

Treatment programs



One of the treatment programs I found interesting was the rehabilitation that could take place in a juvenile detention facility. We would hope that these centers would make sure the youth keep up with their education, provide job training, give them the experience of living in a safe environment, and provide them with the assistance needed to break harmful habits. The information I found on the Nebraska Correctional Youth Facility (NCYF), was very enlightening.

This facility has been very successful in restoring delinquent youth. The facility holds young adult offenders and juvenile delinquents who have been tried in adult court for committing violent crimes. The ages range from 15 to 21. It is a ??? maximum security institution???, that was designed to separate young offenders from adult offenders, and to provide the young inmates with help in changing their behavior. All inmates are required to participate in the educational opportunities provided. Each inmate has the opportunity to earn a GED and to take community college classes.

They are given the chance to work as teacher assistants, gardeners, recreational leaders, and kitchen staff. They have a very active recreation program, an annual 10K is held, in which inmates race with staff members. The health of it??™s occupants is of great importance, they provide drug rehabilitation, counseling and weekly drug tests. A unique program they have is called ??? Pawsitive Outcomes???. Prisoners who have met specified behavioral and educational requirements may train a dog. These are dogs that have been deemed unfit for adoption because of behavioral problems. The dogs are given a home in the prison yard and a qualified inmate is given

a dog to take care of for a certain time period. They may bring the dog with them to classes and to activities.

The youth is responsible for training the dog, after the training period, the dog is adopted out. NCYF has had great success in rehabilitating the violent offenders who have passed through their facility. The second treatment program I picked to explore in depth was ??? Positive Peer Culture???. This program believes that young people can develop self-worth, dignity, and responsibility only as they become committed to the positive value of helping and caring for others. Positive Peer Culture teaches juveniles to assume responsibility for helping others. Young people are influenced by their peers.

Most of the time the peer group has been viewed as a liability and not as positive resource. Just as peer groups can influence for the bad, so it can also be used to influence for the good. Positive Peer Culture is designed to ??? turn around??? a negative youth subculture and to mobilize the power of the peer group in a positive way. Youth in Positive Peer Culture groups learn how to identify problems and how to work towards their resolution. In group sessions and in day-to-day activities, the goal is to involve the young people in the helping process. Positive Peer Culture does not ask whether a person wants to receive help but whether they are willing to give help. As the person gives and becomes a value to others, they increase their own feelings of worthiness which helps to build a positive self-concept.

Positive Peer culture does not avoid the challenges of troublesome youth; rebellious and strong-willed individuals, when redirected, have much to

contribute in helping others. The program does not seek to impose a long list of rules, but strives to teach basic values. If there was one rule, it would be that people must care for one another. Caring means wanting what is best for a person. Unfortunately, positive caring is not always popular among youth. In fact, negative, harmful behavior frequently is more acceptable.

Once caring becomes fashionable, hurting goes out of style. For any treatment program to be successful, the solution has to be multidimensional. This means parents, teachers, students, community, and government have to participate in solving the problem of juvenile delinquency.

References Retrieved January 2, 2011, from [www. corrections. nebraska.](http://www.corrections.nebraska.gov/ncyf.html)

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