SOQ NO. 24-011Therapeutic Treatment Services Jefferson Parish Department of Juvenile Services

Re: Additional Information in reference to skills

<u>Scope of Services</u>

Motivational Interviewing, Cognitive-Behavior Therapy, and Trauma Focused Therapy

I have received training in the above listed evidence-based practices and plan to continue participating in continuing education units that become available in the above treatments. These evidence-based practices have been proven to work with this population. From my experience while working with this population in this setting in the past, these EBPs are highly valued and utilized when working with the residents in Jefferson Parish's Department of Juvenile Justice. Data will be collected by: monitoring recidivism, tracking self injurious behaviors, rate at which measurable treatment objectives are met, aggression towards others, number of incidents reported in regard to client behavior. Assessments will be given to set baseline and to track reliability and validity outcomes in intervals; depending on client need. There will be a three month follow up.
Fidelity will be maintained by consulting with onsite Multidisciplinary team as needed, continuing education in these areas and adhering only to manuals for the above when utilizing theses methods in treatment plans based on client needs.

Dialectical Behavior Therapy (DBT)

I am currently enrolled in an Intensive Certification training for Dialectical Behavior Therapy through PESI. This will be four out of 14 types of evidence-based psychotherapies used in individualized treatment. Through this certification I will gain 25.25 hours in DBT and gain full certification. DBT is beneficial to this targeted population because it teaches individuals to regulate emotions, manage distress, be more effective in relationships, and learn the skill of mindfulness. It also helps improve the family dynamic when used in family systems. After obtaining certification, I will have access to other DBT certified therapists for consultation. Data will be collected by: monitoring recidivism, tracking self injurious behaviors, rate at which measurable treatment objectives are met, aggression towards others, number of incidents reported in regard to client behavior. Assessments will be given to set baseline and to track reliability and validity outcomes in intervals; depending on client need. There will be a three month follow up.
Fidelity will be maintained by consulting with onsite Multidisciplinary team as needed, completing this training, participating in other DBT continuing education units, and adhering only to the DBT manual.

Somatic Therapy for Trauma

Following my completion of DBT Certification, I will be receiving training in Somatic Therapy, as well, to better serve my clientele. Somatic therapy will be beneficial for this population because most, if not all, of the residents have experienced trauma. With Somatic Therapy, it focuses on healing trauma within the body. Research shows that trauma lives in the body. The body holds on to the feeling of a traumatic event and that is how the "fight, flight, or freeze" concept lives within; no matter the time in space. With training in this type of therapy, I will gain more skills to work with physical effects trauma leave on the body; teaching another level of mindfulness.

Data will be collected by: monitoring recidivism, tracking symptoms based on self reporting, rate at which measurable treatment objectives are met, aggression towards others, number of incidents reported in regard to client behavior. Assessments will be given to set baseline and to track reliability and validity outcomes in intervals; depending on client need, and there will be a three month follow up.

Fidelity will be maintained b by consulting with onsite Multidisciplinary team as needed, completing this training, participating in other Somatic Therapy continuing education units as they become available, and adhering only to Somatic Therapy practices when including Somatic Therapy in a client's treatment plan.