

# San Diego County Juvenile Justice Commission

## 2017 Inspection Report

<b>Facility Name:</b> <b>SAN PASQUAL ACADEMY</b>	
<b>Facility Address:</b>  17701 San Pasqual Valley Road Escondido, CA 92025-5301	<b>Date of Inspection:</b> June 23, 2017
	<b>JJC Chair:</b> Kimberly Allan
	<b>JJC Admin. Officer:</b> Scott Brown <b>JJC Admin. Assistant:</b> Amber Scott
	<b>CWS Director:</b> Cathi Palatella
	<b>Presiding Judge of the Juvenile Court:</b> Hon. Carolyn M. Caietti
<b>Facility Administrator:</b> Tia Moore, Academy Director	<b>Telephone:</b> (760) 233-6005
<b>Staff and Representatives Interviewed / Met with in Person:</b> Tia Moore, Tim Farley, Sean Morrill and Matt Simon	
<b>Overview:</b>  San Pasqual Academy (SPA) was established as a residential school for foster youth about 15 years ago and continues to be an amazing place. It is a long distance from San Diego's downtown and should be open to more than the kids who are strictly foster youth.  Although run by a private contractor, New Alternatives, Inc., San Diego County Office of Education plays a major role in the program. The Juvenile Justice Commission extends an invitation to all appropriate service providers, including Child Welfare Services, to participate in the inspection process. The Juvenile Justice Commission (JJC) supports the concept of SPA as a "regular" school competing in sports with other schools in the area. Outstanding programs exist in job-readiness, landscaping/crop cultivation, food services, and alumni relations. The JJC has identified the following areas for recommendations: education, psychotropic medications, expansion of youth population and enrichment services.	

## Recommendations:

### 1. Education

Currently, SPA does not offer Advanced Placement (AP) courses to students. Interviews with San Diego County Office of Education (SDCOE) staff indicated that high achieving youth are provided the option to attend local community colleges where they can earn college credit, however, these courses are only available in the afternoon or evenings following regular school hours. The Juvenile Justice Commission recommends that SPA and SDCOE continue to explore the feasibility of including AP courses as part of the regular course offerings.

The Juvenile Justice Commission (JJC) requests that SPA clarify the discrepancy between the School Accountability Report Card (SARC) which notes zero percent of students at SPA 1) were enrolled in courses required for UC/CSU admission, and 2) completed all courses required for UC admission upon graduation, contrasted with information provided during the JJC inspection indicating the courses are certified as "A-G" (per criteria) and approval processes of the UC and CSU systems for several years now.

### 2. Psychotropic Medications

According to New Alternatives staff members, on average, 24 out of the 88 residents were on "psychotropic"\* medications during 2016 and an additional 16 youth received other JV220 (Judicial Council of California Form: Application for Psychotropic Medication) medications. The JJC acknowledges that SPA services a unique and vulnerable population comprised of youth for whom reunification is not possible, or very unlikely, and who often require intensive mental health services, including medication management. To better understand current trends in psychiatric medication management for these youth, the JJC will be requesting additional, de-identified information about medication use at SPA, to be gathered for the 2018 pre-inspection report. Please see addendum.

We appreciate that this request is labor intensive but anticipate that these broader data points will be very useful for youth serviced by SPA and other such facilities.

\*Psychotropic medication" is defined<sup>1</sup> as "those medications prescribed to affect the central nervous system to treat psychiatric disorders or illnesses. They may include, but are not limited to, anxiolytic agents, antidepressants, mood stabilizers, antipsychotic medications, anti-Parkinson agents, hypnotics, medications for dementia, and psychostimulants."

### 3. Expansion of Youth Population

The Juvenile Court along with the County's Health and Human Services Agency and New Alternatives should expand the youth population at SPA to more than the foster youth community. The Juvenile Court (with assistance of the Probation Department) should be recommending youth who have succeeded in the "delinquency" arena be screened for placement at SPA.

### 4. Enrichment Activities

The JJC recognizes that SPA has made considerable effort to create opportunities for youth related to post-secondary careers and education. The JJC recommends consideration of additional programming that may bolster vocational and academic skills (e.g., a debate team) or have therapeutic benefit to further enrich experiences for youth at SPA.

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<sup>1</sup> "Psychotropic medication" is defined, per Welfare & Institutions Code, Section 369.5(d).

**General Comments from the Inspection Team:**

On the date of inspection (June 23, 2017) the campus was quiet as graduation had previously occurred on June 15, 2017 and summer school had not begun. The student population was 85. The JJC notes that SPA is greatly under-utilized as its capacity is 184 and the staff of New Alternatives needs to be open to an increase in enrollment, possibly including delinquency youth doing well and referred by Juvenile Court.

The JJC did not have an opportunity to speak privately to any students.

**Serious Incidents During the Calendar Years**

**2016:**

Number of suicides: 0

Number of attempted suicides: 0

Number of deaths from other causes: 0

Number of youth absence without leave (AWOL): 2 (Bed was held open for several days for both youth and then closed by HHSA)

Number of attempted AWOL: 9 (Each of these youth returned in a short period of time and remained in placement at SPA)

**Other Inspections** (please list most recent inspections and dates):

Community Care Licensing: April 19, 2016

Fire Marshal: February 2017

Department of Environmental Health: May 2016

Other: Grand Jury, October 2016

Date of Last Fire Drill: March 12, 2017

**Problems/Complaints Affecting Facility During the Calendar Year:**

**2016:**

Court Orders Affecting Facility (please have available, if applicable):

Yes  No

Pending Litigation:

Yes  No

Number of Written Complaints / Grievances Involving:

- Residents: 2
- Attorneys: 0
- Family Members: 0
- Medical: 0
- Abuse: 0

**FACILITY BACKGROUND**

**Resident/Staff Composition and Communication:**

The JJC team desired to do the inspection before the SPA graduation but Director Tia Moore could not arrange it. On the date of inspection, the interim principal was not present. No one from the County's Health and Human Services Agency (who contracts with New Alternatives) was present.

**General Facility Condition:**

The campus is a wonderful place. A large area was devoted to growing citrus and other items.

**Housing/Sleeping Accommodations:**

The cottages were well maintained. The kitchen was especially impressive.

**Storage:**

The JJC was not shown any of the storage areas.

**ADMINISTRATION / MANAGEMENT**

**Admission and Orientation:**

- Are minors oriented to rules and procedures?  Yes  No
- Are minors given copies of rules and procedures?  Yes  No
- Can minors request that rules and procedures be provided in a language other than English?  Yes  No
- Can parents request that rules and procedures be provided in a language other than English?  Yes  No
- Are minors required to sign a document indicating they understand rules and procedures?  Yes  No
- Are rules and procedures posted anywhere in the facility?  Yes  No

If yes, please indicate the number of postings and the locations.

Number: 24

Locations: All housing units and main office

What steps are taken to ensure that minors are explained the rules and procedures in a developmentally appropriate manner?

During their intake, students review the rules and procedures with the intake social worker as well as their house staff. At this time, they sign the rules and procedures and have the chance to ask questions or raise concerns. Following this meeting, they are regularly reminded of rules and procedures in community meetings, house meetings, and individually as necessary.

**Personal Property and Monies:**

Are personal property and monies recorded, stored, and returned upon release?  Yes  No

Describe the types of personal property that may be kept in sleeping rooms:

Everything that is not seen as contraband or prohibited on a school campus.

**Youth Release and Transition:**

Are there established protocols for transitioning youth out of the facility and into the community?  Yes  No

Do facility staff members consult with the staff that will be assigned to the youth when they leave to discuss transition-related concerns?  Yes  No

Has the facility received any complaints from parents regarding the transition process?  Yes  No

Has the facility received any complaints from attorneys regarding the transition process?  Yes  No

**Accommodations for the Disabled:**

Does the facility accept youth with disabilities?  Yes  No

Has this facility been determined to be an inappropriate facility for a youth with a disability (*physical, developmental, emotional, psychological, intellectual, etc.*) in the 2016 calendar year?  Yes  No

**SECURITY AND CONTROL**

**Permanent Logs:**

Are there policies and procedures in place that describe the types of incidents and occurrences which must be documented on a daily basis?  Yes  No

Are these logs stored electronically?  N/A  Yes  No

If logs are stored electronically, is there sufficient technical support to ensure that the electronic files that contain these logs are not compromised, corrupted, or deleted?  N/A  Yes  No

**Security Features:**

Does the facility have ample security features (cameras, locks, alarms, etc.)?  Yes  No

Are there staff members on site who have the skills to maintain security features?  Yes  No

**Security Inspections:**

Does the administrator in charge ever visually inspect the facility for security-related concerns?  Yes  No

If yes, how often:

Weekly. The administrator in charge lives on the campus and visually inspects it continuously.

Are random reviews of security tapes conducted?  N/A  Yes  No

If yes, how often:

Cameras are used to secure the areas and locations where documents are stored and kept in order to provide another layer of security beyond the normal double locking procedure.

**Control of Dangerous Materials:**

Are dangerous materials (toxins, biohazards, etc.) stored on site?  Yes  No

**Non-Hazardous Furnishings:**

Are mattresses and bedding fire-resistant and non-toxic?  Yes  No

**Control of Contraband:**

Are there written policies that describe contraband?  Yes  No

Are there written policies that describe the disposition of contraband?  Yes  No

Has a weapon been found in the possession of a youth in the facility in calendar year 2016?  Yes  No

Has a controlled substance (i.e. alcohol, tobacco, illegal drugs, or prescription drugs for which the youth in possession does not have a prescription) been found in possession of a youth during the 2016 Calendar Year?  Yes  No

Describe if there have been a high number of incidents related to a specific type of contraband:

There have been a number of incidents related to marijuana and associated paraphernalia. Most of our incoming residents/students have a history of substance use and abuse prior to their intake at SPA. Therapeutic services and recovery services ranging from on campus individual therapy and support groups to outpatient substance abuse services are available and used for these youth as well as ongoing U/A screens for accountability with students who have this in their case plan.

**Resident Searches:**

Do staff search sleep areas/rooms?  Yes  No

If staff search sleep areas/rooms, do staff search in the presence of the youth?  Yes  No

If staff search sleep areas/rooms, is clean bedding or clothes mixed with soiled bedding or clothes during this process?  Yes  No

**Accountability and Supervision:**

Describe measures taken to ensure that youth are supervised in a manner that provides for youth and staff safety.

All staff are trained upon their hiring and at regular intervals in Pro-ACT with a focus upon de-escalation and preventative strategies to minimize the use of any physical intervention or containment. The physical interventions taught in Pro-ACT are only used in the event that a youth is a direct and serious danger to themselves or someone else and that harm can be prevented through no other action. Searches may be written into the student's Needs and Service Plan and conducted in cases where there is a history of risk or in engaging in behaviors that place the community or themselves at risk. A basic visual search of pockets, clothing, and bags is done upon reentering SPA from a pass or alternate placement but not of the client's body. Another measure taken is the completion of the student's Needs and Services Plan as well as their Emergency Intervention Plan which describes particular ways to handle individual students in moments of crisis or when escalated. Part of this plan also includes a supervision addendum which sets the level of supervision that they require based on past and current behavior. While all students are supervised within the program, some students may require constant adult supervision while others can earn varying levels of adult monitoring giving them the ability to develop skills of independence.

**Use of Force/Physical Restraint /Safety Room Procedures/Searches:**

Are there written policies in place to ensure that force is used only when necessary?  N/A  Yes  No

Are there written policies in place to ensure that force is used only as long as necessary?  N/A  Yes  No

- Is each instance of a use of force documented?  N/A  Yes  No
- When there is an instance where force is used, does an internal committee or task force convene to discuss the incident?  N/A  Yes  No

**Non-routine Use of Restraints:**

- Are there written policies in place to ensure that restraints are used only when necessary?  N/A  Yes  No
- Are there written policies in place to ensure that restraints are used only as long as necessary?  N/A  Yes  No
- Is each instance of a use of restraints documented?  N/A  Yes  No
- If yes, are these documents reviewed by the administrator in charge?  N/A  Yes  No

**Tool & Equipment Control:**

- Is there a written policy to ensure the adequate control of keys?  Yes  No
- Is there a written policy to ensure the adequate control of tools?  Yes  No
- Is there a written policy to ensure the adequate control of culinary utensils and equipment?  Yes  No
- Is there a written policy to ensure the adequate control of medical equipment?  Yes  No
- Is there a written policy to ensure the adequate control of supplies?  Yes  No
- Is there a written policy to ensure the adequate control of vehicles?  Yes  No

**Weapons Control:**

- Are weapons of any types permitted in the facility?  N/A  Yes  No
- Is there a weapons locker on site?  N/A  Yes  No

**Discipline:**

- Are there written policies that describe the discipline process?  Yes  No
- Are measure to taken to ensure that due process is preserved?  Yes  No
- Approximately what percent of discipline grievances/appeals are resolved in favor the youth?

0 of 2; both were disciplinary issues based on behavior where the consequences were deemed fair and appropriate.

**Contingency/Emergency Plans:**

Are there written plans in place for the following contingencies/emergencies? Check all that apply.

- Contagious disease outbreak (Tuberculosis, Flu, etc.)
- Earthquake
- Fire
- Power outage/failure
- Unit Disturbance or Riot - N/A
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

## **DISCIPLINE MODEL**

Overall, the SPA philosophy and structure falls in line with the New Alternatives agency philosophy. This philosophy emphasizes healthy development and personal growth, therapeutic support rather than punitive methods, the significance of meeting basic needs and building toward meeting higher level needs, creating conditions that allow for growth towards one's potential, and hopeful and positive expectations of the youth we serve.

### **HOSPITALIZATION, ASSAULT AND AWOL HISTORY:**

#### **Peer-to-Peer Assaults in Calendar Year:**

2016:

Total number of Peer-to-Peer Assaults: 10

Total number of Peer-to-Peer Assaults resulting in injury requiring treatment: 2

#### **Peer-to-Staff Assaults in Calendar Year:**

2016:

Total number of Peer-to-Staff Assaults: 3

Total number of Peer-to-Staff Assaults resulting in injury requiring treatment: 0

Total number of Peer-to-Staff Assaults resulting in law enforcement/  
police/probation contact: 1

#### **Injuries within the youth "residences" (first aid, medical intervention, or hospitalization) in Calendar Year:**

2016:

Number of Instances: 12 (treated with more than first aid), 43 (treated with first aid)

#### **Youth hospitalized for psychiatric reasons (reasons, length of treatment) in Calendar Year:**

2016:

Number of Instances: 1 (youth was screened but then released and not put on a hold)

#### **Youth requiring higher level care (including placement at other NA sites) as temporary stabilization measures (include details: reasons, length, how many were unable to return etc.) in Calendar Year:**

2016:

Number of Instances: 4 (1 for out of state tribal substance abuse treatment and returned after 3 months; 1 for temporary stabilization for volatile and self-harm behavior and returned after 2 months; 1 for medical stabilization for diabetes and did not return; and one for psychiatric stabilization after exhibiting psychotic symptoms and having a psychiatric hold and did not return after turning 18.)

#### **AWOLs, including facility response and youth return in Calendar Year:**

2016:

Number of Instances: 11 AWOLs. 9 returned to program shortly after leaving and remained in placement at SPA. 2 had their bed held open for several days and then their beds were closed by HHSA after they did not return.

## **TRAINING, PERSONNEL, AND MANAGEMENT**

### **Child Supervision and Staffing Levels:**

SPA maintains at minimum a 1:6 staff-to-youth ratio and often higher (1:3, 1:4) when including supervisory staff, clinical staff, and program support positions. The current level set for SPA through Community Care and Licensing is a 1:10 ratio. Staff supervise in each of the student residences as well as other community and activity areas (gymnasium, rec. rooms, outdoors). Clients are evaluated on a regular basis by the management team, residential staff, and clinical staff to determine their level of supervision.

### **Training:**

Per Community Care and Licensing requirements and Title 22 Regulations, all childcare staff complete a minimum of 40 hours of training initially and 40 hours annually following their hiring. These trainings include in-service trainings on safety, first-aid/CPR, transporting clients, new staff orientation, Pro-ACT, Cultural Competency, Suicide Prevention and Mental Health First Aid, etc. Additional trainings focused upon staff improvement and therapeutic skills include communication skills, burnout and self-care, self-harm, substance abuse issues, LGBTQ, CSEC, psychotropic medication, etc. Staff is also trained in a series of Trauma Informed Care (TIC) workshops to better understand our youth population, what they have endured, and how it impacts them. This training is done by professionals across the organization in different areas. SPA integrates Trauma Informed Care (TIC) training for partner programs, including SDCOE teachers, Voices for Children, and local schools.

### **Facility Capacity and Crowding:**

At this time, SPA does not have the issues of crowding within the program due to the fact that SPA has not reached full capacity.

## **CLASSIFICATION AND SEGREGATION**

### **Describe how youth are classified and/or segregated:**

Youth are not segregated at the academy other than being separated by gender with a female and male side of campus. House selection is based on many factors which most often include age, risk factors, "goodness of fit" with house parents or lead staff, hobbies and interests, the resident's level of structure needed, etc. After the youth is assigned, there is also flexibility if a change is requested or needed.

### **Orientation:**

Youth are partially oriented before their intake to the Academy through student led tours, campus visits, and an interview process where a thorough program description is given. Upon intake, students meet 1:1 with intake staff, house parents, clinician, and program supervisors to be introduced, oriented, to answer questions, and to familiarize students with the structure and opportunities within the program.

### **Segregation:**

As stated above, youth are not segregated at the Academy with the exception of them being separated by gender in their residences.

### COUNSELING AND CASEWORK SERVICES

Mental Health services are provided on campus at SPA by an EPSDT funded Full Day Rehabilitation program. This program offers milieu-based psychotherapy provided by BBS registered clinicians (individual therapy, group therapy, and family therapy), medication monitoring, basic medical services (2 LVNs on-site), recreational therapy, and a performing arts extra-curricular program. Program clinicians provide services, groups, trainings, and sessions after school each day, and there is a clinician assigned to each home on campus so they work collaboratively with house staff and other providers.

### GRIEVANCES, REPORTING INCIDENTS AND STAFF MISCONDUCT

- Is there a formal grievance policy?  Yes  No
- Are written grievances reviewed daily?  Yes  No
- Are grievances tracked in some manner that would permit facility leaders to observe trends in grievance reports?  Yes  No
- Is there a method for youth to be able to express concerns about the facility to a staff member who is not assigned to their cottage?  Yes  No
- Are youth made aware on a routine basis that they can express concerns about their placement to their case worker, social worker and/or attorneys?  Yes  No
- Is there a formal grievance process available for parents?  Yes  No

If yes, how many parents have submitted grievances in 2016?

#### **Reporting of Incidents:**

Incidents are reported and documented according to the standards of Community Care and Licensing standards. Written documentation of significant incidents are reviewed by program administrators for coordination of any follow up activities to address the incident. Incident reports are also sent to Community Care and Licensing as well as Health and Human Services to enhance communication.

#### **Staff Misconduct:**

- Are there written policies for addressing staff misconduct?  Yes  No
- Have there been any allegations in the calendar year of a staff member physically assaulting a youth?  
2016: 1  Yes  No
- Have there been any allegations in the calendar year of staff member sexually assaulting a youth?  
2016:  Yes  No
- Have there been any allegations in the calendar year of a staff member verbally threatening a youth?  
2016:  Yes  No
- Have there been any allegations in the calendar year of a staff member touching a youth in any inappropriate way?  
2016:  Yes  No

Have there been any allegations in the calendar year of a staff member commenting on the physical appearance of a youth in a manner that is outside the scope of the staff member's job duties?

2016:  Yes  No

Have there been any allegations in the calendar year of a staff member entering a youth's sleeping room for any reason that was outside the scope of the staff member's job duties?

2016: Yes  No

If the answer is yes to any of the inquiries related to allegations, is there written documentation of the incident, follow-up, and responsive action?

2016:  Yes  No

Please describe the circumstances related to any of the allegations noted above:

Youth assaulted a staff in the residence after making demands of the staff and not having him respond immediately. Staff attempted to verbally deescalate the youth and then chose to hold the youth, not per Pro-Act procedures, to avoid further injury and altercation. An incident report was completed, law enforcement was involved, and the staff was placed on leave while the circumstances were investigated by law enforcement. The result of the investigation was that neither the student nor staff were deemed at fault and no charges resulted. The staff member is no longer employed by the program.

## PROGRAMS AND ACTIVITIES

### **School Program:**

The SPA high school is operated by the San Diego County Office of Education and serves the 9th – 12th grade students residing at the Academy. A small number of middle school students attend the local middle school called San Pasqual Union or San Pasqual High School. After a request for a special education assessment is received, SPA initiates the following timelines: 15 days to prepare and send Parent/Guardian/CASA (Educational Rights holder) the Evaluation Plan regarding the different assessments that JCCS will need to conduct; 60 days after JCCS receives signed Evaluation Plan from the Educational Rights holder to conduct assessments and convene the IEP meeting to determine eligibility and/or services. In the 2013-2014 calendar year, three (3) students were identified with IEPs. In the 2013- 2014 calendar year, eighteen (18) students were on IEPs.

### **Parenting Classes:**

None of the students at the academy have children, however, they have had therapeutic groups focus on parenting skills for the youth at the academy as well as having trainings for house parent staff regarding parenting skills to equip them for some of the challenges and issues presented with this population of youth. Trainings for staff in 2013 have focused upon Trauma Informed Care, further preparing staff to address unique issues related to working with youth who have experienced complex trauma. Parenting classes for youth's family members is typically not provided due to them no longer living in the home or holding parenting rights.

### **Recreation and Exercise:**

Students can participate in a variety of recreational and exercise activities including formal sports teams that are part of the school CIF program, a campus intra-mural program, regular hikes, recreational trips and outings, use of the gymnasium and training facilities, health related activities

sponsored by the Health and Wellness Center, etc. There is also a performing arts program that includes instrument lessons, voice lessons, dance, self-defense, and other performance oriented activities.

**Religious Program:**

Students are transported and supported in their attendance of religious services, following their particular faith tradition, within the community. It is typical for groups of students to attend religious services each week and some have also participated in mid-week religious activities when offered.

**Work Program/Vocational Training:**

Career counseling is formally provided by the Workforce Partnership (YES program), who offer career exploration and vocational assessment, career counseling, training, on- and off-campus internships (in collaboration with New Alternatives, Inc.), and post internship placement. These services are also supported by the residential and clinical programs offering many of the internships available as well as helping counsel and direct students toward career interests and experiences.

**Visiting:**

Clinical and Residential staff provide supervised family visits in both on- and off-campus settings. When approved by County HHSA, some visits are able to become community, day, or overnight passes with family or friends that the students can participate in on a regular basis. When visits are required to be supervised by staff, they are monitored closely, documented, and intervention is used when necessary. SPA staff not only assist with the monitoring of the visitation but often transport students to locations where these visits take place for the convenience of both the student and those they are visiting due to the location of SPA. Family participation and engagement, when approved and appropriate, is strongly encouraged and supported by the Academy and its staff.

**Correspondence:**

Students are able to correspond on a regular basis with family members, friends, and informal supports in their lives unless otherwise restricted by their county social worker or the court.

**Access to Legal Services:**

All students are dependents of the court and thereby are assigned to an attorney. All students have access to their attorney's contact information and attend court hearings every six months.

**HEALTH SERVICES**

SPA has a health and wellness center that houses two LVNs, as well as facilitates psychiatric and medical services. Approximately 35% of students are receiving psychotropic medication managed by a contracted psychiatrist who comes two days per week and provides medication monitoring services. Assessments of illness, monitoring and coordinating of medical appointments, and basic nursing care is provided by nursing staff. Routine physicals and evaluations are also available on campus with specialty and emergency services provided at the local hospital or Children's Hospital. Nursing staff also conduct a variety of health-related programs and initiatives aimed at improving the overall health of the population.

### MEAL SERVICE

Are kitchen staff members trained regarding sanitation and food handling procedures?  Yes  No

Have kitchen staff members received any training in the 2016 calendar year other than training given to newly hired employees?  Yes  No

If yes, describe what the training included: Food Handlers training and certification.

Do youth work in the kitchen?  Yes  No

If yes above, have they been trained?  Yes  No

Are youth permitted to converse during meals?  Yes  No

If yes, may a youth seated at one table converse with a youth seated at a different table?  Yes  No

Are meals served cafeteria style?

Breakfasts and lunches on school days are available cafeteria style but all other meals are served in the homes family style.  Yes  No

Are youth permitted 20 minutes or more to eat?  Yes  No

Who/what agency maintains the kitchen area? New Alternatives, Inc

Describe the types of work youth perform?

Food preparation as well as cleaning and sanitizing.

### Adequate and Varied Meals:

Is there a weekly menu posted?  Yes  No

Does a nutritionist, dietitian, or other health professional participate in the creation of the menu?  Yes  No

How many calories per day does a youth who eats all of the standard meals provided consume? 2000-2200 Calories

What approximate percent of calories are from the following:

Protein: 40 %

Carbohydrate: 35 %

Fat: 25 %

Are weaker youths protected from having food taken from them?  Yes  No

### Special Diets:

Can special diets be accommodated when medically necessary?  Yes  No

Was the facility unable to accommodate a special diet based on medical reasons during the 2016 calendar year?  Yes  No

Can special diets be accommodated when based on a youth's religious practices or beliefs?  Yes  No

Was the facility unable to accommodate a special diet based on a youth's religious practices or beliefs in the 2016 calendar year?  Yes  No

## **SANITATION**

### **Clothing and Personal Hygiene:**

Students are able to wear personal clothing and are given their own hygiene supplies for daily use. Upon entrance to SPA, each student is given a laundry schedule and has daily access to laundry services in their home. Part of the program's independent living skills training is to help the students learn to wash and effectively maintain hygiene and staff are there to support and ensure that these important activities are completed.

### **Bedding and Linens:**

Bedding and linens are also washed on a regular basis and as needed. Students have access to wash their bedding and linens and often as desired and cleanliness is a daily program expectation.

## **TRANSITION PLAN**

Throughout the high school year at SPA, students are working on various aspects of transitional planning including the acquisition of independent living skills from the moment they enter the program as part of the program's purpose. Skills such as managing money, doing laundry, cooking, cleaning, using transportation, vocational services, etc are focused on by all collaborating partners and are blended into the student's everyday experience at the academy. Specific transitional planning activities are increased during the student's junior and senior years and events such as college visits and trips, tours or transitional living programs including TLPs, THP+, THP+FC, AB12 and other housing programs, an increased focus on saving money that is earned, interviewing and applying for scholarships, and linking students with services and resources that they will need and use after their transition. It is common for residential and clinical staff to transport and help students move into new housing and/or college dormitories, ensure that they have their basic needs, and continue to support and be available for these students long after their transition. Students often return, considering SPA their home, for community events, to live during school breaks or times of need, and simply to visit other adults and students that have been important in their lives.

ADDENDUM:

The following data are explicitly requested for the 2018 inspection and any data that are available and would inform the 2017 inspection would be appreciated:

- a) number of youth who are prescribed new psychiatric medication(s) while at SPA, broken down by age and gender. New medications are defined here as any medication that the youth did not enter SPA with, as either a current or past year prescription. Psychiatric medications are defined as psychotropics (see footnote on page two for definition) and other medications that require JV220 (e.g. Benadryl, melatonin, etc.).
- b) a breakdown of what new psychiatric medications are typically prescribed (e.g., 20% of all "new" medications are stimulants for ADHD symptoms; 30% of new medications are psychotropics such as anticonvulsants--medications used to control/prevent seizures/convulsions--but prescribed for insomnia or anger management etc.), broken down by age and gender;
- c) what is the breakdown of psychiatric medication types previously prescribed for youth (by age and gender), and needed immediately following placement at SPA;
- d) the percentage of previously prescribed psychiatric medications that are continued versus discontinued upon entrance to SPA;
- e) number of youth who are taking one or more antipsychotic medications;
- f) number of youth who are taking one or more psychiatric medications and are also receiving Mental Health Services (apart from medication management, and beyond the general trauma informed environment);
- g) number of youth who are taking two or more psychiatric medications of any kind, with an aggregate description of what specific combination of medications are used together for any given child;
- h) a breakdown of psychiatric medication, according to corresponding diagnoses; and
- i) an aggregate view of psychiatric medication usage (how often are drug holidays/medication vacations used to determine if medications continue to be necessary and/or effective from the youth's perspective? Are there seasonal variations in volume of prescriptions? If so, 1) what time of year (e.g., holiday intensive periods such as November/December), and 2) what type of prescriptions?