

The Oaks



2024 Program Statement

Table of Contents

1. General Statement & Program Purpose
2. Overview of the Program's Milieu
3. Target Population (including exclusionary criteria)
4. Assessments
5. Daily Schedule (Weekday and Weekend)
6. Treatment Services
7. Medical Services
8. Education and Vocational Services
9. Extracurricular/Recreation Services
10. Family and Community Engagement
11. Discharge Process and Successful Discharge Criteria

General Statement & Program Purpose

The Oaks – Brownwood (OKS) is a certified secure post-adjudication facility with a capacity of 113 young men from the State of Texas. With the facility owned by Brown County, Texas, The Oaks commenced operations as one of Rite of Passage's family of residential programs in late June of 2020.

The Oaks is a secure post-adjudication facility that emphasizes the importance of providing a gender-responsive programming and provides comprehensive services and resources through a trauma informed model. Our program uses evidence-based principles to address issues related to substance abuse, mental health, abuse and trauma, mood regulation and self-soothing techniques, self-mutilation and suicidal gestures, spirituality, self-care, and their relationship to criminal conduct behaviors.

Overview of the Program's Milieu

The Oak's milieu is trauma-informed, strengths-based, and normalized with positive staff/student interactions. The Oak's therapeutic milieu features:

- Cognitive behavioral approaches and curricula based on youth risk and needs.
- Trauma-responsive services are embedded within our service delivery at the Oaks because most of the youth in our programs have experienced or witnessed multiple traumatic incidents.
- Services provided within an environment that fosters physical, psychological and emotional safety.

The Oaks utilizes the Integrated Care Model which incorporates strengths-based, positive youth development, social learning theory, gender-specific and trauma-responsive approaches.



Target Population

- Males
- 14 to 18 years old
- Post adjudicated from all counties

Target Population

- Exclusionary Criteria

- History of Sex offenses or arson
- Suicidal behaviors within the past six months
- IQ scores below 70
- Diagnosis of Schizophrenia, Personality Disorder, Borderline Intellectual Disorder, and Intermittent Explosive Disorder

Exceptions to these criteria can only be made by the admission manager and the site management team on an individual and case by case basis.

Assessments

Clinical Assessments	Educational Assessments	Medical Assessments
MAYSI SAVRY Vulnerability Suicide Risk	All required TEA testing for General ED, and Special Populations NWEA MAPPS GED TSI Food Handlers ServSafe OSHA	Sexually transmitted disease screening HIV Risk Health History

Daily Schedule (Weekday)

Activity		
5:45 AM	Wake-up/ Hygiene	Group Living Staff
6:00-7:45 AM – FI	Breakfast/ Med Pass	Group Living Staff
7:45-8:00 AM – FI	Transition to School	Group Living Staff
8:00-8:53 AM – FI	1 st Academic Period	Teachers/Students (in classrooms)
8:55 – 9:48 AM	2 nd Academic Period	Teachers/Group Living Staff
9:50 – 10:43 AM	3 rd Academic Period	Teachers/Group Living Staff
10:45 -11:38 AM – FI	4 th Academic Period	Teachers/Group Living Staff
11:38-1:12 PM -- FI	Health and Wellness Lunch	Group Living Staff
1:12 - 2:05 PM	5 th Academic Period	Teachers/Group Living Staff
2:07 - 3:00 PM	6 th Academic Period	Teachers/Group Living Staff
3:05 – 4:00 PM	Group	Case Managers/Group Living Staff/ Therapist
4:00- 5:30 PM	9 th Block	Case Managers/Group Living Staff/ Therapist
5:30 - 7:30 PM – FI	Med Pass/ Dinner/ Showers	
7:30 –8:00 PM – FI	Team Meeting	Group Living Staff
8:00 – 9:00 PM	Structured Free time/ Homework/ letter writing	
8:00 PM	Orientation Bedtime	Group Living Staff
8:00 PM	Rookie Bedtime	Group Living Staff
8:30 PM	Intern Bedtime	Group Living Staff
9:00 PM	RAM Bedtime	Group Living Staff

*FI = Focus In times

Daily Schedule (Saturday)

Activity	Cottage Group 1	Cottage Group 2
7:00 AM	Wake-up/ Roll Call	
7:05 AM	Hygiene	
7:10-8:30 AM	Breakfast/ Chores/Med Pass	
8:30-9:00 AM**	Deep Clean Cottage	Education*
9:00- 10:00 AM FI	PSD Group	Sports Competition
10:00- 11:00 AM FI	Sports Competition	PSD Group
11:00 – 11:30 AM	Education*	Deep Clean Cottage
11:30 –1:00 PM FI	Lunch/Structured Free Time	
1:00 – 2:00 PM ** FI	Concept Manuals	Sports Competition
2:00 – 3:00 PM FI	Sports Competition	Concept Manuals
3:00 - 3:30 PM	Structured Leisure Time	Community Service
3:30 – 4:00 PM	Community Service	Structured Leisure Time
4:00 - 5:30 PM	Movie	
5:30 – 7:30 PM	Dinner/ Med Pass/ Showers	
7:30 – 8:00 PM	Team Meeting	
8:00 – 9:00 PM	Structured free time/ bedtime	
8:00 PM	Orientation/Rookie Bedtime	
8:30 PM	Intern Bedtime	
9:00 PM	RAM Bedtime	

FI = Focus In times * Education (i.e. reading, studying for Intern text, tx group homework etc.)

** Visits 8am-10am, 1pm-3pm

Daily Schedule (Sunday)

Activity	Cottage Group 1	Cottage Group 2
7:00 AM	Wake-up/ Roll Call	
7:05 AM	Hygiene	
7:10-8:30 AM FI	Breakfast/ Chores/Med Pass	
8:30-9:30 AM**	AOR	Education*
9:30 - 10:30 AM FI	PSD Group	Sports Competition
10:30 - 11:30 AM FI	Sports Competition	PSD Group
11:30 - 1:00 PM	Lunch/Structured Free Time	
1:00 - 2:00 PM FI	Education	AOR
2:00- 3:00 PM ** FI	Concept Manuals	Sports Competition
3:00 - 4:00 PM FI	Sports Competition	Concept Manuals
4:00 - 5:30 PM	Structured Free Time/Movie	
5:30 - 7:30 PM	Dinner/ Med Pass/ Showers	
7:30 - 8:00 PM	Team Meeting	
8:00 PM	Rookie/Orientation Bedtime	
8:30 PM	Intern Bedtime	
9:00 PM	RAM Bedtime	

FI = Focus In times * Education (i.e. reading, studying for Intern text, tx group homework etc.)

** Visits 8am-10am, 1pm-3pm

Religious Services Schedule
1:30 – 2:15 PM
2:15 – 3:45 PM
3:45 – 4:30 PM

Treatment Services

- Licensed and trained staff delivers evidenced based, cognitive behavioral services such as:
- **Thinking for a Change (TFC).** TFC is an integrated cognitive behavioral change program that draws from best practices that have evolved over recent decades in the educational, mental health, and juvenile justice fields. These practices have been shown by research to be strongly linked to success in moving young people out of the juvenile justice system and keeping them out by reducing aggression and rates of re-arrest.
- **Aggression Replacement Training (ART).** Growing research indicates the necessity of social emotional learning in the educational programming of students in order for them to achieve academic and behavioral success. The four curricular components of ART are empathy, anger management, social skills, and character education.
- **Pathways to Self Discovery and Change.** This group serves to educate youth on the effects of abusing substances. This group not only focuses on past abuse but also serves to educate them regarding the impact future abuse may have on their lives.
- **Power Source.** The Power Source Program is an evidence-based program designed to empower at-risk youth with the social and emotional skills necessary to forge paths of healthy development and disengagement from high-risk and offending behaviors. Grounded in a belief in the intrinsic dignity and worth of each person, Power Source guides trauma-impacted adolescents and young adults in discovering their own resilience, while also building the skills associated with healthy social, emotional, and identity development.
- **Seeking Safety.** Seeking Safety is designed to be a therapy for trauma, post-traumatic stress disorder and substance abuse. The key principles of Seeking Safety are safety as the overarching goal, integrated treatment, a focus on ideals to counteract the loss of ideals in both post-traumatic stress disorders and substance abuse, knowledge of four content areas (cognitive, behavioral, interpersonal, and case management), and attention to clinician processes.
- **Mental Health Services.** The Oaks ensures each young man has access to psychiatric services and medications prescribed by a licensed medical practitioner in order to prevent and/or treat health and behavioral health care problems.

Medical Services

- Work with contracted and local area providers
- 24 hour on-call medical doctor and weekly on-site visits
- On-site Nurse
- Medical and Dental assessment
- Routine and emergency care, prescription medication management
- Vision/optometry services
- Laboratory, x-ray, and pharmaceutical services

Education & Vocational Services

The Oaks school program operates on a nine-month basis and is designed to meet the individual educational needs of each student. Students also partake in a 2-week Enrichment Program during the Summer.

- Education services provided by local independent school districts with curriculum follows guidelines of the Texas Education Agency (TEA). The Oaks offers a range of instructional services from basic skills remediation to a full high school curriculum and diploma.
- Special education services available with applicable state and federal laws guiding the identification, referral and evaluation process.

Extracurricular/Recreation Services

Positive Youth Development activities such as:

- Sports and athletics
- Clubs
- Mindfulness activities
- Passive recreation/leisure activities
- Religious and cultural activities/opportunities
- Leadership/Empowerment opportunities including youth council/student government

Family & Community Involvement

- **Community Service.** The community plays a critical role in shaping these young men's behavior. Community resources and assets are accessed to help our young men to discard delinquent behavior and embrace pro-social behavior. Using this approach, The Oaks strives to rebuild the relationships youth have with their community by connecting them to resources, and providing community service opportunities.
- **Family Involvement.** The Oaks staff are acutely aware of the multiple needs of young men and their families. Visitations and family treatment services are responsive to the unique needs of all students and their families. Weekly family visits are offered, giving students the opportunity to see their families.
- Staff work to enlist family members in partnership with the program. Parents and guardians are consistently invited to monthly meetings to discuss the progress of their young charge and to solicit their opinions on treatment planning.

Discharge Process & Successful Discharge Criteria

Transition planning begins upon arrival, we work with placing agency and the student to create goals that will get the student prepared to be successful at his next stop. A successful completion of the program involves achieving all identified goals.

- Completion of Identified treatment goals
 - Education Goals
- Demonstrated Behavior Change through level attainment :
 - Program Graduate = Holding Ram Status for two months
 - Program Completion = 80% treatment goal attainment