

# Let's Talk About Treatment Services

While in the Pending Placement unit young people begin their treatment services with the behavioral health staff, resident advisors, and case managers.

The treatment services the young person participates in will be counted and transferred over to their treatment service plan at either Green Ridge Youth Center, Backbone Mountain Youth Center, or the Victor Cullen Center.

## What treatment is offered in the Pending Placement unit?

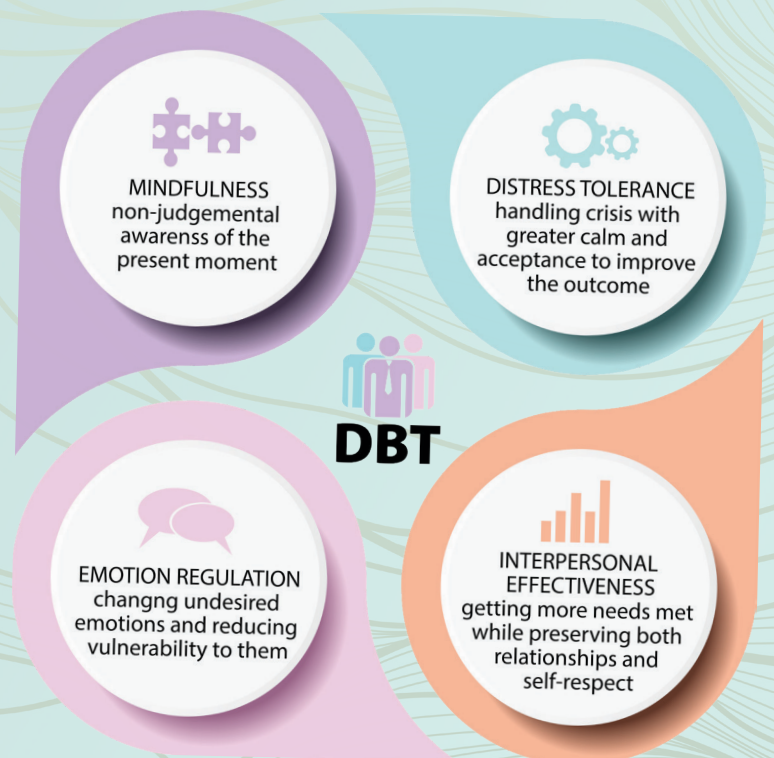
**Dialectical Behavior Therapy (DBT):** Helps the young person learn how to better manage emotions, reduce impulsive behaviors, and improve relationships. They will have weekly individual and group sessions with behavioral health staff to learn about Dialectical Behavior Therapy (DBT) and begin practicing DBT skills.

**Coaching Sessions:** Weekly sessions with resident advisor staff who serves as a coach to support the young person in meeting treatment goals.

**Family Interventions:** Monthly family sessions with the behavioral health therapist, phone calls with the case manager, and family visits.

**Forward Thinking Journaling Sessions:** Series of Interactive Journals that uses cognitive-behavioral strategies to assist young people in making positive changes to their thoughts, feelings and behaviors. They will have weekly journaling and treatment assignments with their case manager.

**Prosocial Activities:** Offer ways to practice and strengthen DBT and life skills. This includes structured activities conducted by Recreation, Reflections staff, and other facility staff.



## Transition to the Treatment Program

At least five days prior to the young person being admitted to a treatment program, the detention facility case manager will hold a pre-admission meeting. The meeting will include the young person and their family, the community and treatment program case manager, detention and treatment program behavioral health therapist, and the superintendent. The purpose of the meeting is to provide them with:

- ★ an introduction to the treatment program and staff
- ★ opportunities for staff to answer their questions

Within 10 days of admission, a Family Collaboration Meeting will be held to review the Treatment Hours with the Treatment Team.