

## **DJS Comprehensive Treatment Model Frequently Asked Questions (FAQs)**

### **What is the DJS Comprehensive Treatment Model (CTM)?**

- After reviewing data and outcomes within the Department of Juvenile Services (DJS), and from other jurisdictions across the country, DJS established the Comprehensive Treatment Model (CTM) to improve the way it delivers treatment services to youth in DJS operated treatment programs.
- The CTM establishes that Dialectical Behavioral Therapy (DBT) is the Department's overall treatment model and that the intensity of services a youth receives is determined by the youth's risk of recidivism and treatment needs.

### **How will the CTM better help youth and the community?**

- The CTM will contribute to improved public safety outcomes by identifying youth's needs and matching them to specific programming to learn new skills that support successful reintegration with their families and communities.

### **Doesn't a judge determine how long a youth will stay in a juvenile treatment program?**

- Yes. DJS makes recommendations for re-entry/transition to the court, once a youth has demonstrated treatment progress and a re-entry plan has been developed.

### **What will be the new concepts of CTM?**

- The CTM uses Dialectical Behavioral Therapy (DBT), which is an evidence-based, cognitive behavioral intervention that helps individuals learn how to better manage negative emotions, reduce impulsive and other negative behaviors, improve relationships, and improve the quality of their lives.
- Utilizes the Maryland Comprehensive Assessment and Service Planning (MCASP), a guided tool as a means of ensuring offered services are consistent with the youth's risk for recidivism and areas of needed intervention.
- Directly tracks treatment service hours using a visual graphic available to youth, families and system stakeholders.
- Places youth and families at the center of all treatment planning.

## **How will the CTM be more fair and equitable?**

- The CTM supports youth with an individualized, fair, and equitable plan that is based on their risk level and identified needs. After the youth has mastered their new skills at the program, they are eligible to return home and a Re-Entry Plan will be developed to enable the youth's successful transition to the community.

## **How will the CTM benefit staff?**

- The CTM will improve job quality and results for DJS staff members by teaching them DBT skills to utilize with themselves and young people with whom they are working, which can improve job retention rates, and job satisfaction.
- The CTM emphasizes the use of a coaching approach which promotes increased engagement with youth and fosters collaboration with youth, families and stakeholders.

