**Program Descriptions**

The Our Home Parkston Program utilizes a therapeutic milieu environment, which means that during all hours 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 youth to function to their fullest possible extent. 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 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 meets his or her individual needs. The tracks are as follows:

**Assignments**

**SURVIVOR ASSIGNMENTS:** These assignments are for victims of severe abuse of any kind, particularly 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 in these assignments.

**ALTERNATIVE ASSIGNMENTS:** These are special assignments 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.

**SEXUALLY AGGRESSIVE ASSIGNMENTS**: These assignments are for youth who have both victims and perpetrators, which have taken place recently. They must have evidence of current deviant sexual problems.

**COMBINED ASSIGNMENTS:** These assignments are 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.

**Stages**

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

**Orientation:** Is used to help you and the program staff in determining the direction that you need to go to meet your objectives to successfully complete the treatment program at OHI. The first two weeks of treatment are used as an adjustment period for you and your group as well as a time to begin to develop your first treatment plan.

**STAGE ONE:** Trust and Accountability - The trust and accountability stage focus on developing a sense of trust and openness with the youth 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. This also is an opportunity for you to discover “how to” ideas in your development of coping skills or “toolbox”.

**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 reintegration. 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.

**GROUPS AND OTHER SERVICES**

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 a Licensed Psychologist and a trained group leader working together in the co-facilitation of sessions to address a number of behavioral and sexual issues, such as but not limited to criminal thinking, victimization and perpetration. The groups assist in developing healthy coping skills as alternatives to the behaviors that have led to treatment.

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 staffing, visits with the youth to the facility and through home visits. All involvement with the family is intended to meet the therapeutic needs of the youth.

COMPASS 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 what each youth is learning during their stay.

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.

Managing Emotional Intensity (MEI) is a weekly group required of all youth and is an approved curriculum that offers alternatives to the negative effects of anger.

RTR (Reducing the Risk) is another well reviewed and State approved group offered to youth 15 years and over that may not have participated in the program before coming to OHI. Reducing the Risk is a group that Builds Skills to Prevent Pregnancy, HIV and STDs, with a strong emphasis on abstinence.