

YOUTH REHABILITATION & TREATMENT CENTER-KEARNEY ANNUAL REPORT



*Division of Children & Family Services
Offices of Juvenile Services*

SFY 2012/13 Annual Report

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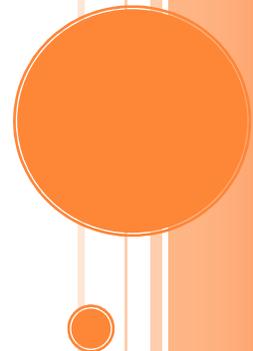


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Administrative Team

Jana Peterson	Facility Administrator	Ken Robinson	Religious Coordinator
Reymundo Rodriguez	Facility Operating Officer	Shelly Garrett, R.N.	Nurse Supervisor
Rita Uldrich	Business Manager	Rosalie McCurry	Administrative Assistant
Lisa Buchta, PSY.D.	Psychologist	Jolene Jarecki	IS&T
Ron Cox	Youth Security Supervisor	Steve Huffman	Youth Counselor Supervisor
John McArthur	Principal	Cindy Krolkowski	Youth Counselor Supervisor
Dan Theobald	Training Coordinator	Robert McMullen	Youth Counselor Supervisor
Jim Christensen	Maintenance Manager	8 Youth Security Supervisors (Officer of the Day)	
Mary Wright	Food Service Director	6 Youth Security Supervisors (Unit Manager)	
Richard Wetjen	Recreation Manager		

<u>Mailing Address</u>	Youth Rehabilitation & Treatment Center 2802 30 th Ave. Kearney NE 68845
<u>Phone Number</u>	(308)865-5313
<u>Fax Number</u>	(308)865-5323
<u>Website</u>	http://www.dhhs.ne.gov/jus/YRTC/YRTCKIndex.htm
<u>Rated Capacity</u>	172
<u>Average Length of Stay</u>	2012/13 – 168 DAYS; 5.6 MONTHS 2011/12 – 154 DAYS; 5.1 MONTHS
<u>Average Daily Population</u>	2012/13 – 142 YOUTH 2011/12 – 160 YOUTH
<u>Admissions</u>	2012/13 – 350 YOUTH 2011/12 – 425 YOUTH
<u>Youth Paroled to Hastings Juvenile Chemical Dependency Program</u>	2012/13 – 43 YOUTH 2011/12 – 53 YOUTH
<u>Per Diem Costs</u>	2012/13 - \$208.83 (increase per diem is due to average daily population decrease) 2011/12 – \$181.96
<u>Average Age at Admission</u>	2012/13 – 16 YEARS 2011/12 – 16 YEARS
<u>Recidivism Rate</u>	2012/13 – 22% 2011/12 – 27%
<u>Affiliations and/or Accreditations</u>	American Correctional Association Performance-based Standards/Council of Juvenile Correctional Administrators Nebraska Department of Education AdvancED Accreditation

Highlights

The mission of the Youth Rehabilitation & Treatment Center-Kearney (YRTC-K) is to help youth live better lives through effective services, affording youth the opportunity to become law-abiding citizens. To accomplish this, the YRTC-K provides diverse programming that responds to each youth's unique needs. In support of our mission, YRTC-K recognizes the following accomplishments for FY 2012/13:

The YRTC-K is mandated by agency operating rules to be an active participant in the American Correctional Association Commission on Accreditation (ACA). YRTC-K has been accredited under the 3rd Edition ACA Standards.

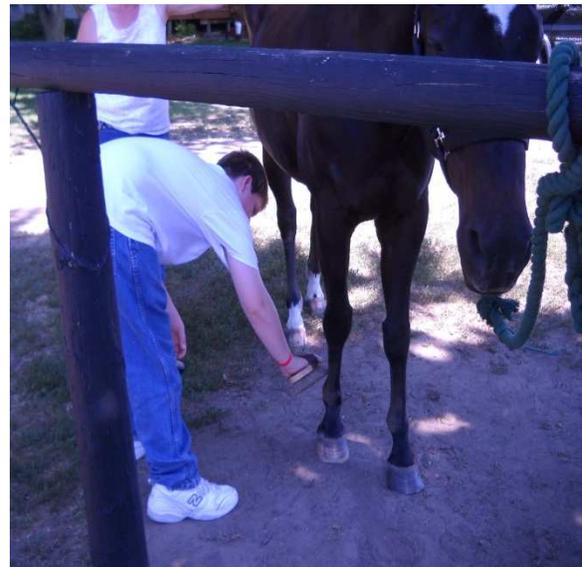
YRTC-K is a member of the Performance Based Standards (PbS) Project sponsored by the Council for Juvenile Correctional Administrators. We are one of 105 juvenile detention facilities across 30 states and District of Columbia in the project. Performance is scored on critical outcomes and the required aspects of the PbS reporting process for each data collection period and results in an assigned level of performance. The levels are from 1-4, with 4 being the highest possible level of attainment. YRTC-K is currently at level 2. This level assignment means YRTC-K has met the required PbS process and methodology.

YRTC-Kearney continued quality assurance measures through the Performance-based Standards project and the American Correctional Association audit process.

Staff continue to strive to provide diverse programming and individualized treatment plans for the youth at the facility. The youth treatment program, EQUIP, was fully implemented at the facility in 2012. The EQUIP program offers youth the tools that will assist with anger management, social decision making and social skills. The youth learn how to identify, own and replace (IOR) their negative thinking errors and behavior problems. This program is staff directed. In the Fall of 2012, Co-Founder of the EQUIP Model, Granville "Bud" Potter spent three days at the facility offering observation, education and feedback to the facility employees on how we are progressing with our treatment program.

"Project Everlast" (formerly called Nebraska Foster Youth Council) continues to be offered to the youth at the facility. This program's goal is to provide support and assist youth in making positive connections to help them transition to adulthood. The goal of the YRTC is to connect youth with a council member in the community once they leave YRTC-Kearney that will provide additional support and transition services to the youth. Currently, we offer this program to any youth at the facility. The youth meet on a regular basis.

We teach youth to "Think of the Other Person" (TOP) and "Think of the Consequences" (TOC) for their behavior. The discipline model that is utilized is led by our direct care staff who work directly with the youth.



YRTC-K performed 5,200 community service hours for 38 local organizations.

YRTC-Kearney has incorporated the Fatherhood initiative. The class is called Today's Father. We offer youth a curriculum filled with education and hands on learning techniques of how to care for a child.

YRTC-K has a support group called Young Dads. During 2012/13 there were 16 youth who attended this group. Each of them either have children or are about to become fathers. They meet at least twice a month and talk about how it is to be a father. They have helped at the Kearney Headstart with the toddlers.

YRTC-Kearney has developed a Youth Council at the facility. One youth from every youth group participates and is involved with discussing and problem solving around issues at the facility. The youth also suggest events that should occur at the facility.

Thirteen (13) West Kearney High School (WKHS) students earned their General Equivalency Diplomas (GED) through the cooperative efforts with the GED testing center of Central Community College. Six (6) students earned their high school diplomas through West Kearney High School.

There were 2,066 youth/parent/family/clergy visits, with 1,460 of these being for four hours or more off the YRTC-K campus.

Forty-three (43) youth were paroled to the Hastings Juvenile Chemical Dependency Program (HJCD) for long-term Chemical Dependency treatment.

Beginning in June, two youth groups participated in weekly interaction with the Kearney Therapeutic Horseback Riding program. They learned how to properly groom, ride and care for the horses. This program has been ongoing for the past three years and the youth learn the value of respecting animals and the individuals that benefit from the program.

The mission of the Viking Confidence Course at YRTC-K is to provide groups with opportunities to accomplish new and exciting adventures together. Whether you want to improve self-awareness and self-confidence, build trust or just have a fun experience, the Viking Confidence Course can meet those needs.

In 2012 Adm. Peterson began meeting with a sub-committee in Lincoln regarding the re-entry of Lancaster County youth. In these meetings YRTC-K began working with the HUB network along with Ann Hobbs providing mentors and transition specialists for the youth at YRTC-K. Over the past eight months two transition specialists from the HUB have come to Kearney weekly to meet with youth regarding placement plans once they return to Lincoln. Mentors from Lincoln have also had video conferences and visits with youth from Lincoln to help with their transition home and provide stability to the youth. This joint venture continues to grow and more youth are being better served for their return to the community.



Treatment Program

The YRTC-K rehabilitation and treatment program staff consists of the following:

- 15 Youth Counselor I's
- 3 Youth Counselor Supervisors
- 4 Mental Health Practitioners / LMHP's
- 1 Clinical Psychologist

The Youth Level of Service/Case Management Inventory (YLS/CMI) is completed on all YRTC-K youth as part of Classification procedure to assess their risks and needs. The orientation staff continue to work hard to ease each new YRTC youth into the treatment program and provide leadership and counseling for first-time commitments.

YRTC-K uses the evidence-based EQUIP program. The philosophy of EQUIP is to motivate and equip youth to help each other to become productive citizens. During this process youth attend Mutual Help meetings 3 times a week and attend EQUIP meetings 2 times a week. In EQUIP meetings the youth go through a series of exercises to help correct their way of thinking. Anger Management, Social Skills and Social Decision Making meetings help guide them to change their way of thinking and correct the errors that have gotten them in trouble.



Throughout the year a total of 3,811 EQUIP and Mutual Help Meetings were led by the Youth Counselors (YC).

YC I's and YCS' made 3,800 contacts with parents by telephone, mail and face-to-face. They also made 6,681 contacts with Juvenile Service Officers (JSO) and Family Permanency Specialists (FPS).

During FY 2012/2013, the Mental Health Department transitioned to a new psychologist. The clinical psychologist provides clinical supervision of the mental health staff and treatment programming. The clinical psychologist is available for consultation regarding individual youth, assessments, follow up with individually referred youth, and crisis intervention. During FY 2012/2013, the Mental Health Department added five therapist positions. With the addition of the five positions, a therapist was assigned to each living unit, thus affording the Mental Health Department the opportunity to increase contact with youth, including individual therapy sessions.

The Mental Health Department conducted mental health appraisals on 350 youth. All youth admitted to the facility are assessed for risk factors related to safety issues, trauma, and mental health concerns. The Mental Health Department conducted 1,031 individual therapy sessions with an average of 30 youth per month. The Mental Health Department conducted 1,008 check-in sessions with youth, responded to 325 crisis intervention situations, and responded to 317 mental health referrals. Youth required temporary transfers to Richard Young Hospital on nine occasions and to BryanLGH on two occasions, as their needs exceeded the resources of the facility. Further, the Mental Health Department began facilitating Equipment programming meetings with the youth. LMHP's conducted 468 Equipment meetings.

The Chemical Dependency Programming staff provided an average of 3.0 weekly group therapy sessions to 22 youth. These sessions were 45-minutes long focusing on allowing youth to begin processing their chemical dependency issues. These youth were identified as additional chemical dependency intervention while at YRTC-K. The weekly group therapy sessions prepare youth to transition to a more intensive and specific chemical dependency treatment at the community level of care, such as outpatient or inpatient services. All of the youth who participated in the Chemical Dependency therapy groups received referral recommendations for follow-up services upon their return to the community.



The Hastings Juvenile Chemical Dependency (HJCD) program continues to provide intensive residential C/D services for youth approved via the Magellan process. The HJCD program provides YRTC-K youth with a long-term residential level of care. The youth must meet the following guidelines to qualify for parole to HJCD: (1) Must be committed to the Office of Juvenile Services (OJS), (2) Must have a diagnosis of dependency as a primary diagnosis, (3) Must be above the age of 13 and (4) May have attempted previous treatment interventions.

Trauma Program Services are individualized to meet the specific needs of each identified youth. An in-depth interview with the youth, as well as a thorough review of the youth's history through research of available file information, provided nearly 1,034 hours of individual therapy provided by four (4) LMHP and five (5) PLMHP. The therapists provided an average of 86 hours a month of individual therapy with an average of 25 youth per month.

YRTC-K's contracted psychiatrist provides services for youth identified with mental health conditions that require assessment for treatment, intervention, and/or stabilization. The psychiatrist will complete an individual medical psychiatric consultation/evaluation for each identified youth. A total of 159 new youth received these psychiatric services, averaging 13 new youth seen per month. A total of 680 follow up visits were done averaging 56 youth seen for a follow up check each month. There were 127 medical chart reviews were done averaging 10 medical chart reviews done each month.

The clinical psychologist is responsible for administrative supervision of the Mental Health Department and serves on the EQUIP Programming Committee. The clinical psychologist serves on the Prison Rape Elimination Act (PREA) committee, and is involved in writing policy and procedure related to PREA, as well as providing training to staff and youth. The clinical psychologist assists staff with Employee Assistance Program (EAP) referrals, reviews and updates policies and procedures for supervised departments. The clinical psychologist assists with developing and conducting annual training on programming material. Annual training for mental health issues, trauma, and the Suicide Prevention Plan for at-risk youth are also reviewed, updated, and provided for all staff.

Education Program

West Kearney High School (WKHS) is accredited by the Nebraska State Board of Education as a Special Purpose school. It is accredited as an optional school through the North Central Association Commission on Accreditation and School Improvement. WKHS is also an institutional member of the Correctional Education Association.

The YRTC-K teachers and principal, all hold professional certificates from the Nebraska Department of Education. This school year the staff authored 334 Individualized Educational Plans (IEP) and Education Plans (EP).

Thirteen (13) students earned their General Equivalency Diplomas (GED) through a cooperative effort with Central Community College (CCC). There were 3 GED graduations. Twenty-five (25) family members attended.

Six (6) students earned their High School Diploma through West Kearney High School. There were 4 graduation ceremonies. Eighteen (18) family members attended.

WKHS Basic Education teachers administered 266 Renaissance Learning's STAR pre-reading and math assessment. There were 301 post-STAR reading and math assessments were also administered by the WKHS staff. These post-assessments were added to an on-going student database. The 266 student scores in the study indicate an 8.39 grade equivalency in math and an 8.09 grade equivalency in reading. The average length of stay for students in this post study is 5.32 months.

The WKHS Title I Neglected/Delinquent (N/D) project continued as a strong program component and served 188 students. These students demonstrated an average gain of 3.12 months in reading and 8.14 months in math. The students also earned an average of 4.34 high school credits toward their high school diplomas.

The speech and language program continued to be a vital part of the students' total education program. There were 62 students referred to the speech and language lab with 55 qualifying. There were 67 students receiving services in fiscal year 2012/2013.

Twenty-one (21) students were administered the ASVAB (Armed Services Vocational Aptitude Battery).

During the year, a YRTC Vocational Rehabilitation Liaison position was continued within the Nebraska Department of Education to serve students from Douglas, Sarpy and Lancaster counties. This assists with providing a smoother transition back to the school systems.



Medical Program

The YRTC-K medical personnel includes one full-time RN and three full-time LPNs. Daily sick calls are held so youth can report any problems. Comprehensive health care services are provided from admission through discharge.

Medical personnel meet the DHHS Licensure Unit’s requirements and are governed by written job descriptions approved by the contracted physician and YRTC Health Authority.

Access to health care is explained to all youth. All youth are screened on an individual basis. An intake screening form is used by orientation unit staff at the time of commitment. Information from this form alerts staff to any immediate problems. A nurse completes a comprehensive nursing assessment with each youth within seven days of arrival. A physical exam is done for each youth within 14 days unless records show one was done within the prior 90 days. The contracted physician comes one day per week and if treatment is needed between physician visits, arrangements are made and the youth is transported to his or her local office.



Youth medical information is requested through a questionnaire sent to each youth’s parents/guardians. Youth immunizations are updated according to state law.

The YRTC-K training coordinator and medical personnel lead various medical training for staff. Special medical needs training is done as needed with staff to meet special youth medical needs, i.e. diabetic. All direct care staff are trained as medication aides.

The contracted part-time dentist or a hygienist see each new youth within 7 to 14 days and as needed.

During FY 2012/13, the following medical services were provided:

Medical Service Provided	Number	Dental Service Provided	Number
Brief physical exams by doctor	342	Dental Exams	750
Exams on new admittances	342	Dental Procedures Completed	2,658
Eye exams	161		
Surgeries	2		
Emergency Room	31		
Youth visits to nurse	5,982		

Religious Program

The religious program at YRTC-K is supervised by a Religious Coordinator. Church services are conducted every Sunday and a weekly Bible study on Thursday at 4pm & 7pm by the Religious Coordinator.

A total of 2,160 youth attended the voluntary church services throughout the year. This is an average of 45-50 youth per Sunday.

Bible study is available to the youth each week. Adult volunteers co-lead the evening Bible Studies with the Religious Coordinator. The total number of youth attending Bible study was 864. This is an average of 18 youth attending each study.

At the youth's request, the Religious Coordinator is available for personal counseling. During the year, 188 youth requested and received personal spiritual counseling.



There were about 100 staff who were counseled during the year.

Volunteers from the Kearney area assist in the spiritual ministry. There are presently seven volunteers who participate on a regular basis and others who are available to assist on special occasions. There were 200 hours of volunteer time donated during the year.

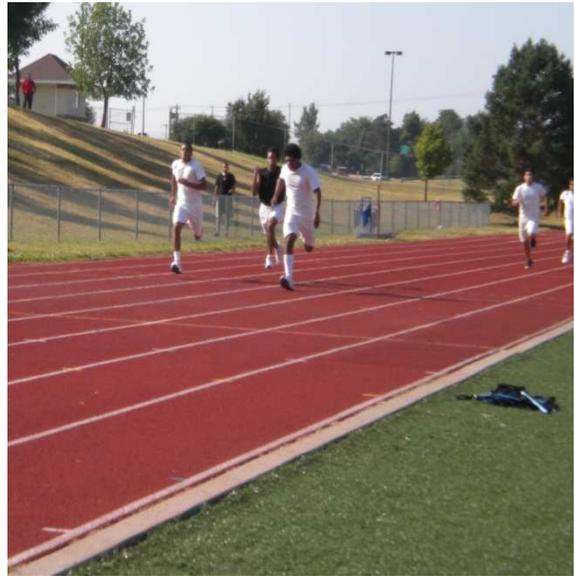
The following are several special events and church services that were held.

- 12/24/12 Father Paul officiated the Christmas Eve service
- 2/14/13 Had a Young Dad's lunch
- 3/29/13 Good Friday service attended New Life Church
- 3/28/13 Spirit of Life Church for a play about Easter
- 4/12/13 Packed meals for the Kearney Area Hunger to Hope event at Buffalo County Fairgrounds
- 5/12/13 baptism for two youth
- 6/1/13 Pastor attended a Heartland campus breakfast at Holiday Inn
- 6/4/12 & 6/6/12 Young Dad groups went to Early Headstart to work with toddlers

Recreation Program

The YRTC-K employs one full-time Recreation Coordinator, two full-time Recreation Assistants, and one full-time and four part-time Recreation Aides.

YRTC-K has a wide variety of recreational equipment and areas that the youth have ready access to. This includes concrete play pads for each living unit. During the year, youth participate in the Viking Boot Camp and intramural sports. These include Softball, Flag football, Volleyball, Basketball, Soccer, and Ultimate Frisbee. Like the Confidence Course, these activities improve and build self-awareness and self-confidence, build trust and are fun activities. The youth can swim in the YRTC-K pool during recreation time and during Physical Education classes.



In addition to regularly scheduled activities, the Recreation Department provided many special activities for the youth throughout the year, both on and off-campus. These activities included:

- 35th Annual All-Star Basketball game in which two volunteers officiated the game.
- All-Star Softball game in which youth and staff play together. This event is held at the end of the summer school session. There is a BBQ before the game and watermelon served after the game.
- There were 3009 groups and 1822 releases that used the YTRC-K facilities.
- There was an average of 92 youth per day participating in recreation program activities including open recreation, intramural and physical education classes.
- Six groups participated in “Boot Camp.” Each group endured eight, one-hour physical and mentally grueling sessions on and off the YRTC campus including spinning and kick boxing at the local YMCA, going to local parks, and confidence course on the YRTC grounds.
- All youth participated in October’s “Nohtaram” days, which was in its fourth year. To earn a t-shirt, participants had to complete a Marathon (26.2 miles walking or running) during the month.
- With the help of Mr. Rusher, along with many youth and staff, the Confidence Course is almost complete. The youth will be able to test their physical and mental skills on the course while working together as a team to become stronger groups.

Community Service/Volunteer Program

The volunteer activities program at the YRTC-K is coordinated by the Recreation Coordinator.

The Community Advisory Board is made up of a cross section of community members who meet quarterly with administrative staff to review programs, physical plant, and policies and procedures.

The following are a few examples of the University of Nebraska – Kearney (UNK) partnership benefits, community service, volunteerism, entertainment and recreation within the community.



- Several YRTC-K youth groups attended UNK wrestling meets, football, basketball, and volleyball games as well as concerts held at the Health and Fitness Center. Groups cleaned up following the events.
- For the 18th year, YRTC-K groups have been involved in the set up and tear down of the UNK Blue-Gold Day at the beginning of the fall semester. Three YRTC-K groups participated in this celebration by working and then taking part in the food and activities offered.
- Four groups helped the local Habitat for Humanity lay sod and landscape for homes being built. This is an annual partnership.
- One YRTC-K group helped set up and tear down for the Prince of Peace Catholic Church's Fall Festival. This is in its 2nd year.
- Three YRTC-K groups set up for concerts held at the Museum of Nebraska Art in downtown Kearney. This is the 7th year for Creighton Living Unit to complete this project.
- YRTC-K helped the Kearney Volunteer Fire Department with their annual pancake feed. This is an annual partnership.
- Three truckloads of clothing bales were loaded by YRTC-K groups for the Salvation Army. This is the 19th year for this partnership. Groups also helped with food baskets and bell ringing during the holidays.
- One group helped with the Kearney Community Thanksgiving dinner at the Knights of Columbus. This was the 15th year for Lincoln Living Unit to donate their assistance.
- Two YRTC-K groups helped with the Elks Hoop Shoot held in December. This was the 18th year YRTC-K helped with this event.
- One group helped clean up the exhibition building at the Buffalo County Fairgrounds following the Kearney Goodfellows Holiday gift wrapping extravaganza on December 25th. This is the 17th year of YRTC's involvement.
- Three groups participated in the Kearney Therapeutic Horseback Riding program.

Support Services

Facility Budget

Business Office personnel, in conjunction with the Budget Unit of the Department of Health & Human Services, annually prepare the facility budget of funds appropriated by the State Legislature. A budget for each of the operation areas of the facility is included.

The following is the budget allocated to the facility by DHHS for the FY 2012/13.

	Budget	Total Expenditures
General Funds	\$10,628,398	\$9,536,688
Federal Funds	\$415,961	\$403,273
Cash Funds	\$964,431	\$890,286
Grand Total	\$12,008,790	\$10,830,247



Personnel

YRTC-K had 65 new hires, 7 retirements, 41 resignations and 25 promotions/transfers.

The average tenure for YRTC-Kearney employees was 8.91 years.

A new Youth Security Specialist II interview tool was developed in the early summer of 2013 – the expectation is the retention rate will increase (turnover decrease) if the selection tool serves as a more accurate method of screening in qualified candidates.

All employees are required to attend training throughout the year. During the past year, YRTC-Kearney employees completed 15,389 hours of training.

Food Service

The Food Service Department served 155,485 meals consisting of 173,250 youth meals, 17,765 staff meals. The average cost per meal was \$1.93 or \$5.79 per day. Rising fuel and food prices have increased per meal cost this year. Average price per meal during the previous fiscal year was \$1.79 per meal or \$5.37 per day. Eleven (11) large decorated GED cakes were sent to the living units for their GED graduates. One hundred and forty-nine (149) birthday cakes were made for the youth celebrating their birthday with their group. There was \$21,817 of USDA assistance used for an average assistance of \$.12 per meal. Youth were involved in 83 special activities involving the Food Service Department.

Maintenance

During the FY 2012/2013, the following projects were completed by facility maintenance staff and/or contractors:

- New exterior doors were installed in Bryant, Creighton, Lincoln, Washington, and Morton living units.
- Installed the road behind the chapel.
- Finished the Washington part of the HVAC remodel and started on the Lincoln part.
- Installed new youth lockers in the living units.
- Installed new cooling units in the two walk in coolers and the walk in meat freezer at the BDR.
- Converted the swimming pool from chlorine to bromine.
- Installed seven new doors at the boiler plant, gym, school, and at BDR.
- Replaced the building signage on all the buildings.

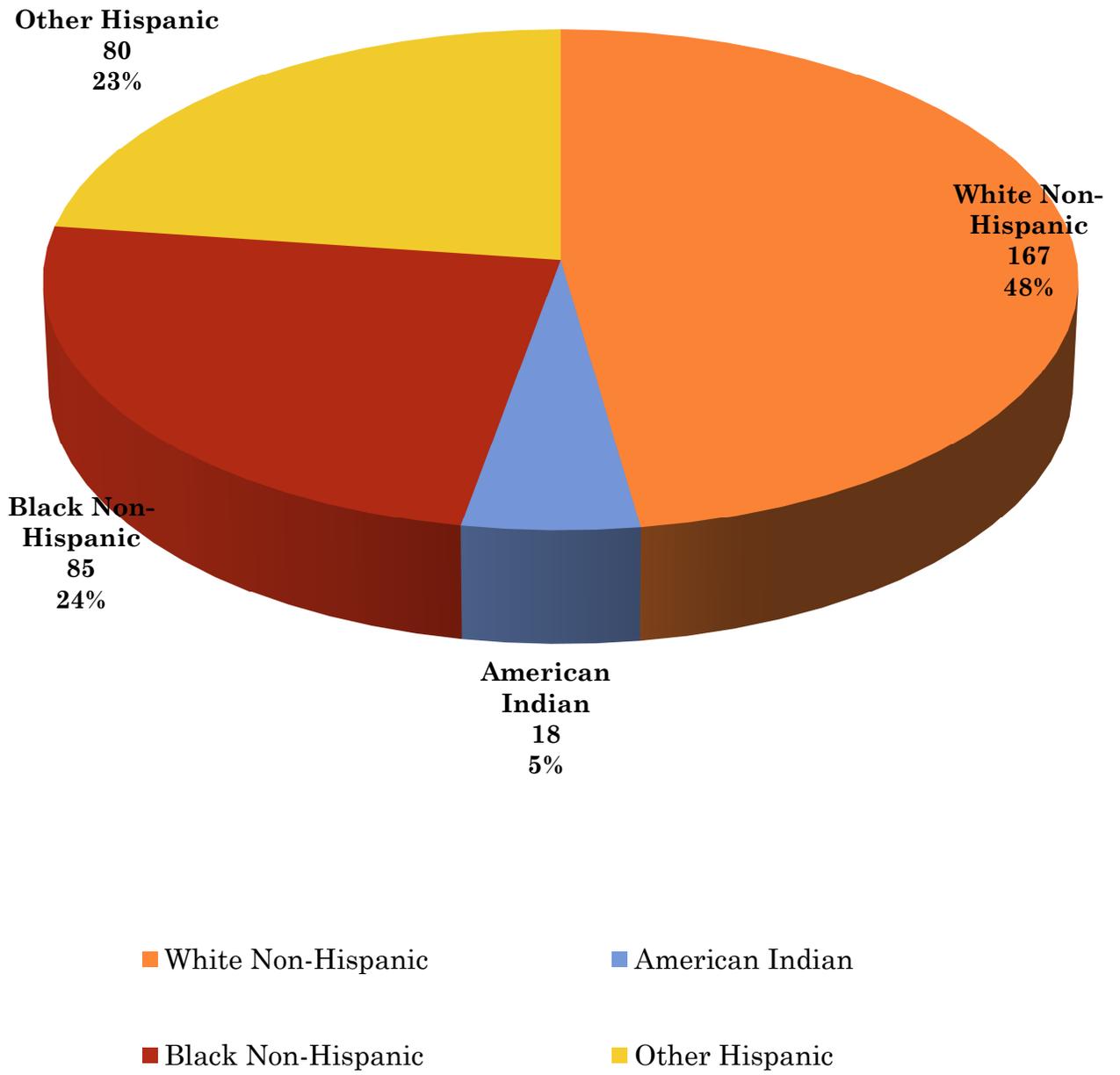
SFY 12/13
Admittances by Service Area/County

Service Area/County	Admissions	Percentage
Central Service Area		
Adams	9	2.57%
Buffalo	4	1.14%
Cherry	3	0.86%
Hall	18	5.14%
Kearney	1	0.29%
Phelps	3	0.86%
TOTALS	38	10.86%
Eastern Service Area		
Douglas	92	26.29%
Sarpy	6	1.71%
TOTALS	98	28.00%
Northern Service Area		
Butler	1	0.29%
Colfax	3	0.86%
Cuming	2	0.57%
Dakota	13	3.71%
Dodge	4	1.14%
Hamilton	1	0.29%
Knox	1	0.29%
Madison	10	2.86%
Merrick	1	0.29%
Pierce	2	0.57%
Platte	8	2.29%
Saunders	4	1.14%
Stanton	2	0.57%
Washington	3	0.86%
York	1	0.29%
Totals	56	16.00%
Southeastern Service Area		
Clay	2	0.57%
Fillmore	2	0.57%
Gage	5	1.43%
Jefferson	3	0.86%
Lancaster	92	26.29%
Otoe	2	0.57%
Saline	4	1.14%
Seward	4	1.14%
Totals	114	32.57%
Western Service Area		
Box Butte	3	0.86%
Chase	1	0.29%
Cheyenne	2	0.57%
Dawson	6	1.71%
Deuel	1	0.29%
Furnas	1	0.29%
Garden	2	0.57%
Keith	4	1.14%
Kimball	1	0.29%
Lincoln	8	2.29%
Red Willow	1	0.29%
Scotts Bluff	14	4.00%
Totals	44	12.57%
Totals	350	100.00%

SFY 12/13 Admissions by Offense

Offense	Total
Aiding & Abetting	1
Arson	4
Assault	96
Auto Theft	8
Burglary	27
Concealed Weapon	16
Criminal Mischief	24
Disorderly Conduct	1
Distribution of Drugs	1
Disturbing the Peace	13
False Imprisonment	2
False Information	3
Forgery	2
Obstructing a Police Officer	2
Possession of Drugs	53
Possession of a Firearm	1
Probation Violation	1
Resisting Arrest	3
Robbery	8
Sexual Assault	5
Shoplifting	3
Terroristic Threats	4
Theft	62
Trespass	8
Vandalism	1
Willful Reckless Driving	1
Total	350

SFY 12/13 Admissions by Race (350 Admissions)



SFY 12/13 Releases (355 Releases)

