



**Program Descriptors of
Agency Services Provided to
Youth, Families, Professionals and
Our Community**

Casa Youth Shelter's Mission Statement:

The purpose of Casa Youth Shelter is to provide temporary shelter for runaways and youth in crisis, enabling them to come through the crisis with increased personal strength and a sense of renewal while in a supportive environment, with family reunification as a primary goal

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Casa Youth Shelter

Shelter Services

CRISIS SHELTER CARE

Recipient of Service(s):

Casa is known to take in youth who have been kicked out or refused services from other youth shelters.

Casa's philosophy is that if we were to error we will do so on behalf of the youth. Better to take in a youth who is inappropriate and give them an opportunity of help than to turn away a youth with a checkered past but who may now be at a juncture of change.

Casa Youth Shelter accepts youth who are age 12 to 17 for residency if they have runaway from home, have been kicked out of their home (throwaway), or at risk of becoming a runaway or throwaway.

Casa Youth Shelter also accepts youth who are in danger of being abused in their home. Many times these youth are referred to Casa by Social Services or by a law enforcement agency to allow for a cooling off period between the youth and their parent(s).

Goal of Services:

The goal of shelter care is to provide a "cooling-off" period for the youth and parent(s) in crisis, thus escaping the dangers of living off of the streets. In addition many of the services of Casa are designed to aid in the reunification of the youth in their home with the parents.

Schedule:

A youth may be accepted for residency 24 hours a day, 7 days a week. Casa Youth Shelter is never closed!

The resident's schedule starts at 6:30 a.m. and continues until lights-out at 9:30 p.m. During a typical day the residents will attend group 2 – 3 times on just about any topic imaginable, (our goal is to give youth the tools necessary to survive their adolescence), complete chores 3 times, eat three meals, in addition eat snacks three times, attend individual counseling (approximately 3 times per week), or attend family counseling (approximately 2 times per week), go on an outing (at least two times per week), and just maybe read a book (whew!).

Staffing:

Residents are directly supervised by Youth (House) Supervisors who work in eight hour shifts around the clock. There are always a minimum of 2 on duty at all times. This is done to protect the youth in our care as well as the staff from being unfairly accused of a wrong doing. Unlike other residential programs, the staff at Casa never sleep, but instead will work their shift and then go off-duty.

In addition to Youth Supervisors, Casa also has personnel filling other staffing positions. There are Graduate Students working on their Masters in Counseling, Psychology or Social Work, MFT Interns and LCSW Associates, Undergraduate Interns, and Community Volunteers. Residents are taught academic and computer skills by our own on-site Teacher.

The staffing team is headed up clinically and programmatically by the Clinical Director who answers to the Executive Director. The Clinical Director holds ultimate responsibility for the shelter operations and experiences of the youth and families that Casa is dedicated to serve.



Casa Youth Shelter

Shelter Services

EXTENDED PLACEMENT

Recipient of Service(s):

Youth, age 12 – 17, who are legal dependents of Orange County Social Service Agency who have been placed at Casa Youth Shelter.

These youth are usually older (15 – 17) and many have experienced failed group home placement in the past.

Casa Youth Shelter is a RCL Level 7 group home. In the past there were generally 2 – 3 Ex. Placement youth at Casa at any given time. Today the program is just about gone as OC SSA had changed their policies and guidelines and, numerically, there are only high RCL youth available for placements – RCL 12 – 14. To raise our RCL would jeopardize our Short Term Shelter Care Program.

These youth have a very different program than short term shelter care youth. They do go to school, have their own level system and have off-site privileges. Please see Extended Placement Level System for more details.

Provider Qualifications:

Minimum qualifications of Extended Placement Coordinators include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field.

Minimum qualifications of Extended Placement Case Managers include enrollment in an undergraduate studies program leading to a degree of Bachelors in psychology, counseling, social work or a closely related field.



Casa Youth Shelter

Counseling Services

DOMESTIC VIOLENCE

COUNSELING

Philosophy:

Many of the families that Casa Youth Shelter works with are the victims of domestic violence. Casa Youth Shelter is committed to breaking the cycle of violence in these families, in our neighborhoods and in our communities. Educational materials covering the latest theories, interventions and educational methods for domestic violence are utilized.

Generally the family is defined as the client; however, in cases where there have been allegations of abuse, *the alleged abuser will not participate in counseling directly with DV victims*. Safety of all family members is a key objective.

Recipient of Service(s):

This service is directed towards the families of residents of the shelter

Schedule:

This service is provided at Casa Youth Shelter Monday – Friday between the hours of 9 a.m. to 9 p.m

Provider:

This service is provided by volunteer and paid Staff Counselors of Casa Youth Shelter.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern, Clinical Social Worker Associate or are California Licensed as a Marriage Family Child Counselor.

Description and Goals of Services:

Domestic violence education, intervention, treatment and follow up aftercare are provided to both individual residents of the shelter as well as family members. Focus of DV education is to increase awareness of how DV exists within the family system and the many forms of DV. Interventions are designed to provide family members, especially victims, with safe alternative choices to continued exposure to DV, reduce instances of and prevent recurrence of DV. Treatment ensures that the perpetrator receives appropriate counseling to understand the impact of their abusive behaviors, recognize harm caused to the family and gain resources to prevent additional occurrences of DV. Treatment ensures victims of DV receive appropriate counseling to address the hurt caused by DV, realize they did not cause the DV and provide avenues for healing. DV follow up is designed to reinforce counseling received during residency and provide a forum for resolution of family conflict before such conflicts erupt in DV.



Casa Youth Shelter

Counseling Services

FAMILY COUNSELING

Philosophy:

Due to the “reunification” nature of our Mission Statement, the agency uses a Family Systems approach to Family Counseling. The teaching of Minuchin, Bowen, Satir, Whitaker and Haley are used as a basis of training and service delivery.

Generally, the family is defined as the client. In many cases the goal of Family Counseling while the youth (IP or IC) is in shelter is to work on the symptoms that led to the youth being out of the home. AfterCare FC will usually focus on the issues that the symptoms sprang out of,

Recipient of Service(s):

This service is directed towards the families of residents of the shelter. In extreme cases this service is also offered as a non-residential basis for Seal Beach / Los Alamitos residents as well as the families of Los Alamitos Unified School District students who have no where else to turn.

Schedule:

This service is provided at Casa Youth Shelter Monday – Friday between the hours of 9 a.m. to 9 p.m. Licensed counselors may choose to work on Saturdays and Masters level Interns and Associates may also with permission of the CD.

Provider:

This service is provided by volunteer and paid Staff Counselors of Casa Youth Shelter.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters degree and State of California registration as a Marriage Family Child Counselor Intern, Clinical Social Worker Associate or are California Licensed as a Marriage Family Child Counselor.

Description:

Family Counseling is a service which brings the family in contact with a trained professional in a structured, timed, closed and confidential session. Each family meets in this venue twice per week while the youth is in residency and usually once per week in aftercare. All family members living in the home are invited to attend and extended family members who live close by and have an influence in the behaviors of the family are also encouraged to attend. Ideally, Family Counseling is provided two to three months following the youths exit from the shelter.

Goals of Service:

Family Counseling is the fundamental service that allows us to meet our primary goal in of reunification of a youth with their family. The purpose of Family Counseling is to start a dialog between the youth in residence at Casa and the parent(s) with whom the crisis is affecting.

Family Counseling at Casa Youth Shelter is provided within the context of General Structural Systems Theory. Clinically, the “client” is defined as the family. A goal of Family Counseling at Casa Youth Shelter is to lower the focus (and anger) from the “identified patient” (usually the youth in residence) and work on the family dynamics that spawn the symptoms.

Many times a focus of family counseling is to investigate how the family unit is structured (organized) and to help the family realign their hierarchy based on their own values.



Casa Youth Shelter

Counseling Services

INDIVIDUAL COUNSELING

Recipient of Service(s):

This service is primarily directed towards residents of Casa Youth Shelter.

Schedule:

This service is provided at Casa Youth Shelter Monday – Friday between the hours of 9 a.m. to 9 p.m.

Provider:

This service is provided only by volunteer and paid Staff Counselors of Casa Youth Shelter.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters degree and State of California registration as a Marriage Family Child Counselor Intern or are of California Licensed as a Marriage Family Child Counselor.

Description:

Individual Counseling is provided in short sessions where the counselor is one-on-one with the client. Individual Counseling is provided two to three times per week.

Goals of this Service:

Goals for individual counseling include helping the youth a forum to emotionally deal with the trauma(s) that have forced him or her from their home.

In addition, each youth is asked to start working on Exit Goals during their first individual counseling sessions. Youth are expected to be active participants in the exit process which can be within two weeks.



Group Services

**ANGER MANAGEMENT /
ASSERTION TRAINING**

Recipient of Service(s):

This service is primarily directed towards the residents of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This group is provided once per week for one hour and is scheduled Wednesday afternoons.

Provider:

Traditionally, this group is facilitated by a Staff Counselor.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description:

The group helps youth learn about anger and how to recognize and deal with anger in assertive, not destructive ways. The group centers on helping youth identify and verbalize uncomfortable underlying emotions that precede anger. Interventions and coping tools are designed and presented to assist the youth to develop alternative choices to destructive anger.

Goals for Service:

The youth will recognize that anger is always a secondary emotion; and will be able to recognize, label and deal with their uncomfortable underlying emotions in ways that are more adaptive and less damaging to the youth and family.



Casa Youth Shelter

*EDUCATIONAL
SERVICES*

**DOMESTIC VIOLENCE
EDUCATION**

Recipient of Service:

This service is primarily directed towards the residents of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This group is provided once per week for one hour and is scheduled Friday afternoons.

Provider:

Traditionally, this group is facilitated by a Staff Counselor

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Service Description:

The Domestic Violence Education group focuses on statistical education about domestic abuse. In addition to presenting a concise definition, specific numbers about domestic abuse are presented in ways that teen can understand. National and local statistics from reputable entities are presented and discussed.

Goals of Service:

The youth will possess a basic understanding of the prevalence of DV, the ratio of female/male DV, and percentages of their cohort group exposed and victimized by DV. The youth will be able to name different forms of DV in addition to physical DV. Alternatives to DV will be know to group members.



Casa Youth Shelter

GROUP SERVICES

**Teen Children of
Alcoholics &
Dysfunctional Families
(ACA)**

Recipient of Service(s):

This service is primarily directed towards the residents of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This group is provided once per week for one hour and is scheduled TBD.

Provider:

Traditionally, this group is facilitated by a Staff Counselor.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description:

Teen Children of Alcoholics and Dysfunctional Families (TCA) is a 12 Step group modeled on the successful Alcoholics Anonymous (AA) and Adult Children of Alcoholics (ACA) 12 Step fellowships. The group follows a traditional scripted format of opening with the Serenity Prayer, reading of ACA program materials, open sharing of group members and close of meeting.

Goals of Service:

Youth will experience a safe, non-threatening atmosphere free of the blame and shame of a wounding alcoholic and/or dysfunctional family environment. They will learn they are not alone, that they did not cause their parental drug or alcohol abuse, they cannot cure it and they are responsible for their own recovery. They will recognize and have available tools and processes to assist in recovering from the damage caused before become an “adult child”.



Casa Youth Shelter

GROUP SERVICES

**MULTI-FAMILY
SUPPORT**

Recipient of Service(s):

This service is primarily directed towards the residents and families of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This group is provided at Casa Youth Shelter on Wednesdays between the hours of 7:00 and 8:30 PM.

Provider:

Traditionally, this group is facilitated by two Staff Counselors, one serving as primary group facilitator and the other Counselor serving as back-up.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Service Description:

Casa Multi-Family Support Group (MFG) is a weekly group of parents and Casa residents or parents and former Casa residents participating actively in aftercare services. The group will combine the power of group process with the systems focus of family therapy. MFG is ideally suited to working with families facing similar problems i.e., chemical dependence, domestic violence, sexual abuse, having a child in out-of-home placement, etc.

MFG is an essential element in their overall Casa care or treatment program rather than an adjunctive service for family members. Based upon this families are involved and expectations for their participation in MFG are set from the beginning of contact with the family or identified patient. The earlier in care the family is recruited the better the likelihood of their agreement to participation in MFG.

When speaking with families on intake it is stressed that involvement is essential to maximize the chances for successful treatment or care for their child. When families are not involved treatment or care is less successful. Also stressed is that everyone's input is needed in order to get a clearer idea of the problem(s).

Goals of Service:

MFG is more powerful, supportive and empowering than single family therapy. A multi-family group offers curative factors usually not present, or not present as strongly in single family therapy:

- 1) universality - in a group the family learns that they are not alone, other families have similar problems and concerns;
- 2) hope - the group can give families hope as they see other families learn, change and grow and as they receive support and encouragement from other families;
- 3) empowerment - as families find themselves able to care for and help other families, they increase their own sense of competence and power;
- 4) support/acceptance - the group becomes a support network where families can feel accepted just as they are - flawed just like all families - and friendships develop between families that continue outside of and beyond the group;
- 5) imitation learning - families learn through identification with other families and through modeling behaviors observed in other families;
- 6) experimentation - the group becomes a safe place to experiment with, practice and get feedback on new skills and ways of relating before using them in real life; and
- 7) increased commitment to change - by attending and involving themselves in group families are publicly committing themselves to change and exposing themselves to subtle social pressures and personal dissonance pressures that encourage change.



Casa Youth Shelter

GROUP SERVICES

**DOMESTIC VIOLENCE
PROCESS**

Recipient of Service(s):

This service is primarily directed towards the residents of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This group is provided once per week for one hour and is scheduled Tuesday afternoons.

Provider:

Traditionally, this group is facilitated by a Staff Counselor.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description:

The Domestic Violence Process group focuses on the *process* of domestic violence, how to recognize domestic violence precursors, how the “cycle of violence” perpetuates in a family system, and means to effectively break the cycle of domestic violence. Family dynamics, structure and transactional patterns are discussed in this group.

Goals of this Service:

The youth will become aware that domestic violence is a process and has specific and identifiable stages. The youth will be able to name the stages and describe major aspects of transactions occurring in each state. The youth recognize DV earlier in the cycle, allowing them to choose their actions much earlier and reduce the negative effects of DV. The youth will possess alternatives that can be added to their list of choices when faced with DV.



Casa Youth Shelter

*EDUCATIONAL
SERVICES*

FAMILY LIFE EDUCATION

Recipient of Service(s):

This service is primarily directed towards the residents of Casa Youth Shelter and is considered to be a mandatory activity.

Schedule:

This class is provided once per week for an hour and a half on Tuesday mornings.

Provider:

The class is generally facilitated by Community Volunteers and / or local non-profit health agencies. Providers are highly qualified with special knowledge in the core areas of this class.

Provider Qualifications:

Facilitators of this class must have in-depth knowledge and superior teaching skills of sexually transmitted diseases, methods of transmission, and safe practices to avoid transmission, including refusal skills, knowledge and teaching skills regarding human conception and development as well as birth control methods.

Description:

This class attempts to help youths learn accurate information regarding the dangers and consequences of un-safe sexual practices. This class centers on how females become pregnant, how to avoid pregnancy, how sexually transmitted diseases are passed from one person to another and how to avoid transmission as well as dispelling common cultural myths regarding pregnancy and STD's.

Goals for Service:

The simple goal of this service is to help youth survive their adolescence. Each youth exiting from Casa will be aware of the dangers of sexually transmitted disease, how to avoid transmission, how to avoid pregnancy and where to turn for help if pregnant or infected.



Casa Youth Shelter

Training Services

**GRADUATE STUDENT
FIELDWORK PROGRAM**

Recipient of Service(s):

This service is primarily directed towards graduate student / staff counselors working towards their masters.

Selection:

Graduate students are encouraged to submit a resume. If their resume passes “Paper Screening” an appointment is made for the student to meet with the CD for an individual interview. If the student is willing to agree to all conditions (s)he is invited to come for a second group interview with the entire clinical staff. These 2nd interviews are usually held during Group Supervision.

The student presents him or herself to the group. Afterward the applicant is asked questions usually relating to their motivation, experience and future goals.

Schedule:

Graduate Students provide Casa Youth Shelter with 15 – 20 hours per week of on-site service on at least three separate days. Inclusive, each student agrees to work two evening per week until at least 9 p.m. Each student agrees to attend two group supervisions and an individual supervision each week. Group supervision are currently held on Mondays and Wednesday from 3 p.m. to 5 p.m. Each student makes a one-year commitment to Casa Youth Shelter.

Provider:

Graduate students are recruited from California State University, Fullerton, California State University, Long Beach, California State University, Dominguez Hills, Pepperdine University, and National University. The definition of Provider applies to the Clinical Supervisor of this program, and the Clinical Director of Casa Youth Shelter.

Provider Qualifications:

Graduate Student Trainees must be enrolled in an approved Masters program and concurrently taking a Fieldwork Practicum class. There are exacting requirements for clinical Supervisors within the State of California . Clinical Supervisors must be licensed at least two years and have specialized training in the supervision of trainees and interns.

Description:

Graduate Students provide thousands of hours of services each year, in their volunteer capacity, allowing clients to receive services at a greatly reduced rate. Many clients pay little or nothing for these services. This is a specialized program in Family Systems Theory and Technique.

Working in an environment that is “client-driven”, student therapists provide opportunities in a structured environment for clients to make changes in their daily lives.

Working in an environment that is “student-driven” the Clinical Director provides opportunities in a structured environment for graduate students to learn and grow in their clinical skills.

Goals of this Service:

The Graduate Student Fieldwork Training Program is designed to provide the highest level of experience to tomorrows counseling professionals. This training program prepares students for the rigors of MFCC Internship and later licensure. Upon completion of this program students will be thoroughly familiar in the application of systems theory from the modalities of individual, family and group counseling, crisis intervention, and educational classes.



Casa Youth Shelter

Training Services

**UNDERGRADUATE
STUDENT FIELDWORK
PROGRAM**

Recipient of Service:

Undergraduate students enrolled and majoring in Human Services, Psychology or Sociology classes and related fields.

Schedule:

Undergraduate students provide Casa Youth Shelter with 10-12 hours per week of on-site service on two separate days. Each student attends group supervision for one hour per week. Group supervision is provided on Mondays at 10:00 AM and 2:00 PM and Thursdays at 2:00 PM. Each student makes a one semester commitment to Casa Youth Shelter. In addition undergraduate students pair up for out-reach services to promote Casa Youth Shelters services in the surrounding communities.

Provider:

Undergraduate students are recruited from California State University, Fullerton, California State University, Long Beach, California State University, Dominguez Hills, Cypress College and Saddleback College and Fullerton College.

Provider Qualifications:

Undergraduate student trainees must be enrolled in an accredited College curriculum and concurrently taking a Fieldwork class.

The Undergraduate Fieldwork program is directed by Mr. Gary Zager who holds a Masters Degree in Counseling from California State University, Fullerton and is licensed as a Marriage Family Child Counselor. Mr. Nicholas Costagliola is the Staff-Coordinator and has direct supervision of the Undergraduate program. Mr. Costagliola is a Certified Addictions Treatment Specialist in California and is currently enrolled in an Undergraduate Human Services Program.

Service Description:

The Undergraduate Student Fieldwork Program is designed to provide an intensive, hands-on learning experience to the human service providers of tomorrow. In addition, these students give care and support to the population of at risk adolescents and are positive role models for these children.

Goals of Service:

The training gives the student a strong foundation of knowledge in the helping professions. Students are active in assessing telephone crisis calls, charting daily notes on clients and participate as co-facilitators in-group activities. Each Student is expected to develop appropriate boundaries and set limitations when dealing with clients, to learn how, as a professional, to separate themselves emotionally from the clients crisis, and provide optimum and effective care.



Special Teens at Risk Group Program
This service is currently on hold.

Recipient of Service(s): This service is directed to the residents of the shelter to educate them on the issue of child sexual abuse and to identify those who are at risk for abuse. For those who have been victims of sexual abuse to have a supportive environment to talk about their experiences in a group with the same issues or one-to-one with the Sexual Abuse Counselor. Youth Supervisors, Fieldworkers, Volunteer staff, Counselors and other staff receive education on how to assess, report and support the residents with sexual abuse.

Schedule: This group is provided at Casa Youth Shelter on Tuesdays between the hours of 1:00 and 2:30.

Provider:

This service is currently on hold.

Provider Qualifications:

Qualifications of the paid staff counselor include a Masters Degree in Psychology, Counseling, Social Work, or a closely related field. This person must also be able to demonstrate a thorough knowledge of child abuse and more specifically child sexual abuse. In addition, the person must know how to interview a victim, make a report, and facilitate a group on these sensitive topics. He or she must also be able to lecture to staff on the topic and supervise other counselors.

Description:

The S.T.A.R. Program is designed to address the issues of child sexual abuse with teens who are in crisis with the express purpose of bringing this subject out in the open where healing can take place and to stop the cycle of abuse in families.

Goals of Service:

Goals include helping to educate youth on the demographics and dynamics of child sexual abuse. In addition youth who have been victimized are taught the concept of moving from victim to survivor. For most victims, Casa Youth Shelter is the site of first disclosure. These youth rarely have the language skills to explore their abuse issues. This group helps them explore their feelings, giving words to thoughts, and developing a clear path out of the darkness of exploitation.



Casa Youth Shelter

Group Services

ART THERAPY

Recipient of Service(s):

This service is directed to the crisis shelter two week residents. The Extended Placement residents participate when they are not in school or at work. The group facilitator and fieldworkers benefit from the group as well.

Schedule:

This group is provided at Casa Youth Shelter on Wednesdays between the hours of 1:00 and 3:00 PM and Fridays between 9:45 and 11:45 a.m.

Provider:

This service is provided by a staff counselor

Provider Qualifications:

Qualifications of the paid staff counselor include a Masters Degree in Psychology, Counseling, Social Work, or a closely related field. This person should also be able to demonstrate some knowledge of group process with teenagers and understand the sensitive nature of this group where many teens feel threatened by setting clear boundaries. This position also requires that the provider to be flexible and creative; capable of challenging the teens to look within and take risks.

Service Description:

The Art Therapy Program is designed to provide the teen resident with an opportunity to express him or herself in a non-verbal and visual way. To help them focus on a subject the facilitator first sets the stage to alleviate any fears of being judged or evaluated. They are told that the art work is for them alone and that it is not necessary for them to talk about or share their finished project. After this is done, the group is presented with a theme that is broad enough for them to be able to express their individual feelings and ideas within it. The theme is chosen with the individual residents in mind. The facilitator will ask questions and share ideas to help the residents to visualize the theme for themselves. The group facilitator participates and encourages other staff to participate. This models for the resident the value in the creative process and artistic expression throughout life. If appropriate the finished artwork is then placed on the bulletin board with their permission. "Appropriateness" is discussed beforehand as a way to teach the realities of public opinion with regard to Casa's existence (and theirs since they are here) and to help them to decide what they will include their artwork.

Goals of Service:

The Art Therapy Program is designed to help the resident become more aware of who they are and what is important to them so that they are freer to share this with significant others to help get their needs met both within their families and out.



Casa Youth Shelter

Educational Services

S.O.A.R. PROGRAM

Student Opportunities for Academic Responsibility

Recipient of Service(s):

This service is provided for the residents of the shelter

Schedule:

This service is held in the Computer Lab Tuesday -Friday from 3:00 to 6:00 p.m.

Provider:

This service is provided by paid staff of Casa Youth Shelter, Mr. Wes Hoover.

Provider Qualifications:

Over 8 years experience building and programming computers, certification in several programs including Microsoft Word, Office, and Word Perfect. Currently assists in training co-workers in PC skills at GTE Directories.

Description:

This program is intended to give each resident a better understanding of computers and their increasing importance in our everyday lives. Residents are instructed in basic use of the computer, and are given assignments to learn word processing, and spreadsheets. The assignments include writing a resume and creating a monthly budget. The residents are encouraged to keep a journal on selected topics, with each resident given their own disk on which to store their work. For those residents with schoolwork, S.O.A.R. is available much like a study hall and tutoring is available as needed.

Goals of Service:

Computers are becoming so vital in every aspect of today's society that it is important that the residents learn the basics. Chances are that they will be dependent on computers sometime in their future. In addition to learning how they operate, residents are able to enhance their self-esteem in the assignments that are given. Each resident is given assignments that match their own skill level.

During the resident's stay at Casa Youth Shelter, they will learn to do a series of letters related to the employment process, including resumes, how to answer newspaper ads and sending thank you letters. They will receive instruction in Microsoft Excel spreadsheets. For those residents with prior experience with computers, they learn how to format their work using drag & drop and cut & paste to move work between various applications. Residents are encouraged to create cards, signs and banners while learning to use graphic programs.

All residents are given a certificate for participating in the S.O.A.R. program, with other certificates issued for various assignments completed. When told that they can be anything that they want to be, do anything that they want, the creativity really shines, giving the residents feelings of greater self worth, and a "can do" attitude.



Casa Youth Shelter

Group Services

PARENTING PROGRAM

Tips on Parenting Strategies (T.O.P.S.)

Recipient of Service(s): This service is directed primarily towards the parents of residents of the shelter. In addition, this service is available to parents of adolescents in the surrounding communities of Casa Youth Shelter.

Schedule: This service is provided at Casa Youth Shelter, Los Alamitos (just east of the 605 Freeway off of Katella Ave). The classes are held for 12 consecutive Mondays evenings from 7 p.m. to 8:30 p.m. The classes are open to the community at a cost of \$30 per couple, per series, or \$20 for an individual, per 12 sessions.

Provider: This service is provided by a paid Staff Counselor,

Provider Qualifications: Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description: Parenting Class is a series of four classes where the parents meet with a trained professional to better understand and discover more effective methods of parenting their children. Each parent is provided with a syllabus and is given homework which enables them to better integrate the strategies discussed in class. At the completion of the four sessions parents are issued a Parenting Certificate verifying their active participation in all four sessions. They are also extended the invitation to return to the class as needed.

Goals of Service: Parenting Class is a critical service that helps parents establish effective strategies to aid in the reunification of families, and to effectively model appropriate adult behavior for their differentiating adolescents. Parenting Classes at Casa Youth Shelter are provided within the context of General Structural Systems Theory, as well as the Developmental Model of Adolescent Separation-Individuation. Since parents are the appropriate model for how adults interact with society it is important for parents to teach, and model this behavior to their children. Classes focus on parents modeling appropriate responses to life, interpersonal relationships and effective problem solving. Classes also emphasize age-appropriate rules/limits and effective training of behavioral choices through consistent, appropriate consequences. Parents are helped to understand that children build self-esteem by the respectful behavior of parents toward children, and by enabling the child to understand that the child's positive choices are crucial to the foundation of good self-esteem.



Casa Youth Shelter

Group Services

TEENS, FAMILIES & DRUGS

Recipient of Service:

This group is directed to residents of the shelter and is a required activity of residency.

Schedule:

This group is held weekly at Casa Youth Shelter on Tuesdays from 9 to 10 a.m.

Provider :

This group is facilitated by a paid staff of Casa Youth Shelter

Provider Qualifications:

BA Sociology. Two years of graduate theological study. Clinical Pastoral Education Internship certificate. Four years of teaching religion and ethics, and nineteen years of group work with high risk children at Casa.

Description:

Group members have family histories of substance abuse. They share what they think constitutes a “healthy environment for a childhood,” then compare that ideal with their reality of having grown up with substance abusers or dry drunks. The memories of emotions and reactions in early life are compared to those of present teen years. The advantages and disadvantages of the various defense mechanisms children use in alcoholic families are explored and explained. The negative drives and their consequences are stressed to understand the connection between these drives and the use of drugs to cope. Strategies are developed for channeling the alcoholic family roles into positive actions.

Goals of this Group:

For group members to become aware of the link between their troubling behaviors, the toll of toxic shame caused by chemical abuse, and the effect on the family tree. In the group discussion they become aware that they are not odd, and that what they do is appropriate for children living in an addictive family. The covert and overt behaviors which may have brought them to Casa are in fact the scripts to roles they played to survive their childhood. Group members learn that these roles have become part of their identity. By identifying and developing their own new scripts, they can make the roles into tools for success. Responsibility is placed on them to break the family cycle.



Casa Youth Shelter

Group Services

ISSUES OF ABUSE

Recipient of Service:

This group is directed to the residents of the shelter.

Schedule:

This group is held weekly at Casa Youth Shelter on Thursdays from 1 - 2 p.m..

Provider :

This group is facilitated by a paid staff of Casa Youth Shelter

Provider Qualifications:

BA Sociology. Two years of graduate theological study. Clinical Pastoral Education Internship certificate. Four years of teaching religion and ethics, and nineteen years of group work with high risk children at Casa. Completion of CSAN Training.

Description:

Physical, Sexual, Emotional abuse as well as Neglect is defined using contributions from group participants and refined by discussing scenarios enacted by the group leader. The final accepted definition must prove to be comprehensible to a child of eight years. For the most part, Neglect and Endangering Abuse is the area that needs the most understanding. Breaking the cycle is the focus of the STAR group.

Goals of this Group:

To make group participants knowledgeable of what constitutes abusive behavior and what actions to take to protect themselves and other children. To provide validation of their personal stories of hurt, pain, guilt and anger, as the exploration process takes place. To encourage sharing personal experiences of neglect and abuse in individual counseling sessions, forewarned that reporting is a necessity. To commission group participants to help other children after they leave Casa by reporting neglect and abuse to Children Services.

SCHOOL OUTREACH PROGRAM (S.O.P.)

Recipient of Service(s):

This service is primarily directed towards middle school students in the diverse communities.

Schedule:

This group is provided once per week for an hour and a half to six different middle schools on a rotating basis. The groups are normally scheduled during lunchtime so that the students do not miss class.

Provider:

Traditionally, this group is facilitated by a Staff Counselor/Outreach Coordinator.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description:

There are several topics that we can provide for the school such as anti violence, self esteem, family relationships, decision making and anger management. These groups give youth the opportunity to work on their issues of anger as well as develop appropriate coping techniques. The students also learn techniques of assertion and how to thrive in the educational system. These lessons vary depending on the needs of the students and schools.

Goals for Service: Many of these youth also do not know how to get their needs met without violating the rights of others. The Anger Management / Assertion Training program is designed to help youths learn assertive skills, and how to stand up for their own rights with out infringing on the rights of others. Youths learn techniques on how to deal with their own anger as well as “survival skills” when around others who are angry.



Outreach

**YOUTH DEVELOPMENT
PROGRAM (Y.D.P.)**

Recipient of Service:

Inspired high school students who want to increase their knowledge about themselves , society , and their peers who are in crisis, while giving of their service in assisting in the needs of the residents and staff.

Schedule:

Consistently Meeting on Monday nights for planning and training meetings. A minimum of four hours a month in service time plus night and weekend events.

Provider:

This group is facilitated by a full-time, paid staff of Casa Youth Shelter.

Provider Qualifications: Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor. Currently the staff that runs it has a Doctorate of Psychology and is currently a Marriage and Family Therapist Intern.

Description:

The requisites for working at Casa as a youth advocate are twelve hours of training. This involves familiarizing with the dynamics of victims of abuse, learning the basics of creative listening skills, knowing the necessity of adhering to confidentiality, and knowing the Casa rules. Some of the areas that advocates have worked: tutoring, receptionist, recreation supervisors, special event parties, auction event workers, publicity, and serving on the Board of directors.

Goals of this Activity:

To be active teen participants, making a difference in very responsible roles by developing their talents and discovering new ones while benefiting the Casa program. Confidence, self-esteem and maturity are concomitant benefits



Group Services

**RESPECT &
RESPONSIBILITY**

Recipient of Service(s):

This service is primarily directed towards the residents of Casa Youth Shelter and is considered a mandatory activity.

Schedule:

This group is provided once per week for one hour and is scheduled Monday afternoons.

Provider:

Traditionally, this group is facilitated by a Staff Counselor.

Provider Qualifications:

Minimum qualifications of Staff Counselors include enrollment in a graduate studies program leading to a degree of Masters in psychology, counseling, social work or a closely related field. Many Staff Counselors exceed the minimum qualifications by possession of a Masters Degree and State of California registration as a Marriage Family Child Counselor Intern or are California Licensed as a Marriage Family Child Counselor.

Description:

This group gives the youth an opportunity to examine how issues of respect and responsibility are intertwined within their family system and social lives. By examining the two concepts in detail the youth will come to realize how they have held distorted cognitions and how a more informed perception may provide alternative, adaptive choices that allow them to preserve dignity and self-esteem while complying with demanding family expectations.

Goals for Service:

The youth will be able to clearly identify how issues of respect and responsibility affect their interactions with family members, authority figure and peers. They will be able to differentiate between courtesy and respect, personal and parental responsibilities and their individual social responsibilities. The youth will be able to articulate what it means to be self-responsible in providing for their personal safety, mental and physical well-being.



Group Services

**RESPECT &
RESPONSIBILITY**

Program / Project Name

Purpose of Program

Targeted Audience

Numbers Expected to be Served

Number of Hours of Instruction

Number of Hours of Supervision

Service Provider(s)

Support Personnel

Anticipated Outcomes

Evaluation Process – Tools

Evaluation Results

Follow-up Procedures

Supplies / Equipment Needed – Cost Detail