

Take Charge of a Hopeful Tomorrow
with *safety, permanency and*
well being for each young man

"As service providers for difficult to treat adolescents, we join with others across the country as we implement research-based treatment models such as DBT that show promise of successful and durable outcomes."
- Patricia Gieselman, MFT, DBT Trainer and Program Consultant



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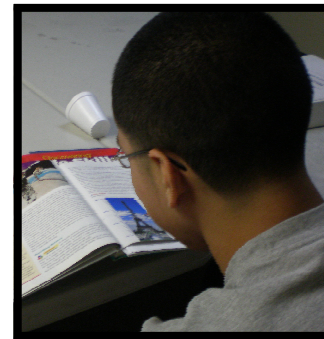
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Substance Abuse Prevention and Control

Ettie Lee Youth & Family Services

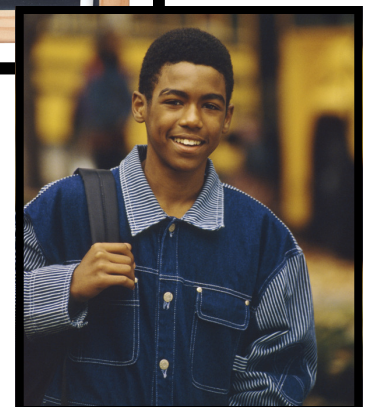
Committed to

Outcomes That Last



"Our group homes are about giving the young men the skills they need to be at home, in school and out of trouble."

- Clayton Downey, MSW, President/CEO,
Ettie Lee Youth & Family Services



Mission

Our mission of *Saving Lives, Changing Lives and Building Hope* for children and families in family-like settings is manifested through our services to some of the most troubled of children — young men exposed to violence and gang behavior, unstable homes, drug and alcohol abuse, and significantly behind in school credits, who become involved in the juvenile justice system.

There are over 43,000 arrests of juveniles in Los Angeles County each year, and their recidivism rate is approximately 66%. These staggering numbers affect all of us and often lead to lost lives in prison creating significant costs for our society.

Ettie Lee's group homes are licensed to serve 88 boys ages 8-18. Our staff is dedicated to reducing recidivism rates through our cost-effective, individualized, evidence-based treatment program that addresses mental health issues such as dual diagnosis, gang/violence reduction and substance abuse and the importance of achieving a high school diploma and continuing to pursue educational goals.

"I want to thank Ettie Lee for helping my son. I knew that if he stayed on the streets he was going to die by a bullet."

- Mother of graduate

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Demonstrated Outcomes

Our outcomes show:

- 28% increase in family reunifications
- 15% reduction in police involvement
- 28% reduction in youth-to-youth violence
- 49% reduction in youth conflict with staff
- 40% reduction in property destruction
- 29% reduction in staff turnover
- 100% attendance at individual drug and alcohol sessions and 94% attendance at group

Community Benefits

Young men are helped to:

- Earn money to meet restitution requirements
- Complete community service hours
- Successfully complete conditions of probation (no new arrests and school completion)
- Reduce recidivism
- Become a successful member of their community

Cost Effectiveness

Ettie Lee is cost effective because:

- Young men in our RCL-12 group homes receive the benefit of a wide range of additional services provided through our contracts for Mental Health, Drug / Alcohol services and on-grounds Charter School
- Our comprehensive care addresses the young men's emotional, social and educational needs
- We have evidence to show improved outcomes while stays are shorter

Keys to Effective Treatment

Five Functions of DBT-Informed Group Home Treatment

1. Engage and motivate young men and their families
2. Teach new skills
3. Structure the environment
4. Skill generalization (*practice skills in every-day life at home, school, community, peer encounters*)
5. Engage and motivate staff

DBT strategically combines acceptance and validation techniques with change strategies to promote successful outcomes for young men. Acceptance of who the youth is today, with strong behavior change strategies promotes successful treatment outcomes for tomorrow.

Primary Strategies

Increase new behavioral skills to:

- Get through a crisis or an unfair moment without making it worse
- Be an effective problem solver and communicator
- Accept reality as it is right now
- Set appropriate goals for a successful life
- Reduce emotion-driven behaviors

Decrease:

- Life-threatening behaviors (harm to self or others)
- Treatment interfering behaviors

DBT has shown me how to lower my stress so it doesn't build up to something bigger."

- Ettie Lee graduate, Age 15

Our Evidence-Based Treatment Program

"We use an evidence based model because we know that research and science can tell us very definitely what works."

- Terri Varnum, Vice President of Finance, Research and Quality Improvement, Ettie Lee Youth & Family Services

Ettie Lee Youth & Family Services has chosen and adapted Dialectical Behavior Therapy (DBT) for residential care to treat multi-diagnosed, behaviorally disturbed adolescent boys.

Our evidence-based treatment model, (DBT), is a research-based treatment model originally developed by Dr. Marsha Linehan at the University of Washington to treat suicidal and self-harmful borderline personality disordered clients. It has since been adapted to successfully treat the multi-diagnosed and high-risk individuals currently involved in the juvenile justice system.

Ettie Lee's RCL 12 Group Homes serve young men who meet the symptoms successfully treated by DBT such as:

- Chronic problems with depression, anxiety or ineffective expression of anger
- Quick and intense emotional reactions that are slow to return to normal
- High-risk behaviors such as verbal and physical aggression, running away, eating disorders, suicidal/self-harmful, substance abuse

Each young man needs to give his willingness and commitment to actively participate in achieving his goals to be at home, stay in school and out of trouble.

Doing What Works

PROGRAM COMPONENTS

- ▶ Engagement and commitment with the youth and his family
- ▶ Assessments and evaluations completed with each young man to create an individual treatment plan
- ▶ Individual and Family Therapy
 - Each group home has an assigned therapist
 - Therapists are trained in DBT skills and methodology
 - Communication and relationships between a young man and his family are enhanced
- ▶ DBT Skills Training Classes
 - Distress Tolerance skills
 - Interpersonal Effectiveness skills
 - Emotion Regulation skills
 - Mindfulness skills
- ▶ Daily Group Home Program
 - Safety, structure and containment in a home-like setting
 - Coaching in the moment, real-life practice
 - Teaching effective relationship skills
 - Assisting young men to quickly de-escalate their crises
 - Staff aid young men to be successful students
- ▶ DBT Consultation Team
 - Increases treatment effectiveness
 - Enhances and strengthens skills of staff and young men
 - Supports and provides guidance for staff to work with difficult behaviors
- ▶ Therapeutic Behavior Services (TBS)
 - Intensive, short term one-on-one intervention to stabilize and prevent placement disruption

"At first I wasn't too happy to be at Ettie Lee, but I'm glad I went there because it helped me to see some problems I really had and where I needed help."

- Ettie Lee graduate, age 16

- ▶ On-Site School
 - Small classes in a structured and contained environment
 - Promotes earning back credits and improving grades
 - Practice DBT skills in real school settings
 - Opportunity for positive experience at school
 - Provides testing for high school diploma and GED status
- ▶ Gang / Violence Intervention Program (VIP)
 - Addresses the high risk situations of gang and street crime life
 - Addresses domestic violence situations
 - Provides tattoo removal
 - Counseling and education toward productive activities
- ▶ Drug / Alcohol Treatment Program for Adolescents
 - Education and risk-management
 - Consultation for prevention of relapse
 - DBT skills to understanding triggers and urges to use drugs / alcohol
 - Participate in community services such as 12-step panels
 - Drug testing
- ▶ After-Care Program
 - Continuity of care
 - Ongoing support towards reducing reviolation
 - DBT coaching in home, at school and in the community
 - In-home individual and family therapy
 - Link up with community resources

"Over a lifetime, dropouts have lower earnings, higher rates of unemployment, poorer health, increased dependence on public assistance, and increased rates of criminal behavior and incarceration.

We know that we can't wait until a student drops out to determine that there's a problem."

- Jack O'Connell, California State Superintendent of Public Schools