

## PROGRAM DESCRIPTIONS

The Our Home Parkston Program utilizes a therapeutic milieu environment during all hours that the professional staff supervise youth. The youth are offered any and all professional services that are deemed necessary and appropriate to assist youth in reentry into the community in a manner that will enable the youth to function to the youth's fullest possible extent. The youth are in direct contact with professional staff involved in teaching behavior management, independent living skills, social skills and continued enhancement of the steps of AA, Alateen and Drug and Alcohol education.

The program consists of three stages or levels and an orientation stage. These include the orientation stage, trust and accountability stage, exploration and disclosure stage and resocialization stage. Each stage will give the youth new skills that will help them prepare to reintegrate back into society. Along with the stages, there are four different areas of training or tracks that are designed to assist those youth with certain needs.

All youth first entering the Our Home Parkston program will first start with the Orientation Stage at which time the treatment staff will start to determine which track will best suit the youth's individual needs. This process may take 30 days or longer to help the treatment staff gather more information to better determine the appropriate track for each youth. The goal is to individually assess the need for placement, assist the youth in becoming familiar with the program and determine the appropriate track for each youth that best meet his or her individual needs. The tracks are as follows:

**SURVIVOR TRACK:** This track is for victims of severe abuse of any kind, particularly the sexual abuse but also for physical and emotional abuse. The level of trauma-based indicators demonstrated by the client's history and behavior will assist in making a determination for the need to participate on this track.

**ALTERNATIVE TRACK:** This is a special track for those without victim or perpetrator issues to deal with. Assignments for this track will be determined at the time of the development of the treatment plan. Other assignments may be added based on each youth's individual needs.

**PERPETRATORS TRACK:** This track is for youth who have both victims and perpetrations, which have taken place recently. They must have evidence of current deviate sexual problems.

**COMBINED TRACK:** This track is for youth who have both sexual victims and perpetrators, whose perpetrations may have taken place many years ago. They must not have any evidence of current deviate sexual problems.

There are three basic stages that each youth must complete prior to discharge. The following is a brief description of those stages:

**STAGE ONE: Trust and Accountability** - The trust and accountability stage focuses on developing a sense of trust and openness with the youth's group and staff. This stage allows for the youth to start taking more accountability for how they hurt themselves and how their behavior has affected others.

**STAGE TWO: Exploration and Disclosure** - On this stage the youth will work at better understanding why they make the choices that hurt themselves and others. The youth will explore their thoughts, feelings, behaviors and relationships.

**STAGE THREE: Resocialization** - The final stage of the program is to help youth adjust back into the community. The youth will become more aware of the outside issues, situations and relationships, which lead to negative choices. The youth work at better understanding themselves and discovering how to make realistic and healthy decisions and choices.

The program provides each youth with opportunities for social re-integration. This process is generally accomplished on Stage Two and Stage Three. The youth can participate in such things as job employment, GED's and extracurricular activities. These opportunities depend on the youth's capabilities and behavior. This process assists in evaluating each youth's abilities to make better choices and good decisions. The youths are provided various therapeutic groups and other necessary services to assist them in preparing to return to society. They are as follows:

Social skills are learned under the guidance and supervision of the professional staff. Such things as personal hygiene, cooking, cleaning and laundry skills, lawn and home maintenance, gardening skills, independent, living skills and family roles are taught to the youth.

Individual counseling is offered in the form of diagnostic interviews and on an "as needed basis".

Therapeutic group sessions are held once per week with an Adolescent Therapist who is a licensed professional counselor and a trained group leader working together in the co-facilitation of sessions to address sexual issues such as victimization and perpetration, as well as teaching healthy and safe dating skills and sexual practices.

Group Therapy sessions, using the Positive Peer Cultural modality, are held five times a week for one and one half hour sessions under the supervision of a trained group leader.

Family counseling is done when necessary to meet the needs of the youth in problem resolution to the extent the family is willing to participate. Family involvement is encouraged with appropriate staffings, visits with the youth at the facility and through home visits. All involvement with the family is intended to meet the therapeutic needs of the youth. Family day is provided three to four times a year to provide the families of the youth an opportunity to better understand the program expectations, goals and basic education about their son or daughter.

Alcohol and Drug counseling is provided by a chemical dependency counselor or certified trainee. Drug and Alcohol education, Relapse prevention group, AA, and Alateen are provided.

Spirituality is the philosophy of Our Home, Inc. Spiritual needs hold an important part in the development and holistic wellness of the young people in our care. Therefore, efforts are made to meet these needs through coordination of activities that are spiritually beneficial for the youth.