

A WEEK AT YOUTH HOME

Monday through Friday:

- 8:30-3:00 p.m.: School with licensed teachers and special education certified licensed teachers

Groups conducted by Recreational Therapist and Recreational Specialists

(many of these groups meet multiple times a week)

- o Boys' Council: Therapeutic Art Class
- o Dance/Movement
- o Drama
- o Etiquette and Manners Class
- o Gardening
- o Girls' Circle: Therapeutic Art Class
- o Library Rocks: Library activities provided by the Central Arkansas Library System
- o Low-Challenge Ropes Course
- o Pet Therapy
- o Physical Fitness
- o Sports Camp: to include skills building towards specific sports and/or sports games
- o Yoga
- o Zumba
- o Volunteer Opportunities:
 - The Manor (nursing home)
 - Helping Hands (food pantry & thrift shop)
 - Arkansas Food Bank
 - Virtual partnering with the VA: to provide encouragement

Groups Conducted by Licensed Social Workers and/or Licensed Counselors

- o 2 psychotherapy groups conducted per house
- o Drug and Alcohol Group
- o Grief and Loss
- o Safe Solutions
- o Social Skills
- o The Anxiety and Trauma Yoga Program

Therapeutic Services

- o At least 2 individual sessions per week
- o Family sessions done weekly or biweekly
- o Crisis Intervention

Other Daily Scheduled Activities

- Journaling
- Processing time with QBHP (all QBHPs have had 21 hours of training in Risking Connection's Trauma Informed Care)
- Daily phone calls with family: Access to family is a RIGHT, not a privilege
- Video Games
- Board Games
- Time outside on the basketball court with the pavilion or in the large grass field
- Time in the gym: which is equipped for basketball and volleyball
- Chores and life skills
- Movies Under the Stars: Houses sit together in the field on blankets with snacks while a movie is played on a large inflatable projector

Weekend Activities*

- Loca Bonita Horse Ranch Visits
- Chores and Life Skills
- Televised sports games
- Community reintegration
- Drug Education Groups (Led by QBHP)
- Therapeutic home passes

**Some of these activities and interventions have been adapted or paused due to COVID precautions to ensure our clients' physical safety. These activities have been supplemented with additional and/or smaller groups.*

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