

ABOUT FACE

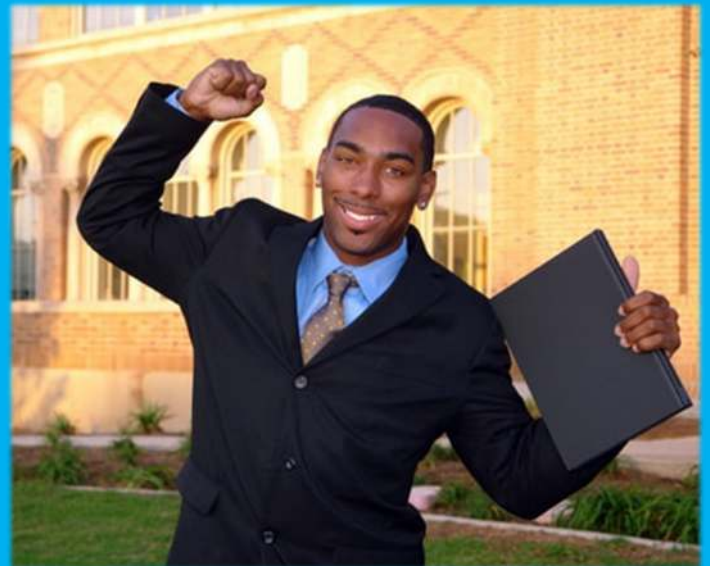
*Turning Lives Around
for a Brighter Future*



COMMUNITY SOLUTIONS (CS) offers a continuum of services to pre-dispositional and post-dispositional youth referred by Hampton Roads Juvenile Justice professionals. CS is an approved provider with AMIKids, developing and implementing evidence-based programs for adjudicated youth. Our goal is to engage youth to change attitudes, values and beliefs resulting in the elimination of criminogenic behaviors and establishment of positive and pro-social behaviors. Community Solutions employs bilingual (Spanish Speaking) staff to aid in service provision.

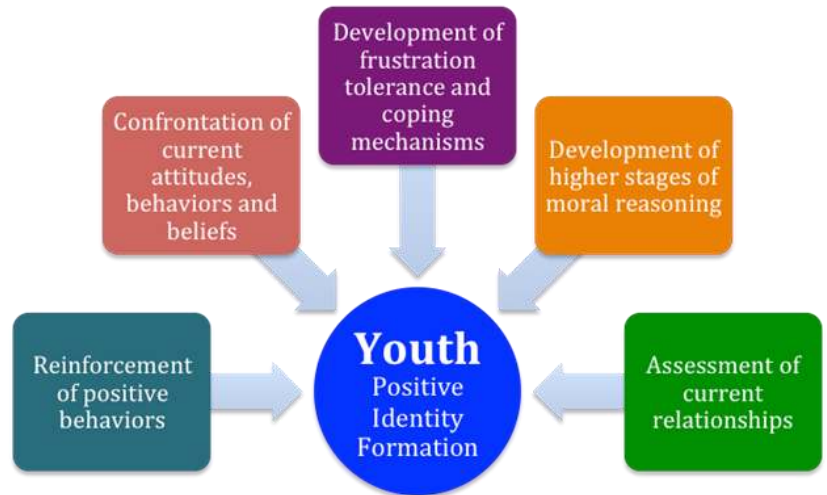
DJJ SERVICES

- ◆ Alternative Day Services
- ◆ Anger Management Group
- ◆ P.E.R.T. (Parent Efforts to Reduce Truancy)
- ◆ Restorative Justice
- ◆ Multi-Family Parenting Skills Group
- ◆ Substance Abuse Services
- ◆ Vocational Program
- ◆ Casey Life Skills
- ◆ Therapeutic Mentoring
- ◆ Customized Groups
- ◆ Fatherhood for Teen Dads
- ◆ Teen Motherhood Group
- ◆ Gender specific Boys & Girls Groups



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YOUTH POSITIVE IDENTITY FORMATION MODEL



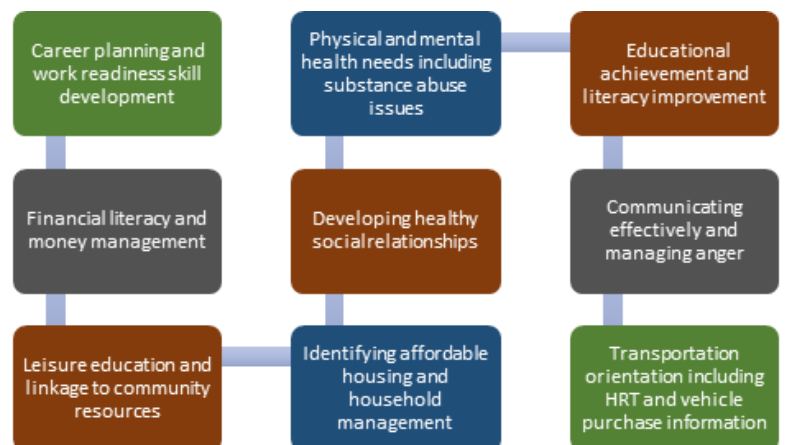
COMMUNITY SOLUTIONS LIFE SKILLS CURRICULUM

The CS Life Skills Curriculum is ideally constructed to address the following criminogenic needs of pre-dispositional and post-dispositional adjudicated youth. Anti-social attitudes include:

- ◆ Anti-Social Values
- ◆ Anti-Social Associates
- ◆ Family Dysfunction
- ◆ Poor Self-Control
- ◆ Poor Problem Solving Skills
- ◆ Use of Alcohol and Illegal Substances
- ◆ Lack of Employment Skills

CS Life Coaches are trained to utilize the Ansell Casey Life skills Assessment (ACLSA) and curriculum materials. 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 skill areas. Workbooks, roleplaying, field trips, 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.

LIFE SKILLS DOMAINS MATRIX



COURT PARENTING GROUP

CS is prepared to offer Parent/Family Skills Training classes to families referred by personnel for the Hampton Roads J&D Court Services Units. 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 between 5 and 10 families participating. Parents share struggles in the home as well as successes as they learn together to become more effective parents. Groups 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. Key curriculum areas include:

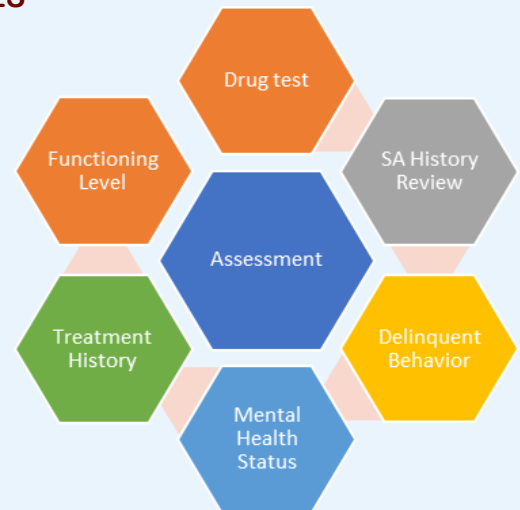
- ◆ Setting household rules that work
- ◆ Effective behavior management techniques
- ◆ Clear communication
- ◆ Activities that build positive family relationships
- ◆ Supporting your child's education
- ◆ Building self-esteem in children
- ◆ De-escalating the angry child
- ◆ Contracts, point systems and rewards
- ◆ Parents as role models

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.

SUBSTANCE ABUSE ASSESSMENT & TREATMENT SERVICES

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. Content will include an examination of the following areas: Drug Test; SA History Review; Delinquent Behavior; Mental Health Status; Treatment History and 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

Treatment services are provided by Certified Substance Abuse Counselors (CSACs) and licensed professional counselors. CS is prepared to address substance abuse disorders as well as co-occurring mental health disorders. Services include parent involvement in the treatment process. Youth receiving outpatient or intensive outpatient services are linked to community resources that support sobriety and substance abuse prevention. Included in outpatient services:

Individual SA Treatment •2 hours/week	Family SA Treatment •1 hour/week
Intensive Outpatient SA Adult Group •3days/week •3 hours/day	Intensive Outpatient SA Adolescent Group •3 days/week •2 hours/day

THERAPEUTIC MENTORING

CS Therapeutic Mentoring Program is a program designed to serve youth with emotional, behavioral and mental health needs. The Mentoring Model administered by CS staff is based upon the principles of and curriculum of Skill streaming that has at it's foundation the teaching of pro-social 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 court-involved youth. A key element of the program is enhancing the client's 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
- ◆ Accepting Responsibility for Actions
- ◆ Raising Expectations and Setting Personal Goals
- ◆ Dealing with Group and Peer Pressure
- ◆ Self-Discipline
- ◆ Dealing with Family or Peer Anger and Aggression
- ◆ Healthy Interactions with Family Members
- ◆ Age Appropriate Social Functioning

The core service is a one-to-one intervention between mentor and 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 & communication gains. These small group activities augment the learning achieved in individual sessions and provide the opportunity to practice newly acquired skills. The program is strengths-based and the Individualized Service Plan (ISP) includes specific behavioral goals.

VOCATIONAL PROGRAM

The CS Career Specialist works one-to-one with the youth to identify a realistic and achievable career goal 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.

Competencies of the program include:

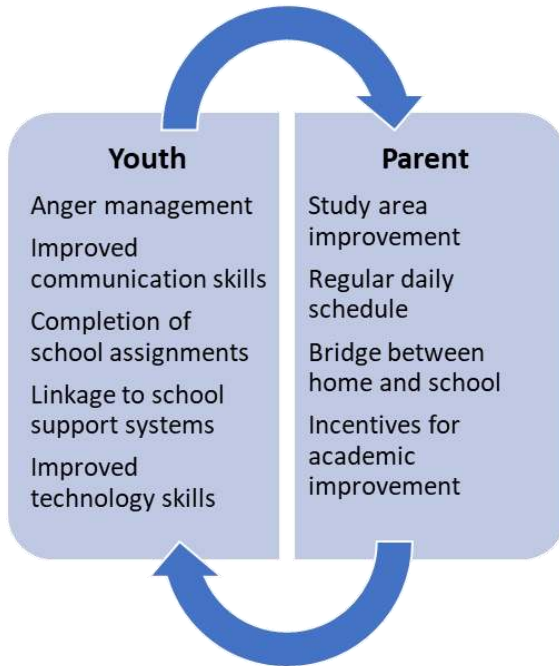


- ◆ Dress for Success
- ◆ Interview Skills
- ◆ Work Ethic
- ◆ Job Seeking
- ◆ Promoting Yourself
- ◆ Workplace Communication
- ◆ Basic Computer Skills
- ◆ Resumes & Applications
- ◆ Workplace Discipline

PARENT EFFORTS TO REDUCE TRUANCY (P.E.R.T.)

The P.E.R.T. Program was created to reduce truant behavior by working with both the youth and parents to put in place a plan that supports academic progress and consistent school attendance. Special attention is given to improving behaviors in the home to enable parents to effectively address oppositional and delinquent behaviors leading to truancy. Multi-family group allows parents to share and learn together positive approaches to discipline. Topics such as “managing anger”, “real talk communication” and academic support in the home lead to a realistic plan for parents to follow in reducing truant incidents. In addition, youth are assigned a therapeutic mentor to assist them in improving academic performance and realizing the benefit of moving forward academically.

Program components for parent and youth include:



PROGRAM OUTCOMES:

1. *Elimination of Truant Behavior*
2. *Improvement of Academic Performance*
3. *Improved Behavior and Communication in the Home.*



ALTERNATIVE DAY SERVICES PROGRAM



The CS Alternative Day Services Program is a 12-week program designed to provide an educational and pro-social skill attainment experience to youth referred by CSU Probation and Parole personnel. Referred youth will be educationally functioning between 1-3 years below grade level and have a history of non-compliance in school, home and community. They will be deemed at a moderate or high risk to reoffend. This Program incorporates a blend of educational support including tutoring in problem classroom subjects in the CS Classroom

along with 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 achievement. Staff use role play, didactic presentation, guest speakers and decision-making exercises to teach the skills necessary for long-term success in school, community and family. The CS classroom is a “safe haven” to change attitudes, values and beliefs in a significant manner. This Program is available to youth who are suspended from their home school on a case-by-case basis.

Program activities include:

- ◆ Academic Assessment
- ◆ Homework Support
- ◆ Visits to Career Sites
- ◆ Socialization and Communication Groups
- ◆ Life Skills Activities
- ◆ Community Service Projects

COMMUNITY SOLUTIONS GROUPS

CS group leaders facilitate gender specific groups designed to teach participants skills in a variety of critical thinking areas. Group activities are based upon an evidence-based philosophy that emphasizes personal behavioral change through therapeutic interventions. Members of law enforcement and the juvenile justice system will be invited to share their views and opinions related to adolescent court involvement in difficult times.

Our staff has extensive experience successfully intervening with adjudicated youth in these areas and implementing the cognitive behavioral interventions that can lead to long-term success. Attendees and their parents report significant improvement in home, school and community following group participation. A range of issues are addressed in these specialized groups to promote long-term positive changes. Groups can be facilitated at the CS office or onsite at any DJJ or DSS site.



ANGER MANAGEMENT

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 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. The Anger Management Group uses role play, didactic presentations, guest speakers and decision-making exercises to teach the skills necessary for long-term 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
- ◆ Asking for Help
- ◆ Dealing with an Accusation
- ◆ Expressing Affection
- ◆ Using Self-Control in Tense Situations
- ◆ Responding to Failure in a Non-Destructive Manner
- ◆ Following Instructions from Authority Figures in the Home and Community

RESTORATIVE JUSTICE

Community Solutions will work with the Virginia Juvenile Court Services Units to offer Restorative Justice (RJ) services as an optional response to juvenile crime in the community. RJ is a way of addressing conflict and crime that enables the person who caused the harm, people who were affected by the harm, and the community to create a meaningful solution. RJ focuses on repairing damages and restoring relationships. RJ is not a specific model, instead, it is a set of principles that can flexibly be applied to a variety of situations of conflict and crime.

An organizational meeting between the victim and offender, sometimes with representatives of the wider community meet with a focus on problem-solving, liabilities/obligations and the future-what can be done to move forward. The goal is to share the experience of what happened to discuss who was harmed by the crime and how to create a consensus for what the offender can do to repair the harm from the offense. This may include a payment of money given from the offender to the victim, apologies, other amends, or actions to compensate those affected and to prevent the offender from causing future harm.

PROGRAM OUTCOMES

REDUCED CRIMINOGENIC
BEHAVIOR

REDUCED RECIDIVISM

IMPROVED BEHAVIOR IN
HOME, SCHOOL
& COMMUNITY

DECREASED USAGE OF DRUGS
AND
ALCOHOL

IMPROVED ACADEMIC
PERFORMANCE

IMPROVED COMMUNICATION
AND
CONFLICT RESOLUTION SKILLS

TESTIMONIALS

"I would recommend this company and their services to any family or community needing additional resources. Community Solutions provides a variety of services to stabilize and insure the success of youth and families which enhances the community at large."

- - City CSU Staff Member

"The array of creative community-based programs offered by Community Solutions meets the need of all youth and adults. The staff were always professional, skilled and dedicated to the success of their clients. They present the ability to work with challenging cases that other agencies would not take on."

- - City CSB Staff Member

"Community Solutions has embraced the utilization of evidence-based assessment tools to assist in identifying and targeting the needs of clients that have the best outcomes. Without any reservations, I wholeheartedly support this vendor."

- - City CSU Staff Member

"Community Solutions takes pride in helping families and they are committed to providing direction to troubled youth. I have witnessed the positive impact that CS and its staff have made on my students over the years. I will continue to support CS and work with their staff to better the lives of our teenagers."

- - Public School Educator

"I was deeply impressed with both the depth and breadth of skills Community Solutions has in place for disenfranchised youth. In my opinion, Community Solutions is one of the nation's leaders in innovative and youth-driven practice."

- - Dr. A. Chris Downs
President, Downs Group



FOR INFORMATION:

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