

	<b>DCYF Standard Operating Procedure</b> <b>2132.1 GENERAL PROGRAMMING FOR YOUTH</b>	
	Policy Directive: <b>21-17</b>	Approved: 
	Effective Date: <b>March 2021</b> Implements Policy: <b>2132</b>	Joseph E. Ribsam, Jr., DCYF Director

This SOP defines the general services and residential programming available to all youth.

### Procedure

*The following information is to support the implementation of the above referenced policy. This document shall not preclude staff from using their professional judgement based on individual circumstances, consistent with the requirements of the policy.*

- I. Residential staff and clinical services work together to implement the services and programming for youth at SYSC.
- II. The following is an outline of treatment programming available to all youth:
  - A. Treatment planning for each committed and long-term detained youth;
  - B. Therapeutic milieu programming which utilizes strength-based, positive behavioral interventions and supports and measurable goals/objectives for youth;
  - C. Residential counseling as provided by Youth Counselors (YC) who have received training and ongoing recertification in Therapeutic Crisis Intervention (TCI) and Trust-Based Relational Intervention (TBRI);
  - D. Individual and family therapy provided by a Masters-level clinician utilizing evidence-based therapeutic methods and approaches;
  - E. Crisis intervention and stabilization:
    1. SYSC employs consistent, ongoing efforts based on a youth's Resident Personal Safety Plan Form 2131 to assist youth in building internal coping skills. See Proactive Safety Planning policy 2131 for additional information;
    2. All staff utilize TCI and TBRI with youth. The express purpose of these techniques is to prevent further escalation and mitigate the need for physical management;
    3. Clinical services staff are available regarding crisis situations; and

4. All occurrences of physical management must be reported to the Supervisor On-Duty and the SYSC Administrator or designee as soon as practicable. See Policy 2083 for additional information;
- F. Weekly community meetings to:
1. Help empower youth by addressing unit or individual issues and concerns;
  2. Encourage the appropriate expression of emotions and cooperative problem-solving; and
  3. Engage in Restorative Circles as needed; and
- G. Individualized programs to meet the specific therapeutic needs of youth including, but not limited to:
1. New Hampshire Trails – providing instruction on independent living skills;
  2. Impact Program – providing vocational-oriented education skills;
  3. New Hampshire Vocational Rehabilitation – providing employment skills development;
  4. New Hampshire Higher Education Assistance Foundation – providing support for college enrollment;
  5. Local partnerships with colleges and universities – providing tutoring, mentoring, and skill building in activities like public speaking;
  6. Sexual Health Information Network and Education (SHINE) program – providing sexual health information and education for youth;
  7. Straight Ahead Ministries– providing support for Bible Studies;
  8. Individualized religious services; and
  9. Gender-specific programming.
- III. All youth have access to direct psychiatric care, medication management, and psychiatric consultation as therapeutically determined to be appropriate by the SYSC psychiatrist.
- A. Youth who have verifiable, prescribed medications from their Primary Care Physician or other licensed medical provider will maintain compliance with the medication regime through the SYSC Medical Department.

- IV. YCs are available at all times to supervise, support, and assist youth with residential and educational services while at SYSC. All youth have a primary YC assigned who is expected to:
  - A. Communicate at least once a week with the youth's parent/guardian and JPPO to provide updates;
  - B. Complete a weekly progress report in YouthCenter;
  - C. Meet with the youth 1:1 at least once per week for individual counseling and development of the Treatment Planning Meeting (TPM) monthly journal report one week before the TPM;
  - D. Participate in the youth's TPM as available;
  - E. Review and update the youth's Resident Personal Safety Plan Form 2131 monthly, or as needed after incidents; and
  - F. Assist the youth in preparing for Trust Presentations.
- V. The Supervisor of Clinical Services ensures that pregnant youth are provided with comprehensive counseling and assistance in keeping with their expressed desires in planning for their unborn child.
  - A. SYSC contacts and enlists the services of the Pregnancy Care Center at Catholic Medical Center when approved by the youth.
- VI. Spiritual awareness and spiritual growth activities are provided to all youth.
  - A. These programs are voluntary and accommodations are made to provide services based on honoring the youth and their family's religious choices and preferences.
  - B. Youth may request to meet with the Chaplain by asking their YC or Unit Manager, who will in turn contact the Chaplain directly to request services.
- VII. Emergency medical care is available, including suicide and homicide assessments by clinical and nursing staff when needed.
- VIII. In keeping with PREA standards, services include educational programs available to both sexual assault victims and abusers through the nursing staff, clinicians, and YCs on the importance of preventative medicine. This includes regular distribution of instructional health materials and educational programming in:
  - A. Personal hygiene (e.g. bathing, eating, changing clothes, hand-washing, exercise, rest);
  - B. Self-care for chronic illness;
  - C. Effects of smoking and drug and alcohol abuse;

- D. Communicable disease control (e.g. TB, Hepatitis, STDs, HIV);
- E. Sexual education and hygiene; and
- F. Information about services and facilities available for specific health care problems.

<b>Applicable Forms</b>	
<b>Form</b>	<b>Title</b>
2131	Resident Personal Safety Plan

**Glossary and Document Specific Definitions**

A - B    C - D    E - F    G - I    J - L    M - N    O - Q    R - S    T - V    W - Z

<b>Document Change Log</b>			
<b>PD</b>	<b>Modification Made</b>	<b>Approved</b>	<b>Date</b>