

Oakleaves

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Oaklawn expands programs for offenders

by Kimberly Neff, M.S.W., LCSW

In 1995, Oaklawn opened a residential treatment program for male adolescent sex offenders. Over the past 12 years, many teens have successfully completed treatment and reintegrated back into their communities.

In May 2007, Oaklawn opened a young offender unit specifically for middle school-aged offenders who are often developmentally or socially delayed and not as able to benefit from the programming offered to high school offenders.

While trauma related issues are addressed in the program for young offenders, it is not designed for the child who molests as a reaction to his own sexual abuse. Instead, the program focuses on children who are at the far end of the sexual behavior continuum and who are developing a pattern of sexually aggressive behavior in which they have victimized a younger child.

Children in today's society are exposed to increasing amounts of violence and sexuality and the impact on these youth can be overwhelming. Young offenders

often come from homes where there are no clear boundaries and the children are not appropriately supervised. Parental drug use, mental health issues and home instability can be common themes in the lives of young offenders.

Young offenders often lack social skills, appropriate coping skills, and healthy relationships with peers and adults. They may have histories of delinquency and unhealthy core beliefs, all which contribute to a very unhealthy foundation for adulthood. The onset of puberty only seems to exacerbate many of the behavior and emotional problems that already exist, allowing for deviant sexual behavior and cognitive distortions to become more entrenched without early intervention. These children need structure, treatment, education, and accountability, all in a safe environment.

Early therapeutic intervention is strongly recommended for these young offenders. They are good candidates for learning new skills since their behavioral and thinking patterns are not fully ingrained

and are easier to disrupt and replace with healthier life skills. Goals of the young offenders treatment program include:

- prevent further victimization of any child;
- accept responsibility for offending and other criminal or inappropriate behaviors and accept the risk of relapse;
- break the cycle of offending through understanding of the triggers and the thinking, feeling, and behavior patterns ;
- consistent application of this cycle to daily life;
- demonstrate competency to replace cognitive distortions with responsible thinking;
- demonstrate internalization of treatment and impulse control;
- demonstrate healthy boundaries and respect for others;
- demonstrate prosocial attitudes and behaviors;
- demonstrate emotion regulation and appropriate use of coping and problem solving skills;

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Toward Health and Wholeness

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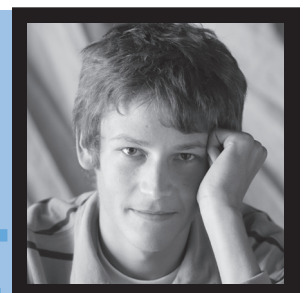
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- increase support network;
- improve relationships with peers and adults;
- improve ability to understand the impact the offending has had on the victim and families and to participate in a clarification session if appropriate.

The young offender's treatment program provides a multidisciplinary approach to assisting these youths in meeting their treatment goals. Oaklawn's mission is to treat the whole person and in doing so, numerous services are incorporated into the program, including:

- case management to facilitate active communication with families and referral sources, schedule appointments, and to facilitate community integration;
- individual, family and group therapy to assist the youth and his family in understanding the nature of the offending, changing core beliefs, and preventing relapse;
- psychoeducation to teach social skills, coping and problem solving skills, and anger management, activities of daily living and other skills that promote prosocial attitudes and client functioning;
- recreational therapy to promote positive leisure experiences, teamwork, cooperation, trust, physical health and skills, and stress reduction;
- pastoral care to meet spiritual needs;
- milieu therapy to role model appropriate boundaries and emotion management, trust and respect;
- psychiatric care to address issues of comorbidity and medication management;
- psychological evaluation, if needed, to clarify diagnosis or provide information on intellectual functioning;
- mentoring;
- on-grounds school through Goshen Community Schools;
- 24 hour nursing care.

These services are provided while taking into account the developmental and cognitive needs of the child. The progress of each resident is discussed in a weekly

meeting of a treatment team consisting of a therapist, case manager, psychiatrist, pastor, nursing staff, mental health/direct care staff, probation officers from referring counties, recreational therapist, teachers, program coordinators and program manager. Parents, CASA's and GAL are invited to attend as well.

Individual therapy is scheduled on a weekly basis and consistent family therapy is strongly recommended, particularly if reunification is the goal. Therapy helps the family to understand the patterns of offending and how to prevent further victimization. Therapy also seeks to improve the channels of communication in the home, to identify and decrease dysfunctional patterns in the home, and to improve relationships and strengthen roles. Oaklawn can assist with transportation for the family, if needed.

Average length of stay in the treatment program is nine months. If a resident has completed the program but is not ready to transition home, step-down options through Oaklawn's continuum of care include our Therapeutic Foster Care program or our adolescent group home (if over 13 years).

These youth, if provided early intervention, can break out of the offending cycle and develop new and appropriate life skills that will provide them with a stronger and healthier foundation for adulthood. Families grow stronger and healthier and residents leave feeling more confident about themselves and their futures.

To celebrate the expansion of services to youthful offenders, Oaklawn will host a training event this fall featuring Toni Cavanagh Johnson. See the education event section in *Oakleaves* for more information.



Kim Neff, LCSW, is program manager of residential professional services. She can be reached at (574) 533-1234.



Adult group home to open

The public is invited to an open house for Oaklawn's new adult group home on Wednesday, September 5, 3:30-5:30 p.m. There will be a brief dedication ceremony at 5:00 p.m. The facility was built by Schrock Homes with funds raised by Oaklawn's Capital Campaign in 2006. Ground was broken on March 5, 2007, and clients will move into the new facility in September. The new facility will feature a 24-hour staffed group living program for up to 15 seriously mentally ill adults. This building replaces an older facility located in Elkhart which houses a long-existing Oaklawn program called supervised group living. The new group home increases capacity by 33 percent and features spacious community areas, a kitchen and dining area, and an individual bedroom for each resident. The program offers group and individual instruction on a variety of daily living skills and helps residents understand how to function and cope with their mental illness.

Adolescent group home now accepting teens

After experiencing lengthy bureaucratic delays, Oaklawn's adolescent group home finally opened in mid-June on Oaklawn's Elkhart campus. Team leader Bev Schroeder says, "The program is going very well and the kids are delightful—they are working hard, attending public schools, and most have jobs." The 10-bed, coed facility is focused on reintegrating youth back into their home communities and/or assisting them to live independently. For information on bed openings, go to www.oaklawn.org and click on "referrals."

Memory screenings offered

Oaklawn, in cooperation with Greencroft, will offer free Memory Screenings on National Memory Screening Day, Tuesday, November 13, 2007. The screenings will be held at Greencroft Senior Center, 1820 Greencroft Blvd., Goshen, from 2:00–5:00 p.m. Screeners will include professionals from both Oaklawn and Greencroft. Free, confidential memory screenings are provided to individuals concerned about memory problems. The screenings are not a diagnosis, but are an important first step toward detection and treatment. No reservations are necessary. For more information call (574) 537-2680.

Foster parents needed

There is continued need for foster families for youth ranging from infants to teenagers. In addition to providing for a child's basic physical needs of food, clothing, shelter and medical care, foster parents offer instruction, supervision, positive role modeling and appropriate discipline. For more information about becoming a foster parent, call Oaklawn at (574) 533-1234, ext. 754)

Public Education Events

Anxiety Disorders in Seniors

Featuring: Timothy McFadden, M.D.

When: Tuesday, October 16, 2007, 7:00–8:30 p.m., at Oaklawn, 330 Lakeview Drive

Description: Diagnosis and treatment of anxiety disorders in older adults. Time for questions & answers.

Cost: No cost; no RSVP necessary

Psychiatric Medications for Children

Featuring: Daniel Kinsey, M.D.

When: Tuesday, October 23, 2007, 7:00–8:30 p.m., at Oaklawn, 330 Lakeview Drive

Description: Learn about medications used for depression, bipolar, ADHD and other disorders in children. Time for questions & answers.

Cost: No cost; no RSVP necessary

Oaklawn Education Events

Oaklawn is committed to providing education events for professionals and the general public and to collaborating with other community agencies. Information about education events can also be found on our web site at www.oaklawn.org.

Professional training events

Children with Sexual Behavior Problems

Speaker: Toni Cavanagh Johnson, Ph.D.

When: Friday, November 30, 2007, 8:30 a.m.–3:30 p.m.

Where: Bread & Chocolate Conference Center, 1401 Lincolnway East, Goshen, IN

Cost: \$50

CEUs: 5.5

Who should attend: This conference is designed for professionals who work with children in a variety of settings, including schools, medical offices, mental health practices, residential settings, Dept. of Child Services, probation, etc.

Description: Dr. Toni Cavanagh Johnson is a licensed clinical psychologist in private practice in South Pasadena, California. She has worked in the field of child abuse for 27 years as a researcher, trainer and clinician. For the past 22 years, Dr. Johnson has provided highly specialized treatment for children 12 and younger with sexual behavior problems. There will be time for questions and answers. Lunch and breaks are included.

Sponsored by: Oaklawn

For more information: Call (574) 537-2680 or email info@oaklawn.org

Being True to Oneself: The Pastoral Dilemma

Speakers: Rev. Dr. Jackie Chandler and Rev. Cyndi Alte, South Indiana Conference of the United Methodist Church, Indianapolis

When: Thursday, November 1, 2007, 7:15–11:15 a.m.

Where: Oaklawn, 330 Lakeview Drive, Goshen, IN

Cost: No charge, but RSVP required to (574) 537-2680 or info@oaklawn.org. **Respond by October 26** with name, church and phone number/email address.

CEUs: 3.0

Who should attend: This free event is designed for pastors and lay leaders.

Description: The presenters will provide biblical and theological foundation for caring for the self, explore the unique nature of clergy life, and equip participants with tools for their personal well-being.

Sponsored by: Oaklawn Faith and Mental Health Advisory Council

For more information: Call (574) 537-2680 or email info@oaklawn.org

Cosponsored events

Before... & After They Forget—Greencroft Alzheimer's Seminar

Speakers: Kathleen Rusnak, Ph.D., and Lisa Casimer, M.A.

When: Wednesday, October 3, 2007, 8:30 a.m.–4:00 p.m.

Where: Greencroft Senior Center, 1820 Greencroft Blvd., Goshen, IN

Cost: Free to primary family caregiver; \$20 (family support persons); \$80 (professionals); \$30 (students)

CEUs: 3.5

Description: Learn about the emotional, physical and spiritual aspects of the Alzheimer's disease journey. Bring questions for a panel of professionals.

Sponsored by: Greencroft; cosponsored by Oaklawn

For more information: Call (574) 537-4096 or 4049

Traumatic Death: A World Turned Upside Down

Speakers: Bob Baugher, Ph.D., and John McIntosh, Ph.D.

When: Friday, October 19, 2007, 8:30 a.m.–4:30 p.m.

Where: Fellowship Hall of College Mennonite Church, 1900 S. Main St., Goshen, IN

Cost: \$60 (general public); \$20 (students/seniors)

CEUs: 6.0

Description: Learn how to work with families after a traumatic death.

Sponsored by: Goshen College Social Work Dept.; cosponsored by Oaklawn

For more information: Call (574) 535-7400 or email margemb@goshen.edu

The professionals at Oaklawn



Pat Carnegie



Tyra Mays



Angie Mills



Ebony Rich



Lisa Sexton



Sarah Trovatore

Pat Carnegie, M.S.W., LCSW, is a clinical social worker with the family intervention team at 2600 Oakland Avenue, Elkhart. She has a master of social work degree from the University of Illinois, Champaign-Urbana, and is a licensed clinical social worker.

Tyra Mays, M.S.W., is team leader for the adult assertive community treatment team at 2600 Oakland Avenue, Elkhart. She holds a master of social work degree from Loyola University, Chicago.

Angie Mills, M.S.W., is a social worker with residential professional services at 330 Lakeview Drive, Goshen. She has a master of social work degree from Western Michigan University, Kalamazoo.

Ebony Rich, M.S.W., LCSW, is team leader of supervised visitation at 2600 Oakland Avenue, Elkhart. She holds a master of social work degree from Indiana University/Purdue University, Indianapolis, and is a licensed clinical social worker.

Lisa Sexton, M.S.W., LMHC, is team leader of the Bashor/Oaklawn program at 62226 County Road 15, Goshen. She has a master of social work degree from Indiana University, South Bend and is a licensed mental health counselor.

Sarah Trovatore, M.S.W., is a social worker with the family intervention team at 2600 Oakland Avenue, Elkhart. She holds a master of social work degree from Indiana University, South Bend.

Oakleaves is published three times a year and is designed to address timely mental health and addictions clinical issues as well as inform professionals of Oaklawn's services and educational events.

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OAKLAWN

Toward Health and Wholeness

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