizational tools or incentive plans to assist in motivating the youth to improve academic performance
- ◆ Assist in the creation of a "work area" in the home for the student to use on a consistent basis to complete school assignments
- ◆ Assist the family in using the computer and internet to identify resources and improve the student's ability to complete school projects
- ◆ Review homework and school assignments with client and parent to monitor academic performance
- ◆ Assist parents to become advocates for their children when dealing with school officials.
- ◆ Assist parents with the parent portals, gain access, learn how to retrieve information and send teachers messages.
- ◆ Teach youth anger management and/or conflict resolution skills to decrease aggressive or non-complaint behaviors which negatively impacts school performance
- ◆ Refer youth to a licensed educational evaluator if academic obstacles may be linked to undiagnosed disability
- ◆ Conduct field trips to local libraries or other venues to familiarize the client with educational resources in the community

The educational mentor is available to meet with the family in the evening or weekends when support is needed. This service generally follows the mentee through the school year.



CS LIFE SKILLS PROGRAM

CS Life Skills Coaches help teens acquire the skills they need to become successful adults. They are trained to utilize the Ansell Casey Life Skills Assessment (ACLSA) and curriculum materials, the leading program to teach life skills. Based on the initial Casey Life Skills Assessment, the Life Coach will work in the CS Classroom, the community at large or the client's home to address targeted skills areas. Workbooks, role playing, fieldtrips, one-to-one coaching sessions, guest speakers and targeted group activities will be utilized to address curriculum activities. The Life Coach will familiarize the client and client's family (when appropriate) with community resources that will help in gaining competency in specific domains. All activities and interventions will be based upon information gathered from the initial assessment and curriculum activities in the designated domains listed in the Individualized Case Plan. Pre-test and post-test of the ACLSA demonstrates the successful progression in the program.



SUBSTANCE ABUSE SERVICES: YOUTH & ADULTS

SUBSTANCE ABUSE ASSESSMENT

Assessment: A Certified Substance Abuse Counselor (CSAC) will conduct a comprehensive evaluation to assess the level of substance use. The evaluation will include the preparation of a written report with observations, conclusions, treatment recommendations and disposition. Interviews will be conducted with the identified client and at least one family member/guardian. As appropriate, content will include an examination of the following areas:

- ◆ Drug Screening
- ◆ SA History Review
- ◆ Delinquent Behavior
- ◆ Mental Health Status
- ◆ Treatment History
- ◆ Functioning Level

A comprehensive report documenting the assessment results complete with treatment recommendations will be provided to the referring worker at the conclusion of the assessment.



OUTPATIENT TREATMENT OPTIONS FOR SUBSTANCE ABUSE AND MENTAL HEALTH

Treatment services are provided by Certified Substance Abuse Counselors (CSACs) and licensed professional counselors. CS addresses substance abuse disorders as well as co-occurring mental health disorders. Services include parent involvement in the treatment process. Youth can participate in the CS Intensive Outpatient Program that meets 3 times a week for 3 hours or participate in individual or family therapy. Youth receiving outpatient or intensive outpatient services are linked to community resources that support sobriety and substance abuse prevention. This service is designed to treat co-occurring mental health challenges in addition to substance abuse.

- ◆ Individual Treatment
- ◆ Family Treatment
- ◆ Intensive Outpatient – Youth
- ◆ Intensive Outpatient – Young Adults
- ◆ Intensive Outpatient – Adults

IOP

Individual
Therapy

Family
Therapy



FOR MORE INFORMATION:

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