

Evidence-Based Delinquency Interventions & Mental Health Treatment & Substance Abuse Treatment
 Group Sessions Table
 Exhibit 7a
 Gulf Academy

R2104 A15

1	2	3	4	5	6	7	8	9	10	11	12
Curricula	Curriculum Type	Duration	Dosage	Group Type	Group Size	Session Length	Staffing	Exposure	Number of Cycles Per Year	Fidelity Monitoring Plan	Service Delivery Documentation
Teen Relationship Workbook	Mental Health Treatment	50 Sessions	1x per week	Open	Up to 10 youth	50 min	Trained Master Level Therapist	All receive	N/A Open Group	Fidelity Monitoring of group services is completed monthly by both the onsite licensed clinical director and assigned regional clinical director. Delinquency Interventions are Fidelity monitored by other trained facilitators. Monthly fidelity checks include evaluation of curricula adherence and group delivery. Verification and observation activities are conducted each month across therapists/facilitators and curricula types. Observations are documented on fidelity tools designed to assess delivery and fidelity to the model.	Group Notes / Sign in Sheets
Living in Balance	Substance Abuse Treatment	12 Core Lessons / 21 Optional Sessions	2x per week	Open	Up to 15	50 min	Trained Master Level Therapist	Substance Abuse Youth	N/A Open Group		Group Notes / Sign in Sheets
Life Skills #225	Mental Health Treatment	8 Sections/ 225 Activities	2x per week	Open	Up to 10	50 min	Trained Master Level Therapist	For youth not receiving SA Services	N/A Open Group		Group Notes / Sign in Sheets
Individual Therapy	Mental Health Treatment	Ongoing	1x per week	n/a	1	30 min	Trained Master Level Therapist	All receive	N/A		Individual Progress Notes
Young Men's Work Workbook	Gender Specific	26 Sessions 38 Exercises	1x per week	Open	Up to 10	50 min	Trained Master Level Therapist	All receive	N/A Open Group		Group Notes / Sign in Sheets
Anxiety Workbook for Teens	Mental Health Treatment	42 Lessons	1x per week	N/A	Up to 10	50 min	Trained Master Level Therapist	Can be used for youth presenting with Anxiety Disorders; used individual Sessions	N/A		Group Notes / Sign in Sheets
Strategies for Anger Management	Mental Health Treatment	3 Sections 34 Activities	1x per week	Open	Up to 10	50 min	Trained Master Level Therapist	All receive	N/A Open Group		Group Notes / Sign in Sheets
Thinking for a Change (T4C)	EB Delinquency Intervention Group	25 Lessons	2x per week	Closed	Up to 10	60 min	Trained Facilitator	Based upon skill needs identified within screening, assessment process and review of CFACT	Yearly average cycle 3-4	Trackers / Sign in Sheets	

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Thinking, Feeling, Behaving	Mental Health Treatment	35 Sessions per grade level	1x per week	Open	Up to 10	50 min	Trained Master Level Therapist	All Receive	N/A Open Group	Verification of documentation in progress notes by LMHP for individual services.	Group Notes / Sign in Sheets
100 Interactive Activities for MH-SA Recovery	Mental Health Treatment	50 Sessions	1 x per week	Open	Up to 10	50 min	Trained Master level therapist	All Receive	N/A Open Group		Group Notes / Sign in Sheets

Instructions:Curricula: Enter the name of each proposed curriculum, including the version.

1. **Curriculum Type:** specify if the curriculum is “DJJ-recognized evidence-based delinquency intervention,” “gender-specific,” “Restorative Justice,” or “mental health treatment or substance abuse treatment” curriculum.
2. **Duration:** Enter the number of lessons in the curriculum.
3. **Dosage:** Enter the number of sessions per week. Include the daily/weekly activity schedule that displays the scheduled days and times in the Exhibits section.
4. **Group Type:** Specify if the groups will be open or closed. A “closed” group is defined as a group to which no new youth may attend be or added to the group during the current cycle.
5. **Group Size:** Enter the proposed minimum and maximum number of youth to attend each session.
6. **Session Length:** Enter the proposed amount of time allotted for each session.
7. **Staffing:** Enter the proposed position titles and the number of staff (facilitators, co-facilitators, and supervision staff) that will be responsible for delivering the curriculum to the youth and providing supervision during each group session. Enter the certifications received by each facilitator that qualifies the individual to deliver the material. Enter the licensure of the licensed mental health professionals responsible for providing or supervising mental health groups and the Chapter 397 licensure or licensure of the licensed qualified professionals responsible for providing or supervising substance abuse groups.
8. **Exposure:** Specify which youth receive the service and the method used to select the youth.
9. **Number of Cycles per Year:** Enter the proposed minimum number of cycles per year. A “cycle” is defined as the delivery of a curriculum in its entirety, beginning with lesson 1 through the completion of the final or last lesson. For example, Thinking for a Change (T4C) has 25 lessons. If cohort of youth (#1) completes T4C lessons 1 through 25, then cohort #1 has completed one cycle.
10. **Fidelity Monitoring Plan:** Enter the proposed frequency for conducting observations and submittal timeframes for written fidelity monitoring reports. Enter the proposed number and position titles of staff responsible for conducting the fidelity monitoring, including the certifications received by each identified staff that qualifies the individual to monitor the groups. Include staff certification and fidelity monitoring forms in the Exhibits section.
11. **Service Delivery Documentation:** Describe how each group session will be documented or include forms in the Exhibits section.

Evidence-Based Delinquency Interventions & Mental Health Treatment & Substance Abuse Treatment
Group Sessions Table
Exhibit 7b

Hastings Academy – SAOS Youth Only

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Curricula	Curriculum Type	Duration	Dosage	Group Type	Group Size	Session Length	Staffing	Exposure	Number of Cycles Per Year	Fidelity Monitoring Plan	Service Delivery Documentation
Teen Relationship Workbook	Mental Health Treatment	50 Sessions	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive	N/A Open Group	Fidelity Monitoring of treatment group services is completed monthly by the onsite licensed clinical director and quarterly by the assigned regional clinical director. Delinquency Interventions are Fidelity monitored by other trained facilitators.	Group Notes / Sign in Sheets
100 Interactive Activities for MH-SA Recovery	Substance Abuse Treatment	50 Sessions	1x per week	Open	Up to 15	50 min	Trained Master level therapist	All receive	N/A Open Group		Group Notes / Sign in Sheets
Individual Therapy	Mental Health Treatment	Ongoing	2x per month	n/a	1	50 min	Trained Master Level Therapist	All receive	N/A		Individual Progress Notes
Cannabis Youth Treatment (CYT)	Substance Abuse Treatment	12 Sessions	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	Review of Hx / Diagnostic Criteria (Group completed in lieu of 100 interactive activities)	Closed Group	Monthly fidelity checks include evaluation of curricula adherence and group delivery.	Group Notes/ Sign in Sheets
Group Treatment for Substance Abuse	Substance Abuse Treatment	29 sessions	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive	N/A Open Group	Verification and observation activities are conducted each month across therapists/facilitators and curricula types.	Group Notes/ Sign in Sheets
Living in Balance	Substance Abuse Treatment	12 Core Lessons / 21 Optional Sessions	2x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive	N/A Open Group	Observations are documented on fidelity tools designed to assess delivery	Group Notes / Sign in Sheets
Young Men's Work	Gender Specific	26 Sessions 38 Exercises	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive (In rotation with Dare to be King)	N/A Open Group		Group Notes / Sign in Sheets

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Dare to be King	Gender Specific	17 Lessons	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive (In rotation with Young Men's Work)	N/A Open Group	and fidelity to the model	Group Notes / Sign in Sheets
Don't Let your emotions run your life	Mental Health Treatment	41 sessions	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive (In rotation with Anger Mgmt for MH and SA clients)	N/A Open Group		Group Notes / Sign in Sheets
Anger Mgmt for MH and SA clients	Mental Health Treatment	12 session	1x per week	Open	Up to 15	50 min	Trained Master Level Therapist	All receive (In rotation with Don't Let your emotions run your life)	N/A Open Group		Group Notes / Sign in Sheets
Anxiety Workbook for Teens	Mental Health Treatment	42 Lessons	1x per month	n/a	1	50 min	Trained Master Level Therapist	Youth presenting with anxiety/ Individual as needed	Individual therapy sessions		Individual Progress Notes
Thinking for a Change (T4C)	EB Delinquency Intervention Group	25 Lessons	2x per week	Closed	Up to 10	60 min	Trained Facilitator	Based upon skill needs identified within screening, assessment process and review of CPACT	Yearly average cycle 3-4		Trackers / Sign in Sheets
Impact of Crime (IOC)	EB Delinquency Intervention Group	Seven Chapters 24 sessions	2x per week	Closed	Up to 12	60 min	Trained Facilitator	Based upon skill needs identified within screening, assessment process and review of CPACT	Yearly average cycle 3-4		Trackers / Sign in Sheets

Instructions:

1. **Curricula:** Enter the name of each proposed curriculum, including the version.
2. **Curriculum Type:** specify if the curriculum is “DJJ-recognized evidence-based delinquency intervention,” “gender-specific,” “Restorative Justice,” or “mental health treatment or substance abuse treatment” curriculum.
3. **Duration:** Enter the number of lessons in the curriculum.
4. **Dosage:** Enter the number of sessions per week. Include the daily/weekly activity schedule that displays the scheduled days and times in the Exhibits section.

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5. **Group Type:** Specify if the groups will be open or closed. A “closed” group is defined as a group to which no new youth may attend be or added to the group during the current cycle.
6. **Group Size:** Enter the proposed minimum and maximum number of youth to attend each session.
7. **Session Length:** Enter the proposed amount of time allotted for each session.
8. **Staffing:** Enter the proposed position titles and the number of staff (facilitators, co-facilitators, and supervision staff) that will be responsible for delivering the curriculum to the youth and providing supervision during each group session. Enter the certifications received by each facilitator that qualifies the individual to deliver the material. Enter the licensure of the licensed mental health professionals responsible for providing or supervising mental health groups and the Chapter 397 licensure or licensure of the licensed qualified professionals responsible for providing or supervising substance abuse groups.
9. **Exposure:** Specify which youth receive the service and the method used to select the youth.
10. **Number of Cycles per Year:** Enter the proposed minimum number of cycles per year. A “cycle” is defined as the delivery of a curriculum in its entirety, beginning with lesson 1 through the completion of the final or last lesson. For example, Thinking for a Change (T4C) has 25 lessons. If cohort of youth (#1) completes T4C lessons 1 through 25, then cohort #1 has completed one cycle.
11. **Fidelity Monitoring Plan:** Enter the proposed frequency for conducting observations and submittal timeframes for written fidelity monitoring reports. Enter the proposed number and position titles of staff responsible for conducting the fidelity monitoring, including the certifications received by each identified staff that qualifies the individual to monitor the groups. Include staff certification and fidelity monitoring forms in the Exhibits section.
12. **Service Delivery Documentation:** Describe how each group session will be documented or include forms in the Exhibits section.

Evidence-Based Delinquency Interventions & Mental Health Treatment & Substance Abuse Treatment
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Curricula	Curriculum Type	Duration	Dosage	Group Type	Group Size	Session Length	Staffing	Exposure	Number of Cycles Per Year	Fidelity Monitoring Plan	Service Delivery Documentation
Living in Balance	Substance Abuse Treatment	24 sessions of 12 core and 21 optional	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	Substance abuse youth	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group Note and sign in sheets
Girls in Real Life Situations (G.I.R.L.S.)	Mental Health Treatment	48 Lessons	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	All youth not attending Living in Balance	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
Teen Relationships Workbook	Mental Health Treatment	50 lessons	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	All youth	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
Voices: A Program of Self Discovery & Empowerment	Mental Health Treatment/ Gender Specific	18 Sessions	Two times per week	Closed	Up to 10 youth	90 minutes	Trained Therapist	All youth	Yearly Average Cycles 4	A trained facilitator will conduct fidelity checks as indicated. Curriculum-Specific Fidelity Tool.	Group note and sign in sheets
Thinking, Feeling, Behaving	Mental Health Treatment	16 sessions	One time per week	Open	Up to 10 youth	60 minutes	Trained therapist	All youth when not attending VOICES	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
Conflict Resolution from the Inside Out	Mental Health Treatment	49 Lessons	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	All youth when not attending VOICES	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
SAVVY Sisters	Mental Health Treatment/	20 lessons	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	All youth	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated.	Group note and sign in sheets

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	Gender Specific									Manualized Curriculum Fidelity Tool.	
DBT Skills Manual for Adolescents	Mental Health Treatment	24 lessons	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	Based on need as identified by skill deficits and diagnosis	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
The Social Success Workbook for Teens	Mental Health Treatment	40 Activities	One time per week	Open	Up to 10 youth	60 minutes	Trained Therapist	All youth	NA/ Ongoing	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Group note and sign in sheets
Thinking For Change (T4C) 3.1	DJJ-recognized EB delinquency intervention	25 Lessons 32-36 sessions	Two times per week	Closed	Up to 10 youth	60 minutes	Trained Case Manager / Youth Care Worker	Based on need as identified by RPACT results	Yearly average cycles 2	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Sign In sheets
Impact of Crime	Restorative Justice	24 Lessons	Two times per week	Closed	Up to 10 youth	60 minutes	Trained Case Manager / Youth Care Worker	Based on need as identified by RPACT results	Yearly average cycles 2	A trained facilitator will conduct fidelity checks as indicated. Manualized Curriculum Fidelity Tool.	Sign in sheets

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7. **Session Length:** Enter the proposed amount of time allotted for each session.
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