



the NATIONAL REENTRY  
RESOURCE CENTER

— *A project of the CSG Justice Center* —

# FAMILY ENGAGEMENT IN REENTRY FOR JUSTICE-INVOLVED YOUTH

Brought to you by the National Reentry Resource Center and the  
Bureau of Justice Assistance, U.S. Department of Justice

# Speakers

- Shay Bilchik, Founder & Director, Center for Juvenile Justice Reform, Georgetown University
- Ryan Shanahan, Senior Program Associate, Family Justice Program, Vera Institute of Justice
- Rosalinda Rosalez, Lead for the Division of Juvenile Justice Family Initiative, California Department of Corrections and Rehabilitation
- Krista Larson, Associate Director, Adolescent Portable Therapy, Vera Institute of Justice

# Involving Natural Mentors in Reentry for Justice-Involved Youth

On November 1<sup>st</sup>, the [National Reentry Resource Center](#) and [The Center for the Advancement of Mentoring](#) will host the second of a two-part webinar on engaging family members in reentry efforts and identifying pro-social support for youth involved in the juvenile justice system. This webinar will focus on incorporating juvenile justice-involved youth's family and social network into reentry mentoring programs. Speakers will discuss identifying, recruiting, and training “natural mentors,” such as extended family members, teachers, or neighbors, to work alongside other reentry program-assigned mentors to help youth better transition back into the community and in many instances into adulthood. To register for the webinar, please visit: <https://justicecenter.webex.com/justicecenter/onstage/g.php?t=a&d=644310728>

# Presentation Outline

- Overview of the Family Justice Program, part of the Vera Institute of Justice
- A family-focused approach to juvenile corrections: California Department of Correction and Rehabilitation Division of Juvenile Justice
- Engaging families in the community: Adolescent Portable Therapy
- A movement of change: Best practices of integrating a family-focused, strength-based approach
- Questions and Answer Session

# Vera Institute of Justice Family Justice Program

# Presentation Outline

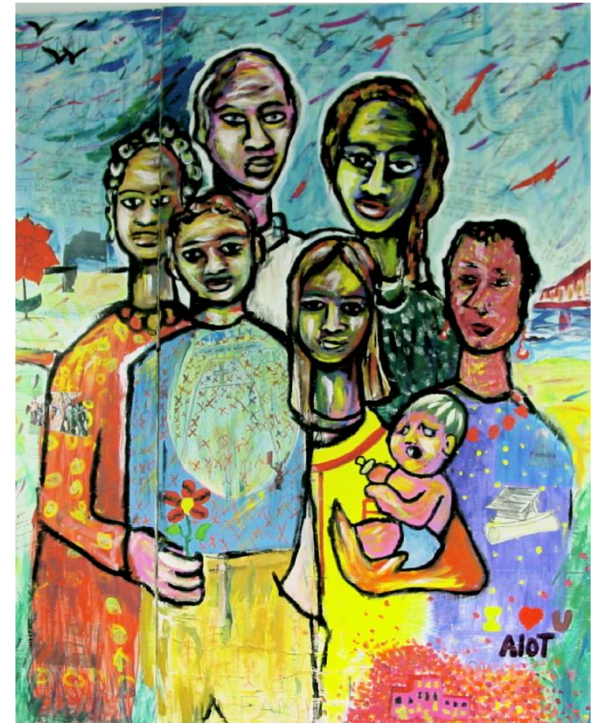
- History of the Family Justice Program
- An overview of the strength-based, family-focused approach
- Tools for the juvenile justice field

# Family Justice Program

- Vera's Family Justice Program provides extensive training and strategic support to government and community partners to help them effectively draw on the resources of families and communities. These systemic interventions are designed to benefit people at greatest risk of cycling in and out of the justice system.
- The Vera Institute of Justice is an independent nonprofit that combines expertise in research, demonstration projects, and technical assistance to help leaders in government and civil society improve the systems people rely on for justice and safety.

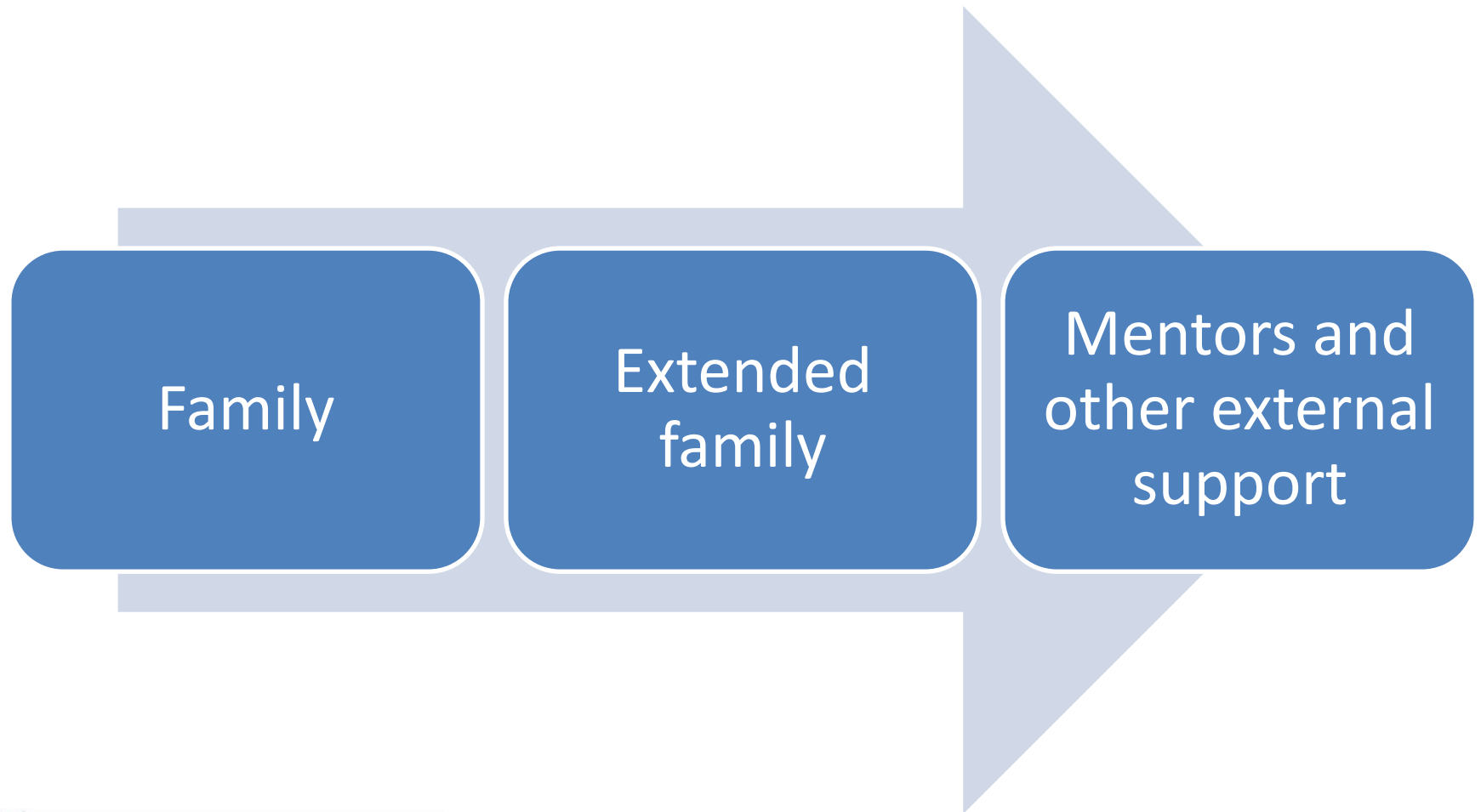
# La Bodega de la Familia (1996-2008)

- Family case management linking family, parole/probation, and treatment providers to identify and build on family strengths
- 24 hour support for families in crisis
- Walk-in and prevention service for all neighborhood residents





# The Continuum of “Family” Engagement



# Defining Family Broadly

Allow people to define who makes up their family...

- Traditional
  - Mothers, brothers
- Extended
  - Cousins, uncles
- Elected
  - Mentors, coaches, friends



# Strength-based Approach

- Recognizing that all people are motivated.
- Operating with the belief that everyone possesses talent, abilities, capacities, and past successes.
- Drawing on strengths to motivate behavior change.

# Impact of family and other social support on reentry outcomes

- A family-systems approach not only reduced recidivism rates for justice-involved youth as compared with other models of treatment, but also reduced rates of siblings' involvement in the justice system. (Klein, 1977)
- Youth who participated in family-systems therapy had markedly lower recidivism rates. (Hinton, 2004)

# Impact of family and other social support on reentry outcomes

- During 6 months of family case management at La Bodega de la Familia, arrests were 11% as compared to 21% among a comparison group. 90% of participants resolved medical-service needs and 80% resolved social-service needs. (Sullivan, 2002)
- Positive Youth Justice calls for juvenile justice practitioners to integrate methods and practices that draw on young people's strengths. (Butts, 2010)

# Youth Voices

- In developing the Juvenile Relational Inquiry Tool, every young person in Arizona, Michigan, and Ohio who participated in the study provided examples of social support (N = 35).
- Youth identified family as their most important source of support.
- Shanahan, R.yan “Integrating Family-focused Approaches in Juvenile Justice Reform.” The Link 8, 1 (2010): 1, 3-6.

# Youth Voices

*“To a lot of girls in here, family is the most important thing.”*

-A young woman incarcerated in Arizona

# Juvenile Corrections Staff

- Results from staff in Ohio (N = 54)
  - 81% of surveyed staffed in Ohio recognized that families are the most important source of support for incarcerated youth.
  - 90% of surveyed staff in Ohio believe it is important for youth to stay connected to their families.



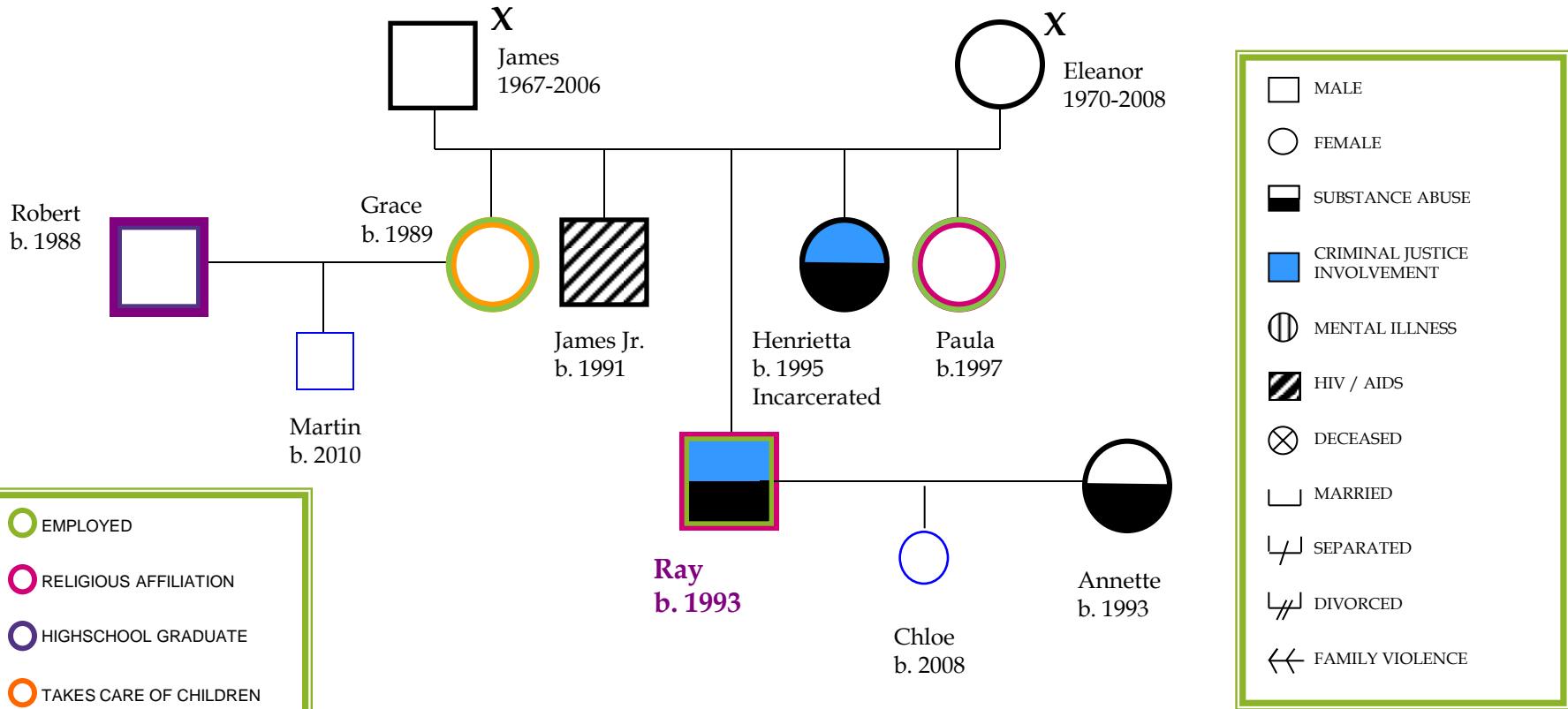
# CJJR Survey of Juvenile Justice Probation and Correctional Leaders

- Family Engagement was ranked as:
  - One of the three most important operational issues facing their department / agency.
  - The most difficult to address operational issue facing their department / agency.

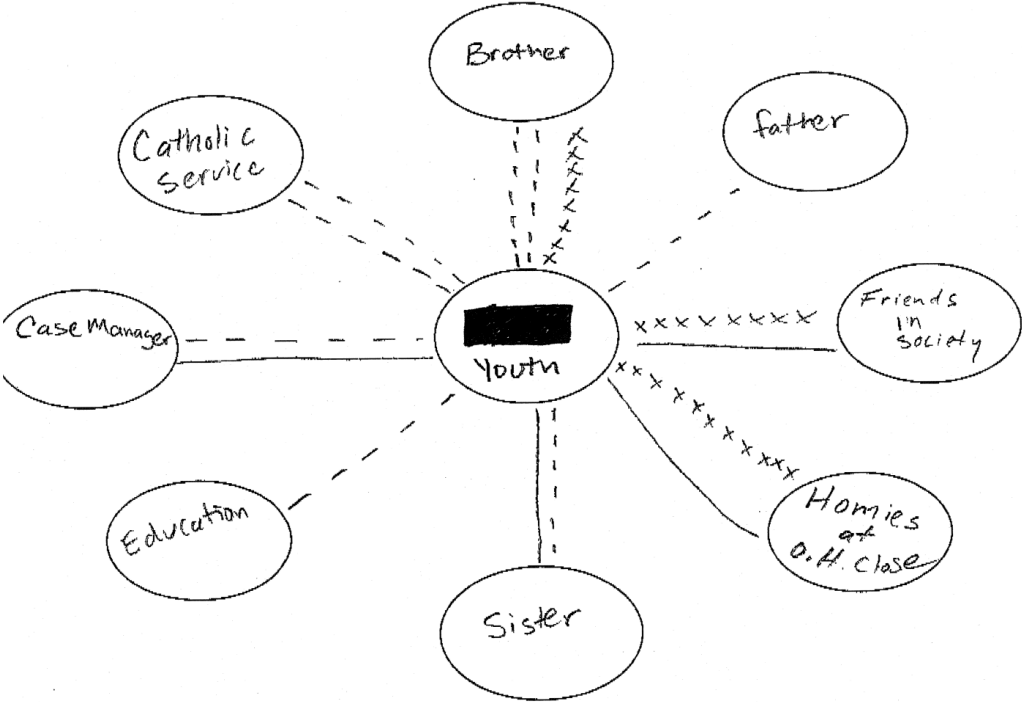
Source: “Juvenile Justice Professionals Certificate Program Survey” (2008). Survey conducted electronically by the Center for Juvenile Justice Reform, Georgetown Public Policy Institute, Georgetown University.

What are some tools to help implement a family-focused approach?

# Sample Youth Genogram



# Sample Youth Ecomap



----- Developing  
 \_\_\_\_\_ Positive  
 ===== Strong Positive  
 \*\*\*\*\* Conflict

# Contact Information

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# A family-focused approach to juvenile justice:

California Department of Corrections and  
Rehabilitation, Division of Juvenile Justice



# Presentation Outline

- Overview of the Division of Juvenile Justice *Farrell*-mandated reform
- The Division of Juvenile Justice's Pilot of a Family Initiative supported by Family Justice
- The Integrated Behavior Treatment Model



# The O.H. Close Youth Correctional Facility

- Challenging Assumptions
  - 77% of families wanted to be kept better informed
  - 100% of family members had at least one area of concern
- Immediate Changes in Practices and Procedures
  - The Youth Behavior Contract
  - Increased Communication with Families
  - Increased Presence in the Visiting Hall
- A Cultural Shift
  - 62% of staff agreed that there had been an increase in family involvement in one or more youths' care.
  - 50% of staff felt that they had noticed or experienced more insight on youths' behavior or actions.



# Statewide Implementation

- A strength-based, family-focused approach
- Staff-driven organizational change
- The Youth and Family Survey

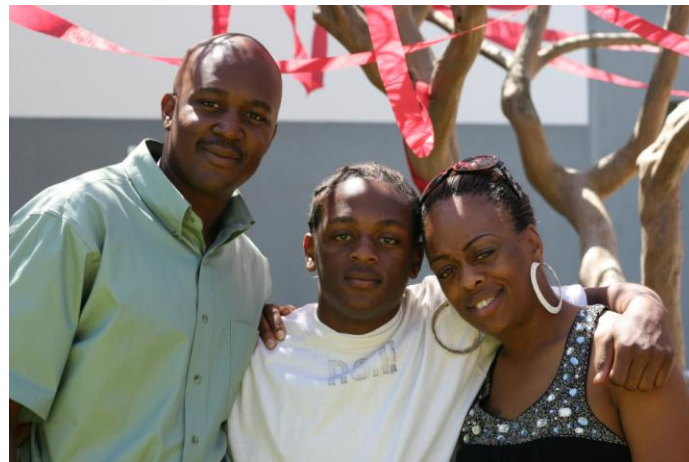


# The N. A. Chaderjian YCF Survey

- Although youth and families rated DJJ staff as very supportive:
  - 63% of families wanted to keep better informed
  - 81% wanted to know more information in at least one subject area
  - 73% of families did not indicate whether their youth had signed a release of information
- Facility response: *How can we provide better information?*

# Transforming Correctional Culture

- Changing the tone of Visiting Halls
- Improving Informational Materials for Families
- Online resources such as a Virtual Tour of DJJ facilities: [http://www.cdcr.ca.gov/Juvenile\\_Justice/index.html](http://www.cdcr.ca.gov/Juvenile_Justice/index.html)



# Families as Guests

- Embracing an “expanded definition” of family
  - Senate Bill 518
  - Family Justice and the use of the ecomap
- Increasing family access to youth and staff
  - Increasing telephonic contacts
  - Use of videoconference technology
  - Quarterly Family Nights



# Families as Partners

- The Community Assessment Report (CAR)
- The California Youth Assessment Screening Instrument (CA-YASI)
- The Family Initiative: A Statewide Survey of Youth and Families
- Training a Strength-Based, Family Focused Approach

# A Strength-Based, Family-Focused Approach

- Motivational Interviewing (MI)
  - End goal of *all* DJJ direct care staff being trained in MI
  - 70% of staff have been currently trained in MI
- Supportive Inquiry
  - As the face of DJJ and the first to have contact with families, all field parole agents have been trained in Supportive Inquiry

# Families as Experts in their Child's Lives

- Case Management is more comprehensive
  - Staff know more about the youth
  - Treatment goals are built around the family dynamic
  - Families are equipped with skills to support the youth
  - Families and youth problem-solve and set goals
  - Consensus around success

# The Integrated Behavior Treatment Model

- Family involvement in youth's case management from intake to discharge
  - Continuous identification of opportunities for family involvement in assessments, case plan development, treatment and training, progress reviews, and celebrations of success.
- Family involvement in the development of the Model
  - Strategies to strengthen and empower families for effective partnership.



# The Results

- Transparency and access
  - Families touring inside facilities and spending time on living units.
- Sustainable Cultural Change
  - Families input and feedback used to inform and motivate changes to policies and development of strategies
- Successful Re-entry
  - Increase in family-based interventions
  - Family strengthening and empowerment to effectively support youth in re-entry

# Contact Information

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[http://www.cdcr.ca.gov/Juvenile Justice/index.html](http://www.cdcr.ca.gov/Juvenile_Justice/index.html)

A P T

**ADOLESCENT PORTABLE THERAPY**

Innovative approaches to engaging families in  
substance use and mental health treatment

# APT's development in NYC

- Developed in response to a significant treatment gap for system-involved youth in NYC
- Challenge of delivering treatment to a system-involved population that experiences multiple transitions in stakeholders, and often doesn't access traditional forms of treatment.
- We sought to develop an approach which engaged families throughout a youth's system involvement and after reentry.

# The APT Model

- Services launched in 2001
- Blends a family systems approach with elements of Cognitive Behavioral Treatment (CBT) and motivational interventions
- Begins at any point in a youth/family's system involvement and culminates in a 4-month community treatment period

# The APT Manual

- Adolescent Portable Therapy: A Practical Guide for Service Providers (Available online: [www.vera.org/content/adolescent-portable-therapy-practical-guide-service-providers](http://www.vera.org/content/adolescent-portable-therapy-practical-guide-service-providers))
  - Treatment is principle-driven, not prescriptive, but manualized to create consistency in service delivery, staff training and supervision, and replication in other agencies.

# “Portability”

- Transports a strengths-based, family-centered, collaborative treatment approach across multiple system contexts
- Continuous family engagement during transitions across systems.
- Literally mobile—treatment happens wherever the client is.
  - Creating a therapeutic frame
  - Moving beyond an investigative “home visit” experience



# Evidence for APT

- Initial three-year study with a randomized control group (245 Treatment, 247 Control) followed kids at 3, 9, and 15 months.
- Level of family dysfunction predicted severity of substance abuse.
- Significant **reductions** in substance abuse/dependence, depression, and traumatic stress symptoms and **increases** in positive family functioning.
- Additional positive trends in regard to school attendance and reductions in technical violations.



# Support for APT

- Finalist for the 2005 Innovations in American Government Award from Harvard's Ash Institute
- OJJDP and Drug Strategies listed Model Program
- Included in the 2008 Southern Coast ATTC Compendium of Evidence-Based Practices for Substance Abuse Treatment

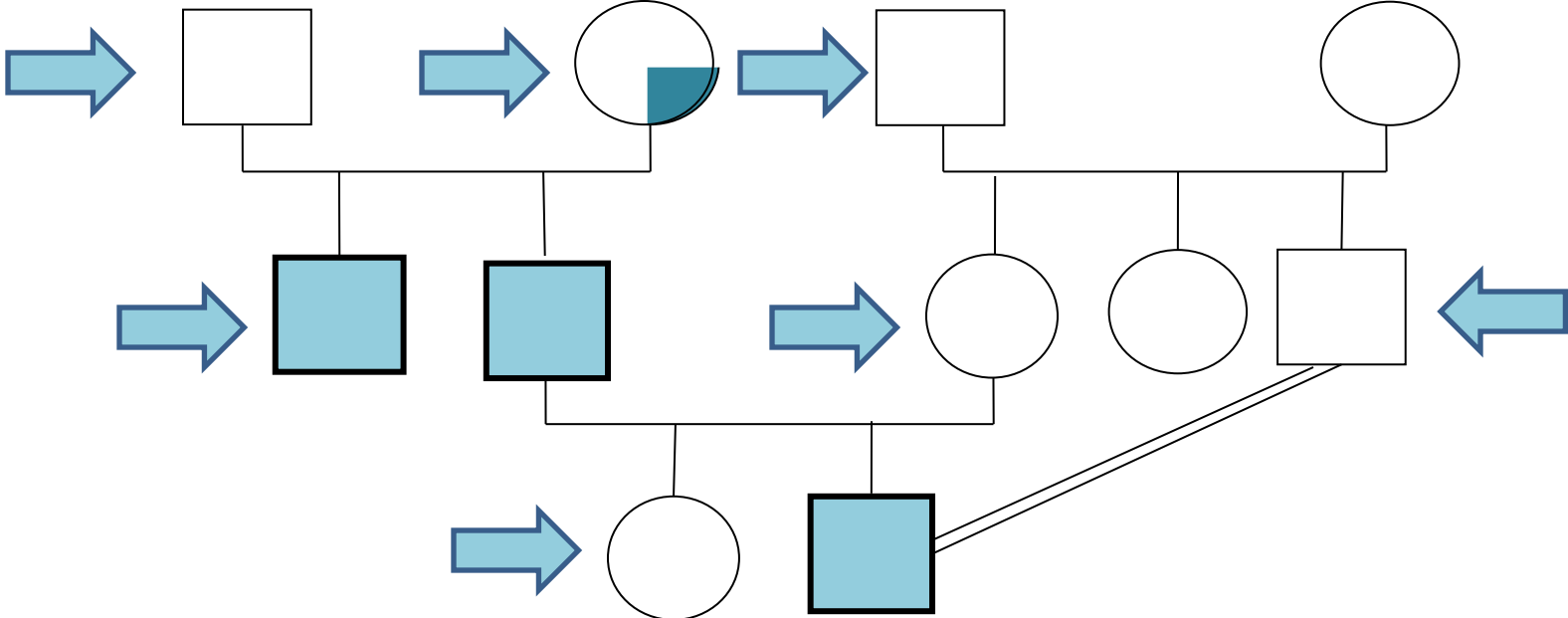
# Balancing Hope and Anxiety in Reentry

- Preparing for reentry can produce both hope and anxiety in the young person and their family.
- Each drives a different part of a successful reentry process, but if left unchecked can crowd out the other and produce negative results.

Hope - “Everything’s going to be fine now. Her time in facility has taught her a lesson”

Anxiety - “He’s just like his father. He’ll be back in jail before you know it, just watch”

# Genograms Expand the Reentry Story



Who else is he similar to in the family?  
Who else is he close to in the family?

Who else has successfully turned things around after a setback?

# Always Try to Increase Complexity

- BOTH / AND instead of EITHER / OR
- Therapeutic Bubble Burst
  - Gently expand the story of success to include temporary slips or disappointments.
  - Use hypothetical statements to continue the discussion without confrontation.
  - Inject relational elements, not just individual or character-related elements.

E.g. – “I don’t want to get arrested again. I’m just going to stay in the house and not talk to any of my old friends ever again.”

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<http://www.vera.org/project/adolescent-portable-therapy>

# **A MOVEMENT OF CHANGE: NATIONAL EXAMPLES OF INTEGRATING A FAMILY-FOCUSED, STRENGTH-BASED APPROACH**

# Best Practices

- Ohio's use of new technology and a strength-based behavior management system
- New York's Brooklyn Initiative
- California Conservation Camps hosting family dinners
- Michigan's 30 day conferences
- Arizona's integration of family therapy
- Family Finding Technology



Photo from Pine Grove Conservation Camp,  
from DJJ newsletter



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