

## **Lincoln Hills School**

### **Education Programs**

Lincoln Hills School includes a comprehensive educational program that offers regular junior and senior high school diplomas, as well as a High School Equivalency Diploma.

#### **Academic Programs**

Lincoln Hills School offers classes in all of the traditional areas, including Social Studies, English, Science, Physical Education, and Mathematics. Lincoln Hills School has exceptional education programs for residents with Emotional Disturbance, Learning Disabilities, Developmental Disabilities, Speech and Language Disabilities and other handicapping impairments. Complete Multidisciplinary Team assessments are in compliance with Public Law 94-142 and Wisconsin law. Lincoln Hills School currently contracts with the local CESA district for school psychology services in the exceptional education program who in turn, consults with Lincoln Hills School Clinical Services interns in psychological and educational assessment, as well as providing expertise to interns pertaining to the needs and placement of exceptional education students.

#### **Technical Education**

Lincoln Hills School works with North Central Technical College to provide post secondary educational programs. Programs that have been offered to qualifying youth have included, welding, construction, computer assisted design, small engines and culinary arts.

#### **Other Educational Programs**

Environmental education, security education, and lifework education are also available. The school provides outreach classes in living units to complement the respective living unit program.

The School offers recreation in several areas and an interscholastic sports program in basketball.

### **Living Units and Programs**

#### **Mental Health Treatment Program**

Anyone working in correctional facilities soon recognizes many youth appear to have mental health needs that far outpace their needs as delinquents. Additionally, many youth have such severe behavior problems that they are unable to stabilize long enough to participate in and benefit from traditional types of intervention. In 2008, it was decided to mainstream youth with severe mental problems into the regular living units within the institution. If youth remain unable to work within the programs at Lincoln Hills School, Mendota Juvenile Treatment Center (MJTC) is an alternative program for some of these youth. MJTC is a hybrid correctional/mental health program operated by the Wisconsin Department of Health Services.

### **Reception and Orientation Program**

Rogers Living Unit is the reception residence for all newly admitted boys who are placed at Lincoln Hills School. During reception and orientation, youth are assessed and evaluated by program staff. The results of a comprehensive interview of each youth, testing, observation, and a review of his history are utilized to generate a report which outlines his treatment or program needs and guides his placement into a living unit or unit. Medical, dental, educational and vocational assessments are performed at this time. A first screening for referral to clinical services also takes place. Reception also houses a secure detention program and in most cases, youth sanctioned back to LHS reside in Rogers.

### **Dubois Alcohol and Other Drug Abuse Program**

The AODA Program is a primary treatment program specifically designed for poly-drug addicted youth who have been unsuccessful in treatment or have not been appropriate for treatment in a less restrictive setting. The program is a minimum of 16 weeks in length with each week focusing on a different topic. This cognitive-based program provides youth information about how drugs and alcohol affect them physically, physiologically, socially and mentally, and gives them an opportunity to look at the impact substance abuse has had on themselves and others.

### **Serious Sex Offenders Program**

The Serious Sex Offenders Program (SSOP) is housed in Adams Living Unit. It is designed to work with youth committed to LHS for serious sexual assaults. The program works with perpetrators of sexual assault against children and offenders against adults, including rapists. The program includes many youth for whom sexual assault is but one offense in a long and varied history of delinquency. The SSOP utilizes a two part program: beginning with Enhanced Thinking Skills which develops a number of cognitive skills and follows with Core which deals with the sexual misconduct, applying what they learned in ETS.

Youth committed for applicable sexual offenses are reviewed prior to release to determine if they meet the criteria for an involuntary commitment under Chapter 980 of the Wisconsin State Statutes. This law provides for involuntary commitment of sex offenders who have a mental disorder that predisposes them toward future acts of sexual violence.

### **Juvenile Cognitive Intervention Program**

Most boys assigned to the Juvenile Cognitive Intervention Program (JCIP) are placed in Black Elk or Miller Living Units. Through the group process, JCIP motivates participants to assume responsibility for changing their anti-social thinking and behaviors. The primary focus is to assist youth in building their skills that will increase impulse control while reducing the number of rule and law violations. During Phase I of the program, participants are asked to identify their particular cycle of thinking and to explore how their thinking supports criminal behavior. Phase II teaches a five-step problem solving process that will assist in fostering pro-social behaviors. Youth are then expected to apply these concepts in school and daily living. The average length of the program is 12 weeks.

**Curtis Living Unit**

Curtis Living Unit houses older youth (17 years and older) and those considered Serious Juvenile Offenders. These young men may attend JCIP, AODA and most any other program offered at LHS. Most will hold jobs throughout the institution, be enrolled in HSED and/or post secondary classes and preparing for independent living when they return to the community

**Boys and Girls Club**

LHS is exploring the possibility of bringing the Boys and Girls Club on grounds for use by the youth. A similar program was previously developed in a cooperative effort between the Division of Juvenile Corrections and the Boys and Girls Clubs of America. Youth who are involved in the Boys and Girls Club at LHS could go directly to a club in the community to continue their involvement in programming. The program is designed to help reintegrate youth into the community.

**Other Programs**

There are additional living units and programs available at LHS. The Cadet Achievement Program, a short term 90 day, high intensity program is housed in Hughes Living Unit. Youth from throughout the institution may also attend victim impact and/or anger management groups. There are numerous other programs at LHS. These may include, but are not limited to religious opportunities and programming, cultural awareness programs and foster grandparents to name a few.

## **Copper Lake School**

Co- located with Lincoln Hills School is Copper Lake School (CLS) for girls. Although sight and sound separated from LHS, the girls are provided the same treatment and educational opportunities as the boys. At CLS a priority is placed on using evidence-based practices that address the criminogenic needs of the girls.

### **Education Programs**

Copper Lake School includes a comprehensive educational program that offers regular junior and senior high school diplomas, as well as a comprehensive High School Equivalency Diploma.

#### **Academic Programs**

Copper Lake School offers classes in all of the traditional areas, including Social Studies, English, Science, Physical Education, and Mathematics. Additionally, CLS has exceptional education programs for residents with Emotional Disturbance, Learning Disabilities, Developmental Disabilities, Speech and Language Disabilities and other handicapping impairments. Complete Multidisciplinary Team assessments are in compliance with Public Law 94-142 and Wisconsin law. The local CESA District provides for school psychology services in the exceptional education program who in turn, consults with CLS Clinical Services interns in psychological and educational assessment, as well as providing expertise to interns pertaining to the needs and placement of exceptional education students

#### **Other Educational Programs**

Technical education classes may be offered by North Central Technical College. Environmental education, security education, and lifework education are also available. The school provides outreach classes in living units to complement the respective living unit program. A variety of other educational opportunities are also available like:

- Library/Media Center
- Family and Consumer Education
- Information Technology/Computer Applications
- Student-centered learning activities including: career fairs, ethnic festivals, health fairs, women's history month activities and an art fair.
- Experiential Education
- Distance Learning Laboratory opportunities
- Title 1 Remediation Services

### **Living Units and Programs**

#### **Intensive Mental Health Treatment Program (ITP)**

The ITP unit located within Chief Joseph Living Unit addresses the treatment needs of girls who present with serious mental health issues and are typically combined with severe disruptive/aggressive behavior patterns. Many of the girls have a history of engaging in acts of serious physical self-harm. The eclectic treatment approach involves strong developmental systems and cognitive-behavioral perspectives. It

places high priority upon identifying underlying casual factors for the negative behaviors and using multi-levelled therapeutic interventions across a broad range of treatment domains to create positive change.

Cognitive-behavioral treatment approaches and activities are available to learn and practice skills that can help improve or change, behavior patterns, emotional responses and reactions, and thinking patterns. Dialectical Behavioral Therapy is used to address past histories of trauma and to rebuild healthy pro-social traits such as resilience, positive self esteem, mastery and independence. A multidisciplinary team made up of a psychologist, social worker, treatment specialist, teachers and youth counselors work together with the individual girls to address their mental health issues.

### **King Living Unit Program**

A variety of treatment programming (Reception/Orientation, AODA, JCIP, SSOP, etc...) that the boys receive is also offered to the girls; however the curriculum has been modified to be more gender-specific. **King Living Unit** offers various programmatic options for girls to participate in. Based on a young woman's individual case plan, services can be tailored to their individual needs with individual and/or group offerings dependent on those needs. Some enhanced programming options for girls is outlined below.

- Reflections (Intensive AODA Treatment Program) - All newly admitted youth participate in an AODA Education program facilitated by a treatment social worker. Reflections is the more intensive alcohol and drug treatment group that utilizes Stephanie Covington's gender-specific curriculum: "Voices: A Program of Self-Discovery and Empowerment." The program advocates a strength-based approach and focuses on issues that are important in the lives of adolescent girls. Following 4 modules, girls experience a process of understanding their similarities and differences and how the influences in their lives have impacted them. They learn skills and coping mechanisms to them now and in the future.
- Aggression Replacement Training (ART) and Skillstreaming - ART is a comprehensive program that specifically addresses youth aggression. The program consists of 3 interventions: skillstreaming, anger control and moral reasoning. Skillstreaming is the behavioral component of the model and runs concurrently with anger control training which focuses on the emotional component. The main goal of the groups that are offered is to teach girls fifty basic and necessary social skills. Teaching of the skills occurs through discussion, modeling, and extensive role-playing.
- Women's Issues and Parenting - Women's Issues is a group designed to prepare girls to be young women in an ever-changing society. Many of the youth who come to Copper Lake School have been sexually active, yet have limited knowledge of their bodies. Women's Issues groups educate girls on their bodies, feminine hygiene, protection against STD's and HIV, contraceptive choices and the value of abstinence. The Parenting curriculum focuses on infant hands-on care and issues surrounding the first year of life. All participants have a real life experience with the Baby Think It Over baby simulators. Youth also learn about bonding, infant brain development and caring for your baby.

### Other Programs and Activities

There are many other services and opportunities provided to the girls which may include:

- Girl Scout Troop
- Outdoor adventure-based opportunities
- Leisure time skill building activities
- Art therapy
- Community Service and Restorative Justice Projects
- Victim Impact Programming
- AA and Alateen Groups
- Foster Grandparent Program

The following is the link to the Division of Juvenile Corrections Website which outlines additional information about LHS and CLS:

[http://www.wi-doc.com/index\\_juvenile.htm](http://www.wi-doc.com/index_juvenile.htm)