

**MULTIPURPOSE JUVENILE HOMES
ANNUAL REPORT
2005-2006 SERVICE YEAR**

**Presented by Methodist Home for Children to the
General Assembly of North Carolina and the North
Carolina Department of Juvenile Justice and
Delinquency Prevention**

February 2007

Executive Summary

Multipurpose Juvenile Homes have offered effective services to law violating youth and their families for more than a decade in several of North Carolina's most economically deprived and service barren Judicial Districts. Currently programs exist in Alamance, Chowan, Craven, Hertford, Robeson, and Wayne counties.

During the 2005-2006 service year, these six programs served 191 youths. This figure includes 123 youths in residential treatment and 68 in the continuing care program. The cost per bed per day was \$183. Most admissions were the result of a pre-planned process. In keeping with projections, the number of youth served through the provision of secure care continues to decrease.

Research proven intervention strategies found in the *Value Based Therapeutic Environment (VBTE)* model of care improve the youth's social skills and life skills while providing education, mentoring, tutoring, and improved family functioning. Intervention strategies include cognitive-behavioral techniques with a strategic use of service planning, skills curriculum, learning theory, motivation systems, and focused individualized interactions to affect positive behavioral change. Greater than 95% of youth in this community-based program had no additional juvenile petitions filed during care.

Overall, services delivered to the youth and their families continue to improve. A staff certification program is in place that requires an extensive demonstration of knowledge and skill from candidates applying for certification. Ten staff were certified during the service year. This credentialing process continues the staff competency guidelines set in the previous year.

The overall capacity rate for the Multipurpose Juvenile Homes in the 2005-2006 service year was 83.7%.

The Multipurpose Juvenile Homes continue to meet the needs of the Department.

2005-2006 Report to the General Assembly of North Carolina Regarding *Multipurpose Juvenile Homes*

Historical Background

Prompted by the large scale growth of Juvenile Crime in the late 1980s and supported by funds authorized through the 1990 Prison Bond Referendum, North Carolina's Department of Health and Human Services, Division of Youth Services partnered with six of the State's most economically and service deprived rural judicial districts to establish regionalized residential care facilities for juvenile offenders. The programs offered through these facilities focused on meeting the needs of youth requiring secure detention, long-term treatment, and/or a safe transition between institutional confinement and the youth's local community. Because these facilities simultaneously served youth at various points of Court involvement, they were identified as Multipurpose Juvenile Homes.

The first Multipurpose Juvenile Homes were located in Chowan, Craven, Hertford, Robeson, and Wayne counties. They began receiving clients in 1993. The Alamance Multipurpose Juvenile Home opened in 2001 and serves Judicial Districts 15A, 15B, 17A, 17B, 19A, and 19B. This Multipurpose Juvenile Home is a bit different than the original five homes in that it is operated as a staff-secure rather than a facility-secure program and serves both Level I and Level II offenders. Also, the youth at the Alamance Home attend public school. The program has a daily service capacity of nine youth. Six of the nine youth are served through residential care. Three other youth are served through foster care placements.

Scope of Services Rendered

Staff in each Multipurpose Juvenile Home is responsible for developing and implementing an individualized Service Plan for each youth and family served. Any youth known to the Court for the commission of a Level II offense may be admitted to one or more of several programs offered in each of the Multipurpose Juvenile Homes. For example, a youth categorized as requiring secure custody may be admitted, assessed, and provided care for a period of time before being returned to Court for Adjudication. Disposition may see the same youth returned to the Multipurpose Juvenile Home for treatment as a component of Probation. Once residential treatment goals have been realized, the youth may be served through the Multipurpose Juvenile Home's Continuing Care program component. Another Multipurpose Juvenile Home client may

progress through treatment and be released to some other community plan of care coordinated by the Multipurpose Juvenile Home's staff and the youth's Court Counselor. Staff conscientiously renders services to the families of all youth who are actively engaged in one or more of the Multipurpose Juvenile Home's programs.

Each Multipurpose Juvenile Home provides for at least two staff on the premises during normal program hours and overnight awake supervision while clients sleep. A Program Manager, Family Services Specialist and Certified Teacher contribute to treatment services in addition to the Multipurpose Juvenile Home's Resident Counselors and Overnight/Awake Staff.

There are several areas of the Multipurpose Juvenile Home Program that are cause for celebration.

1. Methodist Home for Children continues to strengthen its Model of Care in these facilities. The model focuses on evidence-based treatment principles¹ in its programming. The primary principles are:
 - Antisocial/Pro-criminal attitudes and antisocial personality factors such as impulsiveness, risk taking, and low self control are addressed;
 - Effective interventions involve behavioral, social learning, and cognitive behavioral strategies;
 - Treatment is delivered in a style and mode that is consistent with the learning styles of the offenders.

The model of care addresses antisocial behavior by implementing a social and life skills curriculum individualized for each youth. Implementation involves consistent and continuous behavioral teaching and practice of these skills. This practice and skills focus meets the learning-style needs of these youth and leads to an internalization of these skills and the values of honesty, respect, responsibility, empowerment, compassion, and spirituality. During the 2005-2006 service year, staff continue to become more proficient in understanding and employing the model, and the youth have become more consistent in learning and using these social and life skills.

2. Ten staff received their Resident Counselor Certification during the 2005-2006 service year. This represents approximately 15% of the staff. The certification process is an ongoing method of verifying staff

¹ Howell, J.C. 2003. Preventing & Reducing Juvenile Delinquency: A Comprehensive Framework. p. 212-213. Sage Publications Inc., Thousand Oaks, California.

- competency and creates additional incentive, recognition, and reward for excellence.
3. Property improvements were made during the 2005-2006 year to the five original Multipurpose Juvenile Homes in Chowan, Craven, Hertford, Robeson, and Wayne counties. These facilities have remodeled kitchens and three facilities have newly renovated entranceways. Over the next few years, Methodist Home for Children will continue to make improvements to carpets, cabinetry, and furniture and continue to work closely with the Department of Juvenile Justice and Delinquency Prevention to identify property repair needs.
 4. Youths continue to improve in reading ability as evidenced by *Wide Range Achievement Test* scores. Youth are tested on their reading ability upon entry into the program and at several intervals while in residence. During the 2005-2006 service year, the Wide Range Achievement Tests in reading showed an average improvement of more than 10% between admission scores and discharge scores. The program has a strong focus on reading and provides many resources such as computers, phonics programs, and an extensive collection of books.
 5. Overall academic functioning shows a positive change as well. The Risk and Protective Factors assessments showed that at admission, 25% of youths had an overall functioning at grade level while at discharge, 60% had an overall functioning at grade level. The 1998 report by *The Center for Effective Collaboration Practices* notes that addressing problem behavior is critical to educational success. As a part of the *Value Based Therapeutic Environment Model of Care*, the education program incorporates this insight. The program focuses on identifying behavioral skill deficits and teaching skills to perform new more positive behaviors; helping students to see the value in engaging in appropriate school behavior; and, creating an environment that promotes learning.
 6. Methodist Home for Children develops an individual service plan with each youth and family upon entry into care. The plan directs their care and includes specific skills on which they focus during their stay, both at the facility and on home visits. Family involvement is an integral part of the program. Family participation begins when the youth is in care and continues upon discharge for 90 days. The family service plans help the family prepare for a successful and long lasting reunification. Evidence of this involvement is our "Family Days" in which all the families are invited to the home for discussions,

fellowship, food, and community support. These have been extremely well attended and demonstrate the program's dedication to families.

7. Less than 5% of youth admitted to Multipurpose Juvenile Homes have new delinquency petitions filed while they are in care. A sizable portion of the new delinquency petitions filed are for offenses that occurred prior to admission but were not known to the court.
8. Methodist Home for Children continues to offer a scholarship program for post-secondary education or vocational training as a benevolent contribution to the future of these youth. All youths served by the program are eligible for this scholarship. Methodist Home for Children funds this program independent of this Contract and bears all of the financial responsibility. Four Multipurpose Home youths have benefited from this program during the last service year.

Contracted Provider

Methodist Home for Children (MHC) has provided contract services to the North Carolina Department of Juvenile Justice & Delinquency Prevention for the operation of the Multipurpose Juvenile Homes since the Home's opened. The Agency has 107 years of experience serving children, youth, and families. It employs 187 trained and professionally competent staff, holds two national accreditations, and it administers a service continuum that includes a Five Star child care center, ten group care facilities, services for 105 foster families, adoption services, in-home family counseling, and substance abuse counseling.

Outcomes

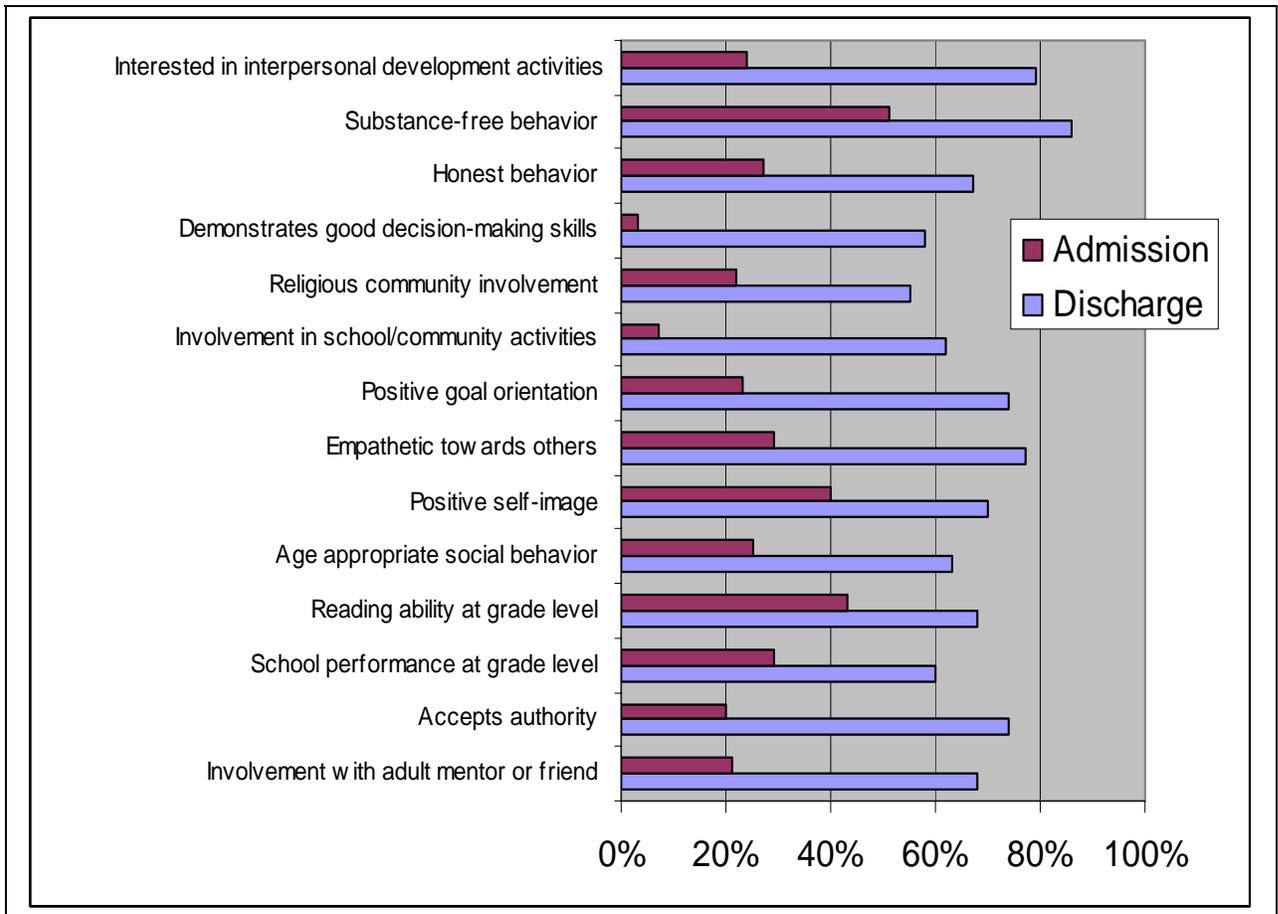
Multipurpose Juvenile Homes continue to bridge the gap between need and resources in several of North Carolina's rural communities. The Multipurpose Juvenile Homes' 2005-2006 service data reveals the following information:

Protective Factors

This chart that follows shows data from the Risk and Protective Factors worksheet data for youths served during the 2005-2006 service year. Risk factors are evidence-based characteristics that increase the likelihood of a youth being at high risk and therefore needing continuous services to manage functioning. Likewise, Protective Factors are characteristics that protect the youth and reduce this risk. This assessment is completed for each youth at admission and at discharge. The categories listed represent a set of protective factors that have a positive correlation to youth resiliency and success. The

chart represents a significant positive increase in critical protective factors for youth while in care.

Protective Factors

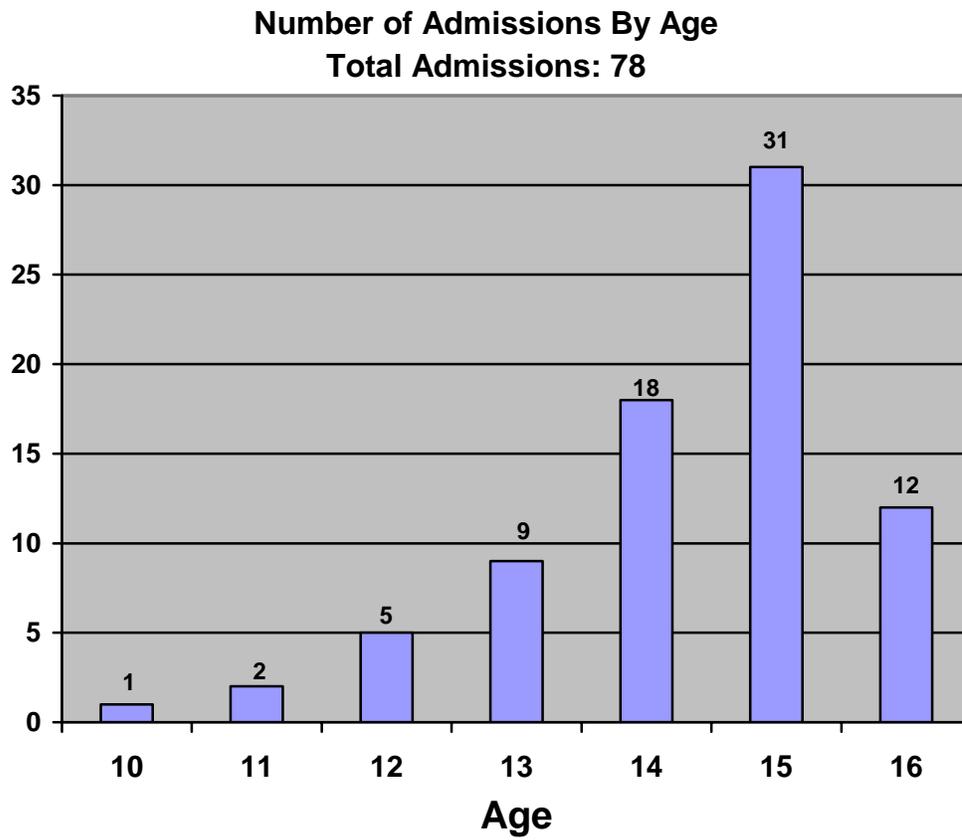


Youth Outcome Survey

In order to follow the progress of youth we serve we conduct outcome surveys at 6 and 12 months post discharge. This survey helps us understand the success of these youth after discharge. Listed below is data from the survey completed during the 2005-2006 service year.

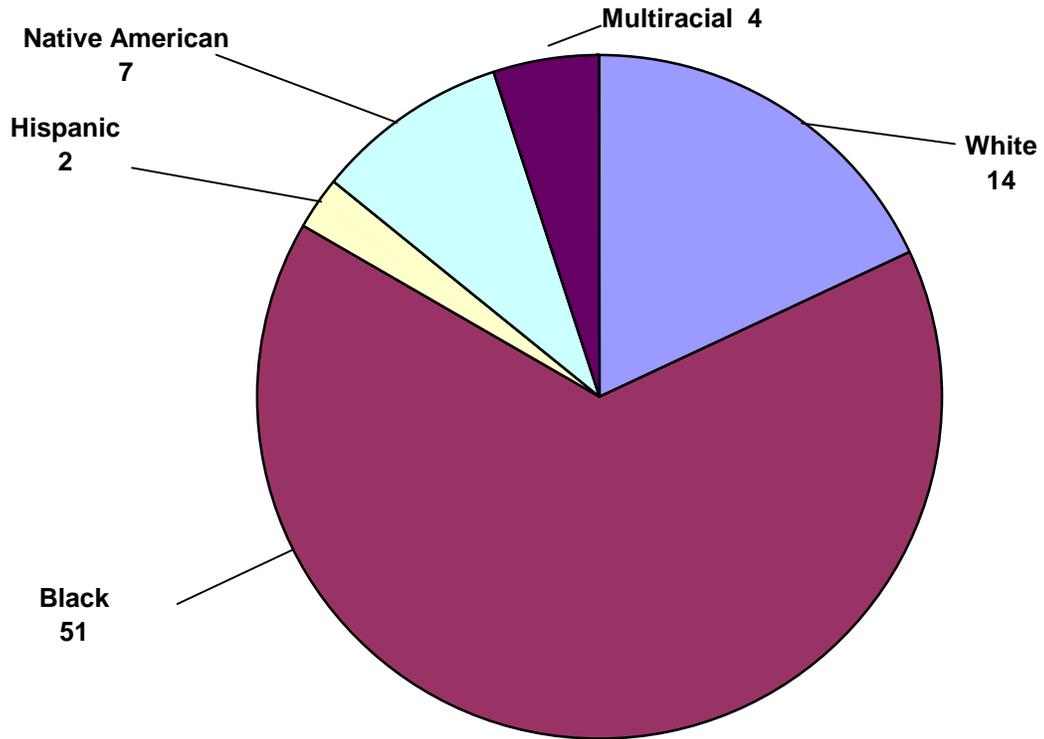
Regularly attending school or work	95%
Avoiding criminal activities	89%
Living in a safe home environment that is either in the child's permanent home or the next logical, most appropriate setting towards a permanent home	95%

The following graphs and charts show general demographic data for the Multipurpose Juvenile Home program for the 2005-2006 service year.



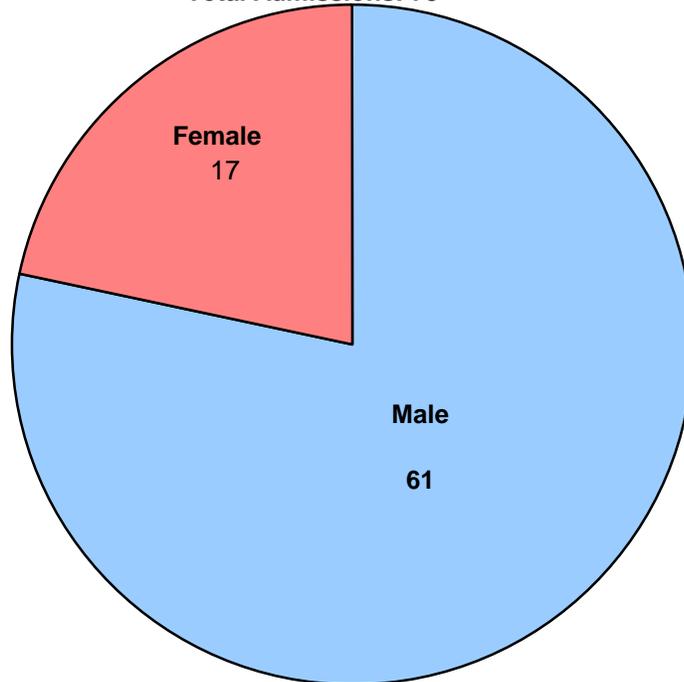
Number of Admissions By Race

Total Admissions: 78



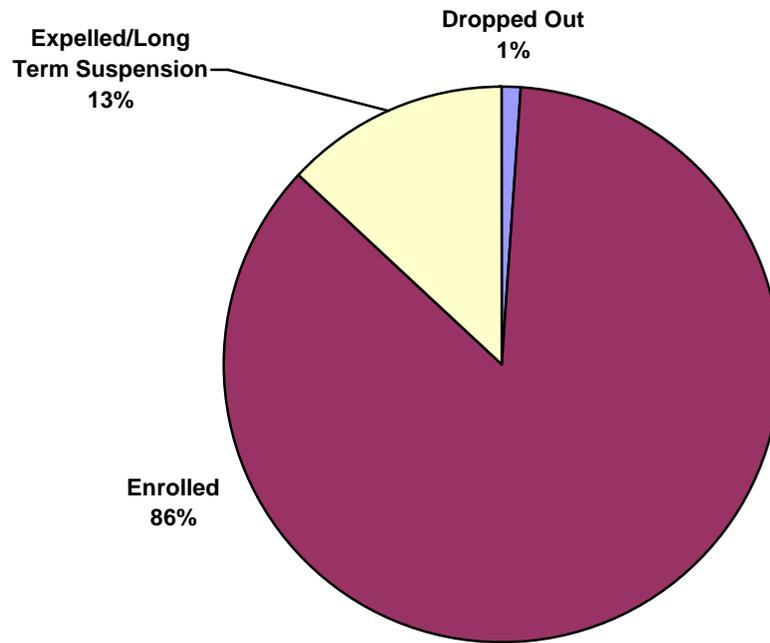
Number of Admissions By Gender

Total Admissions: 78



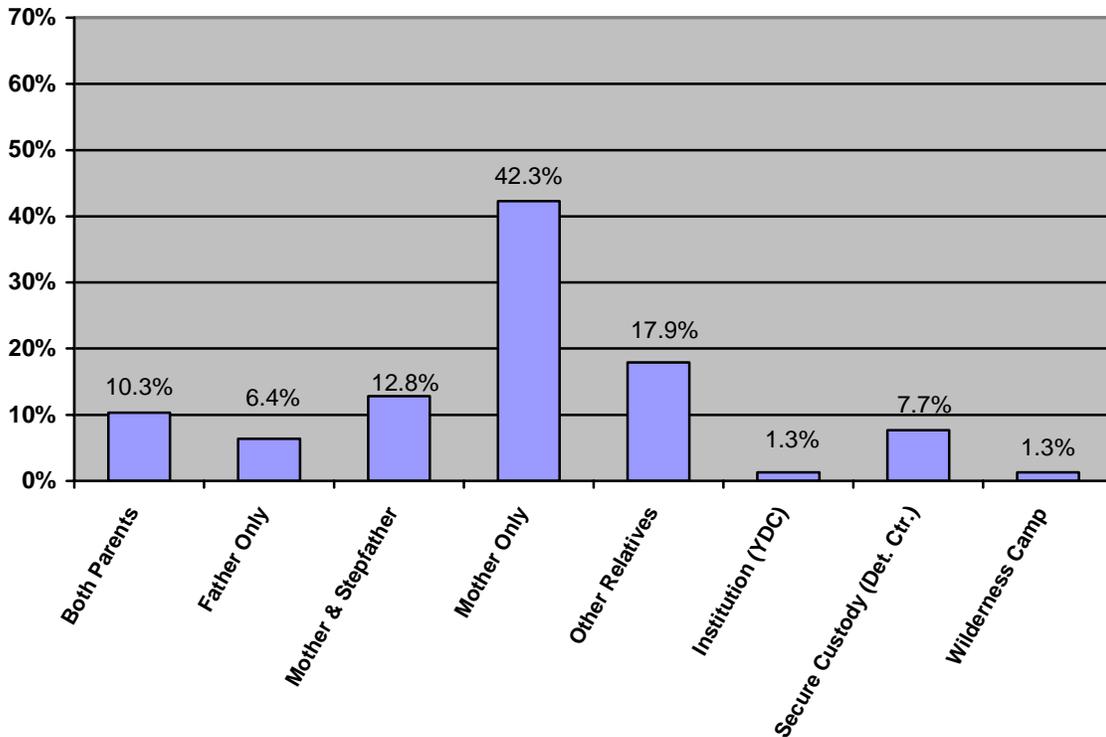
School Status At Admission

Total Admissions: 78



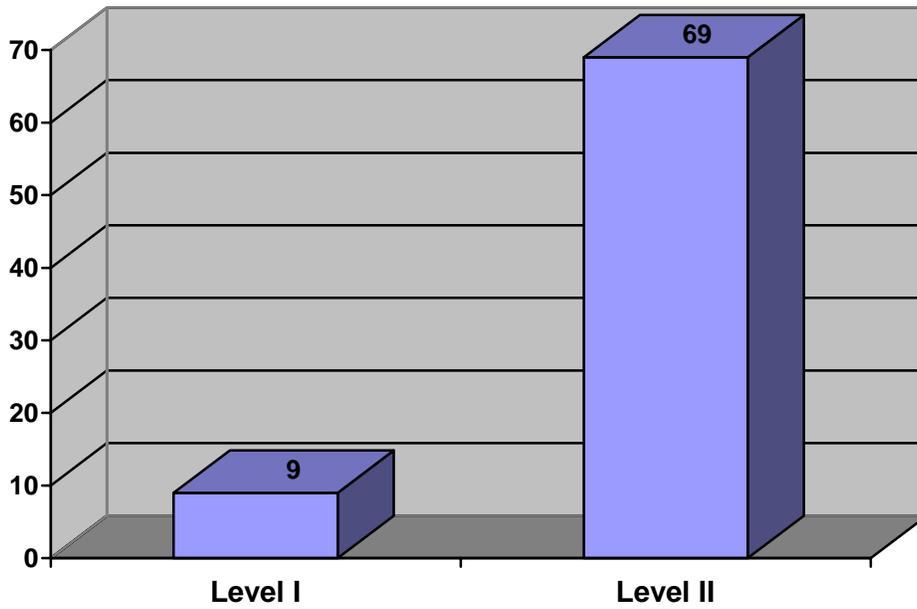
Living Arrangements Upon Admission

Total Admissions: 78



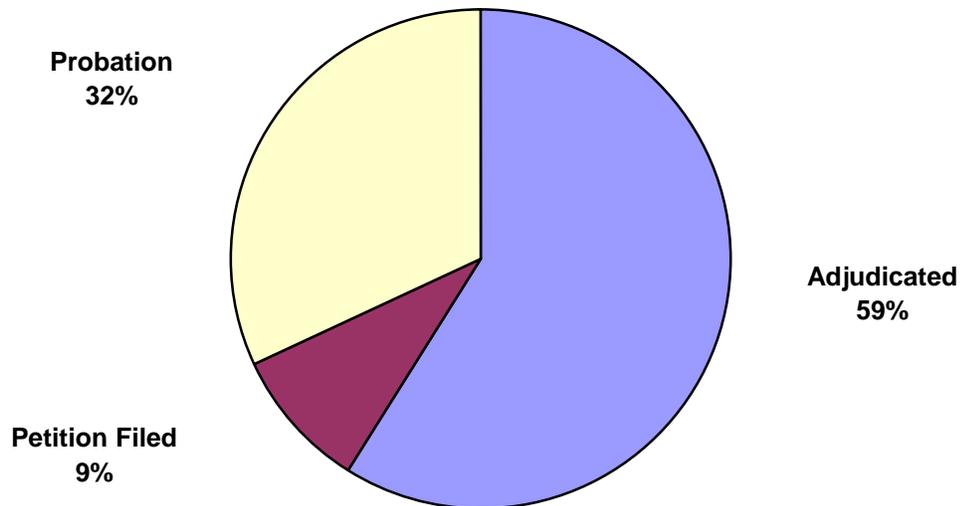
Number of Admissions By Disposition

Total Admissions: 78



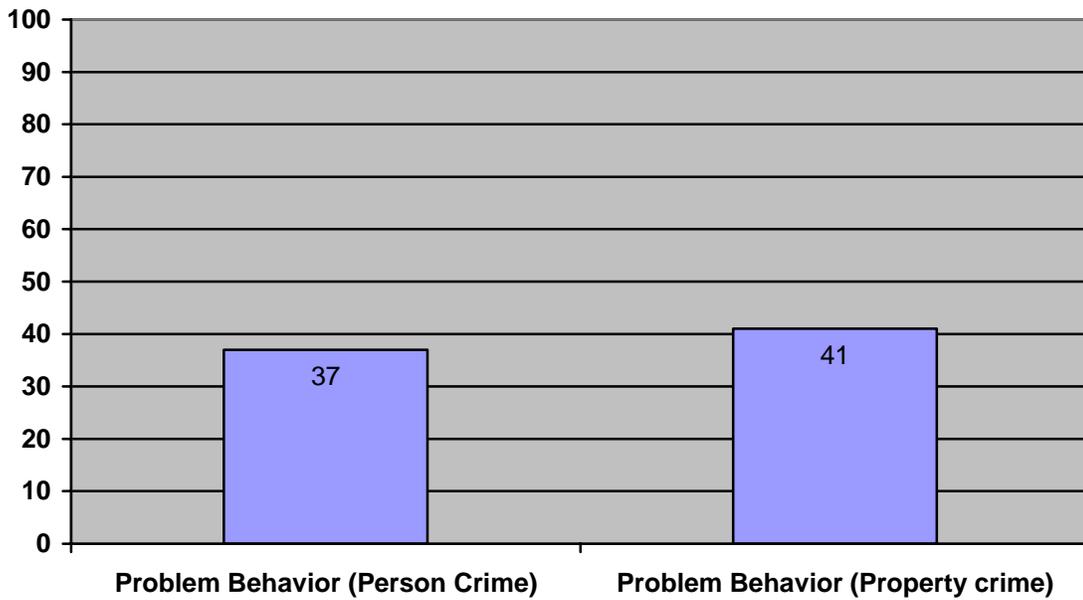
Legal Status Upon Admission

Total Admissions: 78



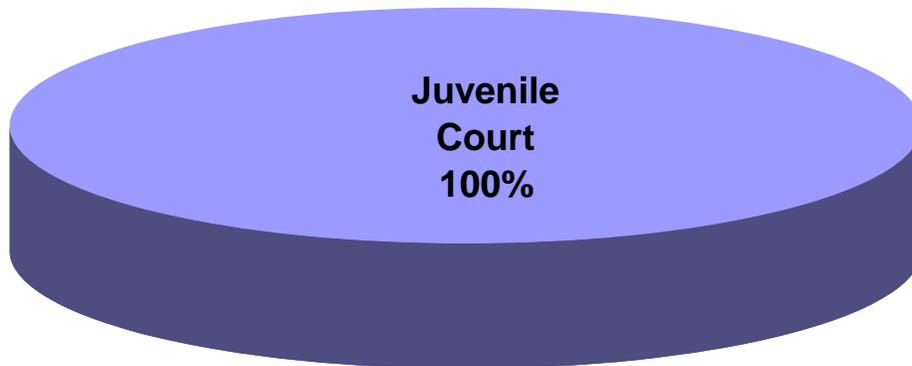
Number Of Admissions By Referral Reason

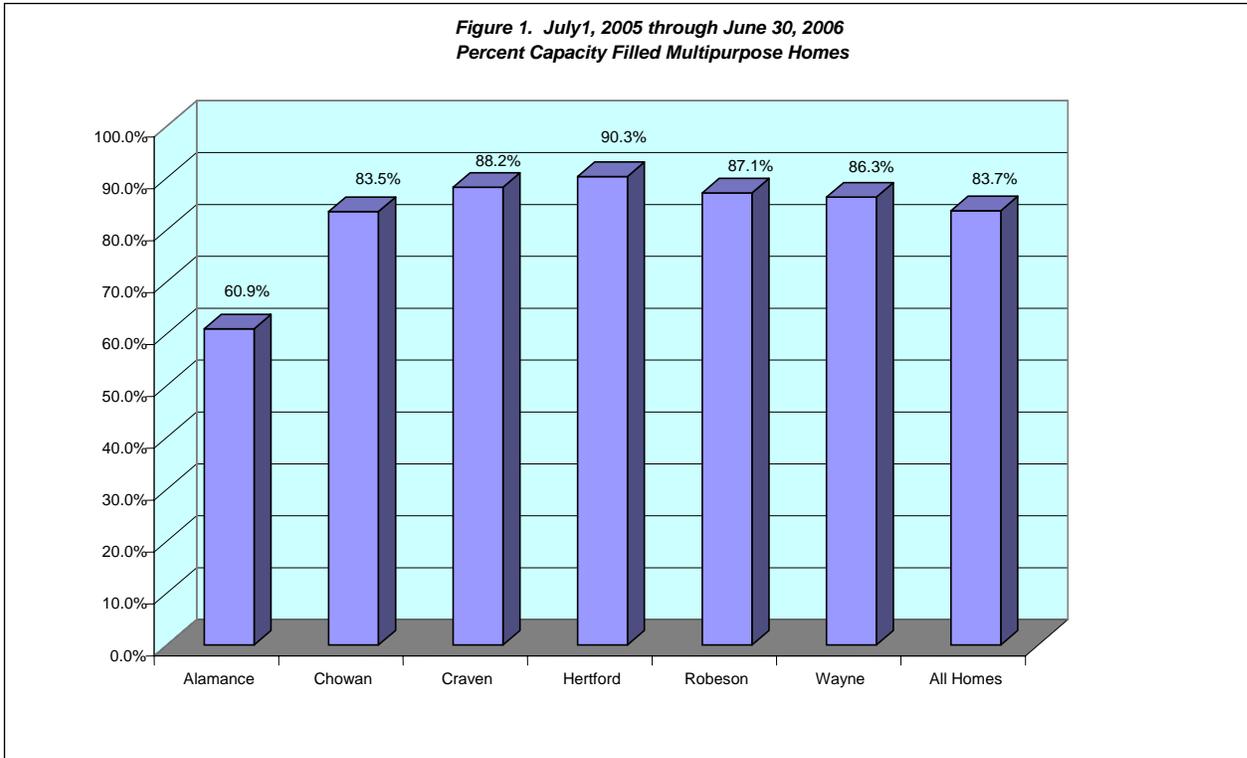
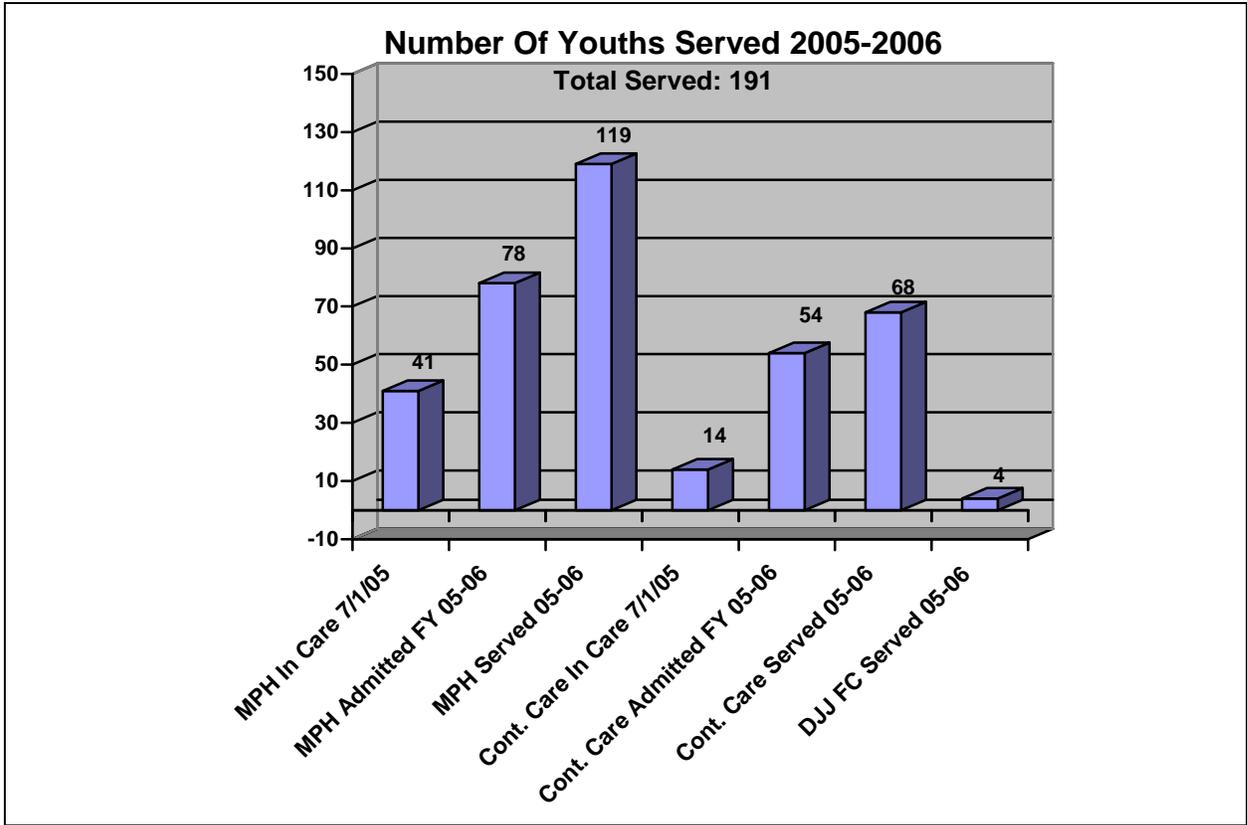
Total Admissions: 78



Admissions By Referral Source

Total Admissions: 78





Value of the Multipurpose Juvenile Home Program

Multipurpose Juvenile Homes function as a mainstay intervention strategy for the Department of Juvenile Justice and Delinquency Prevention. They are an effective means to interrupt commitment to a Youth Development Center and Detention Centers while serving the youth and the family in their home community.

The five original Multipurpose Juvenile Homes have a long history of acceptance by, and cooperation with, their communities due in part to their physical location and the desire by staff to maintain and promote these relationships.

Independent researchers have reviewed the Multipurpose Juvenile Home Program Model and determined that it is sound, progressive, and effective. It relies on specific counseling approaches that include cognitive-behavioral interventions, and it emphasizes the values of compassion, honesty, empowerment, respect, responsibility and, spirituality. It supplements these interventions and values with services such as mentoring, academic tutoring and the improvement of interpersonal skills. It serves to provide effective treatment ingredients within a comprehensive program structure. This conclusion is supported by the nationally recognized meta-analysis research of Dr. Mark Lipsey and Dr. Buddy Howell, Consultants to MHC and the Department of Juvenile Justice & Delinquency Prevention.

The program's emphasis on empowering youth to stay connected with, and reintegrate into their communities upon discharge has meant that it has become an indispensable part of the Department's habilitation strategy in these underserved communities. The program structure of the Multipurpose Juvenile Homes allows youth to acquire the skills and values they need to be successful upon return to their local communities. During the 2005-2006 service year, the Multipurpose Juvenile Homes operated at an of 83.7% of capacity

Funding for this program served 119 youth in residential care, four youth through the foster care component, 14 youths that were still in continuing care from the previous fiscal year, and 54 youth admitted to continuing care in the 2005-2006 service year. In total, 191 youth were served through the various components of the Multipurpose Juvenile Homes.

For more than a decade, the Multipurpose Juvenile Homes have functioned as a community-accepted and community-supported intervention strategy. Once again, the Department is pleased to count them among its programmatic efforts that reduce recidivism, interrupt commitments to Youth Development Centers, and to serve youth and their families in need at reasonable cost to the taxpayer.