

COUNSELING VS THERAPY APPROPRIATE TECHNIQUES – YOUTH LEADERSHIP ACADEMY

- AUTHORITY:** Administrative Directive
California Code of Regulations, Title 15 – Minimum Standards for Juvenile Facilities, Section 1356
- RESCINDS:** Procedure Manual Item 3-8-017, dated 01/15/20 (RENUMBERED)
- FORMS:** None
- PURPOSE:** The purpose of this directive is to define counseling vs. therapy. These definitions will be used to establish guidelines for appropriate techniques to use within the Youth Leadership Academy (YLA) setting.

I. PROCEDURE

A. Treatment Services Appropriate for YLA Staff to Provide:

1. Assessment Services

Designed to collect, analyze, and use a variety of objective and subjective personal, psychological, and social data about each youth for the purpose of better understanding youth as well as assisting them to understand themselves. The process of gathering information concerning the youth is ongoing.

2. Educational, Informational and Counseling Services

Designed to provide youth with a greater knowledge of educational, vocational, and social options so that they may make better informed choices and decisions. The informational services offered by YLA include: Educational instruction provided by the Orange County Department of Education; and Mental Health Crisis Counseling is provided by the Health Care Agency via **Clinical Evaluations & Guidance Unit (CEGU)**.

Counseling services offered at YLA include the following: weekly counseling sessions by the youth's assigned counselor; group counseling provided by **CEGU** for the youth in each unit that have been assessed as benefiting from group counseling; situational counseling provided to those youth experiencing a crisis situation is provided by CEGU; and crisis counseling to help the youth cope with a particular circumstance or situation is also provided by CEGU.

Whereas counseling is educational, supportive, situational and problem-solving, psychotherapy is characterized by supportive, reconstructive or other severe emotional problems, and long-term. The therapist in psychotherapy is credentialed, Ph.D., MFT, MSW and/or MD.

3. Planning, Placement, and Referral Services

Designed to enhance the development of youth by helping them select and utilize opportunities within the community. The planning and referral service provided by YLA include referring youth to drug and alcohol abuse programs in the community, referring parents and youth to family counseling programs in the community, and referring youth to individual counseling services in the community.

B. Appropriate Interventions for YLA Staff to Use

The following are appropriate interventions to be used in a camp setting. Although group and individual guidance, group and individual instruction, and group and individual counseling are appropriate, the youth needs to be assessed to determine which of the above treatment interventions is most suitable for the youth in a given situation.

1. Individual and Group Instruction

Instructions given to a group or individual to prevent the development of problems. The content generally includes the "how to's" and behavior/performance expectations that are necessary to perform daily functions. The goal of instruction is to provide accurate information so that the youth can perform an assignment and/or behavior without further assistance.

2. Group or Individual Guidance

Group or individual guidance is utilized to prevent the development of problems. The content includes educational-vocational, personal, and social information not otherwise systematically taught in academic courses. Providing accurate information for use in improved understanding of self and others is the direct emphasis in group guidance. An attitude change is frequently an indirect outcome or goal, followed by behavioral changes.

The goal of group and individual guidance is to provide youth with accurate information that will help them make more appropriate plans and life decisions and in this sense is prevention oriented. Group or individual guidance is recommended for all adolescents. Group or individual guidance is generally applicable to classroom size groups.

Individual counseling follows the same definition for group counseling. Individual and group counseling both differentiate equally with the definitions of guidance and psychotherapy.

3. Honesty & Integrity Meetings

The purpose of these meetings is to allow the youth to honestly evaluate their program participation and progress. It also allows an opportunity to give and receive honest feedback to other participants about their progress. The meeting is designed to help increase self-esteem as youth discuss their accomplishments, and to help them develop a deeper sense of integrity as the participant acknowledges **their** negative behavior/attitude.

REFERENCES:

Procedures: 3-5-004 Youths' Rights/Orientation

C. Reyes

APPROVED BY: