

▼ **SB823:**  
**Program Plan**

ACPD's Program Model and Approach



# Opening Reflection Question

16-24 years old... Which year was one of the most memorable for you and why?

- Where were you living?
- Developmental milestones?
- Significant people?
- Biggest source of joy and/or stressor?



# Introduction and Background

Corrine Lee, LCSW

- Probation Re-Entry Services Coordinator (MH/SUD)
- Probation Specialist – Policy and Standards Compliance
- Behavioral Health Clinician: Guidance Clinic
  - SB1004 TAY Unit, Collaborative MH Court, Transition Center, Unit Clinician, Afterhours Crisis Clinician, MSW Intern Supervisor

# Theories and Methodologies

Neuroplasticity

- Dan Siegel – The Adolescent Brain (YouTube)

Social and Emotional Learning

Lifetime Desistance

Systems Theory/ Holistic

Maslow's Hierarchy of Needs

# Theories and Methodologies

Cognitive Behavioral Interventions

Innovative – New EBP


- Historic and systemic racism

Trauma Responsive

Culturally Relevant

Sustainable and Transferrable

- De-institutionalize



## ▼ Individualized Rehabilitation Plan (IRP)

- Developed via MDT and approved by the court
- Considers assessment results and stated goals
- Informs personalized programs and focused interventions
- Updated every 6 months or as needed



# Program Essentials

- ❖ **Phase I** – Orientation
- ❖ **Phase II** – Intervention and Support Systems
- ❖ **Phase III** – Community Reentry and Maintenance

## **Progress Meetings:**

- Multidisciplinary Team (MDT)
- Weekly Success Team Meetings
- 1:1 Support



# Program Essentials


## **Residential Services:**

- Medical
- Behavioral Health
- Education/Library
- Scheduled Programs

## **Program Categories:**

- Community Reentry
- Education
- Family Engagement
- Health and Wellness
- Positive Youth Dev.





## ▼ Individualized Programming and Activities

- Core Programming
- Assigned Program Activities
- Elective Program Activities

# CORE Program Activities (examples)

Foundational program for all new youth and standard residential schedule.

The Core schedule provides a scheduling structure for staff and community providers.

## Community Reentry

- Barrier Identification and Removal (Essential Docs)
- Service-learning Project

## Education

- ACOE HS and/or Post-secondary School
- Tablet Program

## Family Engagement

- Weekly Family Visiting
- Monthly Family Engagement Event

## Health and Wellness

- Niroga Yoga
- CBT Skills Group

## Positive Youth Development

- Weekly Reflection Circle
- Financial Literacy/Planning

### Core Weekly Schedule with Descriptions

TIME	SUNDAY	MONDAY	TUES	WEDS	THURS	FRIDAY	SATURDAY	
6:30 - 7	PT	PT	PT	PT	PT	PT	PT	
7	PT	PT	PT	PT	PT	PT	PT	
7:30	PT	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	PT	
8	Check-in	Check-in	Check-in	Check-in	Check-in	Check-in	Check-in	
8:30	Breakfast	Study	Study Hall	PT	LME	In	Breakfast	
9	 Religious Services/ Laundry/ PT 	Hall/ Re-entry	<u>OR</u> ART- Skillstream	JJC Library	LME	My Town	Meal Plan and Grocery Shop	
9:30		PT	PT	PT	PT	PT		
10		Healthy Relationships and Communication	Identity and Self- Discovery	 Community Circle	 CBT Skills Group	Critical Thinking and Cultural Awareness		LME
10:30		Lunch	Lunch	Lunch	Lunch	Lunch		LME
11	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	LME	
11:30	Lunch	PT	PT	PT	PT	PT <u>OR</u>	Lunch	
12	Lunch	Independent Living Activity	 Personal Wellness	ITRP Update/Review	Expressive Arts/ Music/ Writing	Linens pre-TR	<b>Varies:</b> Comm. Works, Cultural Awareness, <b>OR</b> Planned Outing	
12:30	Lunch	LME	 Niroga Yoga	Free Your Mind	 STAY FLY	LME		
1	Lunch	LME	PT	LME		LME		
1:30	Healthy Environments, Laundry, and Linens	Check-in	PT	LME	Reflection Circle and Ind. Written Reflection	PT		
2	LME	Dinner	Check-in	Check-in	Check-in	PT	Check-in	
2:30	LME	Dinner	Check-in	Check-in	Check-in	PT	Check-in	
3	PT	Visiting 1:1 Meeting	Dinner	Dinner	Dinner	Dinner	Dinner	
3:30	PT	<u>OR</u> PT	Journals and BITS	Study Hall/ Re-entry	Visiting 1:1 Meeting	Group Game or Movie and Debrief	Dinner	
4	PT	Free Yr. Mind <u>OR</u> ART- Anger Control	Beat Within	Financial Literacy/ Planning	<u>OR</u> PT	Group Game or Movie and Debrief	Dinner	
4:30	Check-in	PT	PT	PT	PT	PT	Dinner	
5	Family Engagement or Unit Dinner	PT	PT	PT	PT	PT	Dinner	
5:30	Town Hall	PT	PT	PT	PT	PT	Dinner	
6	PT	PT	PT	PT	PT	PT	Dinner	
6:30	PT	PT	PT	PT	PT	PT	Dinner	
7	PT	PT	PT	PT	PT	PT	Dinner	
7:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	
8	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	
8:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	
9	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	
9:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	
10 – 10:30	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	Lights Out	

TUES
PT
PT
Breakfast
Check-in
Study Hall <b>OR</b> ART-Skillstream
PT
Identity and Self-Discovery
Lunch
PT
 Personal Wellness 
Niroga Yoga
PT
Check-in
Dinner Dinner
Journals and BITS
Beat Within
PT
PT
PT
Lights Out

AM and PM daily check-ins are a restorative and community building practice

Personal Time (PT)  
In-room: 9:30pm-6:30am  
All other PT can be out of room and includes independent activities, hygiene, etc.

Individualized programming (Study Hall), Scheduled ART Skillstream group (or other curriculum)

E.g., Love Languages for Self and Loved Ones; Personal vision board development, Family Genogram, etc.

E.g., Sexual Safety and Consent; Self-Care Toolkit; Learn and practice specific coping strategies

Large Muscle Exercise and CBO Programming

Complete with JIO mentor or individually: Specific CBI activities and assignments and/or study hall

# ASSIGNED Program Activities (examples)

Targeted interventions based on assessments and youth's goals.

Youth are encouraged to take an active role in self-selecting their assigned programs.

## Community Reentry

- Beyond Emancipation or Regional Center
- Housing Support Program

## Education

- Entrepreneurship Program
- EMS Corps

## Family Engagement

- Parenting Class/Scheduled Child Bonding
- Family Therapy

## Health and Wellness

- Specialized Health Education
- Scheduled Individual Therapy

## Positive Youth Development

- Land Stewardship/Gardening
- Focused Interactive Journal or Guide

# ELECTIVE

## Program Activities (examples)

Selected by youth based on their personal interest.

Many of the elective activities will be delivered in the community and/or hosted by CBO's.

### Community Reentry

- Driver's Education/Behind the Wheel Class
- Affinity Group

### Education

- Apprenticeship Program
- Self-education (YouTube, Masterclass, etc.)

### Family Engagement

- Community Family Activity
- CBO-led Programming

### Health and Wellness

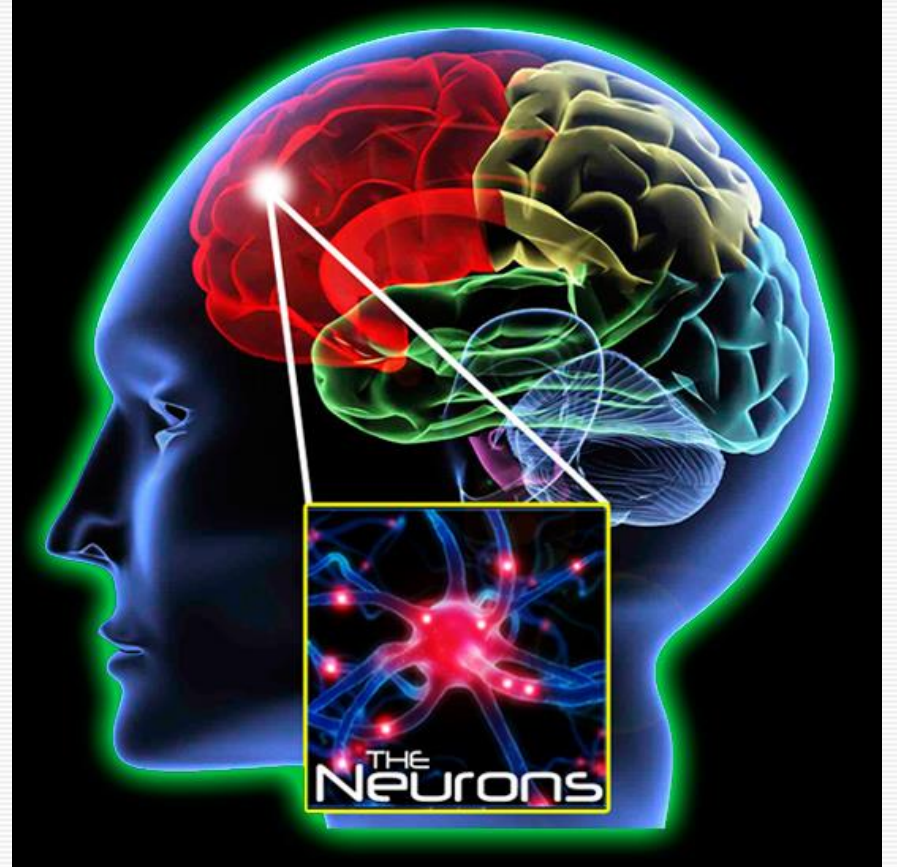
- Athletic Club or Community Exercise Class
- Community Healing Circle

### Positive Youth Development

- Disney Design Program
- Spiritual/Religious Services

## ▼ Maximizing Neuroplasticity

How do we create space for youth to heal and to discover, develop, and become their authentic self?





# Create a Culture of Wellness

## Restorative Practices

- Corrective emotional experiences

## Youth Autonomy and Agency

- Learn, test, practice, internalize

## Practical Application

- Transferable knowledge and skills

## Supportive Environment

- Authentic self development and exploration

## Supportive Interactions/ Staff Models

- Parallel process for learning

## Community

- Broad and focused connection



# SB823: Move to Action

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Open Door to the Future

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CBOs invested + ready to go

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Dedicated supervisors and staff

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Foundational documents

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Various roadmaps

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Technology + Social Media

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Socio-Political Climate

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Teams and Subcommittees

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▼ Questions?

Thank you!