



CCS follow the Recovery model, which focuses on the individual's strengths and self-identified goals. CCS is a full service mental health provider located at Camp Erwin Owen. We provide the following services:

- Psycho Educational Counseling Groups
All youth are to attend assigned groups - A.R.T., Forward Thinking, or Substance Abuse.
- New Ward Orientation and Screening
- Mental Health Assessment and Referrals to Psychiatric Services
Youth with a history of suicide/self-injury/homicidal ideation
Youth with current suicide/self-injury/homicidal ideation
Youth with a history of psychotropic medication
Youth currently on psychotropic medication
Youth court ordered to mental health counseling
As requested by CEO and/or considered necessary by CCS staff
- Crisis Intervention and Management
- We provide a 24-Hour Crisis Line: **877-300-4738**
- Grief Counseling
- Individual Counseling/Therapy
Available to all wards 7 days a week, 8 am to 5:30 pm
- Family Counseling
First come first served on Sundays
By appointment Monday thru Saturday

CCS Groups

FORWARD THINKING

<https://www.changecompanies.net/products/series/?id=6>

This group consists of 1 hour sessions 3 times a week for 10 -11 weeks (30-33 hours class time, 10+ hours study time). Participants complete a series of 7 interactive journals that they will take home with them when they are released. The program is based in cognitive behavioral and change theories and uses evidence based strategies to assist youth involved in the criminal justice system in making positive changes to their thoughts, feelings, and behaviors. Participants use the top three criminogenic needs that have been identified by probation throughout the journals. The program was developed in collaboration with the California Dept. of Corrections and Rehabilitation, Juvenile Justice.

The journals that participants will complete are:



What Got Me Here? - consequences of past decisions, skills for controlling anger, handling negative peer pressure, working with authority figures, and strengthening family ties.

Individual Change Plan - strategies for moving through the steps of change, create a personal plan for accomplishing goals.

Moral Reasoning - addresses the reasoning aspect of aggressive behavior, improves the level of reasoning in regard to moral and ethical situations, and helps participants learn to take perspectives other than their own.

Responsible Behavior - the link between thoughts, feelings, and behaviors; the connection between situations, self-talk, and feelings; and how they all contribute to behaviors.

Handling Difficult Feelings - identifying different feelings, the influence of feelings on behaviors, coping skills for handling uncomfortable feelings.

Relationships and Communication - understanding and improving relationships, communication skills.

Victim Awareness - personal responsibility for criminal behavior; the effect of their behavior on themselves, their families, and their communities; ways to make amends for the harm they have caused.

Reentry Planning - priorities for successful transition such as housing, financial responsibility, time management, healthcare needs, employment, life skills, and building a support network.

AGGRESSION REPLACEMENT TRAINING (A.R.T.)

<http://aggressionreplacementtraining.com/>

This group consists of 3 one hour groups for 10 weeks (30-33 hours). In these sessions, participants gain tools that allow them to solve problems, make decisions, and interact positively in social situations. It concentrates on teaching participants techniques to control anger, use pro-social skills, and take perspectives other than their own. It is based on cognitive behavioral theory.

The three components of A.R.T. are:



Structured Learning (Skills) - teaches social skills through social interaction and is taught using direct instruction (the behavior component).

Anger Control Training - internal and external triggers for aggression, aggression signals, anger control techniques (the emotional component).

Moral Reasoning - addresses the reasoning aspect of aggressive behavior, improves the level of reasoning in regard to moral and ethical situations, and helps participants learn to take perspectives other than their own (the values component).

Substance Using Behaviors

<https://www.changecompanies.net/products/?id=FT8>

This group consists of 2 one hour groups a week for 4 weeks (8 hours study time, 3+ hours study time). In the *Substance Using Behaviors Interactive Journal* participants consider their relationships to alcohol and other drugs. Participants develop plans to change their substance use behaviors and explore ways to maintain positive behavior changes. Some of the topics considered are “Looking at Consequences,” “Self-Evaluation,” “Making Changes,” and “Forward Thinking.”

Other CCS Services

Mental Health Assessments – Conducted with those youth identified as possibly needed medical intervention and referral to psychiatric services. The assessment process is conducted using Motivational Interviewing techniques and is a strength-based, client-focused collaborative process. This process (including pre-screening) is done individually and can take up to about 3 hours.

Crisis Intervention – Crisis interventions can take many forms depending on the situation but are all conducted using Motivational Interviewing techniques, trauma focused, Cognitive Behavioral and Solution Focused based, and is client-centered. The length of time needed in each crisis situation varies according to the individual and may include follow-up with the youth as well as collaboration with CEO and CCS staff.

Grief Counseling – Grief counseling is conducted individually as needed and may include counseling for acute, chronic, and complex grief. The amount of time spent with the youth varies according to need and is conducted using Motivational Interviewing techniques, trauma focused, Cognitive Behavioral and Solution Focused based, and is client-centered.



New Ward Orientation and Screening – The orientation/screening is conducted with each youth individually shortly after arrival to determine mental health needs, group placement recommendations, and introduce the youth to the function of CCS at Camp Owen. These sessions take approximately 1 hour and are conducted using Motivational Interviewing techniques.

Individual Counseling – Individual sessions are conducted with youth who have been identified with specific mental health needs as time allows. A wide variety of techniques and programs are used according to the need of the youth such as “Trauma Focused Cognitive Behavioral Therapy <http://academicdepartments.musc.edu/projectbest/tfcbt/tfcbt.htm>,” “Cognitive Behavioral Therapy”, “Solution Focused Therapy,” “Brain Power <http://www.drugabuse.gov/publications/brain-power/grades-6-9>,” “Relapse Prevention for Chemically Dependent Criminal Offenders <http://store.samhsa.gov/shin/content/SMA06-4217/19c.htm>,” and others as indicated. Although the techniques, programs, and time spent varies with each youth, all utilize a strength-based, client-focused collaborative process.

Family Counseling – Family sessions are conducted with youth and their family members on a voluntary basis using Motivational Interviewing techniques and are trauma focused, Cognitive Behavioral and Solution Focused based, and are client-centered. These sessions are generally conducted face-to-face on Sundays but sometimes are conducted using a speakerphone during the week due to family situations. The amount of time spent with a family varies depending on the situation.