

GVRC YOUTH ORIENTATION PAMPHLET

Genesee Valley Regional Center

GVRC Youth Orientation Pamphlet

GENESEE VALLEY REGIONAL CENTER

Welcome to Genesee Valley Regional Center. We hope the time you spend in detention will be productive and as pleasant as possible. As you read through this program, remember that it serves as a guideline for your behavior while at GVRC.

During the intake process personal property is inventoried and held by the Center until your release. Rooms, lockers and personal files are searched periodically. Upon entering the wing, you will be issued grooming items and will be assigned to a group. One telephone call will be made, upon your admission, to your parents or guardian.

STANDARD GOALS:

While you are in detention, it is important to remember that your behavior is evaluated every two weeks and upon release. These evaluations are based on the following six standard goals. The evaluations are completed during team meeting and sent to your caseworker and placement.

The six standards are:

1. Follow agency and wing expectations
2. Maintain personal hygiene and a clean living area
3. Attend and participate in school
4. Display positive relationships with peers

5. Display positive relationships with staff
6. Participate positively in the group process and realistically address personal goals.

GROUP INTERVENTION PROGRAM:

The program at GVRC emphasizes positive behavior through peer group intervention. Group members are expected to give support for positive behavior and assist in monitoring the behavior of group members. Program privileges are earned by cooperation with the group process and compliance with agency and wing expectations. All youth are expected to participate in the Group Intervention Program. Residents will move about in a group and be responsible for their own behavior as well as that of their group. Residents are expected to participate in nightly group meetings. Residents are expected to demonstrate care and concern for their peers and to be an active group member. The most important responsibilities for residents during the program day are:

- Point out to peers that their behavior is or may become hurting to themselves or other people
- Ask the person showing hurting behavior to stop the behavior
- Help that person to understand how it was a hurting behavior and to accept the responsibility for that behavior
- Not support the negative behavior or another peer in any way
- Listen to and use positive input from peers

- Helping a peer identify and change a hurting behavior should be done in a positive and appropriate manner. Residents should also accept help from a peer positively and appropriately

Nominations for “Up Level” peers are made by peers during Group Meeting. A peer can nominate themselves for Up-Level. The peer can write why they feel they deserve an “Up-Level” position. The staff team will make the final decision during Team Meeting. Up-Level nominees are reviewed and decided upon each week. If an “UP LEVEL” displays problem behavior requiring direct staff intervention and consequence, residents will relinquish (give up the position) the Upper Level status.

“UP LEVEL” CRITERIA:

1. In program at least one week prior to selection.
2. Is a positive peer role model
3. Is an active participant in the group process
4. Confronts negative behavior in a positive manner
5. Accepts correction of inappropriate behavior in a positive manner
6. No behavior requiring direct staff intervention and consequences

When peers are participating in the GVRC Group Intervention Program (GIP) and the group and peers are functioning positively and assuming the responsibilities of the peer group, staff are to accord those residents (and group) all the privileges outlined for the peer group program. Residents on restriction will have fewer privileges, while Upper Level residents will have extra privileges.

ACTIVITY	PEERS ON RESTRICTION	PEER GROUP	UP-LEVEL
VISITATION DURATION	½ HOUR	2 HOURS	3 HOURS
WEEKLY PHONE CALL(S)	5 MINUTES	10 MINUTES	(2) 10 MINUTES
OUTGOING MAIL	X	2	4
TELEVISION		X	X
CHANNEL SELECTION		X	X
DVD MOVIES		X	X
TABLE GAMES		X	X
SNACKS	X	X	X
GVRC BEDTIME	9:30 P.M.	9:30 P.M.	10:15 P.M.
MP3 PLAYER			X

AGENCY AND WING EXPECTATIONS:

- You are expected to work within the peer group process.
- You are expected to treat others with respect.
- You are expected to line up with your group before leaving the wing area in a quiet and orderly manner. There is no talking to peers when line is moving.

- You are expected to turn in all pencils, markers, hair bands, etc. before leaving the wing area or going to bed.
- If a fight breaks out, or other emergency occurs, residents are expected to move away from the problem and follow the directions of the staff.
- Towels are to be hung on the bedroom door after residents evening shower and used the next morning for showering.
- Nothing can be covering the lights or windows in the bedrooms.
- Pictures may be placed on one wall of resident rooms covering an area of no more than 2 by 3 feet per room.
- You may be allowed to have up to 2 soft covered books or magazines at night at staff's discretion, but they are to be removed in the morning.
- You will participate in all activities.
- You must have staff permission to leave any supervised area.
- You are expected to follow all of the directions given by staff. Staff permission is required before entering the staff's office, storage rooms, broom closet, etc.
- In dining area, residents are expected to use good table manners and not waste food. Residents must take all eating utensils them any time they leave the table. Residents may talk quietly if given permission. Questions may be asked of staff at any time.
- When staff directs the group to have "quiet time" or when a peer is on restriction the group/peer needs to raise their hand(s) and wait for staff to acknowledge them before talking to staff.

PERSONAL HYGIENE AND LIVING ENVIRONMENT:

- You are expected to maintain good personal hygiene. Residents may wash their hair at night and when showering before special grooming.
- Sanitary napkins (pads) will be made available. They will be in staff's office. You need to inform staff of their need. Special arrangements can be made if more than one is needed at a time.
- You are expected to properly dispose of sanitary napkins. Small bags will be provided to dispose of sanitary napkins. ***Do not flush sanitary napkins down the toilet. Always dispose of used sanitary napkins in disposable bags that are provided.***
- Clothes are issued on second shift. You are responsible at that time for making sure they fit properly and are in good repair. If you need to exchange clothes, they must do it at that time. If you need a hair band, it will be made available in the morning.
- You are expected to maintain their room and living area in a clean and orderly manner.

SCHOOL:

You are expected to attend classes, perform all assigned tasks, and follow the instructions of the teacher (s).

POSITIVE RELATIONSHIPS WITH PEERS:

You are to follow the Group Intervention Process Guidelines.

POSITIVE RELATIONSHIPS WITH STAFF:

- You are expected to treat staff with respect and communicate with staff in an appropriate manner.
- You must sign the appropriate sheet to talk to the nurse.

PROBLEM BEHAVIOR USUALLY HANDLED THROUGH GROUP INTERVENTION BY

POINTING OUT THE NEGATIVE BEHAVIOR AND PROVIDING HELP ON HOW TO

CONTROL THE HARMFUL FEELINGS AND BEHAVIORS:

- **Failure to maintain health care**
 - Not taking daily showers, care of hair, brushing teeth, changing clothes daily, improper use of hygiene supplies
- **Failure to maintain living area (Wing)**
 - Failing to clean and maintain personal rooms, participate in Wing clean up, properly using equipment supplies
- **Use of offensive language or gestures**
 - Use of verbal remarks or physical gestures directed toward others that are threatening or insulting in nature
- **Provoking individuals into misbehavior**
 - Misleading others into misbehavior by challenging, daring, gossiping, etc.
- **Disruptive behavior**
 - Causing disturbance through horseplay, excessive noise, pushing, etc.
- **Unauthorized gambling or trading**
 - No trading or gambling for food (snacks, desserts, etc.), personal possessions or County property
- **Defacing property**
 - No writing, carving or otherwise destructive behavior toward the property of others
- **Verbal aggression toward staff and peers**
 - No threatening or derogatory remarks to staff or peers

- **Failure to follow GVRC/WING policy**
 - Ignoring or disregarding GVRC and Wing policies
- **Self-harm**
 - Cutting or scratching parts of the body, tattooing, or any otherwise harmful behavior
- **Stealing**
 - Possession of articles belonging to others without permission
- **Contraband**
 - The possession of any unauthorized articles
- **Non-participation in program**
 - Failing to participate in program without staff's permission
- **Inciting group misconduct**
 - Any overt (or covert) act intended to disrupt the order and safety of program
- **Leaving supervised area without staff's permission**
 - Not obtaining staff's permission before leaving any area
- **Failure to follow staff orders**
 - Not responding to staff directions
- **Interfering with staff duties**
 - Entering office without permission, disrupting staff's efforts to counsel youth, distracting staff's attention from problem situation

PROBLEM BEHAVIOR HANDLED THROUGH DIRECT STAFF INTERVENTION:

- **Refusal to accept group intervention (help)**
 - Not responding positively to group intervention
- **Group support of negative behavior**
 - Refusal by group to correct behavior that is harmful to peers or the group process
- **Assault upon staff or peers**
 - Any physical act that could be harmful to a staff person or peer
- **Weapons**
 - Possession of any item that could be used in a harmful manner

- **Sexual misconduct**
 - Any unlawful sex act
- **Non-Participation in program**
 - Failing to participate in program
- **Inciting group misconduct**
 - Any overt (or covert) act intended to disrupt the order and safety of program
- **H. AWOL**
 - Leaving the building without permission, demonstrating a clear intent to truant by plotting or preparing material to truant

BEHAVIORAL MANAGEMENT (STAFF ONLY)

You are expected to follow the Group Intervention Process while detained at GVRC, if you refuse to follow the (GIP), staff will intervene and you may be placed on a restriction.

FREETIME RESTRICTION	WING RESTRICTION	BMT
REFUSING TO PARTICIPATE IN SCHOOL	REPEATED BEHAVIORAL PROBLEMS	PHYSICAL AGGRESSION TOWARDS PEERS OR STAFF
REFUSING TO STUDY PROGRAM FLASHCARDS	REFUSING TO PARTICIPATE IN A CIRCLE UP (GROUP ASSISTANCE)	PROPERTY DISTRUCTION
NOT FOLLOWING PEER OR STAFF DIRECTIONS	VERBAL THREATS TOWARDS PEERS OR STAFF	INCITING A RIOT/CREATING AN ESCAPE PLAN

NOTE: THESE LISTS ARE NOT MEANT TO BE ALL ENCOMPASSING, BUT USED AS GUIDELINES IN STAFF DECISION MAKING.

Group Maturity Level Criteria:

As the group matures and grows, the group will develop to a stage known as limit-testing-, challenging authority, supporting negative behavior, questioning rules and staff, then to polarization of values, group conflict in values, helping more, being sincere, etc. and finally to a high functioning group. As a peer group becomes more mature and responsible in their behavior, staff can delegate to the group more responsibilities and group members can earn more privileges.

CASING OUT THE YOUTH LOOK AND BEHAVE LIKE:	CASING OUT STAFF SHOULD:
VERY MECHANICAL BEHAVIOR	ENCOURAGE COMMUNICATION BETWEEN GROUP MEMBERS
OBSERVES STAFF BEHAVIORS IN DIFFERENT SITUATIONS	TEACH FORMAT AND PROCEDURES OF THE GROUP INTERVENTION PROGRAM
ASKS A LOT OF QUESTIONS; WANTS TO KNOW RULES AND EXPECTATIONS	DIRECT GROUP MEMBERS QUESTIONS BACK TO THE GROUP
NO "MAJOR" PROBLEMS SHOWN	SUPPORT POSITIVE THINGS THE GROUP HAS ACCOMPLISHED
LOW TRUST LEVEL; ATTEMPTS TO ESTABLISH OWN RULES	PROVIDE STRUCTURE
ACT "BRAVADO"	TEACHES WITH ENTHUSIASM
SURFACE MOTIVATION TO SUCCEED	PROVIDE HOPE AND ENCOURAGEMENT

LIMIT-TESTING THE YOUTH LOOK AND BEHAVE LIKE:	LIMIT-TESTING STAFF SHOULD:
CHALLENGE AUTHORITY	CHALLENGE GROUP TO HANDLE RESPONSIBILITY
PLAY "DUMB" DON'T KNOW WHAT HAPPENDED	TEACH GROUP; ANALYZE THEIR OWN PROBLEMS
MAY ACT "CRAZY"	REINFORCE POSITIVE VALUES
NO "MAJOR" PROBLEMS SHOWN	PROVIDE BEHAVIOR FEEDBACK TO GROUP (I.E. WHAT IS THE GROUP DOING?)
DEVELOP GROUP SCAPEGOAT	REDIRECT ANXIETY TO GROUP
QUESTIONS RULES (STAFF VS. STAFF)	HAVE FREQUENT INTER/STAFF COMMUNICATIONS
SURFACE MOTIVATION TO SUCCEED	PROVIDE STRUCTURE
YOUTH SUPORT NEGATIVE BEHAVIOR	FIND TASKS IN WHICH THE GROUP MAY BE SUCCESSFUL
"LIEUTENANTS" PERFORMING FOR NEGATIVE LEADER	GIVES GROUP A SENSE OF HOPE WHEN ALL SEEMS HOPELESS

POLARIZATION OF VALUES THE YOUTH LOOK AND BEHAVE LIKE:	POLARIZATION OF VALUES STAFF SHOULD:
DEVELOP CLIQUES (GROUP DIVIDES MORE + VS. -)	ENCOURAGE COMMUNICATION BETWEEN GROUP MEMBERS
CONFLICT IN THE GROUP; GROUP IS VIEWED AS "SHAKY" OR "GOING BACKWARDS"	TEACH FORMAT AND PROCEDURES OF THE GROUP INTERVENTION PROGRAM
MORE CONFRONTATION BETWEEN PEERS; INDIVIDUALS "BOPPING OUT" FOR SHORT PERIOD OF TIME	DIRECT GROUP MEMBERS QUESTIONS BACK TO THE GROUP
HELPING; MORE SINCERE	SUPPORT POSITIVITY SHOWN BY GROUP
NEGATIVE LEADER BEGINS TO BE CONFRONTED	PROVIDE STRUCTURE

VYING FOR LEADERSHIP (POSITIVE FORCE VS. NEGATIVE FORCE; NEGATIVE ELEMENTS WILL ACCUSE OTHERS OF "FRONTING")	ORGANIZES ACTIVITIES TO REWARD AND MOTIVATE
SURFACE MOTIVATION TO SUCCEED	HELP FROM THE GROUP TO PLAN ACTIVITIES
HIGH FUNCTIONING GROUP THE YOUTH LOOK AND BEHAVE LIKE:	HIGH FUNCTIONING GROUP STAFF SHOULD:
SELF-MOTIVATED	ENCOURAGE COMMUNICATION BETWEEN GROUP MEMBERS
CHANGING VALUES (INTERNALIZING)	TEACH FORMAT AND PROCEDURES OF THE GROUP INTERVENTION PROGRAM
FUNCTIONING INDEPENDENTLY	DIRECT GROUP MEMBERS QUESTIONS BACK TO THE GROUP
PROBLEM SOLVING SKILLS	SUPPORT POSITIVE THINGS THE GROUP HAS ACCOMPLISHED
INDIVIDUALS FEEL GOOD ABOUT THEMSELVES	PROVIDE STRUCTURE
CONSISTENT CARE AND CONCERN SHOWN	THINKS OF ACTIVITIES THAT MOTIVATES AND CHALLENGE
STRONG GROUP COHESION	ENLIST THE GROUP IN PLANNING ACTIVITIES
ACCEPTANCE OF GROUP NORMS AND VALUES	CONTINUES TO HAVE HIGH EXPECTATIONS
INSPIRE THE GROUP	ENGAGES GROUP IN TOPICAL DISCUSSIONS

NOTE: THESE LISTS ARE NOT MEANT TO BE ALL ENCOMPASSING, BUT USED AS GUIDELINES IN STAFF DECISION MAKING.

GOOD BEHAVIORS DISPLAYED:	SATISFACTORY BEHAVIORS DISPLAYED:
UTILIZES GROUP PROCESS CONSISTANTLY	UTILIZES GROUP PROCESS CONSISTANTLY
NO STAFF REDIRECTION	LITTLE TO NO STAFF REDIRECTION
ASSISTS PEERS WITH SCHOOLWORK	COMPLETES ASSIGNED SCHOOLWORK
VOLUNTEERS TO ASSIST STAFF	ASSISTS STAFF WHEN ASKED
ACCEPTS HELP FROM PEERS/STAFF WITHOUT FEEDBACK	ACCEPTS HELP FROM PEERS/STAFF WITHOUT FEEDBACK

FAIR BEHAVIORS DISPLAYED:	POOR BEHAVIORS DISPLAYED:
ACCEPTS STAFF REDIRECTION	DOES NOT ACCEPT STAFF REDIRECTION
ATTEMPTS TO COMPLETE ASSIGNED SCHOOLWORK	DOES NOT COMPLETE ASSIGNED SCHOOLWORK
INCONSISTENT WITH ACCEPTING HELP FROM PEERS	DOES NOT ACCEPT HELPF FROM PEERS
MINIMAL USAGE OF THE PROCESS	NO USAGE OF THE GROUP PROCESS
NO BEHAVIORAL PROBLEMS BUT OFFERS LITTLE TO THE GROUP	CONSTANT BEHAVIORAL PROBLEMS

UNSATISFACTORY BEHAVIORS DISPLAYED:
ATTEMPTS TO ASSAULT PEERS/STAFF
DESTRUCTION OF PROPERTY
BEHAVIORAL MANAGEMENT TIMEOUT
ESCAPE

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Residents Input:

Residents may provide input as to the appropriate application of the above policy and procedures during any group meeting or by contacting any GVRC supervisor.

Distribution:

This policy will be made available to any resident, parent, or placement agency upon request and will also be available on the GVRC County web site.

Training:

GVRC staff are to receive annual training in the intent and application of this policy and procedures.