Program Overview

CORE Academy is a court ordered program for male youth aged 14-17, used as a secure placement option. Youth can only be referred to the program through a court order at the recommendation of their county social worker. The maximum length of stay allowed can be up to 365 days (per Wisconsin Statue Section 938.34(3)(f)). The program focuses on four key areas of intervention/treatment: orientation, exploration, integration, and reentry.

CORE Academy is a family based, therapeutic treatment program that includes individual and family counseling. Parental involvement is a key component to the program and parents are expected to participate. There are several groups offered in the CORE Academy program. These topics include, but are not limited to: ART, Life Skills, AODA, Change Journals, DBT, and MRT. Group participation is a required component of the program. CORE Academy also provides year round school and summer school through the School District of La Crosse.

CORE Academy has a social worker that coordinates each resident's treatment plan with the placing county social worker and monitors the youths progress in the program. This includes monthly team meetings, service coordination, case plan development and management, as well as progress assessment throughout the program.

Program Benefits

- CORE Academy provides the skills and tools necessary to make better choices.
- CORE Academy allows youth the opportunity to learn about themselves and their behavior.
- CORE Academy provides the resources and tools necessary to help youth think about and plan for a successful future.
- CORE Academy allows credit deficient youth the opportunity to gain credits while in the program through enrollment in the La Crosse School District
- CORE Academy requires active participation from the family during the treatment process, as well as the placing social worker to ensure that all parties are on the same page throughout the program.
- CORE Academy conducts monthly progress meetings with all team members. *Family and placing social workers are strongly recommended to attend in person. If this is not possible, the program social worker can make accommodations as needed.*

FAMILY VISITATION:

- Daily visitations are allowed and encouraged. Facility visiting hours are: 1:00 – 4:00 PM and 6:00 – 8:00 PM daily. This visitation occurs in a secure visiting booth and is non-contact. In addition, scheduled face-to-face contacts will also be offered. The program social worker will assist in scheduling this visitation time, taking into consideration the intensity and schedule of the programming received.

  Please Note: Face-to-face contact visits are a privilege that can be restricted based on behavior and program compliance

Each resident will have an approved visitor list established upon entrance to the program. This will identify who is able to visit. Parents/caregivers, primary social workers, and the program social work will make this list together. Photo ID will be required by each visitor and all visitors may be subject to a search by a metal detector. Minor siblings must be accompanied by a parent.

Loud and boisterous conduct, profanity in the visiting area, or disrespect to the facility staff will result in immediate termination of the visit and may result in future restrictions of visiting privileges.

Any visitor who is under the influence of alcohol and/or drugs will not be allowed to visit.

Cell phones and cameras are prohibited. Food, drink, and other miscellaneous items are prohibited. Visitor's personal property will be locked in a locker outside of the visiting room.

WHAT CAN I BRING WITH ME?

Residents will be allowed to bring one pair of tennis shoes to be used in the gym (residents must earn points for this). **No other personal items will be allowed into the facility**. Residents will be provided a uniform and all personal hygiene products by the facility. Because this is a secure detention facility, safety is a priority. Once residents have achieved exploration phase and have earned the opportunity to go on planned community outings, the program social worker will arrange with the residents' parent(s) or caregiver(s) to bring up to 4 changes of clothing and up to 1 pair of shoes.

EDUCATION:

Residents will attend school programming every day that school is in session. While attending the CORE Academy residents will be enrolled as a student in the School District of La Crosse. Transcripts, student schedules and IEP's (when appropriate) will be reviewed once a resident is enrolled and an appropriate education plan has been developed. Instruction will be provided by licensed teachers employed by the School District of La Crosse. Residents are responsible for fully participating in their education plan including the completion of all assignments and homework.

COUNSELING:

Residents and their families will participate in individual and family counseling. The therapist will complete assessments to determine an appropriate treatment plan. If a resident uses drugs or alcohol, an AODA assessment will be completed by a clinical AODA therapist. The program social worker will complete assessments to determine an appropriate case plan.

- Individual Counseling:
  Residents will discuss and develop strategies for making better choices and techniques that help to better deal with difficult thoughts, feelings and impulses. Discussion about different events and people in life and how those events and people have influenced decision making may occur.

- Family Counseling:
  A therapist will meet with the family to address family dynamics, address problem areas, identify strengths and determine ways to support a return home. Residents will be integrated into these sessions when therapeutically appropriate.

REQUIRED EDUCATIONAL GROUPS:

Residents are required to participate in program activities. Residents will be expected to be actively involved during discussions and to complete assignments. These groups may include:

- AODA / Addiction Group – CORE Academy residents will be offered treatment to address issues pertaining to addiction, both chemical and behavioral. This form of treatment will be offered in the realms of individual therapy and group therapy. In these sessions, participants will explore and learn about triggers, high risk situations, healthy relationships, the biology of addiction, coping skills, and relapse prevention plans. Participants will also receive psychoeducation regarding the effects both short and long term of substances.

- Independent Living Skills – This group focuses on job seeking skills, education planning, healthy relationships, interpersonal skills, housing and home management, health and hygiene, legal and community resources, money management and record keeping.

- Cognitive Behavioral Groups – Using evidence-based curriculum, these groups focus on understanding how our thinking influences our choices. We explore our thoughts and beliefs that are present before we choose an action. In addition, you will be provided tools and ideas of how to respond when faced with risky situations.

Additional activities are provided by the facility and may be added as deemed fit. These can include:

- Recreation Time
- Nutrition Group
- Non-Denominational Youth Ministry
- Pet Therapy
- Options in Reproductive Care – Planned Parenthood

PROGRAM PHASES:

CORE Academy consists of four treatment levels. The CORE committee, after review of progress made, points earned, and input from all members of the team, will ultimately approve a level up.

The treatment levels are listed below:

- **Orientation**
  For orientation, residents will become familiar with the facility rules and daily routine. Residents will be asked to complete a baseline drug test. An intake meeting and all necessary paperwork will be completed, as well as scheduling of family visits and therapy sessions. A YASI (Youth Assessment and Screening Instrument) will also be completed and an individualized case plan developed.

- **Exploration: 870 points**
  Exploration is where most of the change work occurs. During exploration, residents will be actively developing goals and practicing skills based on the assessed needs from the YASI case plan. This plan is individualized according to each residents' needs coming into the program. During exploration, residents time will be spent within the facility with some exceptions for outside facility appointments, at which time residents will be shackled.

- **Integration 3,350 points**
  During Integration, residents will practice the change work begun during exploration. Here residents can earn planned community outings. These outings will consist of enrichment activities, such as volunteering, hiking, bicycle rides, and other opportunities. Residents may also earn the opportunity to spend time out of the facility with their families, given enough points have been earned.

- **Reentry: 4,950 points**
  During reentry, residents will begin planning for their release. This will require active participation by the resident and their aftercare team. Together, each resident's team will develop a plan that incorporates the skills acquired, while utilizing resources available in their local community. It is during reentry that residents will earn the privilege of overnight visits. County social workers may request GPS monitoring for these visits.

Point System:

CORE Academy places an emphasis on residents earning their privileges versus having privileges taken away consequently, as earning privileges via one's own behavior and attitudes allows each resident to take control of their programming, while reflecting on their growth and development in the program. Residents will be able to earn up to 30 points per day during the week and 20 points on the weekends. Residents will participate in reviews every six weeks to evaluate their progress in the program.

Grounding Points

- If a resident commits an infraction that warrants suspension of a level and/or privileges they will be placed on an alternative track until they have earned enough points to get back on track.

CORE EXPECTATIONS:

While placed in CORE Academy the following are on-going expectations:

Youth:

1. Completion of all assessments and necessary paperwork.
2. Participate and cooperate in development of individual case plan.
3. Attend school and cooperate with academic plan.
4. Complete drug tests as required.
5. Actively participate in weekly meetings and case plan reviews with program social worker and complete any assignments given.
6. Actively participate in individual and family therapy sessions.
7. Actively participate in required group programming.
8. Actively participate in monthly team meetings.
9. Participate in reports to the court as requested.
10. Consistently follow program rules.
11. Follow all agreed upon conditions of your community release plan.
12. Work with treatment team to develop an aftercare plan.

Parent(s)/Caregiver(s):

1. Cooperate with program social worker in completion of assessments and case planning.
2. Schedule and participate in family counseling sessions.
3. Develop and participate in weekly visitation plan.
4. Assist in getting youth's monthly medications to the facility.
5. Sign all necessary program documents.
6. Attend and participate in judicial reviews if scheduled.
7. Participate in monthly team meetings.
8. Follow all agreed upon conditions of the community release plan.
9. Work with child's treatment team to develop an aftercare plan.

RULES OF CORE ACADEMY:

While in the CORE Academy, residents will be expected to follow the rules and policies of the La Crosse County Juvenile Detention Facility. Residents will comply with all staff orders and instructions. Respect for staff, other residents and county property is always required . The rules are made for the benefit of residents and to help maintain the facility running in a safe and orderly manner.

CONFIDENTIALITY:

Any information regarding a resident and their family confidential. This means that the information will not be shared with agencies other than those involved in the CORE Academy and people/agencies that we have retained releases of information for.

The exceptions include:

1. Information related to violation of facility rules, regulations, and policies that may affect the safety of participants or staff.
2. Information related to escape plans or attempts.
3. If there is reason to believe that anyone may be in danger to themselves or others, necessary steps will be taken to protect anyone involved
4. Information that is specifically ordered released by the court.
5. The youth's progress will be shared with the courts at scheduled reviews.
6. Information related to physical or sexual abuse, or neglect, even if the abuser and/or the victim are not in the program, will be reported to social services for possible investigation and protection of anyone that may be in danger. This includes information related to sexual contact between minors who are not legally of age to give consent.
7. Information may also be shared with others with the written permission of the participant's legal guardian.

Your signature indicates your understanding of the following:
(Please place your initials before each item.)

I HAVE REVIEWED THE CORE ACADEMY HANDBOOK, WHICH INCLUDES:

Youth	Parent	
_____	_____	Program Description
_____	_____	Program Benefits
_____	_____	Family Visitation
_____	_____	What Can I Bring With Me?
_____	_____	Education
_____	_____	Counseling
_____	_____	Required Educational Groups
_____	_____	Program Levels
_____	_____	Points System
_____	_____	CORE Expectations
_____	_____	Rules of CORE Academy
_____	_____	Confidentiality

I UNDERSTAND:

_____ My behavior and participation in my individualized case plan will determine my progress through the phase system.

_____ My progress through CORE Academy will differ from others in the program.

_____ I further understand that I may be referred back to Juvenile Court should I choose to not follow the program rules or decide to not fully participate in program activities.

_____ _____
Youth Date

_____ _____
Parent/Guardian/Caregiver Date

_____ _____
Program Social Worker Date