

San Diego County Juvenile Justice Commission

Pre-Inspection Worksheet

Data from Calendar Year 2019

Facility Name: Center for Positive Changes	
Facility Type: Group Home	
Facility Address: 7474 El Cajon Blvd. La Mesa, CA 91942	Date of Inspection: November 19, 2020
	JJC Chair: Yvette D. Klepin
	JJC Admin. Officer: Scott Brown JJC Admin. Assistant: Vanessa Ramirez
	CWS Director: Kimberly Giardina
	Presiding Judge of the Juvenile Court: Honorable Ana España
Facility Administrator: Dr. Richard Kohler, Co-Executive Director	Telephone: (858)232-7711
JJC Inspection Team: Denise Green, Edward Weiner, Dr. Deme Hill, Daya Heredia	
Staff and Representatives Interviewed / Met with in Person: Dr. Richard Kohler, Co-Executive and Shawn Tucker	
Overview: On November 19, 2020 the Juvenile Justice Commission (JJC) inspection team conducted the Center for Positive Changes facilities inspection Via Zoom due to the COVID-19 pandemic. The Center for Positive Changes is a 501c and has been in operation since 1999. In San Diego County, there are five locations; two boys' homes located in Spring Valley, one boys' home located in Encanto, one girls' home located in Oceanside, and one girls' home in El Cajon. These homes are four bedroom two bathrooms which can hold up to six youth; two single rooms and two double. They are specialized homes that deal with sexual reactive and sexual offenses. These are dual homes focus on both mental health and substance use, although there is not a high substance abuse other than marijuana. The children in these homes may come from child welfare and/or are dependent juveniles. Currently, more juvenile dependents are in these homes over child welfare. In some cases, they may be both. Today we were given a tour of one of the Spring Valley locations. Center for Positive Changes also has a sites in Sacramento and Yolo county.	

The San Diego County Juvenile Justice Commission is a state-mandated, court-appointed citizens' commission. Its purpose is to inquire into the administration of juvenile court law in San Diego County, to provide leadership for citizen action and to promote an effective juvenile justice system operated in an environment of credibility, dignity, fairness and respect for the youth of San Diego County

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COMMISSION COMMENTS & RECOMMENDATIONS FROM LAST INSPECTION

This location has not been inspected in the past

RECOMMENDATIONS:

2020 JJC inspection recommendation based on Inspection Interviews with Center for Positive Changes:

1. The Center for Positive Change youth would like consideration to be made regarding extending the 10:00 p.m. bedtime on the weekends to a later time.
2. According to Center for Positive Changes (C4PC), pre-COVID challenges included the ability to maintain a therapist on site for 40 hours a week. The Juvenile Justice Commission recommends that the Center for Positive Changes continue to work on providing these types of services to prevent mental health issues.
3. As the Center for Positive Changes has the flexibility to be exempt from the 6-month limit now imposed on Short Term Residential Treatment Centers in California. The Juvenile Justice Commission recommends the C4PC request an exemption from the State as this would give more discretion to treating staff members. Note: San Pasqual Academy has such an exemption and the JJC believes that Casa de Amparo should as well.
4. The Juvenile Justice Commission recommends that the Center for Positive Changes seek the selection of Court Appointed Special Advocates (CASAs) for those youth who qualify.
5. The Juvenile Justice Commission recommends that C4PC provide information regarding staff composition and communication for future inspections.

COMMENDATIONS:

We were extremely impressed with the faculty's ability to engage with youth, and the amount of extracurricular activities provided. This is a hands-off faculty whereas de-escalation measures are used and appear to work successfully. Having only one peer-on-peer incident with the youth, then to be able to go back to being friends is commendable.

GENERAL COMMENTS FROM THE INSPECTION TEAM:

We had a virtual tour of a location in Spring Valley. Each home can accommodate six youth, 30 max for the five homes in Southern California. They currently have 29 total: five in the Spring Valley house. Youth arriving to Center for Positive Changes are quarantined or COVID-19 rapid tested before arriving at the group home through Children's Hospital or Polinsky Children's Center. There have been no positive tests however, and one exposure. If a staff member tests positive or has been exposed to COVID, they will be paid for 14 days' time. Center for Positive Changes is a 501c receiving Federal Family First Act funding. They are a level 12 facility and provide Title 22 mental health intensive care treatments. Therapy treatments cover family sessions, one-on-one sessions and group sessions, such as skills groups and CrossFit routines and weights. Therapists are on contract specifically with Center for Positive Changes.

Education:

Education Pre-COVID-19 – students attended San Diego Unified School District, Grossmont Union School District and Oceanside School District. Once students' educational needs are identified, homeschool may be required in some cases. PLUS program is provided at Mount Miguel High School working with a lot of their students to help them transition to classes on campuses while getting extra services. Since COVID- 19 students are working only online, there has not been any drop in attendance or grades. One problem mentioned with online learning is that it is difficult for ADHD students to focus, but with assistance from staff, these students still doing well. This location has 2 IEP students and those meetings with teachers and parents are being conducted virtually. Currently all parents hold educational rights and are active in their children's education plans. In some previous cases CASA's may hold educational rights. Center for Positive Changes also assist the youth with applying for college, financial aid, Military service, Job Corps, culinary arts programs, trade programs such as plumbing and electrician once the youth ages out.

Regular day-to-day routine:

Every morning when youth wake up, they are required to do their hygiene, have breakfast and do chores. Chores are listed on a chore board in the community room and they rotate on a weekly basis. Chores are done twice a day. A list of what each chore requires is provided for each youth as well as staff. Pre-COVID breakfast consisted of cereal since youth were leaving early in the morning to get to school. Hot meals were provided on the weekends. There is a variety of different types of food created and staff work together on what the menu will be at their monthly meetings, making sure to be considerate of likes, dislikes and allergies. Dinners are home cooked by staff and once a week youth have a cook night as they prepare a menu, go shopping for ingredients, prep and cook the meal for whoever is in the house that evening. Programs available on weekends for youth include Urban Surf, ice skating and bowling at the YMCA, and various volunteer opportunities, such as feeding the homeless. Movies and dinner out may be awarded for good behavior as well.

Youth Interview:

Boy #1 came from the Kearny Mesa Juvenile Detention Facility and has been at the center for three months. He stated that he is obtaining good grades while distance learning, and in some ways better grades. He is looking forward to being a part of the surfing program. He thinks Shawn is a good cook and loves cooking with the other youth once a week. His classes include Geometry, English, World History, Study Skills, and Physical Education. His career goals are to go into the Navy after high school. One thing he would like to be changed is the bedtime on weekends which is 10:00 p.m. by maybe extending to 11:00 p.m.

Boy #2 is 16 and has been in the program for one year. He is a 4.0 GPA student and intends on attending college to receive a Bachelor's degree in History and Music Therapy. He is a part of the

STEP program and believes that the Center for Positive Changes is a really supportive program for him. He would like Shawn to continue cooking and supporting the youth. It appears that staying at this location more than 6 months has been beneficial for him and is a place he feels secure and supported.

The COVID-19 pandemic certainly challenges the operation of Center for Positive Changes and its mental health/addiction and education components. We don't know if family unification or adoption is the right path for all of these kids. Sustaining them in good group homes for longer periods is our preference. But the Juvenile Justice Commission would like to learn more about the successes (and failures) of these kids.

ADMINISTRATION / MANAGEMENT

[Please be prepared to discuss during the inspection.]

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: 1

Locations: Community Room

Are staff trained in LGBTQI+ competency? Yes No

Has special LGBTQI+, ally and/or bystander training been implemented? Yes No

Do you ask youth their gender identity and preferred pronouns during intake? Yes No

How are LGBTQI+ youth identified upon admission to the facility?

Information is generally provided to the facility on the youths' preferences before arrival. Currently the home does not have any LGBTQIA+ students however, if they did they would be able to go to the home in which the youth identifies as.

How do you work with youth who identify as non-binary, queer, queergender, non-conforming (neither male nor female)?

This Center foster's inclusive activities on race and LGBTQI communities.

What safety measures are in place to ensure that LGBTQI+ youth are safe and protected from harmful encounters?

This Center foster's inclusive activities on race and LGBTQI communities.

What safety measures are in place to help and protect youth transitioning to male or female?

Same as above.

Are youth made aware of anti-bullying policies and procedures? Yes No

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

According to Center for Positive Changes, Rules and Regulations are provided for students in the community room.

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:

Electronic devices, including cellphones

Youth Release and Transition:

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

**Please attach policy/protocol.*

Are transition concerns regarding youth relayed to assigned staff in the community? Yes No

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

If so, how many? N/A

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

If so, how many? N/A

Accommodations for the Disabled:

Does the facility accept youth with disabilities (Emotional, Physical, Special Needs)? Yes No

Is the facility ADA compliant? Yes No

Has the facility been found to be non-ADA compliant in the calendar year? Yes No

Has the facility received any complaints regarding the placement of Youth with disabilities (Emotional, Physical, Special Needs)? Yes No

Does the facility offer Free and Appropriate Education (FAPE) to Youth with Disabilities? 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 security features (cameras, locks, alarms, etc.)? Yes No

If yes, please describe security features:
N/A

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

Security Inspections:

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

If yes, how often: Inspections are conducted on a daily basis as the administrator works full time.

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

If yes, how often: N/A

Control of Dangerous Materials:

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

If yes:

A. What materials are stored?
N/A

B. Where are materials stored?
N/A

C. Do youth have access to the dangerous materials? Yes No
If yes, what protocols are in place to ensure Youth safety?
N/A

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 facility during the calendar year? Yes No

If yes, where?

N/A

Has a Youth been found in possession of any illegal controlled substance (i.e. alcohol, tobacco, or drugs) during the calendar year? Yes No

A. How many incidents during the calendar year? 2

B. Please describe the type of contraband:

Marijuana

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. *[Please be prepared to discuss during the inspection.]*

Use of Force:

Does the facility utilize "use-of-force" techniques? Yes No

If yes, does the facility have written policies regarding use of force? N/A Yes No

Please highlight if the policy includes the following:

- A. Staff Development
 - a. Including "staff-to-staff" intervention strategies
 - b. Training (Evidenced based/Culturally Competent)
- B. Documentation Process
- C. Reporting Process
- D. Use of Force Review Process

If not, how do you ensure staff development, documentation, reporting, and review processes occur?

N/A

Use of Restraints:

Does the facility utilize "restraint" techniques? Yes No

If yes, does the facility have written policies regarding "use-of-restraint"? N/A Yes No

Please highlight if the policy includes the following:

- A. Staff Development
 - a. Including "staff-to-staff" intervention strategies
 - b. Training (Evidenced based/Culturally Competent)
- B. Documentation Process
- C. Reporting Process
- D. Use-of-Restraint Review Process

If not, how do you ensure staff development, documentation, reporting, and review processes occur?

N/A

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? Yes No
- Is there a weapons locker on site? N/A Yes No

Discipline:

- Does the facility have written policies that describe the discipline process? Yes No
- If yes, Do the policies include Culturally Competent and Evidence Based practices? Yes No
- Are measures taken to ensure that due process is preserved? Yes No
- What percentage of discipline grievances/appeals are resolved in support of the Youth? N/A

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
- Other: N/A
- Other: N/A

HOSPITALIZATION, ASSAULT AND AWOL HISTORY:

Peer-to-Peer Assaults in Calendar Year:

Total number of Peer-to-Peer Assaults: 1

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

Total number of Peer-to-Peer Assaults resulting in referral to:

0 Community Based Organization

0 Social Worker

0 Probation

0 Law Enforcement

0 Other:

Total number of Peer-to-Peer Assaults resulting in youth being removed from the facility by:

0 Law Enforcement

0 Probation

0 Social Worker

Resident-to-Staff Assaults in Calendar Year:

Total number of Resident-to-Staff Assaults: 0

Total number of Resident-to-Staff Assaults resulting in injury requiring treatment: N/A

Total number of Resident-to-Staff Assaults resulting in referral to:

0 Community Based Organization

0 Social Worker

0 Probation

0 Law Enforcement

0 Other:

Total number of Resident-to-Staff Assaults resulting in youth being removed from the facility by:

0 Law Enforcement

0 Probation

0 Social Worker

Please be prepared to discuss the following areas with JJC Inspection Team

Serious Incidents During the Calendar Year:

Number of suicides: 0

Number of attempted suicides: 0

Number of deaths from other causes: 0

**Please provide written policies and procedures related to Suicide and Suicide Attempts.*

Hospitalizations:

Number of instances of injury that required: first aid, medical intervention, or hospitalization in Calendar Year: 0

Number of Youth Hospitalized due to Mental Health reasons in Calendar Year: 0

Average length of stay in Hospital: 0

Number of Youth that returned to the facility after hospitalizations: 0

**Please provide written policies and procedures related to Youth Hospitalization.*

AWOLS

Number of Instances: 6

Number of Youth (non-duplicated): 2

Does the facility have written policy and procedures regarding AWOL?

Yes No

**Please provide a copy*

FACILITY BACKGROUND

[Please be prepared to discuss during the inspection.]

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

Community Care Licensing: Meeting done virtually at beginning of 2020 (Due to COVID-19)

Fire Marshal: December 2020 (On-site)

Department of Environmental Health: N/A

Other: N/A

Other: N/A

Date of Last Fire Drill: January 15, 2021

Date of Last Lock Down Drill: January 15, 2021

Fire drills are logging records are kept on hand. They are regulated through OSHA. Judicial commissioner inspection occurs every three years. There are also two yearly investigations by the County Health and Human Services 1 yearly licensing inspection by the state 1-year behavioral health inspection and a 2-3 day Carve inspection yearly as well as 3-year accreditations

Resident/Staff Composition and Communication:

This information was request several times and the Commission has yet to receive the information, therefore the JJC recommends C4PC provides this information in their response to the recommendations.

General Facility Condition:

The facility is in good conditions

Housing/Sleeping Accommodations:

There are 2 single rooms and 2 double rooms. In cases of their being a large gap in ages of youth, a child may be separated to protect youth.

Storage:

Center for Positive Changes critical storage closet is under double lock security.

Facility Capacity:

Each home accommodates 6 youth, 30 Max between all San Diego homes. Currently there is one bed available at the Spring Valley boy's home.

Average Length of Stay:

6 months however extensions can be provided with court approval.

TRAINING, PERSONNEL, AND MANAGEMENT
[Please be prepared to discuss during the inspection.]

Child Supervision and Staffing Levels:

Licensed Mental Health Clinicians with Masters; Rehabilitation Specialist and Line staff with Bachelors

Training: *[Specify types, frequency and what roles are required to attend]*

Mandatory trainings for all staff. All staff receives first aid and CPR training

Staff Background and Reference Checks:

- | | |
|--|---|
| Do staff members have an initial background before they are hired? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Do staff members have reference checks before they are hired? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Do staff members meet with a psychologist before they are hired? | <input type="checkbox"/> Yes <input checked="" type="checkbox"/> No |
| Do staff members undergo drug testing before they are hired? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |
| Do staff members undergo periodic criminal history checks after they are employed? | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No |

If yes, date of last periodic background check: 7/15/2020

If no, what safeguards are in place to capture staff criminal conduct?

N/A

GRIEVANCES, REPORTING INCIDENTS AND STAFF MISCONDUCT

Problems/Complaints Affecting Facility During the Calendar Year:

- Court Orders Affecting Facility (please have available, if applicable): Yes No
- Pending Litigation: Yes No
- Does the facility have a formal grievance policy? Yes No

Grievances:

Number of Written Complaints / Grievances Involving:

- Residents (youth): 0
- Attorneys: 0
- Family Members: 0
- Medical: 0
- Other: N/A

- 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

Reporting of Incidents: *[Please be prepared to discuss with JJC Inspection Team.]*

0

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? Yes No
- Have there been any allegations in the calendar year of staff member sexually assaulting a youth? Yes No
- Have there been any allegations in the calendar year of a staff member verbally threatening a youth? Yes No
- Have there been any allegations in the calendar year of a staff member touching a youth in any inappropriate way? 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? 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?

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?

N/A Yes No

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

N/A

CLASSIFICATION

[Please be prepared to discuss during the inspection.]

Describe how youth are identified and appropriately placed within the facility:

**Please provide written policies and procedures*

Placement sends packet requesting STRTP placement upon meeting IPC criteria

COUNSELING AND CASEWORK SERVICES

[Please be prepared to discuss during the inspection.]

Therapeutic services (individual, group, family, milieu)

PROGRAMS AND ACTIVITIES

[Please be prepared to discuss with JJC Inspection Team.]

School Program:

Comprehensive school

Parenting Classes:

Community resources

Recreation and Exercise:

Joan Kroc recreational facility and other recreational community facilities and internal recreational exercising

Religious Program:

Determined based on religious affiliation

Work Program/Vocational Training:

Excel Work Program/internship/on job training

Visiting:

Per approved family and other types of visits

Correspondence:

Residents are able to receive correspondence

Access to Legal Services:

Provide support to obtaining legal services or reaching out to their attorneys

HEALTH SERVICES

[Please be prepared to discuss with JJC Inspection Team.]

MEAL SERVICE

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

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

If yes, describe what the training included:

Food handling, sanitation, hygiene, interaction with youth

Do youth work in the kitchen? Yes No

If yes above, have they been trained? Yes No

Describe the types of work youth perform: Resident cook night – the youth create the menu, shop for the ingredients and cook the meals

Are meals served cafeteria style? Yes No

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

Who/what agency maintains the kitchen area? The facility manager

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? Per individual needs

What approximate percent of calories are from the following: The center follows state guidelines for caloric intake

Protein: ___ %

Carbohydrate: ___ %

Fat: ___ %

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 calendar year? Yes No

If yes:

A. What accommodations was the facility unable to meet?
N/A

B. What modifications to accommodate the youth?

N/A

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 calendar year?

Yes No

If yes:

A. What accommodations was the facility unable to meet?

N/A

B. What modifications to accommodate the youth?

N/A

SANITATION

[Please be prepared to discuss with JJC Inspection Team.]

Clothing and Personal Hygiene:

Are youth provided with personal hygiene products upon entry to the facility?

Yes No

If yes, what policies are in place to ensure Culturally sensitive products are provided accordingly?

If no, are youth provided a stipend to purchase their own products?

Yes No

Bedding and Linens:

How often are clean linens provided to youth? Weekly

How often are clean blankets provided to youth? Weekly