



NEW BEGINNINGS YOUTH DEVELOPMENT CENTER

Building on the Strength of our Youth



Who We Are

The New Beginnings Youth Development Center (NBYDC) is a secure and structured 60-bed male residential facility for DYRS committed youth. Its staff consists of dedicated professionals with extensive therapeutic experience and training in implementing evidence-based practices.

What We Do

Focus on preparing young people for a productive and successful re-entry into the community. Employ interventions that improve our youth's academic, behavioral, social-emotional, and vocational functioning.

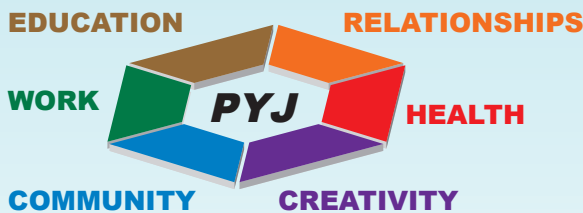
The Lotus Program

The Lotus Program Level System is a graduated system that provides to committed youth at DYRS an opportunity to progress through a series of self-exploratory interventions with the guidance and support from staff. The goal is to apply behavioral modification strategies that address the youth's strengths and needs, as well as to build skills that improve functioning and stability. DYRS youth must successfully meet the criteria and expectations of a six-phase level system based upon the six domains of Positive Youth Justice. These Phases are:

- Safety and Structure
- Self-Awareness
- Independence and Autonomy
- Mastery and Competency
- Belonging and Membership
- Self-Knowledge

Research shows evidence that the three main psychosocial elements affecting young people are responsibility, perspective, and temperance. We added resiliency and founded our programming core values on these four pillars. The result is a program structured on personal behavior, attitude, orientation, and peer relations.

Positive Youth Justice



The six domains of Positive Youth Justice (PYJ) which serve as the foundation for the DC Model Level System.

Therapeutic Services

- Behavioral health services (individual and group)
- Positive Youth Justice group interventions
- Educational curriculum and supportive services (See Forever's Maya Angelou Academy)
- Vocational training and workforce development
- Family engagement, and civic and community engagement
- Restorative Justice
- Credible Messengers
- Health and wellness initiatives
- Environmental services
- Rehabilitation through art programming
- Token economy re-entry services
- Unit Group Sessions
- External vendors and service providers

Behavioral Health Services

Each youth is assigned a Mental Health Clinician to provide individual therapy and family therapy sessions.

Other behavioral services include:

Trauma-Informed Care:

The Trauma-Informed Care focuses on the child's emotional and behavioral needs as well as the environments in which the child resides.

Cognitive Behavioral Therapy (CBT):

CBT is a treatment modality designed to help residents at NBYDC make better decisions.

Power Source:

This curriculum focuses on improving problem-solving as well as the social and emotional development of adolescents.

Educational Services

Maya Angelou Public Charter Schools (MAPCS) provides comprehensive educational services in a non-traditional setting to all students, including those previously unsuccessful in their educational experiences. MAPCS achieves this through a rigorous academic program, socio-emotional learning support, and tiered interventions that focus on the academic, educational and social needs of the child. Students leave NBYDC with a foundation for success as they pursue educational and career goals.

Family Engagement

Connecting With Families and Caregivers

Family Engagement Team: A member of this team is assigned to each housing unit and is responsible for contacting families and caregivers on a monthly basis, as well as orchestrating monthly and quarterly Family Engagement events. Visitation is offered on Tuesdays, Saturdays and Sundays. Families and caregivers are also invited to Maya Angelou Academy's events and awards ceremonies.

Connecting With Case Managers and Social Workers

Case managers and social workers maintain weekly contact through telephone calls, face-to-face visits and e-mail correspondence with both the residents and the treatment staff at NBYDC.

Team Decision Making (TDM) Meetings

When required, a TDM meeting will be scheduled every 90 days throughout a youth's commitment.

TDM meetings are a collaborative process between youth, families, case managers, service providers, and other stakeholders. TDM meetings draw upon the youth's and family's strengths, experiences, knowledge, and resources to create a plan for the youth while committed to DYRS. During the discharge phase, agreed upon goals and support are established by the team to increase the likelihood of success in the community.

Community Connections

NBYDC is committed to ensuring that youth who transition from the facility are successful upon re-entry to the community. Two staff members from each housing unit are assigned to the Community Connections team, and maintain face-to-face and telephone contact with youth who return to the community for at least four weeks after they leave NBYDC. New Beginnings has also established communication with adult FBOP facilities to ensure that vital information is delivered to guarantee the appropriate placement of the youth in the FBOP once transferred from NBYDC.