

JR FAMILY Handbook



Washington State Department of
CHILDREN, YOUTH & FAMILIES



TABLE OF CONENTS

- INTRODUCTION**1
- About DCYF Juvenile Rehabilitation.....1
- How to use this guide.....1
- How the system works..... 2
- Family/Guardian Involvement..... 3
- How to advocate for your young person 4
- JR CONTACTS AND FACILITIES** 6 - 16
- JR STAFF ROLES**17
- FREQUENTLY ASKED QUESTIONS (FAQ)** 19
- What does it mean now that my young person is committed to JR? 19
- What if my young person was committed to JR instead of the Department of Corrections? 19
- What if my young person was committed to JR through a Tribal Commitment?... 19

- DURING PLACEMENT** 20 - 23
- Intake Process..... 20
- What to expect in the first 30 days..... 21
- Daily Schedule in JR’s Secure Facilities 21
- Safe and Healthy Environments..... 22
- Visitation 22
- Mail 23
- Phone Calls 23
- Meals/Nutrition..... 23
- Case Management..... 23
- PROGRAM AND TREATMENT SERVICES**..... 24 - 28
- Substance Use Treatment 24
- Behavioral and Mental Health Services 25



Suicide Prevention..... 25

Peer Supports..... 26

Dialectical Behavioral Therapy (DBT)..... 27

Environmental Adherence..... 27

TARGET (Trauma Affect Regulation: Guide for Education and Treatment)..... 27

Wrap Around with Intensive Services (WISe)..... 28

Treatment for Sexually Aggressive Behavior..... 28

Washington State Aggression Replacement Training (ART)..... 28

PLANNING FOR YOUR YOUNG PERSON'S FUTURE.....29 - 31

Educational Services..... 29

Employment Pathways..... 29

Medical Services..... 30

Medical Insurance Coverage.....31

Spiritual Services..... 31

TRANSITION AND PAROLE SERVICES..... 32 - 34

What is the Process for Transition to a Community Facility (CF)?..... 32

What are Community Transition Services (CTS)?..... 34

RELEASE PROCESS..... 34 - 37

Parole and Community Reentry Services..... 35

Functional Family Parole (FFP) Services..... 35

Housing Supports..... 35

Community Assisted Reentry (CAR)..... 36

Interstate Compact..... 36

Request for Records..... 36 - 37

APPENDIX..... 39 - 40

Definition of Terms..... 39 - 40



INTRODUCTION

About the Department of Children Youth and Families, Juvenile Rehabilitation

DCYF is focused on the well-being of children. Our vision is to ensure that “Washington State’s children and young people grow up safe and healthy — thriving physically, emotionally, and academically, nurtured by family and community.”

DCYF provides services that support children and families in building resilience, sustaining health, and improving educational outcomes. We accomplish this by partnering with state and local agencies, Tribes, and other organizations in communities across Washington. Our focus is centered on supporting children and families at their most vulnerable points and giving them the tools they need to succeed.

DCYF’s Juvenile Rehabilitation (JR) program serves young people at the deepest end of the juvenile justice system. Young people may be committed to JR custody by any county juvenile or tribal court. The juvenile courts follow prescribed sentencing guidelines to determine which young people will be committed to JR. Young people sentenced to JR are typically sentenced for more serious crimes.

How to Use This Guide

During the time the young person you support is with us, you will be introduced to a lot of new information that may be overwhelming. This guidebook is designed to serve as a resource for parents, guardians, and families of young people who are in the care of Juvenile Rehabilitation to make the process more manageable.

How the System Works

JR Continuum of Care						
	Initial Intake <i>Up to 30-45 days</i>	Secure Facility* <i>Behavior Assessment (CBA) review every 30 days (looking back 90 days)</i>			Community Facility	Community Transition Svcs.
SECURITY LEVELS	MAXIMUM MEDIUM	MAXIMUM	MEDIUM	INSTITUTION MINIMUM	MINIMUM	MINIMUM
Activities	<p>Day 1</p> <ul style="list-style-type: none"> Review initial info Initial search Screens (SSS, GAIN, Health Center, UAs) Acute Mental Health need assessed (may route directly to unit) <p>At Intake Unit</p> <ul style="list-style-type: none"> Warrant Check (week 1) IDEA Assessment SAVY Assessment Sexual Offense History Education Profile DNA/HIV (if appl.) 	<ul style="list-style-type: none"> Mental Health Behavioral Health Medical Substance Use support Required treatment Education Limited Programs Future Planning Reentry Team Mtg. 	<ul style="list-style-type: none"> Mental Health Behavioral Health Medical Substance Use support Required treatment Education Programs Future Planning Reentry Team Mtg. 	<ul style="list-style-type: none"> Mental Health Behavioral Health Medical Substance Use support Required treatment Education Programs Future Planning Reentry Team Mtg. 	<ul style="list-style-type: none"> Community Connections Education Work Based Learning Community Future Planning 	<ul style="list-style-type: none"> Serve remaining sentence while at home
Risk Review	Establishes Initial Risk Class	Review if max over time	Monitoring for behavior/progress	Reviewing for community safety	Reviewing for community safety	Violations only
Transition Criteria	All assessments complete & Initial Risk Classification established	Reduction in Risk	Reducing needs and increasing protective factors (IDEA domains)	No Rule-outs Engaged in Tx, Education, Programs	Release Date	Release Date



Family/Guardian Involvement

No one knows your family like you do. You are the experts, and your voices are important throughout this process. You are encouraged to take part in all aspects of your young person's rehabilitation, from the initial assessment process through their return to your community. You may be involved in family consultation or counseling.

Future Planning Meetings, educational planning meetings, and special events are a few of the meetings that are made successful when familial support networks are involved.

Here are some suggestions of things you can do to be involved with your young person's care:

- Talk frequently with their assigned staff. You can find out who your young person's assigned staff is by calling the facility (see contact information on page 6 of this guide).
- Visit them as often as possible.
- Encourage them to do well in school and treatment.
- Ask questions and get answers about your young person's behavior and progress in treatment, school, and other activities.
- Talk with them on the phone frequently.
- Attend treatment and educational meetings that involve them.
- Write letters to them.
- Provide input on treatment and Future Plans.

Each facility can orient you to its visitation, mail, and phone call procedures. For more information on JR policies on visitation, phone calls, and mail, see pages 22-23 of this guide. For facility-specific information, see pages 7-16.

How to advocate for your young person

- Attend Future Planning Meetings, other treatment, and education-related meetings. Your presence matters very much in this process. If job or family obligations prevent you from attending a meeting, ask if it can be rescheduled. If not, call or write a letter in advance to explain why you cannot attend and state that you want to be involved in your young person's case.
- Help others to understand. Write down information about your young person that will help the JR understand them better.
 - If your young person has a disability, be sure to include information about the disability:
 - How do they process information?
 - How do they react in certain situations?
 - What help or accommodation(s) do they need?
- Speak up in meetings about your young person's needs, even if you feel uncomfortable or intimidated. If you feel staff members are not listening or responding to your satisfaction, you can contact the program supervisor.
- When getting ready to attend a meeting, write down the questions or concerns you want addressed and bring that list with you.
- If your young person is in special education, help make sure their IEP (Individual Education Plan) follows them.





JR CONTACTS AND FACILITIES

JR Regional Offices

REGION 1

Spokane Office.....(509) 505-5473
6830 N. Nevada St., Spokane, WA 99208

Wenatchee Outstation.....(509) 505-5473
805 S. Mission St., Wenatchee, WA 98801

REGION 2

Yakima Office.....(509) 225-6530
1002 N. 16th Ave., Yakima, WA 98902

Richland Outstation.....(509) 225-6530
1661 Fowler St., Richland, WA 99352

REGION 3

Everett Office.....(425) 740-6590
840 N. Broadway, Everett, WA 98201

REGION 4

Seattle Office.....(206) 639-6000
500 1st Ave. S., Seattle, WA 98104

REGION 5

Tacoma Office.....(253) 476-7100
1949 S. State Street, Tacoma, WA 98405

REGION 6

Lacey Office.....(360) 407-3200
720 Sleater Kinney Rd. SE, Ste. Y, Lacey, WA 98503

JR Facilities

Echo Glen Children's Center.....(425) 831-2500
33010 SE 99th Street, Snoqualmie, WA 98065

Green Hill School.....(360) 740-3400
375 SW 11th Street, Chehalis, WA 98532

Canyonview.....(509) 886-6283
260 N. Georgia Avenue, East Wenatchee, WA 98802

Oakridge.....(253) 589-7145
8701 Steilacoom Blvd SW, Lakewood, WA 98498

Parke Creek.....(509) 968-3924
11042 Parke Creek Road, Ellensburg, WA 98926

Ridgeview.....(509) 575-2736
1726 Jerome Ave., Yakima, WA 98902

Sunrise.....(509) 754-3121
1421 Division Ave., East, Ephrata, WA 98823

Touchstone.....(360) 586-1082
2010 Puget Street NE, Olympia, WA 98506

Twin Rivers.....(509) 734-7120
605 McMurray St., Richland, WA 99354

Woodinville.....(425) 483-2819
14521 124th Ave. NE, Kirkland, WA 98034



ECHO GLEN CHILDREN'S CENTER

Population Served: Echo Glen is a state-operated, 101-bed, medium-security facility with five maximum-security-capable living units located in Snoqualmie, WA. The co-ed facility serves males ages 11–17 and females ages 13–25. Echo Glen has eight housing units, referred to as cottages. Girls and boys are separated on campus for safety. The small size (12–16 beds) of each unit is a design consistent with the developmental needs of the younger and mental health population for a more home-like living environment.

Program Description: Our mission at Echo Glen is to provide a safe, structured, and secure environment where your young person can learn new skills, develop positive habits, and disengage from the activities that brought them here. Echo Glen's program's foundation is dialectical behavior therapy, which is used to teach and reinforce behavioral expectations. It also provides Aggression replacement training (ART), cultural programming, sex offense-specific treatment and inpatient chemical dependency treatment. Echo Glen offers gender-specific programming for female offenders. Echo Glen is also known for its canine connections program, which allows young people to train future service animals.

Services Available: Echo Glen maintains a fully functioning health center on campus. We have contracted with Seattle Children's Hospital for adolescent medicine and psychiatry. Our campus psychologist is an expert in complex childhood trauma and is certified to deliver trauma-focused Cognitive Behavioral Therapy. Our contracted psychologist is an expert in neurodevelopmental disorders and works closely with the acute mental

health cottages. We have a dental team on-site to provide routine and specialized dental care. We partner with local hospitals for emergency care and with local providers for specialized care such as optometry and physical therapy. Educational services are provided on site by Issaquah School District teachers with 28 classrooms available on the upper campus and five portable classrooms available for maximum-security and special needs young people. Students have access to year-round school to earn credits toward their high school diploma or GED.

Visiting Hours and Things to Know: We encourage you to visit your young person as often as possible. Visitors must bring a photo ID. Please leave all personal items, such as phones and other electronics in your car or facility-provided lockers. Visitations can be scheduled in advance by calling the facility prior to the visit. Most visitation occurs on the weekends; however, weekday visiting is available upon request. Please contact your young person's assigned counselor by calling the Echo Glen Main number, asking the staff to transfer you to their cottage, and asking to speak to them. When visiting, stop at the front gate, push the button on the console, wait for the ring and reception to answer, inform reception who you are visiting, slowly drive through the gate, and follow the signs to the visitor parking. Once you park your car, check-in at the Health Center Security desk and receive a visitor's badge. Visitors must show valid picture identification.

Staying in Contact with Your Young Person: Mail and phone calls are a great way to stay connected to young people during their stay at Echo Glen.

Mail: Postage is provided for mailing. **Phone calls:** Your young person will be able to make or receive routine local calls and collect long-distance calls from parents, legal guardians, foster parents, or custodians during established hours. They may have the ability to earn or make additional phone calls; check with the living unit your young person is assigned to or the community facility about their specific rules. Your young person may receive calls from assigned court workers, social workers, law enforcement officials, probation officers, and lawyers at any time unless they are presently posing a safety risk to themselves or others.



GREEN HILL SCHOOL

Population Served: Green Hill School is a state-operated, 180-bed, medium/maximum juvenile facility that houses older male young people and young adults. GHS has three 40-room extended care mental health units, two 16-room residential mental health units with acute care wings, a 20-room transition unit, and one 24-room intensive treatment unit. It also has an academic and vocational school, a recreation complex, and several other buildings that provide support services.

Program Description: Our mission at Green Hill School is to provide a safe, structured, and secure environment where your young person can learn new skills, develop positive habits, and disengage from the activities that brought them here. Green Hill School's program's foundation is dialectical behavior therapy, which is used to teach and reinforce behavioral expectations. Young people are provided individual treatment plans designed to teach the skills for successfully reintegrating into their communities and families while maintaining a crime-free lifestyle. A typical program consists of individual counseling with an assigned counselor, treatment groups, and academic and vocational education. There are also opportunities for recreation, religious, and cultural programming.

Services Available: Green Hill School maintains a fully functioning health center on campus. We have a dental team on-site to provide routine and specialized dental care. We partner with local hospitals for emergency care and with local providers for specialized care such as optometry and physical therapy. Educational services are provided on site by Chehalis School District teachers. Students have access to year-round school and can earn their high school diploma or their GED. Vocational programs include welding, auto

shop, construction pre-apprenticeship, and hair design. Young people who have completed high school can also enroll in college at Centralia College or Evergreen State College.

Visiting Hours and Things to Know: With the help of their assigned staff, each resident completes a visitor request/registration form for a family member to visit. As soon as visitors are verified and approved, they are added to the young person's approved visitor list. Each living unit is assigned a specific time for visitation. Current visitation times are from 9 a.m. to 10:30 a.m. and 1 p.m. to 2:30 p.m. on Saturday and Sunday. Family members sign in with security before passing through a screening process to enter the visitor center. Visitors are only allowed to bring in personal identification, \$10 in cash for vending machines, and debit/credit cards. There are limited storage lockers, so visitors are encouraged to leave belongings in their cars.

Staying in Contact with Your Young Person: Mail and phone calls are a great way to stay connected to young people. Mail: Postage is provided for mailing. Phone calls: Your young person will be able to make or receive routine local and collect long-distance calls during established hours. Several individuals must share the telephone, so all calls are limited to ten minutes each. Depending upon your young person's treatment process, they may be able to earn or make additional phone calls.

You may call your young person's living unit counselor for specific information about treatment. For information regarding the living unit program or institutional rules, you may contact the living unit counselors, supervisors, and/or program manager.

Baker Living Unit	(360) 740-3413
Cypress Living Unit	(360) 740-3489
Hawthorn Living Unit	(360) 740-3425
Maple Living Unit	(360) 740-3417
Spruce Living Unit	(360) 740-3421
Willow Living Unit	(360) 740-3430



CANYON VIEW COMMUNITY FACILITY

Program Introduction: Canyon View is one of eight state community facilities for Juvenile Rehabilitation (JR) young people. It is committed to fostering a warm and caring environment, so that young people can feel safe as they make positive changes. Canyon View staff members are here to help young people prepare for return to the community.

Program Description: At Canyon View Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Canyon View allows for time in the community, time with family, and opportunities to gain education and/or employment.

Services Available: Canyon View provides educational, vocational training, and skills-based treatment services to help your young person successfully transition back into the community. Treatment at Canyon View is based on the Dialectical Behavioral Therapy model. Skills are taught in weekly groups and are a part of their treatment plan. We will also help young people build skills to find work, be successful in school, problem solve, and get their needs met "pro-socially" in the community. Canyon View offers

educational opportunities for young people to earn their high school diploma, GED, and college through Eastmont High School or Wenatchee Valley College. Vocational training programs are available through Skills Center and Skill Source. Opportunity for employment in the community is also offered. Young people have many opportunities to be in the community to participate in shopping, recreation, field trips, local community activities, and family visits, including earning community involvement passes to go out in the community with family. Canyon View staff work with families and support others to successfully transition young people back to their community upon release. Specialized treatment is offered in connection with community providers.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Canyon View. To visit, families must first call ahead and speak with your young person's assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours are from 11 a.m. to 4 p.m. and from 6 p.m. to 9 p.m. On Saturday and Sunday from 1 p.m. to 4 p.m., Family members may visit outside of these designated days and times with prior assigned counselor approval.

Staying in Contact with Your Young Person: Mail is welcome. Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. All incoming and outgoing calls are limited to 20 minutes as we want all young people to have equal access to phones.



OAKRIDGE COMMUNITY FACILITY

Program Introduction: Oakridge is one of eight state community facilities for Juvenile Rehabilitation (JR) young people and houses up to 16 young men. Residents range in age from 16-24 and the average stay lasts for approximately six months. Oakridge is committed to fostering a warm and caring environment, so that young people can feel safe as they make positive changes. Oakridge staff members are here to help young people successfully transition back to their community upon release.

Program Description: At Oakridge Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff members are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Oakridge allows for time in the community, time with family, and opportunities to gain education and/or employment.

Services Available: Oakridge Community Facility is a vocational training program. All residents participate in the Manufacturing Academy (MA). MA is a six (6) month program consisting of a pre-apprenticeship vocational training program and the possibility of a paid internship. MA provides an overview of basic manufacturing skills in preparation for an entry-level position. Instructed by the Advanced Manufacturing Apprenticeships (AJAC) at Bates Technical College (downtown campus), students gain experience

in blueprint reading, precision measuring, riveting, electric soldering, and much more. Students who graduate from this program earn seven industry-standard certifications and both high school (if needed) and college credits. MA graduates may have an opportunity to be placed in an internship by the employment developers associated with the Manufacturing Academy. Recent graduates are eligible to obtain employment after completing their internship, depending on the length of their remaining time at Oakridge. Specialized treatment is offered in connection with community providers.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Oakridge. To visit, families must first call ahead and speak with your young person's assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours are Saturday, Sunday, and Holidays from 1 p.m. to 4 p.m. Family members may visit outside of these designated days and times with prior assigned counselor approval. Young people are not allowed to miss school, work, or treatment groups for visitation.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. All incoming and outgoing calls are limited to 10-15 minutes. We want all young people to have equal access to phones. Calling hours are from 10 a.m. to 10 p.m.

We encourage young people to write to their families. Oakridge supplies envelopes, postage, paper, and pens/pencils for writing letters. Staff members open all incoming mail and will ask the young people to be present to open legal or attorney-client mail. Staff will not read legal mail unless they have obtained permission to do so. Staff members do not read mail but will screen it for contraband and/or money. Staff members create a receipt and place money in a designated safe to be deposited into the young person's account.



PARKE CREEK COMMUNITY FACILITY

Program Introduction: Parke Creek is one of eight state community facilities for Juvenile Rehabilitation (JR) young people and houses up to 14 male residents. Parke Creek is committed to fostering a warm and caring environment, so young people can feel safe as they make positive changes. Parke Creek staff members are here to help successfully transition young people back to their community upon release.

Program Description: Parke Creek uses Dialectical Behavioral Therapy (DBT). The Parke Creek environment is skill-based and therapeutic in nature. Staff member model pro-social behaviors by providing coaching and cueing to increase the effectiveness of the cognitive behavioral process. The program equips all young people with skills to help them control their emotions, think logically, make decisions, and positively interact with others. All meals at Parke Creek are nutritious and prepared by a cook. We encourage eating healthy, well-balanced meals.

Parke Creek has a reward system based on the phrase, “Catch someone doing something positive and let them know about it.” Each resident earns points for positive skill-based behavior noticed during the day. Young people spend points on a variety of items, including additional phone calls, snacks, clothing items, and more.

Services Available: We have school onsite, taught by a Kittitas School District teacher. Weekends offer a break from regular programming with activities like gym outings, family visits, and in-house movie nights. Parke Creek also has a strong partnership with Central Washington University, and residents attend activities at the college, such as basketball, rugby, volleyball games, and more. Parke Creek staff work with families and others to transition young people back to their community upon release successfully. Residents are assigned a primary counselor who is responsible for caseload management. The primary counselor is in regular contact with the family and the young person’s parole counselor. Their counselor works with them to establish an individualized treatment plan, short and long-term goals, and target behaviors to work on during their stay. Specialized treatment is offered in connection with community providers.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person’s stay at Parke Creek. To visit, families must first call ahead and speak with your young person’s assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours are Saturdays and Sundays, 10 a.m. to 12 p.m. and 1 p.m. to 3 p.m. Family members may visit outside of these designated days and times with prior assigned counselor approval. When you arrive to visit, please report to the staff office, and sign in. Visitors may bring in approved food items, clothes, and hygiene products. For more information, please contact your young person’s assigned staff.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. Residents are allowed 10-15-minute phone calls per week and may “buy” additional calls with their points. We encourage young people to write to their family. Parke Creek supplies envelopes, paper, stamps, and pencils for writing letters. Staff will not read mail but will screen the mail for contraband and/or money. Staff will receive and place money in a designated safe to be deposited into the young person’s account.



RIDGEVIEW COMMUNITY FACILITY

Program Introduction: Ridgeview is one of eight state community facilities for Juvenile Rehabilitation (JR) young people, located in Yakima, and houses up to 10 young women and female-identifying young people. Ridgeview’s treatment program is gender responsive and aims to build skills based on the strengths they already have. Ridgeview staff are here to help successfully transition young people back to their community upon release.

Program Description: The focus of Ridgeview is to successfully transition female and female-identifying young people back into the community through gender-responsive programming and providing individual treatment. Ridgeview staff members use Dialectical Behavior Therapy (DBT) skills acquisition and generalization, a variety of educational, vocational, and employment opportunities, and support for family reintegration. Ridgeview staff advocate for young people’s needs while helping them learn how to advocate for themselves. Ridgeview’s focus’ is strength-based and considers a young woman’s holistic experience to support her in reaching her goals and successfully returning to the community. Ridgeview partners with multiple community organizations to add additional support and resources to meet the individual needs of the young women we serve.

Services Available: Young people’s medical, dental, and mental health needs are fully provided for in the community, including substance abuse disorder treatment. Young people can participate in regular educational programming on site and on campus at Stanton Academy, Eisenhower High School, and Yakima Valley College. Vocational training at Perry Tech and

Evergreen Beauty College is also available. Opportunity for employment in the community is also offered. Young people have many opportunities to be in the community. When eligible, young people can participate in shopping, recreation, field trips, local community activities, and family visits, including earning community involvement passes to go out in the community with family. Ridgeview staff works with families and other supports to successfully transition young people back to their community upon release.

Visiting Hours and Things to Know: We encourage as much family and community support contact as possible to facilitate a successful transition to the community during your young person’s stay at Ridgeview. To visit, families must first call ahead and speak with their assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan.

Visiting hours are from 3 p.m. to 5 p.m. Monday through Friday and 10 a.m. to 5 p.m. Saturday and Sunday. Family members may visit outside of these designated days and times with prior assigned counselor approval.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. Young people may receive or make two phone calls per day and may “purchase” another phone call with earned points or tokens for a total of three calls per day.

We encourage young people to write to their families. Ridgeview supplies envelopes, paper, stamps, and pencils for writing letters. Staff will not read mail but will screen the mail for contraband and/or money. Staff will receive and place money in a designated safe to be deposited into the young person’s account.



SUNRISE COMMUNITY FACILITY

Program Introduction: Sunrise is one of eight state community facilities for Juvenile Rehabilitation (JR) young people. Located in Ephrata, Sunrise houses up to 14 residents. Sunrise is committed to fostering a warm and caring environment, so that young people can feel safe as they make positive changes. Sunrise staff members work with families and support others to successfully transition young people back to their community upon release.

Program Description: At Sunrise Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff members are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Sunrise allows for time in the community, time with family, and opportunities to gain education and/or employment. Sunrise supports personal wellness and healthy lifestyles. We have a full-time cook who provides nutritious, balanced meals. Sunrise also has weights and a basketball court on site, as well as a full gym membership to the Ephrata Athletic Club.

Services Available: Sunrise provides educational, vocational training, and skills-based treatment services to help young people successfully transition back into the community. Treatment at Sunrise is based on the Dialectical Behavioral Therapy model. Skills are taught in weekly groups and are a part of their treatment plan. We will also help young people build skills to find work, be successful in school, problem solve and get their needs met "pro-socially"

in the community. Sunrise offers educational opportunities for young people to earn their high school diploma, GED, and college through Skills Center, Open Doors through Big Bend Community College, and Columbia Basin Technical School. Through these programs, young people can obtain the skills needed for independence, employment, and continuing education. Specialized treatment is offered in connection with community providers.

Young people can pursue a career in the following trades: carpentry, painting, plastering, finance, business, welding, culinary arts, CISCO Networking, and facilities maintenance. Young people can be in the community working for an employer through their work-based learning program. They have many opportunities to be in the community to participate in shopping, recreation, field trips, local community activities, and volunteer service. Family visits, including earning community involvement passes to go out in the local community with family and authorized leaves for home visits, are a part of Sunrise as well.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Sunrise. To visit, families must first call ahead and speak with their assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours are Saturday and Sunday from 11 a.m. to 5 p.m. Family members may visit outside of these designated days and times with prior assigned counselor approval.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. All incoming and outgoing calls are limited to 10 minutes. We want all young people to have equal access to phones. If phones are in high demand, young people might have to wait to make another call.



TOUCHSTONE COMMUNITY FACILITY

Program Introduction: Touchstone is one of eight state community facilities for Juvenile Rehabilitation (JR) young people. Located in Olympia, Touchstone houses up to 16 young people. Touchstone staff are here to help successfully transition young people back to their community upon release. Staff work with young people to set goals.

Program Description: At Touchstone Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff members are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Touchstone allows for time in the community, time with family, and opportunities to gain education and/or employment. Touchstone supports personal wellness and healthy lifestyles. We have a full-time cook who provides nutritious, balanced meals. Touchstone also has weights, a sports court on site, as well as a full gym membership to the YMCA.

Services Available: Touchstone provides educational, vocational training, and skills-based treatment services to help you successfully transition back into the community. Touchstone offers educational opportunities for young people to earn their high school diploma, GED, and college through Olympia School District, Evergreen State College, or South Puget Sound Community College. Vocational training programs are available through the New

Market Skills Center. Treatment at Touchstone is based on the Dialectical Behavioral Therapy model. Skills are taught in weekly groups and are a part of your treatment plan. Specialized treatment is offered in connection with community providers.

Opportunities for employment in the community are also offered. Young people have many opportunities to be in the community to participate in shopping, recreation, field trips, local community activities, and family visits, including earning community involvement passes to go out in the community with family. Touchstone staff will work with families and support others to successfully transition young people back to their community upon release.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Touchstone. To visit, families must first call ahead and speak with your young person's assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours occur every day of the week during program hours up to 8:30 p.m. Space may be limited, and we have a visitation sign-up calendar to ensure we plan ahead and don't have to turn anyone away.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. Young people can make as many phone calls to their approved contacts as they like as long as the phone lines are open. There are two phones to use during program hours.

We encourage young people to write to their families. Touchstone supplies envelopes, paper, stamps, and pencils for writing letters. Staff will not read mail but will screen the mail for contraband and/or money. Staff will receive and place your money in a designated safe to be deposited into the young people's account.



TWIN RIVERS COMMUNITY FACILITY

Program Introduction: Twin Rivers is one of eight state community facilities for Juvenile Rehabilitation (JR) young people. Located in Richland, Twin Rivers houses up to 16 young people. Twin Rivers staff members are here to help young people set goals to successfully transition back to their community upon release.

Program Description: At Twin Rivers Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Twin Rivers allows for time in the community, time with family, and opportunities to gain education and/or employment. Twin Rivers supports personal wellness and healthy lifestyles. We have a full-time cook who provides nutritious, balanced meals. Twin Rivers also has weights, a basketball court on site, as well as a full gym membership to the local gym. Twin Rivers also offers hikes, walks, bike rides, and several sports.

Services Available: Twin Rivers provides educational, vocational training, and skills-based treatment services to help your young person successfully transition back into the community. Twin Rivers offers educational opportunities for young people to earn their high school diploma, GED, and college through Richland School District, Columbia Basin College, Charter College, or WSU Tri-Cities branch. Vocational training programs are available

through the Tri-Tech Skills Center. Treatment at Twin Rivers is based on the Dialectical Behavioral Therapy model. Skills are taught in weekly groups and are a part of their treatment plan. Specialized treatment is offered in connection with community providers.

Opportunities for employment in the community are also offered. Young people have many opportunities to be in the community to participate in shopping, recreation, field trips, local community activities, and family visits, including earning community involvement passes to go out in the community with family. Twin Rivers staff work with families and support others to successfully transition young people back to their community upon release.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Twin Rivers. To visit, families must first call ahead and speak with your young person's assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours occur Saturday from 1 p.m. to 9 p.m., Sunday from 10 a.m. to 8:30 p.m., and Monday – Friday from 9 a.m. to 8:30 p.m. We ask that visits are planned in advance with staff. Young people are not allowed to miss school, work, or treatment appointments for visitation.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. All calls are limited to 15 minutes. We want all young people to have equal access to phones.

We encourage young people to write to their families. Twin Rivers supplies envelopes, paper, stamps, and pencils for writing letters. Staff will not read mail but will screen the mail for contraband and/or money. Staff will receive and place money in a designated safe to be deposited into the young person's account.



WOODINVILLE COMMUNITY FACILITY

Program Introduction: Woodinville is one of eight state community facilities for Juvenile Rehabilitation (JR) young people. Located in Woodinville, this facility houses up to 16 young people. Woodinville staff members are here to help young people set goals to successfully transition back to their community upon release.

Program Description: At Woodinville Community Facility, we understand that everyone is unique with diverse backgrounds, different ways of expressing themselves, and individualized strengths and needs. Staff are encouraged to look at each resident and situation individually and to help reduce behaviors that may get in the way of young people's goals. Part of the treatment plan will be to identify things that motivate your young person and to establish achievable short and long-term goals. Living at Woodinville allows for time in the community, time with family, and opportunities to gain education and/or employment. Woodinville supports personal wellness and healthy lifestyles. We have a full-time cook who provides nutritious, balanced meals. Woodinville also has a basement exercise room with weightlifting equipment, a pool table, and an outdoor sports court.

Services Available: Woodinville provides educational, vocational training, and skills-based treatment services to help your young person successfully transition back into the community. Woodinville offers educational opportunities for young people to earn their high school diploma, GED, and college through Northshore School District or Cascadia Community College. Vocational training programs are available through the Lake Washington

Institute of Technology. Treatment at Woodinville is based on the Dialectical Behavioral Therapy model. Skills are taught in weekly groups and are a part of their treatment plan. Specialized treatment is offered in connection with community providers.

Opportunities for employment in the community are also offered. Young people have many opportunities to be in the community to participate in shopping, recreation, field trips, local community activities, and family visits, including earning community involvement passes to go out with family. Woodinville staff work with families and support others to successfully transition young people back to their community upon release.

Visiting Hours and Things to Know: We encourage as much family and community support contact as reasonable during your young person's stay at Woodinville. To visit, families must first call ahead and speak with their young person's assigned counselor. After this, we will add families to the approved visitor list, and you can begin visiting during scheduled program visiting hours or by calling ahead to plan. Visiting hours are Monday, Wednesday, Thursday, and Friday, 3 p.m. to 5 p.m., weekends, 10 a.m. to 7 p.m., and Tuesdays, as arranged by their assigned staff. We ask that visits are planned in advance with staff. Young people are not allowed to miss school, work, or treatment appointments for visitation.

Staying in Contact with Your Young Person: Phone calls to and from your young person are encouraged. Their assigned counselor will work with them to create a list of approved contacts. All calls are limited to 15 minutes. We want all young people to have equal access to phones.

We encourage young people to write to their family. Woodinville supplies envelopes, paper, stamps, and pencils to write letters. Staff will not read mail but will screen the mail for contraband and/or money. Staff will receive and place money in a designated safe to be deposited into the young person's account.

JR STAFF ROLES

In Residential Facilities:

- **Assessment Specialist:** Completes the IDEA risk/needs assessment.
- **Assigned Staff:** Serves as the primary point of contact, partners with your young person, addresses needs and identifies goals, manages legal and transitional paperwork requirements, and referrals to specialized programs and services. Collaborates with young people and the Future Planning Team to develop and update Future Plans.
- **Community Facility Administrator:** Provides direct oversight of the community facility, including supervision of the program staff at the community facility where young people reside.
- **DBT (Dialectical Behavior Therapy) and SUD (Substance Use Disorder Program Specialist):** Provide mental health and substance use treatment services to your young person while in residential care at state-operated facilities.
- **Educational Staff:** Provides academic instruction.
- **Living Unit Manager:** Provides direct oversight and supervision to the supervisor and all program staff of the living unit that your young person is assigned.
- **Medical Staff:** Provide medical and health education services to your young person.
- **Psychologist/Psychology Associate:** Provides mental health treatment to your young person and consultation to staff in residential facilities.
- **Superintendent:** Provides oversight and direction to all facility operations.
- **Supervisor:** Provides direct oversight and supervision to your young person's assigned staff.

In the Community:

- **Community Counselor:** Provides support and case management during the period of parole aftercare or during Community Transition Services.
- **Community Counselor Assistant:** Works directly with the community counselor and the young people and families on their caseloads.
- **Community Reentry Services Manager:** Provides oversight and supervision to the community counselors and assistants.
- **Field Operations Administrator:** Provides oversight and supervision to the supervisors and all other regional staff and operations with designated authority from the Regional Administrator.
- **Regional Administrator:** Provides oversight for the JR Regional offices and staff, including the community facilities and the regional offices, ensuring relationships are maintained with juvenile courts, Tribal partners, and community stakeholders.
- **Specialists:** Support young people by connecting them to community-based services, including treatment for mental health, sex-offending behavior, housing, employment, and education.



FREQUENTLY ASKED QUESTIONS (FAQ)

Q: What does it mean now that my young person is committed to JR?

A: The Juvenile Court has the authority to commit juveniles to JR. A combination of factors determines the length of stay in a facility. The court imposes a sentence that typically has a minimum and maximum range. Their release date within that range may be influenced by their behavior and progress with treatment and other programming.

Q: What if my young person was committed to JR instead of the Department of Corrections?

A: A young person who commits a crime before turning 18 and is tried in the adult court system most often serves their sentence in JR facilities up to age 25. They can serve their entire sentence in JR facilities if the sentence is completed before they turn 25. Otherwise, they will transfer to a facility with the Department of Corrections (DOC) on their 25th birthday. Young adults may be transferred before age 25 for serious behavioral infractions. You will be informed if this is being considered and notified regarding the formal hearing process where the final transfer decision is made.

Q: What if my young person was committed to JR through a Tribal Commitment?

A: Indian Nations within Washington State can enter into Residential Custody Service Agreements (RCSAs) with Juvenile Rehabilitation. Tribes who have expressed interest in committing and placing young people adjudicated by Tribal Court can utilize Juvenile Rehabilitation (JR) as an alternate resource for rehabilitation services. The placement of Tribal young people will be subject to all the applicable laws, rules, policies, procedures, and practices governing juveniles committed to JR. To facilitate communication, JR has local points of contact to work with tribal representatives, young people, and families. JR also identifies points of contact at each secured residential facility and within the referring Tribal Court to report on young people's progress and answer questions and/or concerns of them throughout their stay.

If you have any questions, please contact JR Tribal Liaison Arturo Caballero by phone at (509) 505-5472 or via email at Arturo.caballero@dcyf.wa.gov.



DURING PLACEMENT

Intake Process

When your young person is admitted to JR, they will receive several screenings that include medical and mental health needs, as well as risks for harming themselves, others, or engaging in harmful behaviors. Risk screening will determine your young person's security classification.

They will be assigned to a living unit. Staff will ask them for basic personal information to create mail, phone, and visiting lists.

Personal Property: When your young person is admitted to a facility, staff will inventory their personal property, store it in a safe and secure place until their release, and provide them with a list of all property to be held by the facility (along with putting a copy of the list in their permanent case file). Depending on what they are, hazardous items may be disposed of, given to a family member, or turned over to the police.

Clothing and Hygiene Items: Young people will be provided with basic toiletry and personal hygiene items. They will also be provided with bedding, sheets, and towels. Your young person will have access to laundry facilities, or their laundry will be washed by staff or an outside contractor. Some facilities will provide all clothing, including undergarments. At some facilities, your young person may be permitted to wear personal clothing. You may be asked to provide the necessary clothing or shoes if they need clothing. Programs may have access to donated clothing.

Contraband: Contraband is any item or article that has not been officially issued, purchased, or approved, including items that can be used as a weapon for the purposes of escape or bodily harm or that present a safety and security concern in the facility. Visitors found with contraband in their possession or found exchanging contraband with young people will be denied visitation privileges. If there is probable cause to believe that contraband is in the possession of a visitor, admission to the facility will be denied. If illegal contraband is found in the possession of a visitor, local law enforcement will be contacted.

Items considered to be contraband include but are not limited to:

- Items that can be used as, or are designed to be, weapons
- Glass or similar breakable materials
- Firearms or any object that shoots a projectile or ammunition
- Knives
- Razor blades
- Explosives/ fireworks
- Any drug not approved for use by medical staff, all illegal/illicit drugs & drug paraphernalia, alcohol, inhalants, aerosol cans, and air fresheners
- Tattoo-making equipment
- Tobacco products, artificial tobacco products, lighters & matches
- Cash, checks, credit cards & money orders
- Pornographic materials
- Other items may be considered contraband at the discretion of facility administration



What to expect when your young person enters JR

Planning for a young person’s future begins with admission to a secure residential facility and remains an active, collaborative effort while they are in our care.

First Week	Assigned staff will contact the parent/guardian for introductions and invite them to the initial Future Planning Meeting.
First Two Weeks	A qualified assessor interviews young people to assess their risks and needs. Assessors also contact the legal guardian to get additional information.
Within 30 Days	Initial Future Planning Meeting is completed.
Every 120 Days	Young people receive risk and need reassessment throughout their residential sentence and while on parole aftercare if they are released with a parole obligation.



Daily Schedule in JR’s Secure Facilities

Your young person’s day will be plenty busy while they are in placement. Although facility schedules vary, the following is an example of a typical week for a young person in JR’s care:

- The start of a typical day is between 6 a.m. and 7 a.m.
- Meals occur three times per day with at least one snack.
- School is provided throughout the week (summer schedules may vary).
- Supervised recreational activities are part of their daily routine for a minimum of one hour per day. Time is also set aside for daily hygiene.
- Throughout the week, there are various educational, skills-based, or therapy groups.
- Individual and group counseling sessions will occur as well.
- Finally, there is the time each week for phone calls, visits, and structured leisure activities, including games, tournaments, letter writing, current events, and, at some facilities, art, or music activities.
- Lights out usually occurs between 8:30 p.m. and 9:00 p.m., depending on the privilege level and the unique daily schedule of the facility or program.

Sample Weekday Schedule

TIME	ACTIVITY
7:00 a.m.	Wake up – Breakfast – Get Ready
8:00 a.m. – 11:30 a.m.	School
12:00 p.m. - 1:00 p.m.	Lunch
1:30 p.m. – 3:30 p.m.	School
3:45 p.m. – 5:00 p.m.	Recreation/Groups
5:30 p.m. - 6:30 p.m.	Dinner details
6:30 p.m. - 8:30 p.m.	Free time/Groups
8:30 p.m.	Bedtime

Safe and Healthy Environments

Goal number one for all our residential facilities is to provide a physically and psychologically safe living environment. Entering a secure facility can be difficult. Your young person needs support and tools to help them cope well, tap into their strengths, and build new skills while with us. Juvenile Rehabilitation prioritizes practices to increase everyone's ability to address issues, manage stress, and recover from difficulty. This includes skills to identify and express emotions, communicate effectively, and manage conflict. We strive to model and apply these tools in partnership with young people. Safe and healthy environments support and contribute to your young person's ability to identify and make progress toward their goals.

JR uses several strategies intended to help young people experience the highest level of safety while with us and give them an opportunity to problem-solve proactively.

Some examples of tools are:

- A group check-in twice per day to see how your young person is feeling, set goals for the day, and identify who they can ask for help.
- A list of things your young person can do on their own to calm anxiety or discomfort.
- Anyone can hold a quick meeting to address a concern before it becomes a big problem for the program or facility.
- Weekly Dialectical Behavior Therapy (DBT) skills groups.

We encourage you to talk to facility staff about how they help support safe and healthy environments every day.

Visitation

All young people can visit with their legal guardians, immediate family members, and others. Visitor approval starts with asking their assigned staff. We encourage young people to maintain contact with family and other positive individuals in their lives. The facility will allow visits with approved family members. Please note, your young person has the right to refuse to participate in visits.

Each site has visitation guidelines they will share with you regarding what you can bring in and what conduct is allowed during visitation.

In addition to family visits, your young person is allowed visits with their attorney(s) or counselors, agents, or workers who are assigned to supervise or deliver services.



Mail

Postage is provided for the mailing. Additional postage is provided for legal correspondence. Letters must be sealed and addressed with only the sender's name and address and the name and address of the person receiving the mail. Letters and packages are inspected to determine if they pose any safety concerns or contain contraband. Legal mail addressed to a young person will remain sealed upon delivery to them. Your young person can ask staff to assist them in understanding or following up with the content if they would like any help. Otherwise, staff won't read the content. If mail is rejected, it may be returned to the sender or placed with your young person's personal property. Your young person is permitted to send sealed, uninspected letters to courts and attorneys.

Phone Calls

Upon admission to a JR facility, your young person may make two telephone calls: one to parents or legal guardians, foster parents, or custodians and one to an attorney or legal representative.

- Your young person will be able to make or receive routine local and collect long-distance calls to parents, legal guardians, foster parents, or custodians during established hours at a minimum of two per week.
- Some facilities permit young people to earn or make additional phone calls. Check with the living unit they are assigned to or the community facility about their specific rules.
- Your young person may receive calls from assigned court workers, social workers, law enforcement officials, probation officers, and lawyers at any time unless they are presently posing a safety risk to themselves or others.
 - If a facility or living unit is locked down for security purposes during normal call-in hours, staff will let you know. Phone calls will not be allowed.
- Your young person may telephone an attorney on an agency phone at any reasonable time, as often as the attorney agrees is necessary. For calls with an attorney, the facility will allow for a reasonable amount of privacy.

Meals/Nutrition

Three meals are provided each day, and at least one snack is served. The food services unit will accommodate special diets, including therapeutic diets (e.g., a diabetic diet or one designed to treat high blood pressure), diets dictated by religious beliefs, or vegetarian diets, as well as diets to accommodate allergies. If a young person requires a special diet, they must inform the Medical Care Provider within 24 hours of admission. They will meet with the medical team on their first day at the assigned facility. This is a great time to communicate any of these needs, which will be carried over to a community facility if they transfer there.

Case Management

Each young person committed to the JR has an assigned staff member who fulfills primary case management responsibilities for them while they are with us. Your young person's assigned staff member will be able to answer most of your questions about them, their placement, and their treatment.

Some young people will also have a DBT Specialist or treatment provider, a facility staff member who oversees their treatment within a specific facility. They will be able to answer your questions about your young person's care and treatment, educational program, and adjustment within the facility.

Your young person's assigned staff and DBT Specialist or treatment provider both welcome and encourage your involvement. They are the best source of information and a good place to begin if you have any concerns or complaints.

Parents and family members are invited to attend Future Planning Meetings and are considered part of the team that builds the Future Plan for the young person. The goal of Future Planning is to build a plan that is comprehensive, actionable, achievable, and supported by everyone involved. Responsive to needs and supporting goals, the plan promotes opportunities for young people to experience successful transitions as they return home. Active participation and engagement from young people, families, and communities are crucial for a successful return to the community.

If you are unsure who to call, start with the facility's general number and explain what you need. The operator will help direct your call.

PROGRAM AND TREATMENT SERVICES

JR operates a fully licensed treatment program for substance use, mental health, and co-occurring disorders using a research-based, trauma-informed approach. Engaging young people and their families in the process is a critical part of our work in residential and aftercare settings. Our treatment and rehabilitation focus follows the principles of Risk, Need, and Responsivity (RNR). This is a model used around the world to determine **who** needs the most intensive interventions, **what** the young person's most important needs are for learning, support, and healing, and **how** our approach should match the young person's culture, development, and communication abilities.

Our treatment programs are informed by the **Washington State Institute for Public Policy's** *"Inventory of Evidence-Based, Research-Based, and Promising Practices for Prevention and Intervention Services for Children and Juveniles in Child Welfare, Juvenile Justice, and Mental Health Systems."* They do research on the costs and benefits of a broad range of interventions and resources.

Substance Use Treatment

JR provides Substance Use Dependency (SUD) treatment services following the standards and guidance of the American Society of Addiction Medicine (ASAM), which dictates comprehensive assessment, levels of care, treatment planning, and aftercare planning. SUD treatment is provided by treatment specialists who are certified by the Department of Health. Teams of SUD Specialists provide services at secure facilities.

The Exodus (Echo Glen) and SMART (Green Hill) substance use treatment programs provide outpatient, intensive outpatient, relapse prevention, recovery support, and aftercare planning services at JR's secure residential facilities. Exodus serves males (ages 18 and under) and females (ages 12-25). SMART serves males (ages 17 to 25). Both programs help individuals understand their drug use and explore the possibility of a drug-free quality of life through a blend of Cognitive Behavior Therapy (CBT), Twelve Step Facilitation (TSF), Harm Reduction (www.samhsa.gov/find-help/harm-reduction), DBT skills, and education regarding the effects of drug and alcohol abuse. In preparation for the young person's transition to

a community facility or return to the community, your young person's specialist will work to create a continuing care plan for ongoing treatment or aftercare that may include support groups, Peer Recovery Coaching, and supported housing or employment.

Additionally, JR contracts with Aftercare Liaisons to provide treatment services and resource navigation for young people who are in group homes or have returned to their community. Aftercare Liaisons are employed by community behavioral health providers who also offer a range of behavioral health services that are reimbursed by Medicaid.

Opioid Use Disorder Treatment: JR's medical and behavioral health staff work closely with other agencies and community providers to provide interventions in response to the dangerous opioid epidemic. This includes providing Medications for Opioid Use Disorder (MOUD) for young people with moderate to severe opioid dependence. An individual's continuing care plan provides a comprehensive road map for transition back into the community that includes connection with medical providers for MOUD medication management and SUD treatment providers for aftercare support.

Overdose Prevention: All the staff and residents in our facilities, as well as staff who work in the community, are trained in how to recognize signs of an opioid overdose and how to intervene using Narcan, which is also known as naloxone. Narcan can reverse the effects of an opioid overdose. A supply of Narcan may be provided to your young person when they are released. Narcan is a safe medication that has the potential to save the life of a person who has overdosed. Your young person will be provided a personal laptop that includes several educational resources, including opioid and overdose risks. Young people are also informed about the Good Samaritan Law, which protects someone who seeks emergency assistance for a friend who is overdosing from being charged with drug possession. For more information about this law and other information, visit **STOPOVERDOSE.ORG**.

Behavioral and Mental Health Services

Psychologists, psychiatrists, peer counseling specialists, social workers, occupational therapists, and DBT specialists provide mental health treatment at secure residential facilities.

In addition to JR's risks and needs assessments, the agency uses an evidence-based approach called Measurement-Based Care (www.owl.health/what-is-measurement-based-care) to assess symptoms and diagnoses and to measure progress in symptom improvement and healthy functioning over time. Young people will work with Dialectical Behavior Therapy Specialists and/or other behavioral health clinicians, depending on the type and severity of mental health needs identified in their assessments. An assigned psychiatrist will meet with your young person regularly if medication is part of their mental health treatment.

Suicide Prevention

JR has a comprehensive program for assessing suicide and self-harm risk, preventing related harm, and providing care. When a young person enters a facility, a trained staff member conducts a Suicide and Self-harm Screen (SSS) to determine if there is a risk for suicide or self-harm based on risk factors and warning signs. If the young person presents a risk for self-harmful behavior, special monitoring and other precautions are taken to help ensure safety. If it is determined that your young person requires a higher level of supervision, they will be placed on a Suicide Precaution Level (SPL). An individual safety plan will be developed in partnership with the young person. The SSS is administered any time a young person presents risk factors or warning signs or when they move between facilities. The parent or legal guardian is notified when a young person is placed on a Suicide Precaution Level.

Risk factors associated with suicide:

- Mental health disorders, e.g., Depression, Anxiety, Bipolar Disorder, or PTSD
- Misuse of alcohol and/or substances
- Feelings or statements of hopelessness
- Impulsive and/or aggressive tendencies
- History of trauma or abuse
- Major physical or chronic illnesses
- Previous suicide attempt(s)
- Family history of suicide
- Loss of relationship or break-up
- Easy access to lethal means
- Exposure to local person or through the media to others who died by suicide
- Lack of social support

Warning Signs:

- Talking about death or making statements of wanting to die or kill themselves
- Seeking out means to kill themselves
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in pain
- Talking about being a burden to others
- Increase in risky behavior, substance use or alcohol consumption, fighting
- Behaving recklessly
- Sleeping extremes- too much or too little
- Isolating/alienating or withdrawing from areas of interests
- Rage, anxiety and/or seeking revenge
- Extreme mood swings
- Giving away possessions
- Not enjoying usual activities

How do you talk to your young person about suicide?

It is sometimes difficult to talk about suicide, so when talking to your young person, it is important to allow them to speak openly by being patient. When addressing suicide with your young person, it is important to let them know you are there to help and are willing to talk, so you can try to resolve the issue/problem together. When discussing the topic of suicide, it is important to clarify and reflect on their feelings. Suicidal behaviors and thoughts will not go away by avoiding conversation. If you need help getting the discussion started, please use the resources listed on this page, and please contact the young person's assigned staff if they share with you they are having suicidal thoughts while in a JR facility.

Don't be afraid to talk with your young person's assigned staff about their thoughts of self-harm and/or suicidal ideation.

You can find more information about how to talk to your young person about suicide here: National Alliance on Mental Illness (www.nami.org/family-member-caregivers/how-to-talk-to-your-teen-about-suicide)

Additional Resources include:

- Suicide and Crisis Lifeline (available 24 hours), Dial 988
- Crisis Connections, Dial 866-4crisis.
- Crisis Text Line, Text/WhatsApp 'HOME' to 741741
- Forefront Suicide Prevention, University of Washington (<https://intheforefront.org>)
- Suicide Prevention Resources, Health Care Authority (www.hca.wa.gov/billers-providers-partners/program-information-providers/suicide-prevention-resources)
- Suicide Prevention Resource Center (<https://sprc.org/settings/behavioral-health-care>)
- DBT's Approach to Treating Individuals at High Risk for Suicide (<https://behavioraltech.org/dbt-approach-treating-individuals-high-risk-suicide>)
- How You Can Play a Role in Preventing Suicide, FAQ Sheet, Health and Human Services (www.hhs.gov/sites/default/files/national-strategy-for-suicide-prevention-factsheet.pdf)

Peer Supports

JR is actively expanding access to Certified Peer Counselor (CPC) services for the young people we serve. CPCs are professionals who are credentialed through the Department of Health and have personal lived and living experiences connect with young people, inspiring hope, and exploring possibilities. We also partner with community providers and other peer-centered organizations to increase opportunities to connect with people who have shared cultures and backgrounds to support young people with navigating and self-advocating with systems and planning their future.

Visit www.youtube.com/watch?v=xSbhhs8r1_o&list=PLBt_fNZuVDgT77oTdI8dOj9DcBYGHdwBi&index=2 to watch a brief video about the power of peer support.



Dialectical Behavioral Therapy (DBT)

PDBT is a supportive, therapeutic, skill-building approach that focuses on teaching new and effective behaviors to replace dangerous and damaging behaviors that have negatively influenced the young person's life and their community. Young people with an identified mental health need are assigned a DBT Specialist who works with the young person and consults with their assigned staff.

DBT combines individual counseling and group skills training to help the young person examine their healthy living goals, behaviors that get in the way of those goals, and the factors that influence those behaviors. DBT balances accepting a person for who they are with working towards behavior change. Validating someone's internal experiences (thoughts, feelings, and motivations) can open them up to considering making changes and working towards personal goals. DBT focuses on the following treatment areas when working with young people and their families in residential care.

DBT Skill Acquisition: A critical part of DBT is teaching young people new skills to utilize in their daily lives to replace the behaviors that have led them to trouble. All young people attend DBT skills groups to learn a variety of behavioral skills in four modules:

- **Mindfulness** to increase self-awareness, impulse control, and ability to notice thoughts, emotions, and sensations without having to act on them.
- **Emotion Regulation** to understand how emotions work and learning skills for responding to emotions in a healthy and safe way.
- **Distress Tolerance** to learn strategies for dealing with and getting through high-stress and crisis situations without making things worse.
- **Interpersonal Effectiveness** for nurturing healthy relationships, navigating challenging relationships with a balance of self-respect and considerateness, and effective assertiveness.

DBT Specialists tailor some of these skills to each young person's particular needs during their counseling sessions based on their needs, interests, and abilities.

DBT Skill Generalization: Generalization focuses on transferring skill usage to situations young people will return to. Practicing effective skills in a controlled environment such as our facilities can be an effective learning opportunity. Generalization focuses on preparing young people to use skills in all relevant contexts when returning to their community.

Structuring the Environment Using Principles of DBT: At our various locations, there are different educational, cultural, and vocational opportunities, in addition to skills groups and other treatment programs. Providing safe, therapeutic, and trauma-informed living environments where young people can practice and learn new skills is a top priority in all JR living units.

Environmental Adherence: JR administers a process in all residential programs that measures the safety and therapeutic focus of living units and group homes. Programs receive a score each time their program is observed that indicates how well their program appears to be doing with respectful communication with young people, skills coaching, problem-solving, and structured pro-social activities. Several years of research show that a young person's exposure to highly therapeutic environments, based on the scores of the programs they resided in, has a strong link to reduced future offending.

TARGET (Trauma Affect Regulation: Guide for Education and Treatment): TARGET is a skill-based intervention designed to teach skills and practices for understanding the brain and body's response to chronic or traumatic stress. JR partners with Advanced Trauma Solutions (www.atspro.org) for TARGET training, consultation, and quality assurance. TARGET teaches a set of tools called the FREEDOM steps (Focus, Recognize Triggers, Emotion Self-check, Evaluate Thoughts, Define Goals, Options, and Make a Contribution) that can be used by trauma survivors to regulate extreme emotional states, manage intrusive trauma memories, promote self-efficacy, and achieve lasting recovery from trauma.

Wrap Around with Intensive Services (WISe): WISe is a voluntary mental health service offered statewide to Medicaid-eligible young people up to the age of 21. WISe provides support in the home and community from a team consisting of the young person, their family and other supportive people in their life, a team coordinator, peer counselor, and therapist. Together, the team works to identify strengths and needs of the young person and their family to develop a culturally relevant, individualized plan that emphasizes family voice and collaboration. The team supports the family in working toward their goals and connects the family with supportive resources in the community. For more information, please visit the Health Care Authority website. DCYF JR arranges with community WISe providers to conduct eligibility screening with interested young people and families before the young person returns home.

Treatment for Sexually Aggressive Behavior: All young people who are committed to JR for a sexual offense receive sexual behavior treatment that draws from current and evolving best practices in the field. JR uses a cognitive behavioral/relapse prevention approach informed by DBT to build skills for managing impulsive or aggressive sexual behavior, increasing appropriate boundaries, and reducing other risk factors for harmful behavior. The focus of treatment is also prioritized using information from the risk needs assessments that were mentioned in a previous section of this resource. Treatment at secure facilities is provided by counselors, specialists, and clinicians with guidance from Certified Sex Offender Treatment Providers (SOTP). Additionally, JR contracts with SOTPs to provide treatment to young people who are in community facilities or in their home community on Parole Aftercare in the YSO (Young people who have sexually offended) program. YSO parole supervision and treatment can last two to three years after release from a residential facility.

Washington State Aggression Replacement Training (ART)

Aggression Replacement Training (ART) is a group-based cognitive behavioral intervention designed to teach skills to manage anger without aggression, reduce antisocial behaviors, and offer alternative prosocial skills. ART classes are conducted three times per week for a ten-week series. Each of the three weekly classes focuses on one of the ART components: Social Skills Training, Anger Control Training, and Moral Reasoning

ART Social Skills Training: Participants role-play and problem-solve using a set of 50 interpersonal skills and scenarios. The practice aims to develop prosocial skills through modeling, role-playing, and performance feedback. Social Skills Training has been successful with aggressive, shy, withdrawn, and immature young people and has also been effective with those who have intellectual or developmental disabilities.

ART Anger Control Training: Participants learn and practice strategies for managing and reducing anger and practicing self-control in difficult situations. The goal is to enhance self-empowerment through positive anger control methods. This enables young people to have a variety of options in dealing with a problem rather than seeing aggression as the only option.

ART Moral Reasoning: ART peer groups examine and reconsider values through discussion of problem situations that involve gray areas and difficult decisions. Each group member responds to questions related to a moral dilemma presented in a scenario. Participants are exposed to the perspectives of other group members. The goal is to facilitate moral-cognitive development and to help the participants see the value of fairness, justice, and concern for the needs and rights of others.

PLANNING FOR YOUR YOUNG PERSON'S FUTURE

The goal of Future Planning is to build a plan that is comprehensive, actionable, achievable, and supported by everyone involved. Responsive to needs and supporting goals, the plan promotes opportunities for young people to experience successful transitions to their home communities. Active participation and engagement from young people, families, and communities are crucial for successfully returning to the community.

Educational Services

We collaborate with young people, parents, caregivers, and community partners to create diverse education and career paths.

Personalized Education and Collaborative Approach: Our approach to education goes hand in hand with our implementation of Multi-tiered Systems of Support (MTSS), Social Emotional Learning (SEL), and targeted interventions. We provide a diverse array of educational opportunities and engagement strategies tailored to meet the unique needs of each student. Our focus on re-engagement understands some students may have faced challenges in the public school system.

Within our framework, the integration of MTSS ensures a layered approach to supporting and addressing the varied academic and behavioral needs of our students. Incorporating SEL strategies enriches the learning environment, fostering emotional well-being, and interpersonal skills crucial for success.

The success of our students is made possible by the robust partnerships and collaboration we cultivate with a wide range of Colleges, K-12 institutions, and community-based organizations.

Comprehensive Education and Employment Transition Planning:

We provide diverse education and career opportunities beyond K-12 support, emphasizing comprehensive transition and Future Planning for all young people. Young people can pursue post-secondary education, apprenticeships, trades, or job readiness and career exploration. We ensure that young people have equal access to high-quality education and resources.

Young People Voice and Engagement: We encourage and value the input of our young people, fostering an environment where their opinions and voices matter. Through mentoring and leadership opportunities, we aim to empower them to actively participate in shaping their educational journey and future endeavors.

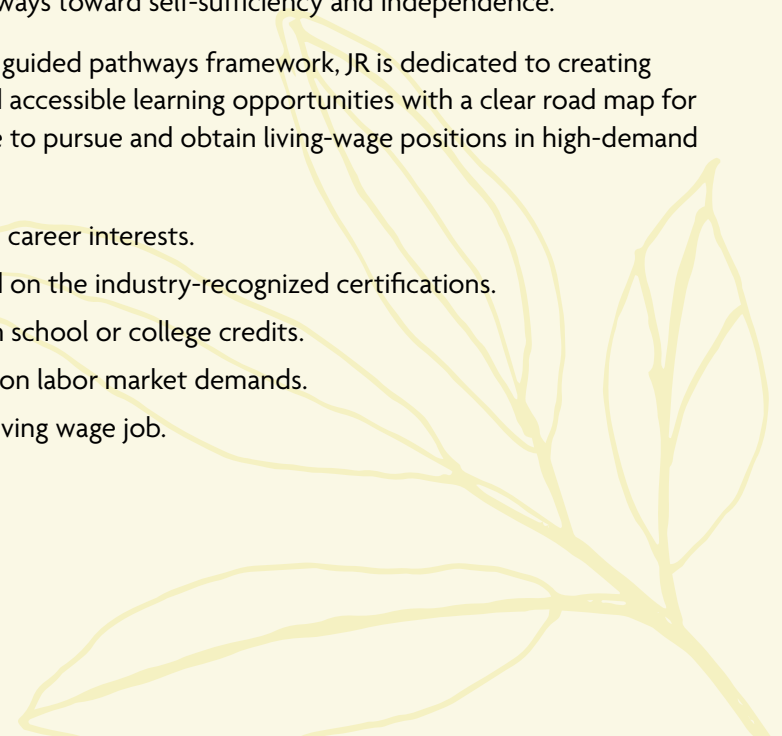
Employment Pathways

In alignment with the Governors' Executive Order 16-05 and the Washington State Workforce System Strategic Plan for unblocking Washingtons workforce potential, Juvenile Rehabilitation (JR) recognizes that successful return to the community must include pathways to employment that are obtainable and sustainable.

JR offers programs and services that are developmentally appropriate, grounded in a strength-based approach, and lead to a reduction in recidivism. JR programs help young people overcome barriers while assisting them in building pathways toward self-sufficiency and independence.

Based on the guided pathways framework, JR is dedicated to creating equitable and accessible learning opportunities with a clear road map for young people to pursue and obtain living-wage positions in high-demand careers that:

- Aligns with career interests.
- Is centered on the industry-recognized certifications.
- Offers high school or college credits.
- Is focused on labor market demands.
- Lead to a living wage job.



Job Readiness Skills are offered through the My Journey Out Beyond Program (MyJOB)

Services are available at JR facilities through collaboration with the Division of Vocational Rehabilitation (DVR), Educational Service District (ESD) 112, South Central Workforce, and local schools to provide job exploration, job readiness training, and work-based learning opportunities.

- ESD112 employment specialist provides direct services to young people through the MyJOB program in the JR facilities (Green Hill and Echo Glen).
- ESD112 also supports the community facilities alongside Southcentral Workforce (SCWF) and their subcontractors, People for People (PPF) and Opportunities Industrialization Center (OIC).
- JR Employment Specialists in the regional offices help young people establish connections with the workforce community to help them gain employment and self-sufficiency in the community.

Medical Services

Both of JR's secure facilities operate a full health clinic that will provide for your young person's medical needs. If your young person needs medical attention, they should notify staff. A nurse will respond in a timely manner. All staff are trained to respond in the event of a medical emergency. Medical information is kept confidential between young people and medical staff and follows all confidentiality regulations, such as the Health Insurance Portability and Accountability Act (HIPAA).

Your young person can see a medical care provider:

- Anytime they feel sick or if they have an injury.
- If they have questions or concerns about their health or health issues, including mental health and dental needs.
- For medication concerns.
- If staff encourages them to see a medical care provider.

Young people residing in community facilities receive medical and behavioral healthcare from community providers. These services are reimbursed by Medicaid.



Medical Insurance Coverage

JR works closely with the Health Care Authority (HCA) to support your young person's access to Medicaid healthcare (Apple Health) insurance. Shortly after your young person arrives at the secure facility, JR will share information with HCA to find out if they are covered by Apple Health Medicaid. Active coverage will be suspended while they are in the secure facility. JR covers the cost of healthcare during this time.

A Medicaid specialist will then meet with your young person to talk about Apple Health and the Managed Care system in Washington State. They will ask about the coverage they were on before coming to JR and educate them about the benefits of coverage in the future after they leave the secure facility. If your young person was on a family Apple Health Managed Care plan with you before coming to JR, they may talk about returning to your plan when they are released or go to a community facility. If independent living is part of your young person's plan, they may talk about the pros and cons of all the Apple Health Managed care plans that operate in different parts of the state.

If your young person was not covered by Apple Health when coming to JR, the Medicaid Specialist will share information about Apple Health eligibility. If they are interested, the specialist will help them complete an application. They may also call you to get information to help find out if your young person is eligible for Apple Health. If they are eligible, the young person will be enrolled in the Managed Care plan of their choice. The coverage will be in a suspended status while they are in the secure facility.

The Medicaid Specialist will activate your young person's Apple Health coverage and when the transition to a community facility or release to the community. As we mentioned, this may be a reactivation of your family's managed care plan or another plan they would choose if they were released to independent living. They also notify the Managed Care Organization (MCO) a month before the transition or release. The MCO is notified because they are responsible for providing care coordination for their members, and they have an added responsibility to help individuals who are returning to the community after being incarcerated. Politicians and public service leaders in Washington State are working very hard to improve medical, behavioral health, housing, and employment support to help people successfully reintegrate into their communities and be productive citizens. Medicaid Apple Health provides coverage in all these areas.

In 2025, Apple Health will be activated up to 90 days before your young person is released from a secure facility (Medicaid is already active, and then they go to a community facility). This will pay for services that community providers offer to help your young person prepare for release and coordinate their care after they return to the community.

Spiritual Services

We respect your family's spiritual needs and honor your young person's right to choose and practice. Non-denominational religious programming is held weekly. Some facilities support spiritual needs by partnering with faith-based community agencies and organizations.

- Your young person can work with facility staff to find ideas that support meeting their spiritual needs.
- Your young person has the right to contact a religious representative as part of the professional call list and during non-structured program hours.



TRANSITION AND PAROLE AFTERCARE SERVICES

Prior to release from JR, young people may transition to less restrictive settings, including a Community Facility or the Community Transition Services program prior to release from JR. Following release, a young person may have the support of parole aftercare services. JR currently provides parole aftercare services to approximately one-half of the young people whom they serve. Individuals not served by parole aftercare may be eligible for voluntary Community Assisted Reentry (CAR) support and services. The young person's assigned staff can provide information about transition opportunities and tell you whether your child will be on parole aftercare or eligible for CAR services.

What is the Process for Transition to a Community Facility (CF)?

Young people may be able to transfer to a minimum-security community facility to complete their residential sentence. These facilities, located throughout the state, provide educational, vocational, employment, and reentry opportunities in a supported community setting.

Young people become eligible for community facility (CF) placement when they:

- Serve 10 percent of their sentence or at least 30 days in a secure facility.
- Are eligible for Institution Minimum Security Level as demonstrated by appropriate behavior.
- Are not ruled out by any static or dynamic factors on the Client Behavior Assessment (CBA).

Static Factors that make a young person permanently ineligible for a CF:

- Risk Level 3 for those young people who have sexually offended.
- Adult (DOC) commitment of a sexual offense.
- Eligible for Civil Commitment.
- Adult sentence with an Earned Release Date past their 25th birthday.

Dynamic Factors that make a young person ineligible until resolved:

- Pending charges or warrants.
- Suicide Precautionary Level (SPL) 1, 2, or 3.
- Have not given the required DNA or HIV sample.
- Escaped or attempted escape within one year.
- Risk Level not established for Young Person who has Sexually Offended (YSO).
- Pending Department of Corrections (DOC) commitment.
- Have not had school or law enforcement records reviewed.
- Have less than 30 days between the CF eligibility date and the release date.





Community Facility referral process: Eligibility for community facility placement is discussed at the initial Future Planning Meeting. Transition Specialists work with young people and their assigned staff to discuss the best fit for community facilities based on individual circumstances, needs, and Future Plan goals.

A young person working with their assigned staff may fill out a CF Referral Form when they reach their CF eligibility date and have achieved their Institution's minimum-security level. This referral form contains information about the young person, including demographics, assessments, behaviors and incidents, participation in programming, health, mental health, substance use, education, and employment.

The Multidisciplinary Community Facility Risk Review Committee will review the referral and make a recommendation regarding transfer to a community facility.

If a young person is recommended and approved for transfer to a community facility, the most appropriate facility and transfer date will be identified. The young person, their assigned staff, and the community facility will all be notified.

If a young person is NOT recommended for transfer to a community facility, then the committee will make recommendations regarding what the young person needs to do to be recommended for transfer. These recommendations will be shared with the young person and their assigned staff.

Young people should prepare for the transition to a Community Facility by:

- Engaging in counseling and treatment plans.
- Demonstrating skill use and willingness to work on Future Plan goals.
- Appropriate behavior and following the rules.
- No drug or alcohol use.
- Completing all required assessments.
- Participating in Future Planning Meetings.
- Completing a Future Plan.
- Meeting with a Transition Specialist.
- Read the CF Handbook and engage with the CF Counselor prior to the transition.

Community Transition Services (CTS)

CTS provides the least restrictive option for residential placement for eligible Juvenile Rehabilitation (JR) young people. CTS offers therapeutic support and connections to services along with electronic monitoring in the community while they are finishing their sentence at home. Services offered will depend on their goals and what they need, which may include:

- Housing support
- Family support
- Behavioral Health/Physical Health/Substance Use Treatment
- Education
- Employment/vocation
- Legal Advocacy
- Wellness/Peer Support/Mentoring
- Safety/Violence Prevention
- Treatment for sex offenses
- Independent living skills
- Referrals for other community-based services

Frequent meetings and check-ins are part of the program. Collaboration and communication are necessary throughout their participation.

CTS is available for eligible young people for up to the last 18 months of their sentence. To learn more about this opportunity for your young person, please check in with their assigned staff. The process for CTS referrals is very similar to the Community Facility information.

Release Process

Release Future Planning Meeting: Before release, your family will participate in a release Future Planning Meeting. These meetings help identify what you may need and ensure services are in place to support your family as your young person transitions back into the community.

There are four pathways for young people to return to their community. One is by spending time in a JR Community Facility, as described on pages 9 - 16. Another is through the Community Transition Services program, explained just above. The other two pathways are detailed below. Staff from the regional offices, including the JR Specialists and Community Counselors, will collaborate with the Residential Counselors to help you and your young person prepare for the Release Future Planning Meeting.



Parole and Community Reentry Services

Functional Family Parole (FFP) Services: If eligible, Parole Aftercare begins when your young person has completed their residential stay or when their commitment time expires. Not all young people have parole aftercare. It is determined based on several factors, including:

- The offense they were adjudicated for (certain firearm offenses, auto theft offenses, most sex offenses, except assault with sexual motivation, Murder 1 or 2, or those from other states through the Interstate Compact).
- Those who are in the top 25 percent of the highest risk and need population.

Parole Aftercare lasts from 26 weeks to 24-36 months, depending on the offense. Parole conditions and Future Plans complement each other to support your young person's goals and activities in the community and promote pro-social behaviors.

Parole aftercare is delivered using the Functional Family Parole Services model. Community Counselors use a relational and strengths-based approach, recognizing the vital role family and community play in supporting a young person's successful return to the community. They will encourage you to be part of the process as much as possible. Regular meetings occur, ideally in your home at a time that is convenient for you, to help support the transition and remove barriers to accessing services and support.

FFP is delivered over three phases during your young person's time on Parole Aftercare. The three phases of FFP include:

Engagement & Motivation: The primary goal is to increase the entire family's motivation to participate in services as well as to engage every family member in the process. Family is defined broadly as the people with whom the young person lives or relies on for support. The focus is on reducing blame and negativity and increasing hope. Part of this process includes the review of the young person's Future Plan to ensure it is viable and to affirm commitments made by family members during the Release Future Planning Meeting. Meetings typically occur weekly in this phase.

Support & Monitor: Young people and families are matched to services in the community that increase family functioning, support skill development, and encourage positive activities. FFP Counselors also work with young people and families on generalizing the skills and behaviors that they learned in residential settings and practicing how to apply them in their families and communities. The focus in this phase is on supporting and encouraging the young person and the family, monitoring the parole contract, and keeping motivation high and negativity low. Meetings typically occur twice a month during this phase.

Generalization: The young person and family are coached and encouraged to implement the skills they have learned, with a focus on relapse management, using skills in other areas, and ensuring community resources are in place. This builds confidence in the family that they can handle a variety of situations that may come up. The community counselor assists the family in finding ongoing help, support, and resources they can use after FFP ends. Following the Generalization Future Planning Meeting and prior to discharge from FFP, the young person's Future Plan will be updated to reflect connections to services, programs, and resources. Meetings typically occur twice a month during this final phase.

Once your young person is assigned an obligation with Parole Aftercare, a community counselor will be assigned and is your point of contact. For more information, you can contact the regional office closest to your location. See page 6 for that information.

Housing Supports: JR has three Housing Support Specialists across the state who connect with residential and community counselors regarding young people or young adults who lack an address to return to upon release. JR has partnerships with several community organizations who serve young people and young adults with housing resources in the community. In limited cases and based on needs, individuals may qualify for direct housing funds to help with rental assistance, deposits, move-in costs, etc. The goal is to ensure no young person or young adult is released into homelessness.

Community Assisted Reentry (CAR): If your young person does not have an obligation to JR Parole Aftercare, a Juvenile Court, or the Department of Corrections, they are eligible to receive voluntary community support and referrals for services for up to 12 months once they are released from JR Residential Placement. This is a 100% voluntary option for JR young people and their families so they can reenter their communities with support and access to needed resources.

JR Specialists, working in the regional offices nearest where you live, will help you and your young person connect to services like those listed in the CTS section above.

Interstate Compact: The Interstate Compact for Juveniles (ICJ) office is located within DCYF's Juvenile Rehabilitation Division. ICJ is a contract that has been adopted as law throughout the United States that regulates the interstate movement of juveniles who are under court supervision. For young people who are participating in parole aftercare services and wish to reside outside of Washington, the Interstate Compact for Juveniles (ICJ) is applied. Prior to relocating to another state, the receiving state may accept or deny supervision through the terms of the ICJ. The ICJ office coordinates the travel and transfer of supervision requests for both probation and parole young people in Washington State. Your young person's assigned staff will send ICJ referral forms to the ICJ office once it has been identified that placement or travel will be occurring out of the state.

Request for Records: The Department of Children, Youth, and Families provides records as required by state law (RCW 42.56). DCYF believes in the importance of the public's right to know about its operations and activities. Many public documents are available on the DCYF website and may be located by using the search function on the site. If you are seeking client records, you may make a public records request.



Tips for Requesting Records

- Include contact information and a clear description of the records you are requesting.
- Your request should be for documents that already exist.
- Be as specific as possible in your request and include DCYF involvement, specific documents, and a timeframe when appropriate.
- You must obtain written consent from anyone who is the subject of your search that is not yourself. Complete the DCYF Authorization Form found here: www.dcyf.wa.gov/forms?field_number_value=17-063&title=

DCYF rules about processing public records requests are located in chapter 110-01 WAC (<https://app.leg.wa.gov/wac/default.aspx?cite=110-01>).



How to Request a Copy of Public Records: You may make a public disclosure request to any office of DCYF. You should ask to contact the Public Records Coordinator appointed for that office. If you don't know which office has the records you seek or are seeking records from different parts of DCYF, you can send your request to the Public Records Officer. You may use the Request for Records form or send your request to:

DCYF Public Records Officer

PO Box 40992

Olympia WA 98504-0992

Intake Phone: (360) 407-5520 or 1-844-506-8375

Fax: (360) 407-5571

Email: dcyf.publicdisclosure@dcyf.wa.gov

Due to the confidentiality of agency records, inspection and copying of records are available by appointment only during the agency's customary office hours. For public inspection of records, please contact the Public Disclosure Unit at dcyf.publicdisclosure@dcyf.wa.gov.

The agency will accept service via email to dcyf.publicdisclosure@dcyf.wa.gov or at 1500 Jefferson, ST SE, Olympia, WA 98501.

If you are requesting confidential records about someone other than yourself, you must have that person's permission to obtain those records. You can use the DCYF Authorization form or another form that complies with state and federal laws to allow you to see or obtain copies of those records. If you are a client and want someone to have copies of your records, you may fill out this form.

Who has access to my young person's information? Staff who work with your young person will not have full access to you or their information. Information is on a "need to know" basis. Staff are only allowed access to the information they need to do their jobs properly. Staff are provided with training in confidentiality, HIPAA (Health Insurance Portability and Accountability Act), and privacy/security best practices.



APPENDIX

Definition of Terms:

Adjudication: The judicial hearing wherein guilt or innocence is determined either by the young person's admission or by trial.

Commitment: The process that occurs in the court where young people are committed to JR custody for a determined minimum and maximum sentence term.

Community Assisted Reentry (CAR): Voluntary community-based resources to young people released from JR residential placement without an obligation for parole aftercare, juvenile probation, or supervision with the Department of Corrections. Participation is voluntary and is available for up to 12 months post-release.

Community Facility: A facility operated for the care of juveniles committed to the Department of Children, Youth, and Families – Juvenile Rehabilitation under RCW 13.40.185.

Community Transition Services (CTS): CTS provides the least restrictive option to residential confinement for eligible Juvenile Rehabilitation (JR) young people. CTS offers therapeutic support and connections to services along with electronic monitoring in the community while the young person is finishing their sentence in their home. It provides them with opportunities to enhance their independent living skills, establish housing, obtain their own transportation, and build credit, helping them prepare for a successful future.

RCW 13.40.210: This sets forth the definitions, jurisdiction, procedures, and powers in juvenile cases.

DOC: The Washington State Department of Corrections manages all state-operated adult prisons and supervises adults on community supervision who live in the community. Some young people who are committed to JR have adult sentences that will require a transfer to DOC upon turning age 25 or a release to DOC community supervision if they are released before the age of 25.

Deferred Disposition/Prosecution, Deferred Sentence: Some defendants are granted a deferred prosecution, which means that the judge and district attorney permit the person to delay going to trial for a period of time, usually one year. During this period, the young person is supervised by a probation officer. If the person complies with all the requirements of the deferred prosecution, the charges may be dismissed. A person who pleads guilty to a crime may be given a deferred sentence, which means that the judge does not impose a sentence immediately but continues the case up to two years, placing the person under the Probation Department's supervision. If the person complies with all of the requirements, the charges against him/her will be dismissed. If the young person does not comply with the requirements, they can be sent to Juvenile Rehabilitation to serve their sentence.

Dialectical Behavior Therapy (DBT): DBT is a modified type of cognitive behavioral therapy. Its main goals are to teach people how to live in the moment, develop healthy ways to cope with stress, regulate their emotions, and improve their relations with others. While DBT was originally developed to treat Borderline Personality Disorder (BPD), it has been adapted to treat other mental health conditions beyond BPD. IT can help people who have difficulty with emotional regulation or are exhibiting self-destructive behaviors (such as substance use disorders, anxiety disorders and many other behavioral difficulties). This type of therapy is also used to treat post-traumatic stress disorder. This treatment includes one-on-one therapy, skills training groups, counselor consultation groups and coaching on the floor.

DBT Levels: Each young people arriving in JR will be assigned a DBT Treatment Level, based on a number of factors (i.e. if they are experiencing suicidal ideation, if they are showing or reporting signs of depression, anxiety, depression, if they are having trouble adjusting to JR, and what their focus of treatment is). There are three levels of DBT treatment in JR.

If a young person is a DBT Treatment Level 1, they will receive weekly one-on-one DBT counseling, attend weekly DBT Skills Groups and receive DBT coaching on the floor.

If they are assigned a Level 2, they will receive weekly case management, attend weekly skills groups, and receive coaching on the floor. A DBT Specialist works with the case managers of those on Level 2 to assist in creating behavioral shaping plans.

Young people who are assigned Level 3 will receive weekly case management, attend weekly skills groups, and receive coaching on the floor.

Functional Family Parole (FFP) Services: FFP is an evidence-based, family and strengths-focused, risk and protective factor-driven case management model designed to accomplish specific goals with young people and their families. As these goals are reached, the family is expected to demonstrate more effective levels of interaction. The community counselor and other JR staff will work to build a relationship with the family so that offense-related behaviors can be adequately addressed in the context of the family's functioning.

Future Plan: Developed by young people with their case manager to address and prioritize identified risks, needs, and goals for each life domain. The plan is written in first-person language to reflect the young person's voice. A copy of the plan is provided to the young person following the creation of the initial plan and as updates occur.

Future Planning Meeting (FPM): A team meeting that includes the young person, their parent/guardian or other family members, Tribal Partners, natural supports, services providers, and JR Staff. The FPM is a review of the young person's needs and goals, which incorporates young people and family voices and aligns with IDEA assessment outcomes. The meeting informs the development of the Future Plan, responsive to individual needs by connecting young people to services and programs.

IDEA Needs Assessment: Integrated Developmental Evaluation and Assessment. JR's primary risk/needs evaluation. This tool assesses treatment needs in eight major life domains: (School, Associates/Friends, Family, SUD, Mental Health, Attitudes, Aggression, and Skills). Young people are assessed at intake and subsequently every 120 days until they exit JR.

Record Sealing/Expungement: The legal process whereby a young person's juvenile court record can be sealed upon request. Here is a link to information about Team Child and record sealing (www.dcyf.wa.gov/sites/default/files/pdf/JuvenileRecordSealing-TeamChild.pdf)

Recidivism: The return to criminal activity after completion of a sentence following an earlier conviction. A statistical measure of "failure" of offenders previously convicted of a crime.

Revocation: Young people on parole following a JR commitment may have their parole revoked if the conditions of parole are violated. In these situations, the young people may be returned to a state operated facility.

Security Classification: There are four JR security classifications: maximum, medium, institutional minimum, and minimum. A young person's security classification is determined using a security classification assessment prior to placement at a JR secure facility. During a young person's stay, they will have their security classification reviewed every 30 days based on demonstrated behavior and treatment progress. Young people who become classified as institution minimum will be considered for Community Facility Placement and may also be eligible for Community Transition Services.

Secure Facility: An institution that has secure windows, locked exterior doors, and lockable resident rooms.

Suicide Precaution Level (SPL): An assigned classification that indicates a young person presents with acute or non-acute risk for suicide or self-harm behavior and designates specific steps to supervise, support, and intervene with them. Each young person arriving in JR is given a Suicide/Self-Harm Screen (SSS) to determine their risk for suicide or self-harm. Based on a number of factors (i.e., past histories, depression, anxiety, ideation, etc.), young people may be assigned a Suicide Precaution Level (SPL).

There are 3 SPL levels based on the severity of the symptoms. If a young person is placed on SPL Level 1 (the highest severity), they will have constant observation by a staff member to help them stay safe. SPL Level 2 receives intermittent 10-minute checks, and SPL Level 3 receives intermittent 15-minute checks. There is one other level that is not considered an SPL Level, which is called Observation Level (OL). It is used as a precautionary level for young people who may have a history but are not currently demonstrating an imminent risk. They receive check-ins three times a day. All levels receive treatment to help them reduce their risk of suicide or self-harm.

Specialized Treatment: A program that addresses additional rehabilitation needs such as sex offender treatment, substance use treatment, behavioral health treatment, gang intervention, gender/age specific intervention, and other programs meeting specific rehabilitation needs of young people.

Warrant: A court order authorizing either the arrest of a specific person or the search of a specific place for the seizure of specific items named in the order.



Washington State Department of
CHILDREN, YOUTH & FAMILIES

www.dcyf.wa.gov

DCYF does not discriminate and provides equal access to its programs and services for all persons without regard to race, color, gender, religion, creed, marital status, national origin, citizenship or immigration status, age, sexual orientation or gender identity, veteran or military status, status as a breastfeeding mother, and the presence of any physical, sensory, or mental disability or use of a dog guide or service animal. If you would like free copies of this publication in an alternative format or language, please contact DCYF Constituent Relations at 1-800-723-4831 or email communications@dcyf.wa.gov.

DCYF PUBLICATION JR_0082 (08-2024)