

# Juvenile and Domestic Relations District Court

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LOB #190:

## **LONG-TERM RESIDENTIAL CARE**

### **Purpose**

The Long-Term Residential Care (LTRC) Line of Business incorporates three programs:

- Boys Probation House (BPH)
- Foundations
- Transitional Living Program (TLP)

The purpose of this line of business is to provide structured residential, community-based treatment programs for juveniles who have otherwise been unsuccessful with prior treatment interventions, such as outpatient treatment, home-based services, or day treatment. The intensive intervention services at Boys Probation House and Foundations includes individual, group and family counseling. The focus is on utilizing proven evidenced based practices such as cognitive behavioral therapy to reduce risk factors for reoffending and build protective factors that will contribute to successful outcomes. The Transitional Living Program is focused on continued education, job and life skills and employment. The focus is on youth transitioning to adulthood.

### **Description**

#### **Boys Probation House (BPH)**

BPH is a community-based, non-secure, 16-bed residential treatment program for male juvenile offenders, ages 14-17. One goal of the program is to address long-standing behavioral, emotional, mental health and family issues, which led to the youth being placed out of the home. A second goal is to facilitate the successful reintegration of the residents into the community and the family by increasing protective factors, reducing risk factors and ultimately impacting the youth's risk to reoffend. Residents attend a Fairfax County alternative school, located onsite, where they have the opportunity to improve their academic performance in a structured and supportive school environment. The therapeutic program focuses on the personal accountability of each resident to his own individualized treatment goals-specifically as they relate to improving interpersonal effectiveness, emotional regulation, and positive engagement within the community. The program accomplishes this by engaging the residents in individual, group, and family counseling as well as involvement in positive activities and education related to health and wellness. The juveniles work toward interrupting negative behavioral patterns in a highly structured, supportive environment with increasing levels of expectation and responsibility as they move toward successful reintegration into the community.

#### **Foundations**

Foundations is a twelve bed, highly structured community based residential treatment program for court involved girls who exhibit chronic high-risk behaviors and have been impacted by significant traumatic experiences. The girls require a higher level of care than outpatient treatment can provide. The program opened in 1975; however, the current building was constructed in January of 2009 and is approximately 11,500 square feet. This new facility is a state of the art residential treatment program including 12 individual resident bedrooms and 6 resident bathrooms that are divided into three separate quads. The sleeping area also houses a staff work station, laundry facility and medication room. The living areas include a day room, recreation room, dining room, kitchen and multipurpose room. There are also 3 staff offices, 2 therapy rooms, a conference room and administrative offices. The school wing has two large classrooms, one for math and science, and the other for English and history. There is also a resource room situated between these two classrooms. The staff of Foundations includes the Director, Assistant Director, Administrative Assistant III, a full-time cook, nine full-time Counselors, substance abuse counselor, two Teachers, and three part time Counselors. An active relief staff of 6 counselors augments the counseling staff in providing 24-hour coverage. Interns and volunteers provide valuable services as well.

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Residents are placed in the program by judicial order. The target population is thirteen to seventeen year old females, whose behaviors have brought them to the attention of the court, resulting in CHINS or criminal offenses. The program also has the capacity to accept girls in the custody of the Department of Family Services and the CSB through a written placement agreement and application of admission. Residents learn through a behavior modification system and intensive therapeutic services to alter distorted cognitions and maladaptive behaviors. The goal is for residents to adopt more positive interactions with themselves, their families, and communities.

The major objectives of the program are to reduce residents/chronic acting out behavior and to hold them accountable for their actions, while also helping them gain insight into their issues. The treatment is grounded in the belief that girls need to gain a sense of independence, self-control, and self-confidence in order to build healthy, productive futures. The program is designed to change behaviors, foster healthy emotional functioning, strengthen family functioning, and successfully facilitate the resident's return to her home and community. Strategies include individual, group, and family counseling, behavior modification, a positive peer culture, a parent/community group, and an in-house school program. The program structure ensures uniform behavior expectations with consistent application of rules, while also allowing enough flexibility to meet the individual treatment needs of each resident. The program has a heavy focus on trauma treatment and support services and utilizes cognitive behavior therapy to bring about behavioral change.

The average length of stay to successfully complete the program is eight to ten months. Successful completion is reached when the resident has completed their individualized treatment goals and has reached a minimum behavioral benchmark. A resident's progress is assessed monthly by her treatment team which consists of her probation officer or social worker, parents, individual, family, and substance abuse therapists, the resident, a program administrator, program teachers, and any other professionals involved in the case. The residents' families must be willing to invest time and participate fully in all of the program's family components as parents are vital and mandatory partners in their daughter's change processes.

### **Transitional Living Program (TLP)**

TLP is a 12-bed program which offers juvenile offenders an opportunity to learn the necessary skills to successfully return to the community and become independent adults. The TLP staff strive to create a supportive and therapeutic environment. They provide guidance to each resident by helping him determine and achieve his individual goals. The staff provides opportunities for personal development, with a focus on education, employment and independent living skills. TLP has a philosophy of responsible involvement that provides a unique opportunity for residents to change chronic (ongoing) acting out behavior. The program is designed to respond to the particular needs of adolescent boys whose behavior has brought them into the purview of JDRDC. TLP was established in large part as a result of the failure of traditional methods of corrections and other interventions to deal with the problems of male juvenile offenders.

Some of the skills the TLP residents learn include:

- Independent living skills, such as using public transportation, shopping, banking, budgeting, credit, nutrition, cooking, health, insurance, utilities, tenant and landlord rights, and securing housing.
- Skills associated with obtaining and maintaining employment, diminishing criminal behaviors, and becoming productive members of the community.

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## Benefits

### Community Placement

LTRC offers the Fairfax County Juvenile Court an alternative to commitment to the Department of Juvenile Justice for juveniles. LTRC allows for juveniles to remain in the community in which they live, allowing for enhanced social integration, individual productivity, and family integration. In order to provide services to a broader female population in the community, Foundations expanded its referral sources. The program now takes placements from other agencies filling a gap created by the closure of CSB residential facilities and increasing utilization. TLP is the only LTRC that serves older males, 17-20 years of age, and offers them an opportunity to obtain independent living skills.

### Reduction of Delinquent Behavior

LTRC seeks to reduce the incidence of delinquent and chronic acting-out behavior by juveniles involved in the juvenile court system by teaching skills targeting self-control and self-confidence. Residents also receive family and individual counseling designed to strengthen family systems which can result in a reduction of acting-out behavior. The facilities are also drug-free to address substance abuse issues allowing youth to abstain from illegal substance use.

### Trauma-Informed Programming

LTRC offer trauma informed programming which incorporates knowledge regarding violence against juveniles and the impact of trauma. Juveniles also receive individual and group counseling to address issues around trauma in order to ease reintegration with family and community.

## Mandates

Primary Services Provided:

- Boys Probation House – Fully Mandated (Virginia Code § 16.1-227; § 16.1-234)
- Foundations – Fully Mandated (Virginia Code § 16.1-227; § 16.1-234)
- Transitional Living Program – Fully Mandated (Virginia Code § 16.1-227; § 16.1-234)

Mandates for Long-Term Residential Care programs come primarily from the Code of Virginia. Mandates direct agencies to provide adequate and coordinated programming of court services, probation, parole, detention facilities, and other specialized services and facilities. Please see the mandates section in LOB #184: Court Services Administration for additional details on the fundamental mandates impacting the Juvenile Justice System.

## Trends and Challenges

Please refer to the trends and challenges section of LOB #184: Court Services Administration for additional information on challenges that impact this line of business:

- Changing Caseloads and Utilization Rates
- Mental Health Needs of Clients
- Delivery of Services to a Culturally Diverse Community
- Racial and Ethnic Disparity
- Transportation

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## Assessment Instruments

To address the growing need of mental health services, LTRC are moving towards using screening assessment instruments to direct treatment services. More attention is being placed on assessing youth for trauma, since this is a major driver of behavior for many youth involved in the juvenile justice system. Boys Probation House and Foundations' lack of access to an onsite psychiatrist impacts the ability to effectively work with youth who have been traumatized. Psychiatric evaluation and treatment can address a youth's physiological and behavior needs and stabilize them for the trauma treatment that they receive. In addition, LTRC find it challenging to identify resources that address substance abuse and mental health issues within the program.

## Decrease in Utilization

The challenge of low program utilization rates of LTRC programs and the costs associated with staffing a facility, have led to increased effort to utilize wrap around community services versus LTRC programs. The decrease in youth coming to the attention of juvenile probation and the decrease in utilization is being addressed by expanding admission criteria and building partnerships with the community than can assist in addressing the additional needs of youth. Moving to broaden the array of services by partnering with other human service agencies is a way to maximize resources.

## Complex Cases

Youth placed residentially in Fairfax County have historically been the most difficult cases under the supervision of the court and have a documented history of running away and/or noncompliance with services. These youth routinely score as having "high risk factors" on the YASI (Youth Assessment and Screening Instrument). Despite the difficulty of the presenting issues, the LTRC's have a high rate of acceptance of these youth into their facilities. It is standard practice to offer any referred youth who meets the basic admission criteria an opportunity to attempt the program as an alternative to commitment to the Department of Juvenile Justice or other placement outside the county.

## Resources

Category	FY 2014 Actual	FY 2015 Actual	FY 2016 Adopted
<b>LOB #190: Long-Term Residential Care</b>			
<b>FUNDING</b>			
<u>Expenditures:</u>			
Compensation	\$2,340,572	\$2,831,292	\$2,805,278
Operating Expenses	159,660	226,343	224,027
Capital Equipment	45,657	9,340	0
<b>Total Expenditures</b>	<b>\$2,545,889</b>	<b>\$3,066,975</b>	<b>\$3,029,305</b>
General Fund Revenue	\$397,553	\$383,356	\$382,378
Net Cost/(Savings) to General Fund	\$2,148,336	\$2,683,619	\$2,646,927
<b>POSITIONS</b>			
Authorized Positions/Full-Time Equivalents (FTEs)			
<u>Positions:</u>			
Regular	44 / 44	44 / 44	44 / 44
<b>Total Positions</b>	<b>44 / 44</b>	<b>44 / 44</b>	<b>44 / 44</b>

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## Metrics

Metric Indicator	FY 2013 Actual	FY 2014 Actual	FY 2015 Actual	FY 2016 Estimate	FY 2017 Estimate
Long-term residential care (LTRC) child care days provided	8,026	6,540	7,892	7,900	7,900
LTRC Utilization Rate	65%	53%	47%	47%	47%
LTRC cost per bed day	\$307	\$309	\$331	\$335	\$335
Percent of parents satisfied with LTRC services	100%	100%	100%	85%	85%
Percent of LTRC-discharged youth with no new delinquent petitions for 1 year	74%	88%	77%	70%	70%

Changes within the juvenile justice system both nationally and locally have led to an overall reduction of youth involved in the juvenile justice system including the use of long-term residential care. Over the last 8 years, utilization rates of the CSU's long-term residential care services have decreased from 83 percent in FY 2007 to 47 percent in FY 2015. LTRC programs reported 7,892 child care days for FY 2015, a 23 percent decrease from the 10,258 child care days reported in FY 2007. Cost per bed day has increased slightly as utilization decreased moving from \$307 in FY 2013 to \$331 in FY 2015.

Overall parents have been very satisfied with services provided by LTRC programs with 100 percent satisfaction rates over the last three years. Recidivism rates have been less stable over the last three years. In FY 2013, LTRC programs report 74 percent of LTRC-discharged youth had no new delinquent petitions 1-year after release compared to 88 percent in FY 2014 and 77 percent in FY 2015.