

## What type of modalities are used when working with detained youth?

Various modalities are used when working within crisis, individual, and group settings.

However, due to the nature of detainment, Hays County Detention Center places an emphasis on Solution Focused Therapy (SFBT) and Dialectical Behavior Therapy (DBT).

**Brief-Solution Focused Therapy:** Short-term, goal-oriented therapeutic approach that focuses on helping find solutions to problems rather than analyzing the problems themselves.

- Brief and time limited
- Focus on solutions
- Goal orientated and future focused

**Dialectical Behavior Therapy:** Combines cognitive-behavioral techniques with mindfulness and acceptance strategies.

- Mindfulness
- Distress tolerance
- Emotional regulation
- Interpersonal effectiveness

## Who We Are

### About Us

The Hays County Juvenile Center is a 42,000 square foot pre- and post-adjudication secure correctional facility located at: 2250 Clovis Barker Rd., San Marcos, Texas. The facility is operated by the Hays County Juvenile Board. We have been providing residential services at this location since April 2002 and placement services since October 1995. The residential services offered at the Hays County Juvenile Center are comprised of 34 pre-adjudication detention beds and 114 post-adjudications. All mental health services are led by Texas approved Licensed Mental Health Professionals and supervised by the Mental Health Manager who is a Licensed Clinical Social Worker (LCSW-S).

### Contact Us

Phone: (512) 393-5220 ext. 11222

Email: [Elizabeth.ferman@hayscountytx.gov](mailto:Elizabeth.ferman@hayscountytx.gov)

Hays County Detention  
Center  
2250 Clovis Barker Rd  
San Marcos TX, 78666



Hays  
County  
Detention  
Center

*Detention Services*



## What services can be offered to detained youth?

Prior to entering our facility, the probation officer completes a pre-screening document and consent form for the juvenile to participate in mental health services offered within the facility.

All mental health services are overseen by a Licensed Clinical Social Worker (LCSW-S). Services are provided by the Detention Counselor who is a licensed mental health professional.

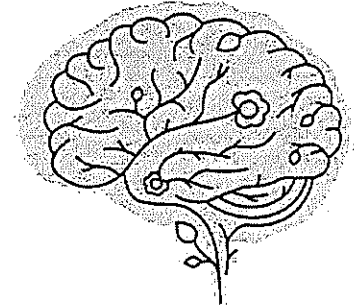
## Services Offered

**Crisis Intervention** - Immediate support for juveniles in mental health crises, including those at risk of self-harm or suicide provided by Detention Counselor.

**Individual Counseling** - Brief 1-on-1 sessions with Detention Counselor to help juveniles work through anxiety, depression, anger issues, and other emotional challenges. Sessions are available as needed at the request of probation officer or juvenile. Individual counseling focuses on using a Solution Focused Brief Therapy approach with an emphasis on identifying solutions to presenting issues.

**Group Counseling** - Group sessions where juveniles can connect with peers facing similar issues facilitated by Detention Counselor. These sessions will promote building coping skills and problem-solving skills while offering a safe space for the juveniles.

**Medication Management** - Psychiatrist available to meet with juveniles as needed. Juvenile probation will coordinate with medical department prior to meeting juvenile for psychiatrist appointment. Detention Counselor will then complete psychiatrist appointment forms as needed for juveniles who may be taking medication or may benefit from a medication evaluation.



**TJJD Pre-Treatment Curriculum** - 4-week curriculum designed for TJJD committed youth who are waiting on admission. The curriculum is DBT focused to help prepare and motivate youth for treatment upon entry to TJJD. Available only for TJJD committed youth. Probation referral must be completed prior to beginning program.

**Community Groups** - Hays County non-profit and local organizations are available to meet with the juvenile weekly for various activities such as social skills groups and substance use support. These groups are facilitated by support specialists.

**Religious Services** - Bible study and church services are offered on Sundays by local church group, PromiseLand Church - San Marcos.