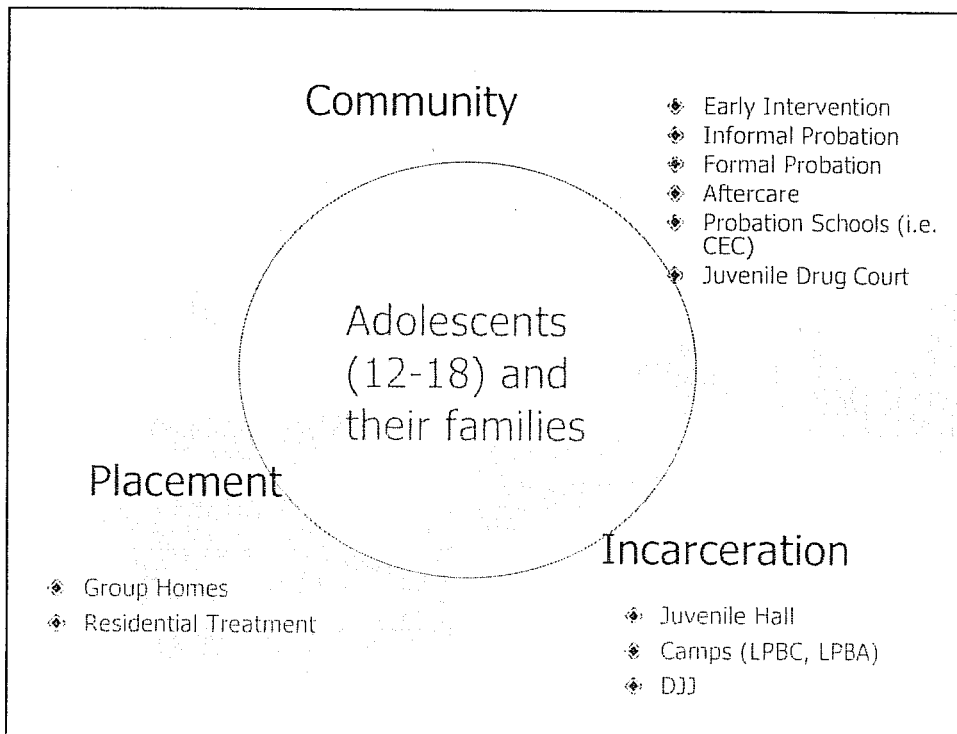
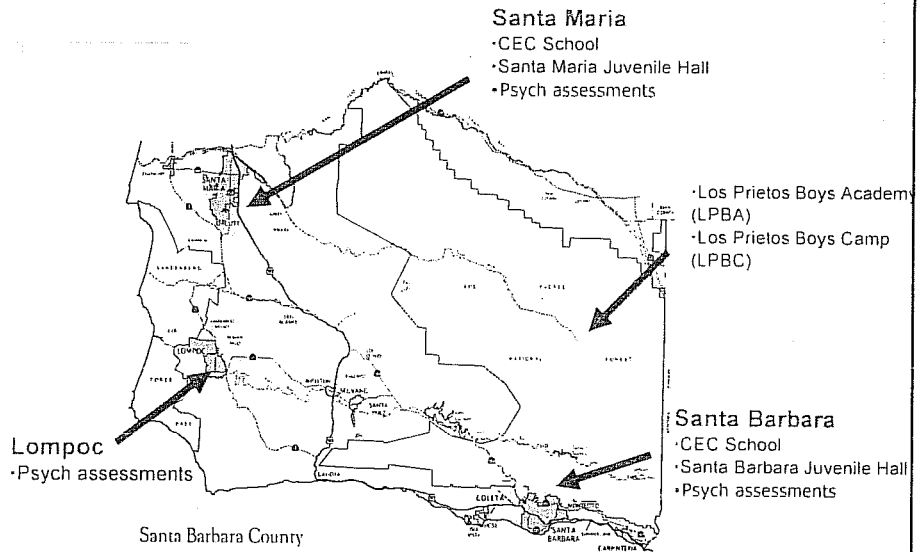


# ADMHS Juvenile Justice Mental Health Services (JJMHS)

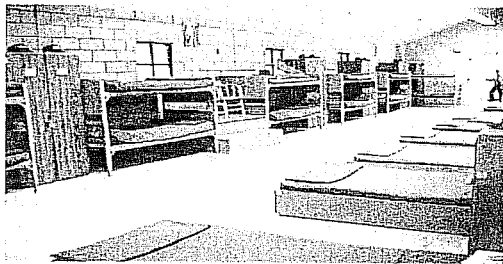
Lennie Kwock, ADMHS  
June, 2009



## Where Do We Serve?



## LPBC/LPBA



## Who do we serve?

At TCBC (1998-2003), out of 458 campers:

- Anger problems 93%
- Anxiety problems 30%
- Grief Issues 16%
- Gang involvement 54%
- Family of Origin Problems 90%
- ADHD 14%
- Learning Disorders 14%

## Who do we serve?

Other issues among youth in the Probation programs:

- Cognitive impairments related to drug abuse
- Head injury
- Physical/Sexual Child Abuse
- Domestic violence
- Family Criminality
- Parental Difficulties including: mental health disorders (treated and untreated), substance abuse and recovery, physical disability or illness.
- Community violence
- Cultural adjustment conflicts
- Single parent households – absent father
- Poverty

## Needs and Challenges

- ◆ More youth.
- ◆ More youth with mental health conditions
- ◆ More youth with more severe mental health conditions
- ◆ Reduced services

## Needs and Challenges

- ◆ Early Intervention mental health/drug tx services
- ◆ Aftercare programs
- ◆ Community family interventions
- ◆ Youth development programs
- ◆ Community Development for prosocial activities/peer groups, family strengthening, vocational skills development.
- ◆ Residential tx – mh and drug abuse

- 
- ◆ Crisis Intervention
  - ◆ Assessment
  - ◆ Maintenance
  - ◆ Address presenting behavioral problems
  - ◆ Medication
  - ◆ Some Individual and Family Work
  - ◆ Family therapy
  - ◆ In depth individual therapy
  - ◆ Aftercare follow up and support
  - ◆ Therapeutic milieu development
  - ◆ Parent Education

## JJMHS Goals

Developing youth to:

- ▣ Address their Criminal thinking errors
- ▣ Reduce Emotional Regulation Difficulties
- ▣ Reduce Hopelessness

OR.....

## JJMHS Goals

Developing youth to:

- ▣ Act with self-awareness and compassion/respect for self and others
- ▣ Feel and accept emotions<sup>\*</sup>, converting "negative" emotions into useful actions.
- ▣ Living a life of meaning for the benefit of self, family and community

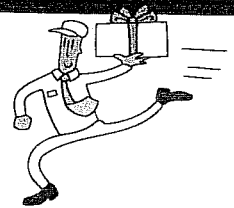
\* Without self-medication

# Make a Mental Note...

Mental Health Staff supporting Probation Staff

May 2004

"If someone listens, or stretches out a hand, or whispers a kind word of encouragement, or attempts to understand a lonely person, extraordinary things begin to happen."  
*L. Girzartis* It is a gift you give yourself and another.....



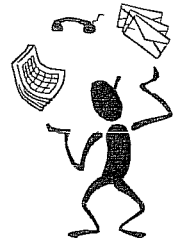
## A.R.T. is Aggression Replacement Therapy

"If you educate a man's mind, but not his heart, you have an educated barbarian." President Teddy Roosevelt

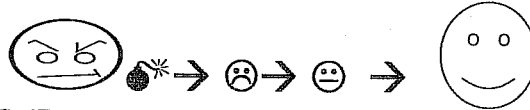
A.R.T. groups have started at all of the institutions that we all serve. For those of you who have heard about A.R.T. but are still wondering what it is, here is an overview of the purpose and process written by Marla Baxter, LCSW, who is co-facilitating a group at the Lompoc CEC.

### DAY 1 of A.R.T. - increasing living skills

**SKILLSTREAMING** - a technique for teaching aggression management and interpersonal skills to young people who are lacking the ability to successfully and nonviolently handle life's stresses.



The group is taught the skills through the use of role plays, modeling, homework, and feedback to the young person on their behavior. Each week a new skill is introduced and practiced. Feedback is given to the person on how well they have learned to incorporate the skill into their everyday life.



### DAY 2 OF A.R.T. - increasing emotional control

**ANGER CONTROL TRAINING** - a technique that is taught over the ten weeks in stages whereby the young people learn to either avoid becoming angry or to reduce their anger by substituting pro-social behavior.

The training is accomplished by use of role playing, homework, and hassle logs that the children fill out. The Anger Control Chain is learned with Thoughts, Cues, Anger Reducers, Reminders, Thinking Ahead, and Self-Evaluation. The young people also learn the A B C's of Anger - Action, Behavior, and Consequences

### DAY 3 OF A.R.T. - increasing moral maturity

**MORAL REASONING** - Day 3 is in a group discussion format. Created problem situations create discussion amongst the members of the group. The discussion attempts to raise the level of moral reasoning as the group norm. The discussion exposes and challenges the errors in thinking that are common to adolescents who break the law.

In preparation for the group discussions, the group learns Kohlberg's Levels of Moral Reasoning.

- Level 1 - "Might makes right",
- Level 2 - "You scratch my back and I'll scratch yours".
- Level 3 - "Do unto others as you would have them do unto you".
- Level 4 - "It's the law according to what is best for society".



The group learns the four major thinking errors

that lead to aggression and antisocial behavior:

- ① Self-centered Thinking.
- ② Assuming the Worst.
- ③ Blaming Others
- ④ Minimizing/Mislabeling.