

# Girls Rehabilitation Facility • Program Fact Sheet

2861 Meadowlark Drive, San Diego, CA 92123  
Phone: (858) 694-4510 Fax: (858) 514-8488

## Overview

The Girls Rehabilitation Facility (GRF) is an intensive, highly structured program serving up to 50 Juvenile Court female wards between ages 13 to 17 1/2. Each ward must have been ordered to complete the Breaking Cycles program and assessed to GRF. The programs offered are designed to meet each girl's personal, emotional and educational needs. An on-site, state-certified school operates 5 days a week, and tutoring is available for GED study as well as remedial work. The credits are transferable to all San Diego County School Districts.

## Assessment Team and Procedures

The Breaking Cycles Assessment Team consists of the Breaking Cycles Supervisor, Breaking Cycles Senior Probation Officer, therapists from Juvenile Forensics, County Office of Education, Educational Aides and Alcohol and Drug Counselors. During the first 21 days of the minor's court commitment, each ward is assessed while housed in the Breaking Cycles Assessment Unit, located in Kearny Mesa Juvenile Detention Facility. In order to develop an individual treatment plan the Assessment Team will interview each minor, review court reports, psychological reports, and mental health status, as well as assess the minor's educational history. The ward's performance and daily grades in the Assessment Unit will also be taken into consideration. The Assessment Team will determine which program or programs, under Breaking Cycles are most appropriate for each individual ward.

## GRF Goals and Mission Statement

To provide a safe, structured and caring environment which generates each girl's personal growth. An individualized treatment plan is tailored for each girl addressing specific treatment needs to modify their behavioral patterns and attitudes.

The GRF program is based on the philosophy of Cognitive Restructuring- that behavior is based on thoughts, attitudes and beliefs. Room Confinement and Markdowns have been replaced with Thinking Reports and Thinking Essays. This affords the opportunity to think about their actions and to determine what they should have done differently to better control their behavior. The ultimate goal is for the minor to think with awareness before they act.

## The Girls Rehabilitation Facility

Once it has been determined that a ward will complete the GRF Program, she is placed on the waiting list. The waiting list is based on the Court date in which the minor was ordered to complete the Breaking Cycles program. Once she enters GRF, she is oriented into the program and assigned an inside PO. An Individualized Goal Plan is completed by the GRF Treatment Team, which is based on the ward's personal issues and needs. The GRF Treatment Team is comprised of the minor, a GRF Supervisor or Senior, and a Mental Health staff. This team meets weekly and determines each ward's minimum program requirements. The ward attends only those programs that are specific to her needs.

## Treatment Components

Each Girl is assigned a staff counselor "an inside PO" who is responsible for ensuring that the ward participates in her required programs. Currently, GRF provides the following programs:

- Education Program
- Regional Occupation Program-  
Retail Sales and Merchandising
- Individual, Group and Family Counseling
- Parent Empowerment
- Alcohol and Other Drug Counseling
- NA/AA Groups
- Criminal Conduct Substance Abuse Treatment
- Mediation
- Thinking for a Change
- Aggression Replacement Training I
- Gang Intervention Counseling
- Freedom From Exploitation-SOS
- Religious Services
- Yoga
- Teen Relationship Violence
- Juvenile Court Book Club
- Team Leader, Dorm Council/Peer Counselor Program
- Team Building/Competition/Sports
- Life Skills/Independent Living Skills
- STAR PAL Girls Leadership-Empowerment
- Girl Scouts Girls are GREAT
- Health Education Classes
- Work Readiness
- Making Proud Choices
- Mother/Child/ Baby Bonding
- Pet Therapy
- Character Counts
- Staff Excursions
- Arts and Crafts
- Girl's Issues
- Conflict Resolution

## GRF Phases

There are 5 phases that each ward must pass in order to complete the program and be eligible for release. These Phases are Boarding, Departure, Journey, Arrival and Destination. Each phase has expectations as well as earned privileges. Part of this requirement is that each ward completes the Task Curriculum- Autobiography, Offense Ownership, Victim Empathy, School and Work Essay, 6month/year goal plan, a Relapse and Recidivism Plan, an essay on a particular program of interest and an exit summary. Once they pass their phase they become eligible for the privileges for the new phase. If a ward is removed from the facility (AR'd), when returned their phase at the time of AR will be extended 15 days. If a minor is In-House AR'd she will have an additional 10 days added to her existing phase.

### Phase Comparison

	2 weeks	2 weeks	3 weeks	2-3 weeks	1-2 weeks
	Boarding	Departure	Journey	Arrival	Destination
Mail	XX	XX	XX	XX	XX
Phone Calls	XX	XX	XX	XX	XX
Visiting	XX	XX	XX	XX	XX
Radio		XX	XX	XX	XX
Nail Polish			XX	XX	XX
Shavers			XX	XX	XX
Playing Cards		XX	XX	XX	XX
Free time		XX	XX	XX	XX
Staff Excursions			XX	XX	XX
Movie Night		XX	XX	XX	XX
Hygiene Items			XX	XX	XX
# of TE's allowed	8	6	4	2	1

## CLOTHING AND SUPPLY LIST

GRF provides all wards with basic toiletries and necessary clothing. Once your daughter reaches the "JOURNEY PHASE", she is eligible to have additional personal hygiene items brought to her. These supplies may be brought in on the visiting day after she attains the "JOURNEY PHASE" and can be replenished during visiting on the first Sunday and the following Thursday of every month. Keep in mind that purchasing these items is not necessary as GRF provides for all their basic needs.

### **NO RED, BLUE, OR GREEN COLORED PRODUCTS**

Also ensure that the items you bring **DO NOT CONTAIN ALCOHOL, METAL, GLITTER, AND ARE NOT MEDICATED. NO GLASS, OR BREAKABLE CONTAINERS, LOTION PUMPS, SPRAY PUMPS, OR AEROSOL SPRAYS WILL BE ACCEPTED. ALL ITEMS MUST BE NEW AND IN ORIGINAL PACKAGING.** If any item is sent back you can replace the item the first Sunday & Thursday of the following month.

Bringing these items is your choice and is not required

#### TOWELS/WASHCLOTH

1- body puff

#### BASKET/CONTAINERS -No Handles

1 White Toiletries basket 11"x 8"x4"  
White toothbrush holder

#### HAIR ACCESSORIES

3-hair accessories (no metal parts)  
1- 6" small tooth plastic comb (**no handles**)  
1- 8" (or shorter) plastic brush w/soft nylon bristles

#### TOILETRIES

#### **(SUAVE OR MOTIONS PRODUCTS ONLY)**

1-conditioner  
1-shampoo

1-body wash  
1-body lotion (no pump)  
1-deodorant  
1-chapstick brand lip balm (black & white)  
1-hair gel or grease (Suave, motions or Ampro Pro Style)

Having the above items is an earned privilege and may be taken away at any time should your daughter not abide by GRF's rules. For example, should your daughter share her personal hygiene items with a peer they will be taken from her and returned to her parent. If she is not on Journey and borrows another minor's personal hygiene items she will not be eligible to receive personals once she is on the Journey phases.

## • Visiting •

Only parents or legal guardians are able to visit during regular visiting held twice weekly on Thursdays and Sundays. Please do not bring any children or relatives to these sessions, as GRF staff cannot supervise children and no one will be allowed to wait in the lobby. You will only be able to bring in one photo ID, one car key, and a small amount of money to purchase a snack and soda. If you bring in outside food or other contraband, you will have your visit terminated. Lockers are provided at a cost of .25 cents. The Probation Department is not responsible for any item left at the front counter. Visiting hours are as follows:

### Thursday

5:30 – 6:00PM Parent Orientation  
6:00 – 7:00PM Family Counseling\*  
7:00 – 8:00PM Visiting

### Sunday

8:30-9:00AM Parent Orientation  
9:00-10:00AM Parent Empowerment\*  
10:00-11:00AM Visiting

*\* Please note that the door will be locked 10 minutes after the beginning of each program with the exception of visiting. This is done to prevent any disruptions.*

- Parent Orientation gives GRF staff the opportunity to discuss with parents the program and the expectations for their child. Through this orientation, parents are given the information regarding their child's program and all questions and concerns are addressed.
- Family Counseling is provided by Spectrum every Thursday Evening. This is a group session that offers parents additional tools and parenting tips to assist in the transition of the child back home.
- Parent Empowerment offers additional tools to assist you with your child to change their behavior which brought them before the court. We encourage both you and your child to spend time doing appropriate activities and to encourage your child to act with empathy and to respond in an appropriate manner.

*\*\*Snacks can be purchased for your child from the vending machines in the GRF lobby ONLY. All snacks must be purchased prior to entering the dayroom. Snacks may not be consumed until the visiting hour begins. You may purchase one snack and one drink for your daughter and one drink and one snack for yourself. Once you have entered the dayroom you will not be able to exit the day room to purchase a snack. If you bring in outside food or other contraband, you will have your visit terminated. \*\**

## Release

Two to three weeks prior to the wards scheduled release, her Probation Officer is notified and all the necessary paperwork is initiated. On the day of release, the ward is released either to her parent, guardian and/or a designated program like Youth Day Center or Reflections. Parents will be notified the day before their daughter's release.

## Drug Court Commits

On occasion, wards are committed from Drug Court to the full GRF program. Upon their successful completion of the program they are released back into the community on Probation. While at GRF, they are seen by an alcohol and drug specialist and also a Mental Health Therapist.

## **STOP**

On occasion, wards are committed to the 21 Day STOP Program. While at GRF they are eligible to participate in the full program with the exception of personals.

## **Questions or Concerns**

Should you have any questions regarding the GRF program, please contact either the Senior Probation Officers or the Supervising Probation Officer at 858-694 4510.