

CORE Academy

PROGRAM DESCRIPTION:

CORE Academy is a court ordered program for 10-17 year olds used as a placement option. You can only be referred to the program through a court order at the recommendation of your County Social Worker. The length of stay depends on how cooperative and committed you are to making changes in your life. The maximum stay allowed can be up to 365 days and the program is divided into 4 phases (orientation, skill building, community transition, and release planning).

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. Groups address drug and alcohol issues, criminal thinking, victim impact, independent living skills, and numerous other subjects. You will be enrolled in a full day of school through the La Crosse School District.

CORE Academy has a social worker that coordinates your treatment plan with your current County Social Worker and monitors your progress in the program. This includes regular meetings, coordination of services, development of case plan, and assessment of progress in the program.

PROGRAM BENEFITS:

There are many benefits to entering the CORE Academy.

- In CORE Academy, you have the opportunity to stay in or near your community and remain closer to your family. Many of the other facilities that are utilized are 2-3 hours from the La Crosse area.
- CORE Academy gives you the opportunity to grow as a person by providing tools to make better choices.
- CORE Academy gives you the opportunity to learn about yourself and your behavior.
- CORE Academy gives you the opportunity to think about and plan for a successful future.
- You have the opportunity to get caught up with school credits through the La Crosse School District.
- Your family will be actively involved in your treatment plan.

FAMILY VISITATION:

You are allowed daily visitation. Facility visiting hours are: 1:00 – 4:00 PM and 6:00 – 8:00 PM daily. However, because of the intensity of the programming provided to you, and the daily schedule you will have, we are requesting that your parent(s) or caregiver(s) choose a scheduled visiting time. By doing so you will be able to participate in a face-to face contact visit, in a visiting room with your approved contact(s) for up to 1 hour. All other visits must be in a visiting booth with the glass windows between you. The program social worker will help you schedule a set visitation time each week and assure that the visiting room is available to your family.

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

You will have an approved visitor list established upon entrance to the program. This will identify who is able to visit you. You, your parent(s)/caregiver(s), primary social worker and program social worker will make this list together. Photo ID will be required by each visitor and all visitors may be subject to a search by metal detector. Minor siblings must be accompanied by a parent or responsible adult.

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 your 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?

You will not be allowed to bring any of your own items into the facility. You 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 you have achieved phase 3 and have earned the opportunity to go on planned community outings, the program social worker will make arrangements with your parent(s) or caregiver(s) to bring changes of clothing in for you.

EDUCATION:

You will attend a school program every day that school is in session. While attending the CORE Academy you 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 you are enrolled and an appropriate education program will be developed specifically for you. Instruction will be provided by licensed teachers employed by the School District of La Crosse. You are responsible for fully participating in your education plan including the completion of all assignments and homework.

COUNSELING:

You and your family will participate in individual and family counseling. The program social worker will meet with you when you enter the program. The therapist will complete assessments to determine an appropriate treatment plan. If you use drugs or alcohol, an AODA assessment will be completed by a clinical AODA therapist.

- **Individual Counseling:**
You and your therapist will discuss and develop strategies for making better choices and techniques that help you better deal with difficult thoughts, feelings and impulses. Discussion about different events and people in your life and how those events and people have influenced your decision making may occur.
- **Family Counseling:**
A therapist will meet with you and your family to address family dynamics, address problem areas, identify strengths and determine ways to support you when you return home.

REQUIRED EDUCATIONAL GROUPS:

You are required to participate in program activities established in your case plan. You will be expected to be involved and talk during discussions and to complete assignments. These groups may include:

- **AODA Group** – This group will focus on your past drug and alcohol use/abuse. You will discuss ways in which your choices have been influenced by your substance use, and develop skills to refrain from future use.
- **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. You will explore attitudes, morals and values that impact your actions.
- Victim Impact – The focus of this group is Restorative Justice. How does crime hurt the victim and the community? You will learn about ways to take responsibility for your actions and how repairing the harm to the community can help everyone move on to a better place.

Additional activities are provided by the facility and may be added to your case plan. These can include:

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

PROGRAM PHASES:

CORE Academy consists of four phases. The program social worker, in consultation with the treatment team members, will decide when you are ready to transition to the next phase.

YOUR behavior and participation in your individualized case plan will determine your progress through the phase system.

The phases are listed below:

- **Phase 1 – Orientation**
In this phase you will become familiar with the facility rules and daily routine. You may 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.
- **Phase 2 – Skill Building**
Phase 2 is where the majority of the change work occurs. In this phase you will be actively developing goals and practicing skills based on the assessed needs from the YASI case plan. This plan is individualized according to your needs coming into the program.

- **Phase 3 – Community Transition**

In phase 3 you will practice the change work begun in phase 2. Here you have the opportunity to earn planned community outings, including but not limited to home visits.

Because you are able to leave the facility you will be monitored by a GPS bracelet and be subject to random drug testing and breathalyzer.

- **Phase 4 – Release Planning:**

In phase 4 you will begin planning for your release. This will require active participation by you and your aftercare team. Together you will develop a plan that incorporates the skills you have acquired, while utilizing resources available in your community.

After Release: Over the following 12 months you may receive surveys requesting information on continued progress. We would appreciate your completion and prompt return in order to best evaluate and improve the CORE Academy.

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 your individual case plan.
3. Attend school and cooperate with your 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. Complete reports to the court outlining treatment goals and progress.
10. Consistently follow program rules.
11. Show responsibility when receiving passes outside the facility (going where expected, being back on time, appropriate behaviors in the community, remaining drug and alcohol free). This will be monitored by a GPS system.
12. Follow all agreed upon conditions of your community release contract.
13. Work with your 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 contract.
9. Work with your child's treatment team to develop an aftercare plan.

RULES OF CORE ACADEMY:

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

CONFIDENTIALITY:

Any information regarding you and your family is 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 Phases
_____	_____	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