



KERN BRIDGES YOUTH HOMES

Kern Bridges Youth Homes, Inc. provides Residential Based Services (Group Homes) to males aged 8 to 18. This foldout brochure details the different dimensions of our treatment strategies.

Additional KBYH programs

Treatment Foster Care

KBYH provides treatment foster care for youth aged birth to age 18.

Adoptions

KBYH provides home studies to families who choose to adopt.

Pregnancy Project

The pregnancy project is where a group home youth is matched with a foster family long before they are placed in foster care. It allows for a bond to develop between youth and foster parents as if the parents were pregnant.

Foster Parent Support Groups

We believe foster parenting is a vocation that no one should have to navigate alone. We offer a foster parent support group designed to assist families who are fostering or who want to foster children.

Adoptive Parent Support Groups

We believe Adoption is a life-long process that no one should have to navigate alone. We offer an adoption support group designed to assist families who have adopted, want to adopt, or are in the process of adoption.

Professional Training

Continuing Education Units Provider - KBYH is the only agency in the region that provides the initial 40 hour group home administrators course and CEUs.

Contact Information

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Resident Profile

KBYH is licensed through the State of California Community Care Licensing Division to provide treatment for Court Dependents (WIC 300) and Wards/Delinquents (WIC 602) & Status Offenders (WIC 601) males aged 8 to 18.

The child characteristics the program is designed to treat are as follows:

ABUSE/NEGLECT: Physically abused, sexually abused, abandoned, emotionally abused, neglected, ritualistically abused.



DELINQUENCY: Offenses against persons, offenses against property.

DEVELOPMENTAL DISABILITIES: Some deficits in self-help skills.

The child characteristics the program will accept if they are minor in nature and do not propose life threatening behaviors include:

DELINQUENCY: Drug &/or alcohol related offenses, use of weapons, and arson.

“I will cause you to reject me and then I am at least the author of my own story.”

Matrix Treatment Method



A number of projects have demonstrated that participants treated with the Matrix model demonstrate statistically significant reductions in drug and alcohol use, improvements in psychological indicators, and reduced risky sexual behaviors associated with HIV transmission. - National Institute on Drug Abuse

Progressive Development System



The purpose of the Progressive Development System (PDS) is to provide a framework in which treatment goals can be focused and monitored. Because of our clients' experiences with failure, it is important that the PDS translate to success - no matter how small the gain. The PDS is designed so that each child may be treated individually according to their developmental needs and capabilities. It should be noted that on any given stage, children are only given privileges which we are fairly certain they can handle. These decisions are made by the treatment team at clinical meetings once a week.

Children who cannot focus long enough to earn privileges may be put on a modified day at a time PDS or shorter PDS week based on one or more of many factors. (e.g. school scores, daily percentage, daily percentage on one goal, etc.)

Expectations & Privileges of PDS Stages



The system consists of five stages of responsibility with added privileges and independence at each successive stage. There are no consequential or restrictive stages, only stages of growth.

It should be noted that these stage privileges take into account California Law regarding PRUDENT PARENT STANDARDS!



The following information is from:
Therapeutic recreation programs for adolescents in
substance abuse treatment facilities
by Julia M. Nation, John J. Benshoff, Marjorie M. Malkin

Evidence Based Recreation

Kunstler pointed out that lack of involvement in active recreation.. along with absence of a positive social network and inability to cope with stress, can cause relapse. However when exposed to leisure alternatives, clients in substance abuse treatment are more likely to participate in positive recreational opportunities after discharge.

Hawkins & Catalano reported that the individuals who abuse substances are involvement in active recreational leisure their lack of stress management activities shows a consistent positive techniques, social skills, and assertiveness relationship to reduced drug and alcohol (Kunstler). All of these areas are use and physical activity and exercise can addressed in leisure education programs be beneficial in the treatment of substance and may be ameliorated through abusers (Murray). One of the primary recreation participation. According to purposes of therapeutic recreation is to Kunstler, recreational activities require encourage participation in non- skills for participation, have rules and psychoactive chemical activities where goals, provide immediate and concrete abusers can learn to experience fun and feedback, and offer novelty and pleasure while feeling in control opportunities to experience control. (Kunstler). Some of the deficit areas of





CEO

John Bacon, MA Psych., MSW, LCSW

John has been working with abused, neglected, and delinquent youth for 31 years. In addition to his clinical license and skills, John is a certified Red Cross Instructor for CPR & First Aid and is a certified instructor in the University of Oklahoma Managing Aggressive Behavior training program. John is a former United States Marine and worked with the Young Marine program for 20 years.

His primary clinical approach is Adlerian. Adler (in a nutshell) believes that all behavior is goal directed. Thus, the beginning of every introspection of a youth's behavior is "what was the goal of the behavior." For example, when the youth ran away, was he running from something, or running to something?

The intervening approach uses Perlman's problem solving method. I have this pen and you want this pen. Now, how do you get it?

The final focus utilizes Glasser's Reality Therapy and his rub-in interview technique.



Program Director

Robert Carter, M.S. Criminal Justice

Robert has been with KBYH for 11 years. During this time he has been dedicated, energetic, and has exemplified outstanding leadership abilities. Prior to his employment with KBYH, Robert was a scholar student athlete who played 4 years of football for College Of the Sequoias and Montana State University.

Currently, Robert is a mentor for many youth in the community as well as an asset to our program. Robert's focus with the youth in our program is that every day is a new day.

In addition to Robert's work with KBYH, he has also worked with the California Alliance of Child and Family Services. The California Alliance shares a commitment to excellence and strives to improve the quality of care and services provided to at-risk children and families statewide. Robert has led KBYH residential department to 100% compliance with the California Alliance. He has also assisted several other residential treatment facilities in meeting these same standards.



Clinician

Mindy S. Elbaum, MA, LMFT

Mindy S. Elbaum, MA has been a Licensed Marriage & Family Therapist for 21 years. For the past 10 years, adjunctively to working with Kern Bridges, Mindy served as the Clinical Director for agencies that contracted with Kern County Department of Mental Health and Substance Abuse. She trained staff and executed programs that focused on mental illness, domestic violence, dual diagnosis, substance abuse, and addictions of all kinds. These programs also included court ordered programs that required coordinating services with the Department of Probation, and Parole, and working closely with the courts.

Mindy has formulated her practice to focus on Cognitive Behavioral Techniques (CBT). CBT has been found to be effective in addressing flashbacks and related triggers. Additionally, CBT teaches the individual to be empowered and affords the opportunity to reinvent themselves. Residents may also take advantage of Mindy's expertise with play therapy, art therapy, and music therapy.



Clinician

Mark Dominguez, MA Psych. MFT Intern

Mark Dominguez spent 10 years in the military, serving both the active duty and reserve components of the U.S. Army. Mark was trained at the Academy of Health Sciences at Ft. Sam Houston Texas as a Combat Medic and Orthopedic Surgical Technician. As part of his special training he graduated from Military Police School. After being honorably discharged Mark worked for the Tulare County Office of Education as an "Outdoor Adventure Specialist", working with At Risk Youth.

Mark started his counseling career working for a county run substance abuse program, later he worked with clients that have a dual diagnosis of substance abuse and other mental health issues. It was here that he learned how to use the Person Centered Approach. Offering unconditional positive regard for them and their concerns, clients were able to open up and discuss issues that were both pertinent and meaningful to them. He work to identify skill deficits that our residents have and facilitate resiliency through skill building.



Virtual Bank Account

I _____ agree to the KBYH virtual savings account program. I understand that upon completion of the listed tasks, the money will be stored in a virtual savings account. I will not have access to these funds until my successful emancipation. I will receive the total amount earned. I am aware that no interest is earned on these monies.

WARNING: If I run away from Kern Bridges and my placement is ended I forfeit all monies earned. If I am arrested and removed from Kern Bridges, I forfeit all monies earned. Any other premature discharge from the program will be decided on a case by case basis. If I leave Kern Bridges for positive reasons before I emancipate from the system I will have six months after I turn 18, or emancipate the system, whichever is later, to collect my monies earned. If I do not collect the monies within the six month window all monies will be returned to the KBYH general program fund.

Examples of tasks or projects that earn money:

[Anger Management Course/Charm School Boot Camp Course \(Stand up, say hello, shake hands!\)/Complete County ILSP/Junior Achievement Finance Program/Parenting Classes/Sex Education Course/Prevention of STD Course/Substance Abuse Prevention/School Attendance/CPR/First Aid/Read "Flux" Book](#)

Educational DVDs (watch and discuss with therapist for at least 10 minutes)



Cell Phones

Title 22 requires us to allow youth private, unmonitored phone calls from anyone not specifically prohibited contact by the courts or placing worker.

All youth can purchase their own cell phone or earn a cell phone through our behavior rewards system unless denied by the authorized representative. Monthly connections fees are paid by the child or can be paid by KBYH if the child has earned this as a reward for positive behavior.

Chosen Activity

All youth must be involved in a regular ongoing activity of their choice. They will participate in this activity regardless of PDS level (see page 2). The sky's pretty much the limit when it comes to choices. We have had youth in MMA (Mixed Martial Arts), Karate, C.A.L.M. Volunteer work, Buena Vista Museum, Community Football, etc.

ILSP

Youth skills are assessed when they first arrive at KBYH. We utilize a seven page Transitional Independent Living Plan that was developed by a graduate student intern. This plan addresses all the skill and knowledge areas that research indicates children leaving foster care are substantially lacking.

In addition, as required by Title 22, all youth aged 15 and 1/2 or older are enrolled in the County ILSP program conducted at Bakersfield City College.



Education

All youth are enrolled in public school. Each youth has an assigned KBYH Social Worker who works closely with the school system to ensure appropriate placement and adequate progress toward graduation. Title 22 provides that youth can remain in their school of origin if it is in their best interest. Tutoring is secured when necessary.

Religion / Spiritual Development

It is the belief of Kern Bridges that a child's development consists of four primary areas: mental, physical, social, and spiritual. To take care of the spiritual development of the children arrangements are made to see that they get the proper instructions in their religious preference. All religious participation is on a voluntary basis.

Psychiatric Services

Youth in need of psychiatric services are either treated locally by a medical funded psychiatrist or transported to their psychiatric treatment center of origin on at least a monthly basis.



FAQ...

KBYH in conjunction with Kern County and The Ebony Counseling Center provides drug and alcohol counseling for all clients.

All youth at KBYH have an assigned Social Worker for individual counseling. All Social Workers have graduate degrees. They are either licensed or working toward licensure. All youth have an individualized treatment plan to address any needs they might have. Examples include, anger management, bullying, gang intervention, depression, substance abuse, sexual issues, etc. These same workers also provide family therapy when there is active family involvement.

All youth who need psychiatric services either receive those services through Child Guidance Clinic or another local facility. If a placing agency requests that the client continue to see a specific psychiatrist, Kern Bridges will arrange the transportation.

All youth participate in a myriad of activities. For example, during the past year our clients have been to Oakland Raiders and San Diego Chargers football games. They have been to Los Angeles Dodgers and Los Angeles Lakers ball games. They have been to see the Harlem Globetrotters (in fact a former Harlem Globetrotter is a child care counselor with us), and The Radio City Music Hall Rockets. Our youth have climbed Vernal Falls in Yosemite, fished in the Pacific Ocean out of Pismo Beach, visited 17 mile drive at Pebble Beach and went to the Missions there. They visit San Francisco and Alcatraz. They have snow boarding and snow skiing. Many of our youth obtain season passes to Magic Mountain and Hurricane Harbor.

Outings are generally planned on a weekly basis due to youth's changing interests. However, many activities are planned well in advance. The bottom line is that there are outings every weekend and many local events during the week.

All KBYH staff are certified in CPR/1st Aid and Water Safety via our in house Red Cross Instructors. All staff are certified in the University of Oklahoma's Managing Aggressive Behavior program.

All youth aged 15 1/2 or older are enrolled in ILP and also receive many ILP skills via our daily program and routine.

Graduate Student Interns, Art Therapy, Sand Tray Therapy, Pre-Adolescent and Adolescent Play Therapy

KBYH provides graduate student internships for three Universities. They act as adjunct therapists/social workers for our youth. They are schooled in assessment, art therapy, play therapy, sand tray therapy, etc.

They spend time with the youth teaching social skills, completing life books, teaching ILS, etc.



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