



Dakota Horizons Youth Center

66 Museum Dr.
Dickinson, North Dakota
(701) 456-7790

<http://www.swmccc.com/dhyc/>

OUR SERVICES

Therapeutic Services

A licensed counselor and a licensed social worker, who is trained in forensics, are available for mental health therapy. A treatment plan is developed by the treatment team, which includes a psychologist and/or psychiatrist.

- Substance Abuse
 - Assessment and Treatment
 - Individual and Group Therapy
 - Role Playing
 - Art and Music Therapy
- Sex Offender Treatment
 - Individual and Group Therapy
 - Empathy Training
 - Sexual Victimization Issues
 - Contractual Polygraph Examinations
- Mental Health Treatment
 - Individual Therapy
 - Family Therapy
 - Cognitive Restructuring
 - Anger Management
- Psychological/Psychiatric Care and Consulting
 - Screenings and Evaluations
 - Follow Up and Referral
 - Court Ordered Studies

Substance Abuse

The comprehensive substance abuse program is licensed under the standards of the North Dakota Department of Human Services, Division of Mental Health and Substance Abuse Services in the State of North Dakota.

Structured group time serves to provide a safe, confidential arena that will encourage self-disclosure, self-awareness, and self-acceptance. Group time consists of role playing, art and music therapy, process groups, grief group, 12 step work, video therapy, anger management, shame reduction, meditation and relaxation groups, co-dependency and nicotine addiction components as well as generational abuse issues, cultural nurturing and family programming. Individual therapy is offered as needed.

Upon successful demonstration of social and recovery skills and recommendation of the treatment team, participants then move into Continuing Care. Issues of relapse prevention, support system creation and integration, as well as mainstream transitioning will be highlighted. Continuing Care consists of weekly group therapy and individual therapy.

Prime for Life is a research based prevention program that provides a non-threatening pre-treatment education experience for all juveniles. This and the powerful tobacco component make up the 30-hour "chemical awareness" program.

Sex Offender Treatment

Boundary Redirection, a sex offender treatment program, provides comprehensive therapeutic intervention to adolescents who have been convicted of or admitted to committing, an inappropriate sexual act (s). The goal of the program is to educate and assist individuals in admitting and accepting responsibility for their offense and move forward in the development of healthy sexual boundaries so that they are less likely to re-offend.

Boundary Redirection, a sex offender program, is a multi-level program which the adolescent moves through to address their individual needs. This program uses a team approach and involves professionals from many mental health disciplines. A multi-disciplinary staffing is held for each juvenile involved in the Boundary Redirection program.

Boundary Redirection is a unique program which employs a variety of therapeutic techniques. A combination of psycho-educational, cognitive-behavioral, and reality therapies are utilized.

1. Evaluation/assessment.
2. Education.
3. Therapeutic groups:
 - a. Group building.
 - b. Accountability.
 - c. Offense Cycle.
 - d. Victim Empathy.
 - e. Re-socialization/relapse prevention
4. Aftercare/maintenance.

When therapeutically appropriate, Boundary Redirection juveniles may address victimization issues. Comprehensive sexual abuse victimization therapy is provided by licensed mental health professionals.

Education

GED

This program is an Adult Basic Education and General Equivalency Diploma preparation course. Individuals are aided in the five (5) areas of study which are needed to successfully complete the GED requirements. Individuals need to successfully complete exams in the five subject areas to obtain a GED certificate. The official GED exam is administered on-site.

College Correspondence

Independent study courses through the University of North Dakota are available for individuals wishing to earn college credits at the cost of the juvenile.

Other Educational Services

- ✓ High School Correspondence
- ✓ Physical Education
- ✓ Vocational Training
- ✓ Open Recreation
- ✓ Parenting
- ✓ Library
- ✓ Life Skills/Career Development
- ✓ Gang Awareness
- ✓ Health/Sex Education
- ✓ Community Socialization
- ✓ Legal Rights
- ✓ Fine Art Appreciation
- ✓ K-5 level services available as well as 6th-12th grade earning credits through North Dakota Division of Independent Study, a Division of North

Dakota Department of Public Instruction. We have in-house certified teaching staff attending the needs of a diverse group of students at Dakota Horizons Youth Center.

- ✓ Basic Skills/Remedial education is available for individuals needing help in developing their basic academic skills to the sixth/eighth grade level.
- ✓ Special services are provided to juveniles with unique needs or those having a specific learning disability.
- ✓ Regular educational assessments and/or psycho educational assessments (depending on need) are administered during the first two weeks of placement. An educational plan is developed for each individual based on academic/vocational need.
- ✓ Juveniles may participate in activities in the community when they have earned the appropriate security level.

Spiritual

The facility has an in-house chaplain who provides spiritual support for all faiths. Individuals are encouraged to develop a spiritual life to support progress through addiction and other therapeutic programs. The chaplain coordinates Sunday worship services and weekly Bible Study classes. Native American spiritual leaders are invited to provide spiritual direction. A sweat lodge is available to juveniles displaying appropriate behavior and property security level. The chaplain is available for spiritual counsel to all individuals and is committed to the spiritual growth of the juveniles.

Security

- ✓ Public Safety
- ✓ Custody, Care and Control
- ✓ Frequent Wellness Checks
- ✓ Crisis Management

Case Management

Along with the above-mentioned treatment, educational, vocational, and recreational programming, individuals have an assigned worker. Case workers are the individual's contact person and handle daily needs, personal needs, and crises interventions.

All individuals receive an orientation and evaluation during the first two weeks of their placement, after which a treatment plan is developed and they are

integrated into the various appropriate programs. Personal well being of all individuals are monitored at no less than 30 minute intervals.

Medical

- ✓ Preliminary Health Screen
- ✓ On-Going Medical Services
- ✓ Emergent Services
- ✓ Medication Management
- ✓ 24 Hour On-Call Services

Court Ordered Studies

- ✓ Competency Based Issues
- ✓ Juvenile or Adult Adjudication
- ✓ Placement and Treatment Recommendations
- ✓ Psychological evaluations and court ordered studies are completed per a judge's order to determine a juvenile's competency at the time of the offense, competency to provide a personal defense at a trial, as well as recommendations to be used for sentencing and placement purposes.



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