



# San Diego County Department of Probation **CAMP BARRETT**

## **PROGRAM DESCRIPTIONS**

**The following programs are currently in place and being run at Camp Barrett:**

### **AA/NA**

AA/NA meetings are held at Camp Barrett. These meetings are available to those feeling a need or assessed by staff to attend as well as those ordered to attend the meeting. These meetings are run by volunteers and geared for the Camp Barrett population.

### **Aggression Replacement Training**

- Class length - 12 sessions, once a week
- Number of youth per group - 10
- 1 hour sessions
- Facilitator: Social Advocates for Youth San Diego – SAY SD

The class is taught by SAY SD. This is a comprehensive attempt to alter the cognitions and misperceptions of youths prone to violence. Developing empathy as a starting point, the youth are exposed to feelings and listening skills. The counselor identifies any specific needs to be addressed individually or in open session. ART also covers areas of Caring, Anger Control, Emotional Triggers, Social Skills and Character Education giving the youth a well-balanced curriculum on aggression control.

### **Building/Ground Maintenance (California Technical Education) Program**

- Class length - 10 sessions, once a week
- Number of youth per group - 12
- 8 hour sessions
- Facilitator: San Diego County Office of Education (Kurt Farrington)

This is an 8-10 week course offered by the County Office of Education (COE) for up to 12 youths preparing them for jobs in the building or construction job market. The classroom instruction will be supplemented by on-the-job training consisting of the youths working with staff on pre-approved projects.

Classes are held on Saturday (9:00-4:00) and weekdays during school hours.

### **CAL I. D. Program**

Camp Barrett helps youths obtain their Cal I.D. which can be critical in their transition back to the community. The Cal I. D. is often needed for continuing education, vocational programs, internships, etc. Funding for this program comes from Inmate Welfare.

### **Character Counts**

- Class length - Ongoing, once a week
- Number of youth per group - 50
- 1 hour sessions
- Facilitator: Probation Staff

Character Counts – this is a character-building program designed to help youths build or increase their level of good character. This program is comprised of six character pillars, with three classes per pillar. The pillars consist of: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

### **College Education**

Once a youth has received their high school diploma or a HISET they have the option to further their education and earn college credits online while at Camp Barrett.

### **Community Service**

Giving back to the community to give a sense of “ownership” and pride is felt to be important to our population. We are currently sending work crews on a regular basis to:

#### **County Operations Road Crews (four days a week)**

We have also supplied crews to the San Diego Office of Emergency Services to assist various communities in preserving their communities and homes by filling sand bags during this winter’s record-breaking rainfall.

### **Counseling and Psychological Services**

The Stabilization, Treatment, Assessment and Transition Team (STAT) provide two licensed psychologists plus intern(s) to provide assessment, crisis counseling, individual and group psychotherapy to youth with mental health needs who request it. They also provide screenings for youth who request a medication evaluation. Initial medication evaluations are conducted at East Mesa Juvenile Detention Facility and then psychiatrists utilize tele-psychiatry to monitor all youth who are prescribed psychiatric medication on a monthly basis. The STAT team psychologists and intern(s) assist youth to manage their mental health issues while at Camp Barrett as well as assist them in transitioning successfully back to their families and communities.

### **Culinary Arts (California Technical Education) Program**

- Class length – 8 to 10 sessions, twice a week
- Number of youth per group - 22
- 8 hour sessions
- Facilitator: San Diego County Office of Education (Matt Russo)

This is a course offered by the County Office of Education (COE) in cooperation with the Sheriff's Food Service for up to 22 youths preparing them for jobs in the food industry including practical experience. Eligible youths will be able to take the ServSafe Certification test for national certification as a food handler. County Food Handlers certification will also be offered to participants. Each graduate will receive a County Office of Education ROP Certificate for his participation.

### **Fire Science Program at Camp Barrett High School (California Technical Education)**

- Class length – 10 to 12 sessions, twice a week
- Number of youth per group – 10-15
- 6-8 hour Field Sessions and 3-4 Classroom Hours per week.
- Facilitator: Viejas Fire Department & Camp Barrett

The Fire Science program at Camp Barrett High School is designed to educate and train youths in Wildland Firefighting concepts, strategies and tactics.

The following training material attains the standards prescribed for courses developed under the interagency curriculum established and coordinated by the National Wildfire Coordinating Group. The instruction is certified for interagency use and is known as:

- **L-180: Human Factors in the Wildland Fire Service**

Course Description:

This is a basic human performance skills course. Its primary objective is to establish an awareness of human performance issues and how they can impact fire service job performance. The desired outcome of this training course is to improve awareness of human performance issues in the fire service so that individual firefighters can integrate more effectively into teams/crews working in dynamic, high risk environments.

- **S-130: Firefighter Training**

Course Description:

The purpose of this course is to train new firefighters in basic firefighting skills. Firefighters who successfully complete this course and the Work Capacity Test will be qualified to suppress Wildland fires WHILE UNDER CLOSE SUPERVISION.

- **S-190: Introduction to Wildland Fire Behavior**

Course Description

This course provides instruction in the primary environmental factors that affect the start and spread of wildfire, and recognition of potentially hazardous situations. This course can be taught in conjunction with or prior to Firefighting Training, S-130. This course is also suitable for experienced personnel requiring refresher training.

Upon successful completion of the program, youths will receive three nationally recognized wildland firefighting training certifications. These certifications, along with a High School Diploma or HISET, lay the foundation to obtain entry level Wildland Firefighter employment.

### **HISET Program**

Barrett High School offers HISET preparation for those youths eligible to take the HISET test. The HISET test is offered on a monthly basis at Camp Barrett.

## **Graphic Design (California Technical Education) Program**

- Class length – 8-10 sessions
- Number of youth per group – 8-10
- 4 hour sessions
- Facilitator: San Diego County Office of Education (Art Cruz)

## **High School Diploma**

Barrett High School offers a complete high school diploma program that includes the preparation and completion of a Senior Project. Barrett High School has the highest number of graduates of any of the County Office of Education high school programs.

## **Horticulture (California Technical Education) Program**

- Class length – 8 to 10 sessions, once a week
- Number of youth per group - 10
- 8 hour sessions
- Facilitator: San Diego County Office of Education (Kurt Farrington)

This is an 8-10 week course offered by the County Office of Education (COE) for up to 12 youths preparing them for jobs in the building or construction job market. All of the participants reside in the same dorm and the work on landscaping and horticulture projects around camp. The classroom instruction will be supplemented by on-the-job training consisting of the youths working with staff on pre-approved projects.

Classes are held on Wednesday (12:00-4:00) and other times after school as needed.

## **Parenting Class**

- Class length - 8 sessions, twice a week
- Number of youth per group - 10
- 1 hour sessions
- Facilitator: McAlister Institute – MITE (Roxanne Hagan)

This class is taught by Roxanne Hagan. This group is offered to youth who are or who are about to be fathers. The group of approximately 10 youths will meet one hour twice a week for four weeks, for a total of 8 hours. The goal of this group is to provide basic information for participants to learn positive parenting skills and to encourage their appropriate involvement in the raising and parenting of their child/children.

## **Reading Legacies - Family Connections Program**

- Facilitator: Reading Legacies (<http://www.readinglegacies.org>)

Reading Legacies provides “family connections” for youth and their children or younger family members, giving the child an opportunity to hear the youth read aloud on DVD. If the youth have a child of their own or a younger family member with whom they would like to stay connected, they may participate in the program by attending a workshop about why shared-reading is important to children. Youth then get to choose a book from our library and read it aloud while being recorded on DVD. The children receive these special DVDs and books through the mail allowing youth to stay connected with those children while they are away.

## **Religious Services**

Non-denomination Christian and Catholic services as well as Bible study are available to the youth at Camp Barrett on a weekly basis.

## **Social Tolerance/Gang Awareness**

- Class length - 8 sessions, once a week
- Number of youth per group - 10
- 1 hour sessions
- Facilitator: Social Advocates for Youth San Diego – SAY SD

The class is taught by SAY SD. The eight week course is evidence based and conducted in small group of approximately 10 youths. It meets for one hour on Mondays. There will be two staggered classes running simultaneously allowing the youth to be added to the groups at intervals, reducing wait time to start this program. The first class began 10/26 and the next class will begin in two weeks.

## **Special Education**

Barrett High School offers classes in special education for those youths with IEP's requiring this service

## **Substance Abuse Education and Counseling**

- Class length - 12 sessions, three times a week
- Number of youth per group - 16
- 1 hour sessions
- Facilitator: McAlister Institute – MITE (Roxanne Hagan)

We have a contract with McAlister Institute (MITE) that stations a full time drug counselor to Camp Barrett. This person provides drug/alcohol education to all youths and using a screening tool or direct referral holds small group counseling sessions for those identified as needing more in depth work with their drug/alcohol issues. Individual counseling is also made available on an as needed basis.

## **Team Leader Program**

- The youth can apply for several different leadership positions
- Leaders are selected by dorm staff based on recommendations and good program performance
- Each position allows the youth to provide advice, guidance and good examples to peers who are part of their team (this occurs routinely and also during team meetings)
- The youth often respond more positively to input from peers
- Leaders are offered ongoing input and guidance from staff and from psychologist
- Leaders also attend monthly group meetings with a probation Seniors
- In addition to the satisfaction of helping their peers, leaders are rewarded for their work by going to special activities and by being more likely to receive early release credits
- This leadership experience prepares the youth to take responsible roles in society

## **Teen Relationship Violence (TRV)**

- Class length - 3 sessions, once a week
- Number of youth per group - 30
- 2 hour sessions
- Facilitator: The Center for Community Solutions

All Camp Barrett youth will be required to attend this 3-session program. The TRV workshops are based on experiential learning rather than lecturing and are designed to define dating violence and challenge beliefs that relate to violent behavior. The three, 90 minute workshops are structured specifically for incarcerated adolescents. Previous participants in the workshops at Camp Barrett reported statistically significant decreases in patriarchal attitudes and acceptance of violence (measure by standardized pre-post tests). These workshops are offered through a partnership with the San Diego Domestic Violence Council, HHSA's Office of Violence Prevention and SDSU Department of Child and Family Development.

The staff also facilitates small groups for youth, who through her assessment need a more in depth encounter with TRV programming.

## **Thinking for a Change**

- Class length - 7 sessions, once a week
- Number of youth per group - 50
- 1 hour sessions
- Facilitator: Probation Staff

This is a cognitive-behavioral program provided by sworn officers assigned to Camp Barrett. Each Camp Barrett youth is guided through a series of ten classes (using facilitation techniques). Each class focuses on providing positive alternatives to delinquent behavior. Using role-play and objective attachment, each youth is exposed to positive cognitions, which in turn help an individual "Think for a Change."

## **Work Readiness**

- Class length - 20 sessions, twice a week
- Number of youth per group - 40
- 2 hour sessions
- Facilitator: San Diego County Office of Education (JCCS)

Work Readiness: Provides work readiness information including: vocational training testing, job search techniques, resume completion, interview techniques and job retention. The youth completing the program will have a portfolio containing resume, job application, reference letter, cover letter and thank you letter materials. They will have also been introduced to "one stop" and job centers and have participated in a Resource Fair. The instructor will also be available three days a week, in the community, to assist graduates transition into educational, career and work opportunities, when they are released from camp.

*\*\*All programming is subject to change.*