



GOVERNMENT OF THE DISTRICT OF COLUMBIA
DEPARTMENT OF YOUTH REHABILITATION SERVICES

DC Council Subcommittee on Youth Affairs

Department of Youth Rehabilitation Services (DYRS)

2025 Performance Oversight Hearing

March 6, 2025



DEPARTMENT OF YOUTH REHABILITATION SERVICES

➤ MISSION

The mission of the Department of Youth Rehabilitation Services is to give court-involved youth the opportunity to become more productive citizens by building on the strengths of youths and their families in the least restrictive, most homelike environment consistent with public safety.

➤ VISION

The vision of the Department of Youth Rehabilitation Services is to provide the nation's best continuum of care for court-involved youth and their families through a wide range of programs that emphasize individual strengths, personal accountability, public safety, skill development, family involvement and community support.



DYRS FY 2024 MILESTONES

STRENGTHENED SAFETY AND SECURITY at the Youth Services Center (YSC) and at New Beginnings Youth Development Center (NBYDC).

EXPANDED THE CONTINUUM OF CARE by increasing placements.

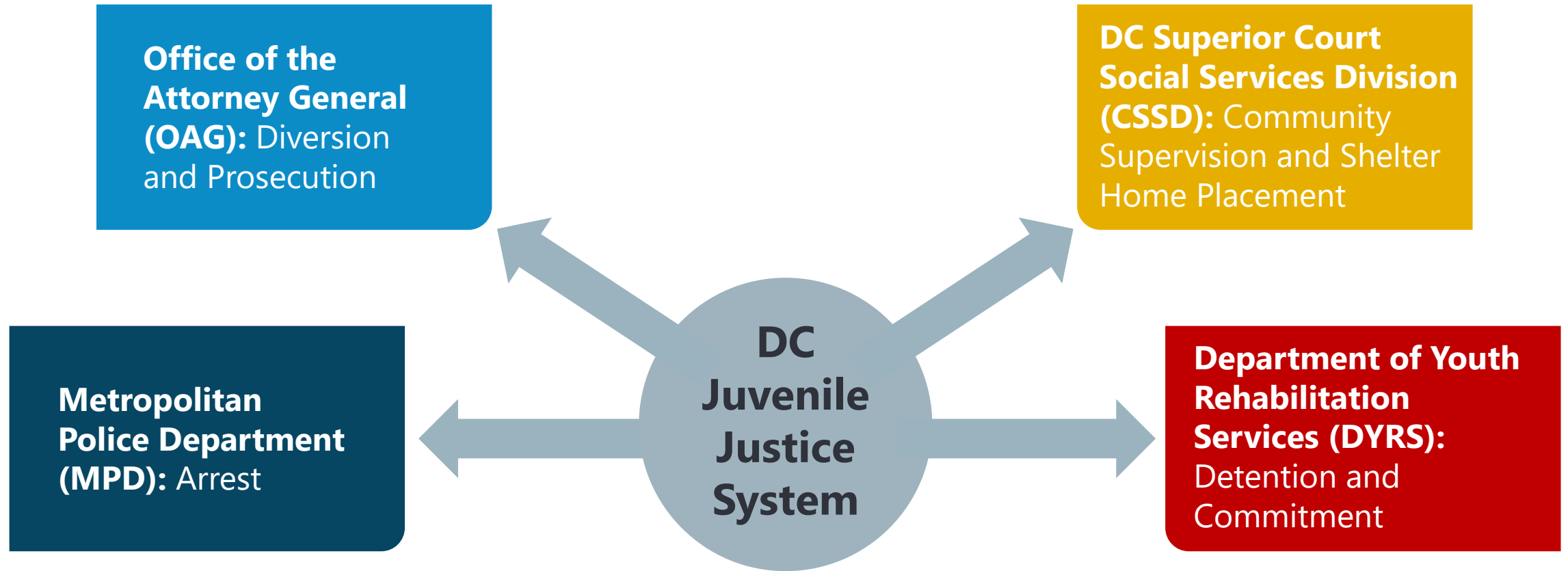


THE DISTRICT'S JUVENILE JUSTICE ECOSYSTEM





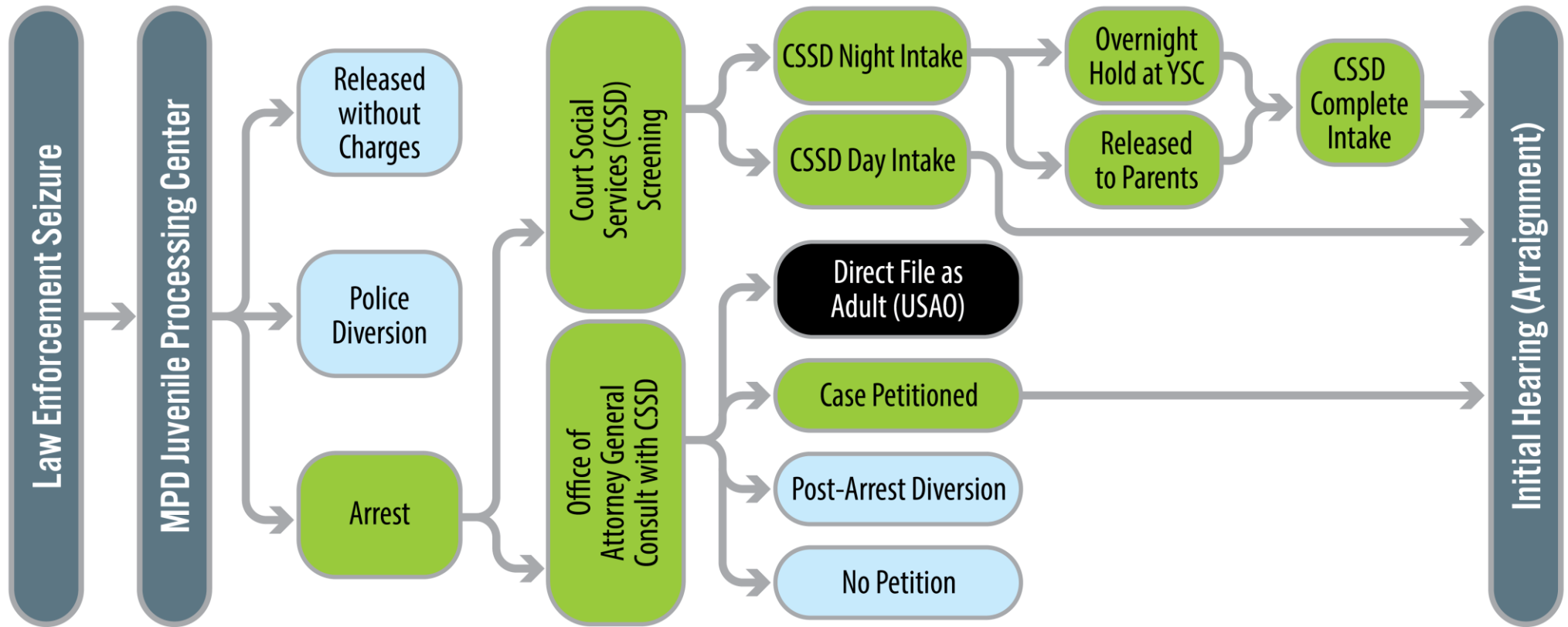
THE DISTRICT'S JUVENILE JUSTICE ECOSYSTEM





THE DISTRICT'S JUVENILE JUSTICE ECOSYSTEM

Arrest and Processing

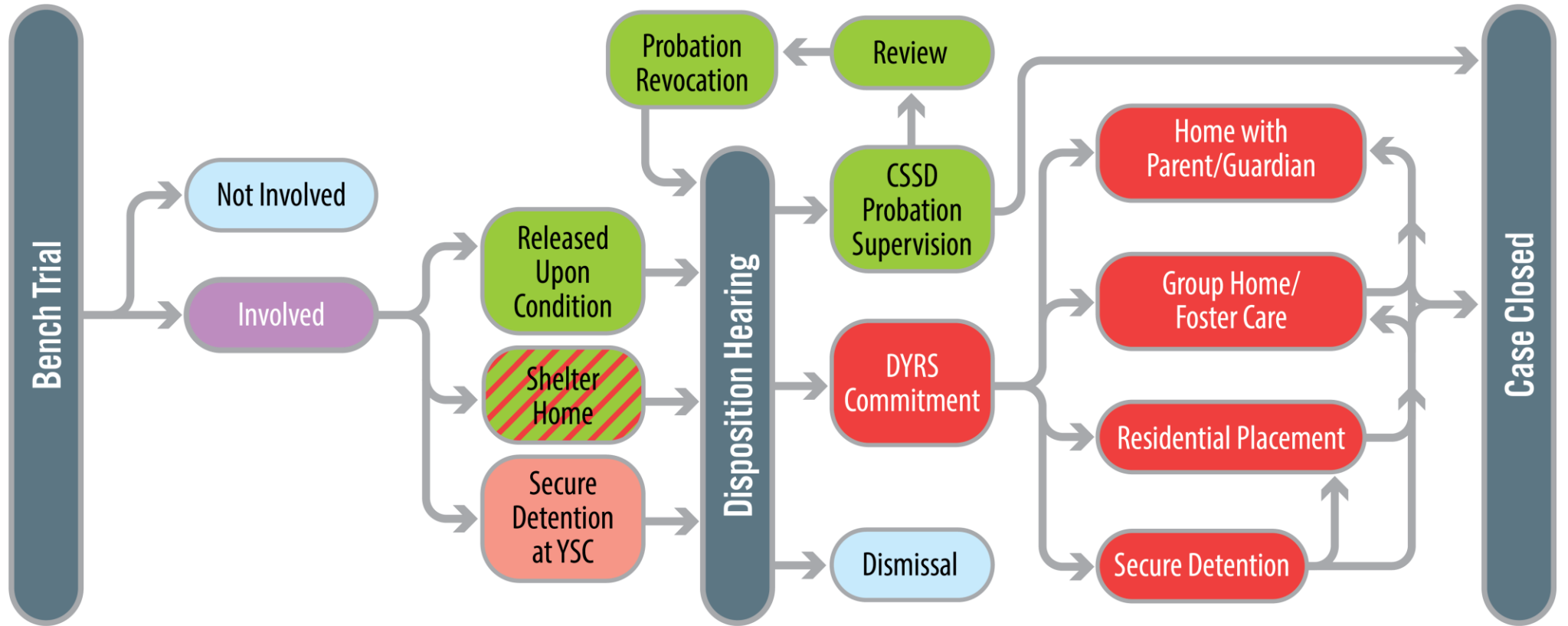


- Case out of Juvenile System
- Superior Court of the District of Columbia's Family Court Social Services Division (CSSD)
- United States Attorney's Office (USAO)



THE DISTRICT'S JUVENILE JUSTICE ECOSYSTEM

Adjudication and Disposition



● Case out of Juvenile System

● Superior Court of the District of Columbia's Family Court Social Services Division (CSSD)

● Youth largely not committed to DYRS

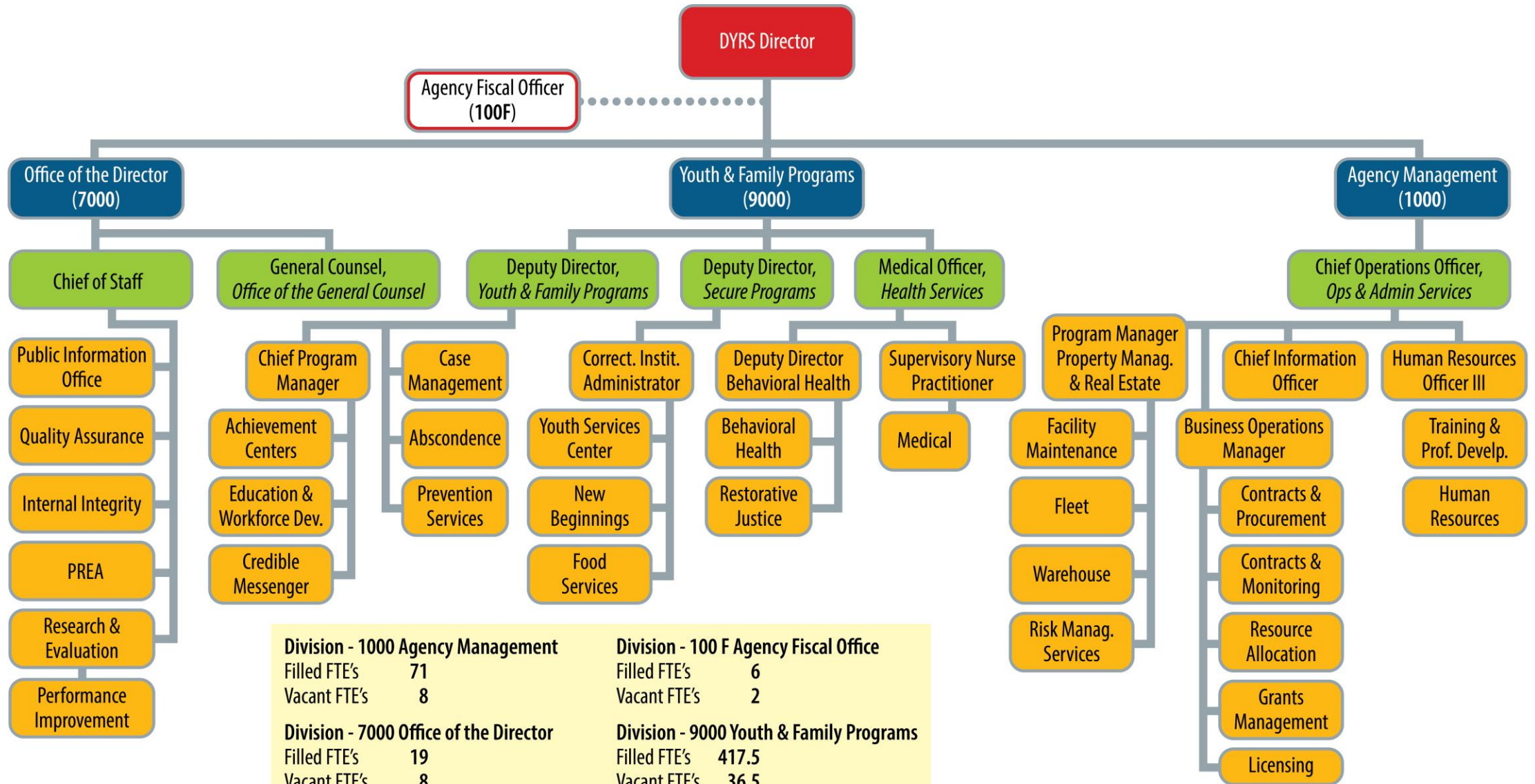
● Youth committed to DYRS



DYRS STRUCTURE & STAFFING



DYRS ORGANIZATIONAL CHART



Division - 1000 Agency Management	Division - 100 F Agency Fiscal Office
Filled FTE's 71	Filled FTE's 6
Vacant FTE's 8	Vacant FTE's 2
Division - 7000 Office of the Director	Division - 9000 Youth & Family Programs
Filled FTE's 19	Filled FTE's 417.5
Vacant FTE's 8	Vacant FTE's 36.5
Total Filled FTE's 513.5 Total Vacant FTE's 54.5 TOTAL: 568	



STAFFING: AGENCYWIDE

DYRS employs a variety of staff across several departments and functions that includes direct care staff, community program staff, executive staff and administrative staff who all work together to serve and support DYRS youth.

Date	Agencywide FTE's	Agencywide Vacancies
End of FY24	546	30.5
Current	568	54.5



STAFFING: SECURE PROGRAMS (YSC)

YSC is staffed by direct care staff including Juvenile Justice Institutional Counselors (JJIC), Youth Development Representatives (YDR) and Supervisory Youth Development Representatives (SYDR).

Date	SYDR Total FTEs	YDR Total FTEs	SYDR Vacancies	YDR Vacancies
End of FY24	15	140	0	3
Current	15	151	0	11

Date	JJIC Total FTEs	JJIC Vacancies
End of FY24	3	0
Current	3	0



STAFFING: SECURE PROGRAMS (NBYDC)

NBYDC is staffed by direct care staff including Juvenile Justice Institutional Counselors (JJIC), Youth Treatment Managers (YTM), Youth Development Representatives (YDR), and Supervisory Youth Development Representatives (SYDR).

Date	SYDR Total FTEs	YDR Total FTEs	SYDR Vacancies	YDR Vacancies
End of FY24	14	92.5	0	3.5
Current	14	102.5	0	8

Date	JJIC Total FTEs	YTM Total FTEs	JJIC Vacancies	YTM Vacancies
End of FY24	3	2	0	0
Current	3	2	1	0



STAFFING: YOUTH AND FAMILY PROGRAMS (YFP)

Youth and Family Programs (YFP) includes direct care staff within the following units: 1) GPS Monitoring and Rapid Response Unit; 2) Pre-Commitment Unit; 3) Care Coordination; 4) Oasis Violence Prevention Initiative.

Date	YFP Total FTEs	YFP Vacancies
End of FY24	43	4
Current	44	3



STAFFING: BEHAVIORAL HEALTH

Behavioral Health staff include mental health specialists, a substance abuse coordinator, a behavioral health program manager, a restorative justice coordinator and restorative justice specialists that serve the mental and behavioral health needs of youth at YSC, NBYDC and in the community.

Date	Behavioral Health Total FTEs	Behavioral Health Vacancies
End of FY24	24	1
Current	24	0



STAFFING: HEALTH SERVICES

Health Services staff includes a medical director, nursing staff, and dental staff who serve the medical needs of youth at YSC and NBYDC.

Date	Health Services Total FTEs	Health Services Vacancies
End of FY24	25	5
Current	25	2



DYRS POPULATION: FY2024 OVERVIEW





YOUTH SERVICES CENTER FY24 SNAPSHOT

The Youth Services Center (YSC) is a 98-bed secure detention facility that provides 24-hour supervision, care and custody to youth who have been ordered to YSC by a DC Family Court Judge while awaiting adjudication or disposition.

YSC	
FY24 ADP	93.1
FY24 ALOS Committed Youth Awaiting Placement	72 Days



COMMITTED YOUTH SNAPSHOT

As of March 3, 2025, at 6:20 PM, the number of committed youth was 187.

Committed Youth Placements	Number of Youth
Community based placement (Group Homes, Foster Care, Home Placement, Transitional living, Job development and Military Academy, Hospital)	74
NBYDC	44
RTC/PRTF	15
Non-DYRS Secure Facilities (Jail or Correctional Institution)	19



NEW BEGINNINGS YOUTH DEVELOPMENT CENTER (NBYDC) FY24 SNAPSHOT

The New Beginnings Youth Development Center (NBYDC) is a secure 60-bed residential facility for DYRS-committed youth.

NBYDC	
Capacity	60
FY24 ADP	52
FY24 ALOS	217 days



YSC YOUTH SNAPSHOT

As of March 3, 2025, at 6:20 PM, the number of youth at YSC was 102.

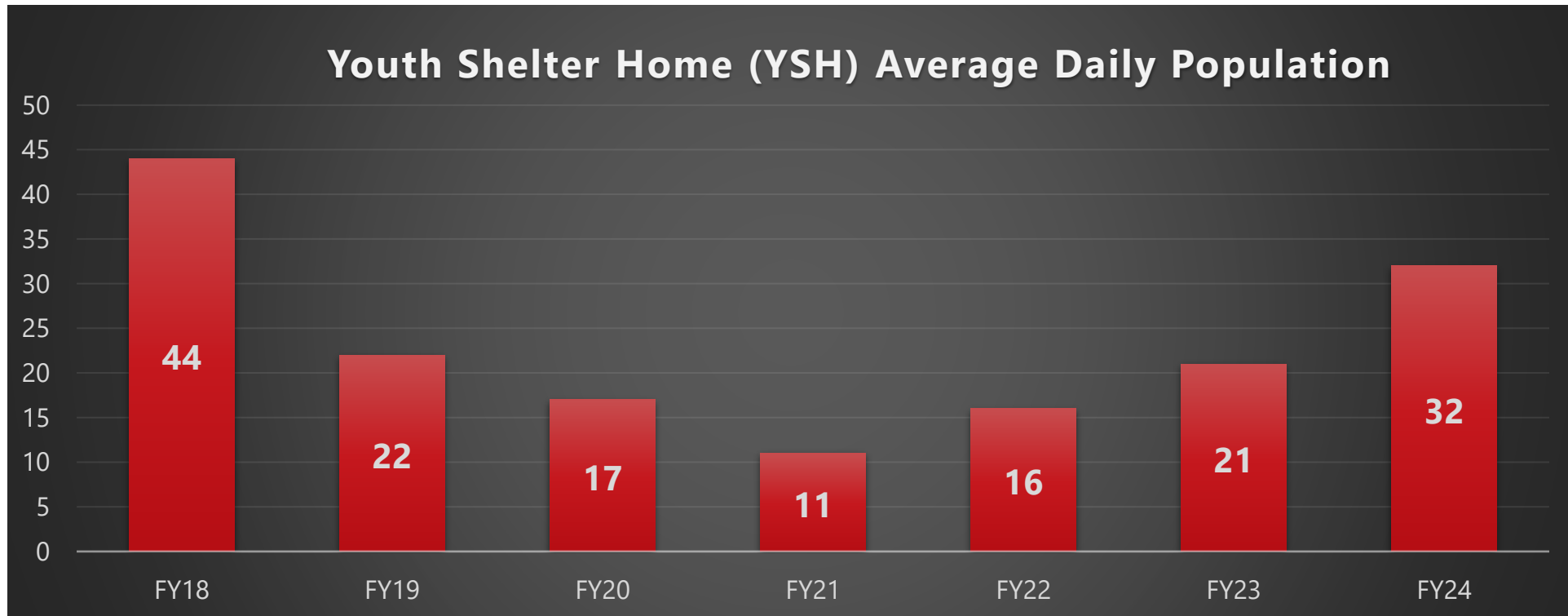
YSC Youth Type	Number of Youth
Secure Detention	58
Commitment	24
Title 16 Pre-trial	19
PINS	1



FY 2024 DYRS POPULATION OVERVIEW

Youth Shelter Homes

**In FY24, YSH's average daily population (ADP) was 32.
FY23 to FY24 there was a 52% increase in the Youth Shelter Home ADP.**

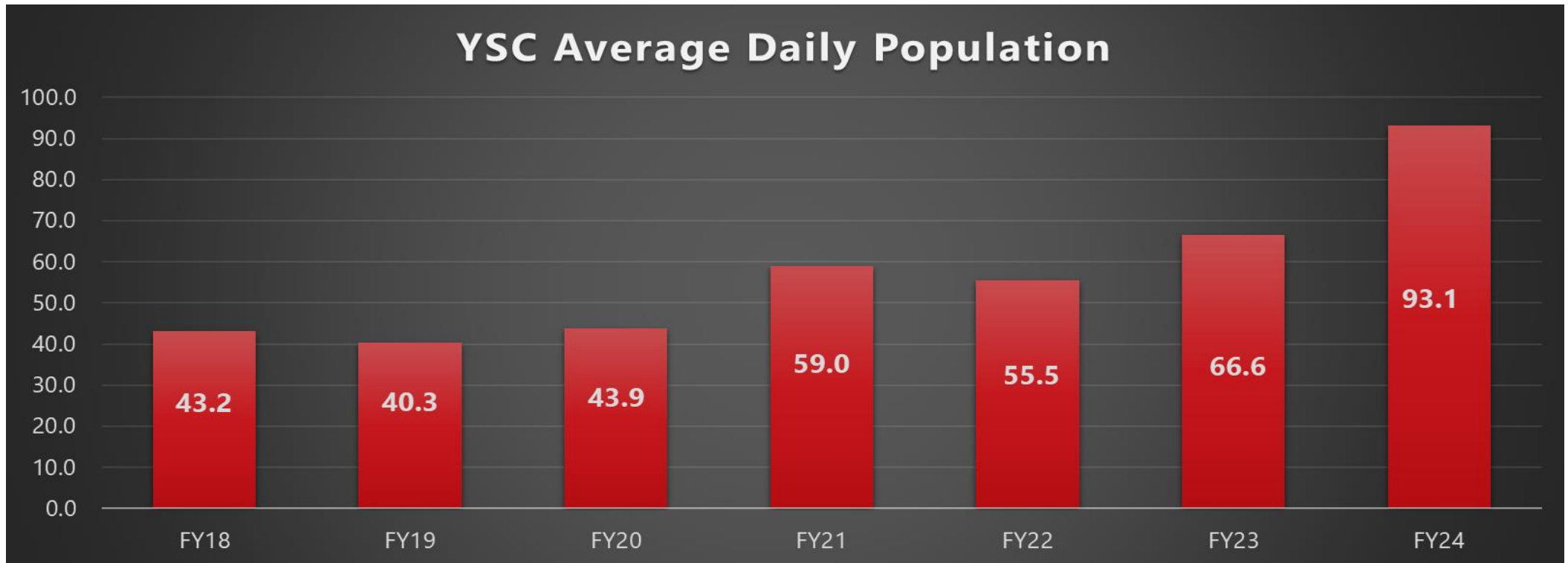




FY 2024 DYRS POPULATION OVERVIEW

Youth Services Center

In FY24, YSC's average daily population (ADP) was 93.1.
FY23 to FY24 there was a 40% increase in Youth Services Center ADP.

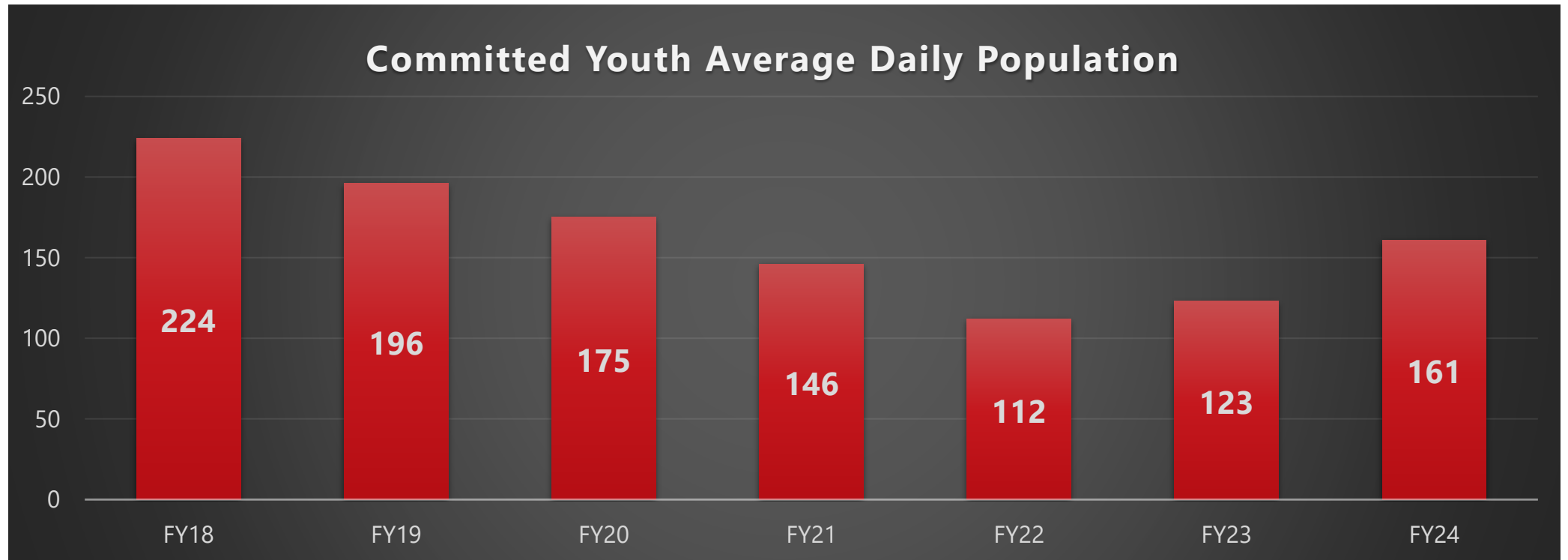




FY 2024 DYRS POPULATION OVERVIEW

Committed Youth

In FY24, committed youth's average daily population (ADP) was 161. FY23 to FY24 there was a 31% increase in Committed Youth ADP.

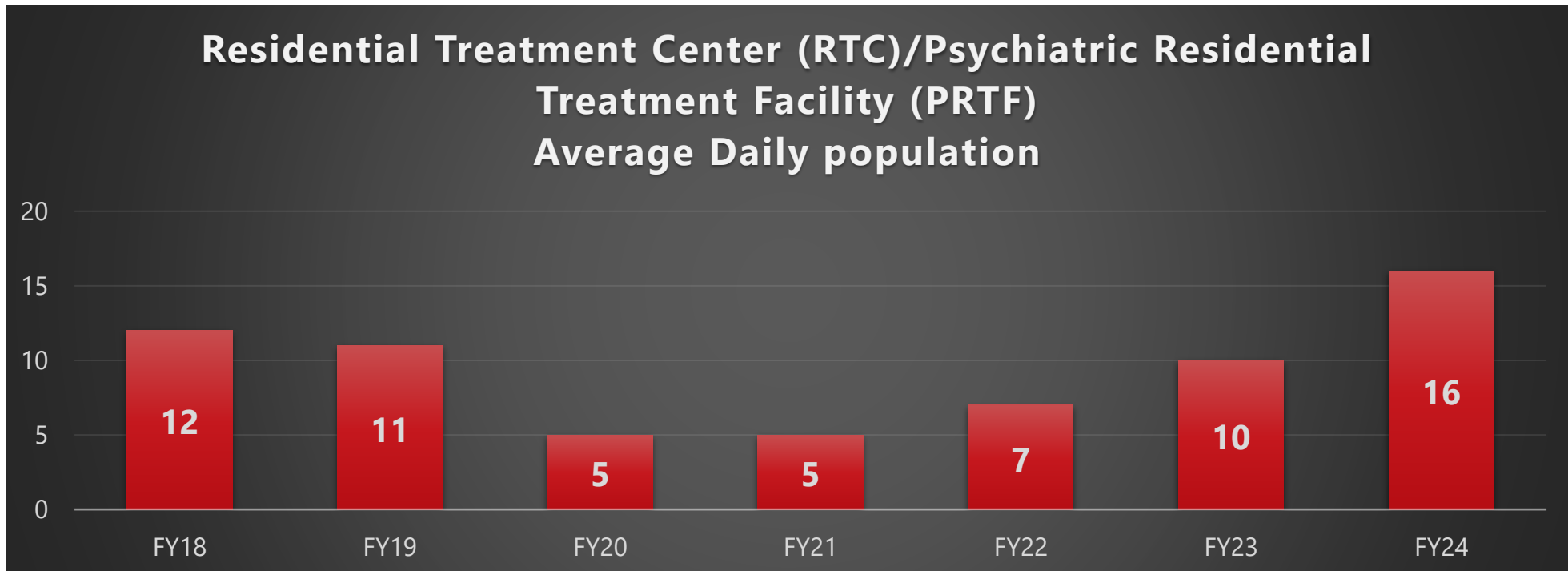




FY 2024 DYRS POPULATION OVERVIEW

Committed Youth

In FY24, committed youth's average daily population (ADP) at RTC/PRTF was 16. FY23 to FY24 there was a 60% increase in the RTC/PRTF ADP.





FY 2024 DYRS POPULATION OVERVIEW

Title 16 Youth

In FY24, the average length of stay for Pre-trial Title 16 youth was 376 days.

FY24 Title 16 Pre-trial Youth	
Title 16 Pre-trial Admissions	27
Title 16 Pre-trial ADP	23
Title 16 Pre-trial Releases	10
Title 16 Pre-trial ALOS	376

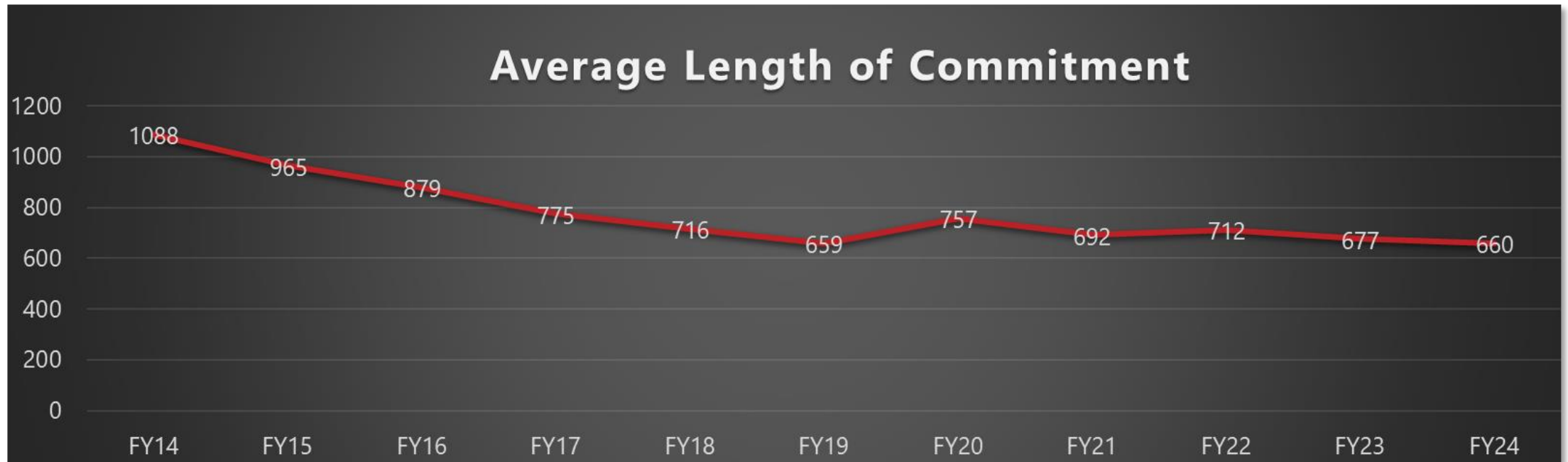


FY 2024 DYRS POPULATION OVERVIEW

Average Length of Commitment

The average length of commitment for youth whose commitment expired during FY24 is 660 days.

The chart below shows the average length of commitment for committed youth released in the fiscal year indicated.





FY 2024 DYRS POPULATION OVERVIEW

Average Length of Commitment

The table below displays the average length of stay for committed youth placed at New Beginnings Youth Development Center (NBYDC) and at a Residential Treatment Center (RTC)/Psychiatric Residential Treatment Facility (PRTF) for FY24.

Only committed youth who have a release date within the fiscal year are included.

Committed Youth Average Length of Stay	
NBYDC	217 days
RTC/PRTF	174 days



FY 2024 DYRS POPULATION OVERVIEW

YSC Critical Incidents



Data Source: Office of Independent Juvenile Justice Facility Oversight (OIJJFO)



FY 2024 DYRS POPULATION OVERVIEW

NBYDC Critical Incidents



Data Source: Office of Independent Juvenile Justice Facility Oversight (OIJJFO)



DYRS YOUTH SERVICES & SUPPORTS: YOUTH SERVICES CENTER





YSC DAILY SCHEDULE

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Time	Saturday		Sunday	
6:00am – 8:00am	Breakfast on Unit/ 1600: A100 (6:15-6:45) B100 (6:50-7:20) C100 (7:25-7:55)	Wake-up Process/ Morning Routine (6-7:30) Rise Circle (7:30-8)	Breakfast on Unit/ 1600: C200 (6:15-6:45) A100 (6:50-7:20) B100 (7:25-7:55)	Wake-up Process/ Morning Routine (6-7:30) Rise Circle (7:30-8)	Breakfast on Unit/ 1600: B200 (6:15-6:45) C200 (6:50-7:20) A100 (7:25-7:55)	Wake-up Process/ Morning Routine (6-7:30) Rise Circle (7:30-8)	Breakfast on Unit/ 1600: A200 (6:15-6:45) B200 (6:50-7:20) C200 (7:25-7:55)	Wake-up Process/ Morning Routine (6-7:30) Rise Circle (7:30-8)	Breakfast on Unit/ 1600: D100 (6:15-6:45) A200 (6:50-7:20) B200 (7:25-7:55)	Wake-up Process/ Morning Routine (6-7:30) Rise Circle (7:30-8)	7:00am – 8:00am	Wake-up Process/ Morning Routine		Wake-up Process/ Morning Routine Deep Cleaning	
8:00am – 11:30am	Medication Process (8-9)		Medication Process (8-9)		Medication Process (8-9)		Medication Process (8-9)		Medication Process (8-9)		8:00am – 9:00am	Breakfast	Medication Process	Breakfast	Medication Process
	School		School		School		School		School		9:00am – 9:30am	Rise Circle		Rise Circle	
	School		School		School		School		School		9:30am - 10:00am	Staff-Led Group		Staff-Led Group	
11:30am – 12:20pm	Lunch		Lunch		Lunch		Lunch		Lunch		10:00am	AM Tour Large Muscle/ Recreation: A100 (10-11am) B200 (11-12pm) C200 (12-1pm)		AM Tour Large Muscle/ Recreation: A100 (10-11am) B100 (11-12pm) C100 (12-1pm)	
12:25pm – 2:50pm	School		School		School		School		School		11:00am	1 st Floor Visitation Religious Services (11am – 1pm)		2 nd Floor Visitation Religious Services (11am – 1pm)	
	School		School		School		School		Religious Services (1-1:45)		11:30am	Lunch		Lunch	
3:00pm – 3:30pm	Shift Exchange & Expectation Circle		Shift Exchange & Expectation Circle		Shift Exchange & Expectation Circle		Shift Exchange & Expectation Circle		Shift Exchange & Expectation Circle		1:00pm – 3:00pm	Leisure Time		Leisure Time	
3:30pm – 4:30pm	Core Programs or Staff-Led Group		Core Programs or Staff-Led Group		Core Programs or Staff-Led Group		Core Programs or Staff-Led Group		Core Programs or Staff-Led Group		3:00pm – 3:30pm	Shift Exchange & Expectation Circle		Shift Exchange & Expectation Circle	
4:30pm	Dinner on Unit/ 1600: D100 (4:30-5:00) A200 (5:05-5:35) B200 (5:40-6:10)		Dinner on Unit/ 1600: C100 (4:30-5:00) D100 (5:05-5:35) A200 (5:40-6:10)		Dinner on Unit/ 1600: B100 (4:30-5:00) C100 (5:05-5:35) D100 (5:40-6:10)		Dinner on Unit/ 1600: A100 (4:30-5:00) B100 (5:05-5:35) C100 (5:40-6:10)		Dinner on Unit/ 1600: C200 (4:30-5:00) A100 (5:05-5:35) B100 (5:40-6:10)		3:30pm – 4:00pm	Staff Led-Group		Staff Led-Group	
	Dinner on Unit/ 1600: D100 (4:30-5:00) A200 (5:05-5:35) B200 (5:40-6:10)		Dinner on Unit/ 1600: C100 (4:30-5:00) D100 (5:05-5:35) A200 (5:40-6:10)		Dinner on Unit/ 1600: B100 (4:30-5:00) C100 (5:05-5:35) D100 (5:40-6:10)		Dinner on Unit/ 1600: A100 (4:30-5:00) B100 (5:05-5:35) C100 (5:40-6:10)		Dinner on Unit/ 1600: C200 (4:30-5:00) A100 (5:05-5:35) B100 (5:40-6:10)		4:00pm	PM Tour Large Muscle/ Recreation: B100 (4-5am) C100 (5-6pm) D100 (6-7pm)		PM Tour Large Muscle/ Recreation: C200 (4-5pm) B200 (5-6pm) A200 (6-7pm)	
5:00pm – 7:00pm	Supplemental Programs or Structured Activities		Supplemental Programs or Structured Activities 1 st Floor Visitation		Supplemental Programs or Structured Activities		Supplemental Programs or Structured Activities 2 nd Floor Visitation		Supplemental Programs or Structured Activities		4:00pm – 4:30pm	Resident Led-Group or Structured Activity		Resident Led-Group or Structured Activity	
	Supplemental Programs or Structured Activities Hygiene- All Units (6:30pm- 7:30pm)		Supplemental Programs or Structured Activities Hygiene- All Units (6:30pm- 7:30pm)		Supplemental Programs or Structured Activities Hygiene- All Units (6:30pm- 7:30pm)		Supplemental Programs or Structured Activities Hygiene- All Units (6:30pm- 7:30pm)		Supplemental Programs or Structured Activities Hygiene- All Units (6:30pm- 7:30pm)		4:30pm	Dinner		Dinner	
7:00pm – 8:00pm	Medication Process	Reflection Circle (7:30-8)	Medication Process	Reflection Circle (7:30-8)	Medication Process	Reflection Circle (7:30-8)	Medication Process	Reflection Circle (7:30-8)	Medication Process	Reflection Circle (7:30-8)	5:00pm – 7:00pm	Leisure Time Hygiene- All Units (6:30pm- 7:30pm)		Leisure Time Hygiene- All Units (6:30pm- 7:30pm)	
8:00pm	Snacks		Snacks		Snacks		Snacks		Snacks		7:00pm – 8:00pm	Medication Process	Reflection Circle (7:30-8)	Medication Process	Reflection Circle (7:30-8)
8:00pm – 9:45pm	Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm) Late Night Incentive (Contabute and Contabute Honors Youth – 9:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		8:00pm	Snacks		Snacks	
	Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		8:00pm – 9:45pm	Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)		Bedtime (Think – 8:00, Learn – 8:15, Contabute – 8:30, Contabute Honors – 8:45pm)	



YSC YOUTH SERVICES AND SUPPORTS

All youth at YSC have access to assessment, stabilization, and supportive services and interventions. Youth who are committed and awaiting placement receive the highest frequency of group interventions in preparation for their transitions to designated placements.

Behavioral and Mental Health Services at YSC

- Mental health & substance abuse screening and assessment
- Medication assessment & management
- Individual brief supportive counseling
- Psychoeducational groups (topics vary based on unit/youths' needs)
- Crisis intervention
- Milieu engagement
- Restorative justice services & interventions
- Individual substance abuse counseling
- Substance use psychoeducational groups
- Animal assisted therapy & support
- Linkage & referral to community services and supports



YSC YOUTH SERVICES AND SUPPORTS

All youth at YSC have access to a range of non-behavioral and mental health programs and services that include education, career readiness, health services, and recreational activities.

Non-Behavioral and Mental Health Services at YSC

- **Medical Services:** Comprehensive medical assessments and ongoing healthcare support to address physical health needs, including routine check-ups, vaccinations, and emergency care.
- **Dental Services:** Preventative dental care, routine cleanings, and treatments for dental issues to ensure youth maintain good oral hygiene and health.
- **Wellness and Mindfulness Programs:** Programs including yoga, mindfulness workshops, and guided relaxation sessions to encourage self-regulation, reduce stress, and support mental well-being.
- **Spiritual and Religious Services:** Optional access to religious services and spiritual counseling to support individual beliefs and provide comfort, hope, and moral guidance.



YSC YOUTH SERVICES AND SUPPORTS

All youth at YSC have access to a range of non-behavioral and mental health programs and services, including education, career readiness, health services, and recreational activities.

Non-Behavioral and Mental Health Services at YSC

- **Educational Services:** Accredited education from the See Forever Foundation's Maya Angelou Academy that offers a full academic curriculum, allowing youth to continue their education and earn credits toward high school completion or GED preparation.
- **Life Skills and Career Readiness Programs:** Workshops and skill-building sessions focused on life skills, including financial literacy, communication, time management, and job readiness training.
- **Family Engagement Services:** Programs that facilitate positive family involvement through scheduled family meetings, counseling sessions, and family support programs to strengthen family bonds and improve communication.
- **Physical Education and Recreation:** Daily structured physical activities, including organized sports, fitness classes, and recreational games to promote physical health, teamwork, and positive social interaction.



YSC YOUTH SERVICES AND SUPPORTS

All youth at YSC have access to a range of non-behavioral and mental health programs and services, including education, career readiness, health services, and recreational activities.

Non-Behavioral and Mental Health Services at YSC

- **Credible Messenger Initiative:** Community-based mentors with similar life experiences provide guidance, support, and positive role modeling, offering insight and encouragement for youth.
- **Case Management:** JJICs are a part of a youth's core support team and keep care coordination updated on a youth's progress while at YSC.
- **Public Defender and Legal Services:** Access to legal support and consultation with public defenders to help youth understand their rights and navigate their legal circumstances.



DYRS YOUTH SERVICES & SUPPORTS: NEW BEGINNINGS YOUTH DEVELOPMENT CENTER





NBYDC DAILY SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM – 7 AM		Hygiene	Hygiene	Hygiene	Hygiene	Hygiene	
7 AM – 9 AM	Morning Medication Process						
7 AM – 8 AM		Rise Circles + Culinary	Rise Circles + Culinary	Rise Circles + Culinary	Rise Circles + Culinary	Rise Circles + Culinary	
8 AM – 9 AM	Breakfast on the Unit	School	School	School	School	School	Breakfast on the Unit
9 AM – 10 AM	Cleaning/Searches Rise Circles	School	School	School	School	School	Cleaning/Searches Rise Circles
10 AM – 11 AM	Sunday Inspiration Expectations/TV	School	School	School	School	School	Gym/PYJ Life Skills Cleaning
11 AM – 12 PM	Lunch + PREA Group	School	School	School	School	Culinary	Lunch
12 PM – 1 PM	Real Talk Book Club Wellness	School	School	School	School	Reflection Circles Religious Services Recreation	Visitation / Life Skills / Wellness / Recreation
1 PM – 2 PM	Gym/Recreation/PYJ Life Skills	School	School	School	School		
2 PM – 2:30 PM	Hygiene / Recreation / PYJ Life Skills	School	School	School	School	Real Talk Book Club / Recreation / Circles	
2:30 PM – 3:30 PM	Shift Change / Individual Reflection						
3:15 PM – 4 PM	Room Searches / Expectation Circles						
4 PM – 5 PM	Book Club / Recreation / Hygiene / Chess Club	Core Group / Life Skills / Current Events					Book Club / Recreation / Hygiene / Chess Club
5 PM – 6 PM	Dinner						
6 PM – 8 PM	Vocational Programs						
6 PM – 7 PM	Recreation / Real Talk / Book Club / Community Building Activities						
7 PM – 9 PM	Evening Medication Process						
7 PM – 8 PM	Personal Time / Privileges	Recreation / Real Talk / Book Club / Community Building Activities / Wind Down Activity					Personal Time / Privileges
8 PM – 8:20 PM	Reflection Circles on the Units						
8:20 PM – 9 PM	Hygiene / Personal Time / Privileges						



NBYDC YOUTH SERVICES AND SUPPORTS

All youth at NBYDC have access to a range of non-behavioral and mental health programs and services that include education, workforce development, health services, and recreational activities.

Non-Behavioral and Mental Health Services at NBYDC

- **Medical Services:** Comprehensive medical assessments and ongoing healthcare support to address physical health needs, including routine check-ups, vaccinations, and emergency care.
- **Dental Services:** Preventative dental care, routine cleanings, and treatments for dental issues to ensure youth maintain good oral hygiene and health.
- **Wellness and Mindfulness Programs:** Programs such as yoga, mindfulness workshops, and guided relaxation sessions to encourage self-regulation, reduce stress, and support mental well-being.
- **Spiritual and Religious Services:** Optional access to religious services and spiritual counseling to support individual beliefs and provide comfort, hope, and moral guidance.



NBYDC YOUTH SERVICES AND SUPPORTS

All youth at NBYDC have access to a range of non-behavioral and mental health programs and services, including education, career readiness, health services, and recreational activities.

[Non-Behavioral and Mental Health Services at NBYDC](#)

- **Educational Services:** Accredited education from the Maya School, that offers a full academic curriculum, allowing youth to continue their education and earn credits toward high school completion or GED preparation.
- **Life Skills and Career Readiness Programs:** Workshops and skill-building sessions focused on life skills, including financial literacy, communication, time management, and job readiness training.
- **Family Engagement Services:** Programs that facilitate positive family involvement through scheduled family meetings, counseling sessions, and family support programs to strengthen family bonds and improve communication.
- **Physical Education and Recreation:** Daily structured physical activities, including organized sports, fitness classes, and recreational games to promote physical health, teamwork, and positive social interaction.



NBYDC YOUTH SERVICES AND SUPPORTS

All youth at NBYDC have access to a range of non-behavioral and mental health programs and services, including education, career readiness, health services, and recreational activities.

[Non-Behavioral and Mental Health Services at NBYDC](#)

- **Credible Messenger Initiative:** Community-based mentors with similar life experiences provide guidance, support, and positive role modeling, offering insight and encouragement for youth.
- **Case Management and Reentry Planning:** Case managers work with youth to create individualized reentry plans, including setting goals, arranging transitional support, and connecting youth with external resources to prepare for successful reintegration.
- **Public Defender and Legal Services:** Access to legal support and consultation with public defenders to help youth understand their rights and navigate their legal circumstances.



NBYDC REHABILITATIVE PROGRAMMING

All youth at NBYDC have access to ongoing assessment and intensive treatment services including coordination of continuity of care upon discharge.

Intensive Treatment Services at NBYDC

- Screening and Assessment
- Substance Use Psychoeducational/Treatment Groups
- Psychoeducational Groups
- Clinical Groups
- Restorative Justice Interventions
- Family support sessions/circles
- Milieu engagement
- Medication assessment and management (Provided onsite by contract psychiatrists)
- Individual substance use treatment
- Wellness activities
- Sexual offender relapse treatment/Sexually problematic behavior treatment
- Animal assisted therapy and support
- Individual therapy
- Crisis Intervention



NBYDC REHABILITATIVE PROGRAMMING

All youth at NBYDC have access to ongoing assessment and intensive treatment services including coordination of continuity of care upon discharge.

Intensive Treatment Services at NBYDC: Types of Group Programming

- **Restorative Justice READY:** This module offers an overview of Restorative Justice principles and practices. Residents are encouraged to reflect upon harm experienced in communities, advocacy, healing, as well as methods of effective conflict resolution.
- **Washington Aggression Interruption Training (WAIT):** This group provides information and practice for healthy anger management, social skills, and moral reasoning. Participants will develop important skills to make better decisions, cope with negative feelings, resolve conflict, and communicate with others. The WAIT group meets three times a week for 10 weeks with Certificates of Participation awarded to participants who complete the course.
- **Power Source:** Widely used module focused upon the social-emotional development of adolescents. The sessions are intended to increase youth self-awareness, improve individual capacity for self-control, and to promote a sense of hope and purpose. Topics covered include emotional literacy, anger management, self-regulation, and trauma.



NBYDC REHABILITATIVE PROGRAMMING

All youth at NBYDC have access to ongoing assessment and intensive treatment services including coordination of continuity of care upon discharge.

Intensive Treatment Services at NBYDC: Types of Group Programming

- **Trauma and Grief Component Therapy for Adolescents (TGCA):** This module addresses the needs of adolescents facing trauma, bereavement, and accompanying developmental disruption. Sessions focus upon specialized therapeutic exercises to reduce distress and promote adaptive developmental progression.
- **Structured Psychotherapy for Adolescents Responding to Chronic Stress (SPARCS):** This group focuses on developing resilience, particularly for individuals who have faced repeated stress and difficult experiences. Participants will have the opportunity to learn how chronic stress affects our minds and bodies. Group sessions encourage members to practice skills to cope with sadness, frustration, anxiety, and anger.
- **Safety First:** This harm-reduction based group focuses on learning critical thinking, decision-making, and goal-oriented skills that will support making healthy choices about substance use. Participants will learn how to develop personal and social strategies to manage the risks, benefits, and harms of alcohol and other drug use. Group sessions will also provide participants with an understanding of the impact of drug policies on personal and community health.



NBYDC REHABILITATIVE PROGRAMMING

All youth at NBYDC have access to ongoing assessment and intensive treatment services including coordination of continuity of care upon discharge.

Intensive Treatment Services at NBYDC: Types of Group Programming

- **Restorative Justice Community Building Circle:** Weekly circle or individual sessions held on the unit to review individual success plans, to reflect upon progress, and to identify specific outcomes for each week to work toward top three YLS/PYJ goals outlined by Care Coordination.
- **Morning RISE Circle:** Daily circles held in the morning by RJ trained YDR staff to review personal goals according to the success plan and to establish expectations for the day.
- **Evening REFLECTION Circles:** Daily circles held in the evening by RJ trained YDR staff to reflect upon the day, assess personal progress, and evaluate daily enactment of program values (accountability, empathy, temperance, and resilience).



DYRS YOUTH SERVICES & SUPPORTS: COMMUNITY YOUTH AND FAMILIES





COMMUNITY-BASED BEHAVIORAL HEALTH SERVICES

The community-based Health & Restoration Team provides mental health support for families and for DYRS youth who have recently transitioned out of placement and youth in the community.

Health & Restoration Team Services

- Supportive counseling and behavioral health service coordination for youth
- Clinical outreach to sustain relationships with external providers to ensure continuity of care
- Psychoeducational groups (i.e., anger management, mindfulness, social-emotional skills building)
- Linkage to Core Service Agencies and community providers for:
 - Individual Counseling
 - Medication Management
 - Substance Abuse Assessment & Treatment
 - Functional Family Therapy (FFT)
 - Multisystemic Therapy (MST)
 - Community-Based Intervention (CBI)
 - Community Service Worker Services (CSW)





EDUCATION, WORKFORCE DEVELOPMENT & POST-COMMITTED SERVICES

The Education, Workforce Development and Post-Committed Services Unit promotes community growth and assists with employment opportunities by providing employment placement and job exploration opportunities and academic support services for DYRS youth in the community up to age 24.



VOLT Academy (Vocational Opportunities, Learning, and Training) provides youth with skills, work experience, on-the-job training, and industry-recognized certification for successful employment.



VOLT Academy is a 7-week intensive training program in a real-world work environment. Employers and vendors train participants in classroom and hands-on settings to equip students with the tools to receive their certification.

The Academy provides concrete career opportunities for DYRS youth and all DC residents aged 18 or older.



ACHEIVEMENT CENTERS

The Achievement Centers serve DYRS youth and community youth by offering a diversity of programming, services, and supports at two DC locations.

- Academic Supports
- Work Readiness & Job Placement
- Vocational Skills Training
- Cultural Arts Programs
- Basic Need Resources (food & clothing)
- Housing Stability Supports (only offered to committed youth)
- Health, Wellness & Fitness Coaching
- Mental Health Support & Psychoeducational Groups
- Structured Outings, Activities & Events
- Social Skills Development
- Family Support & Engagement Groups
- Apprenticeships & Internships
- Entrepreneurship Training
- Life Skills Training
- Restorative Justice
- Community Service
- Community Resources





CREDIBLE MESSENGER INITIATIVE (CMI)

Credible messengers are neighborhood leaders, experienced youth advocates, and individuals with relevant life experiences who help youth transform attitudes and behaviors around violence.



The guiding principles of the Credible Messenger Initiative are to:

- **Promote** family and community engagement
- **Engage** Parent Peer Coaches, who help other families navigate the justice system based on their own involvement and family experiences
- **Connect** young people to caring adults in their home communities
- **Provide** healthy family/community placement
- **Enhance** the agency's role in city-wide violence prevention efforts
- **Improve** services to youth in the community
- **Connect** youth to resources and relationships to ensure their success
- **Create** job opportunities as credible messengers for DC residents that build on the strengths of natural community leaders



OASIS: PROGRAM OVERVIEW

DYRS is taking a proactive approach to violence prevention among young people with the DC Youth Leadership Oasis program. This program provides support and services to young people ages 10 to 17, at high risk of delinquency in collaboration with local organizations and schools.

Oasis Youth Leadership Program

The program consists of 16 weeks of intensive programming, with 10 youth per cohort and new cohorts beginning monthly. Youth and families will receive ongoing support and services, including mentorship and community connections.

The program takes place in community centers, with weekly sessions focusing on developing resilience and coping skills. Participants will also engage in a four-day outdoor education program, with siblings and guardians invited to join in the last days of programming.

This initiative is a positive step towards addressing violence prevention among young people and providing them with the necessary tools to thrive.





THANK YOU, TEAM DYRS!

