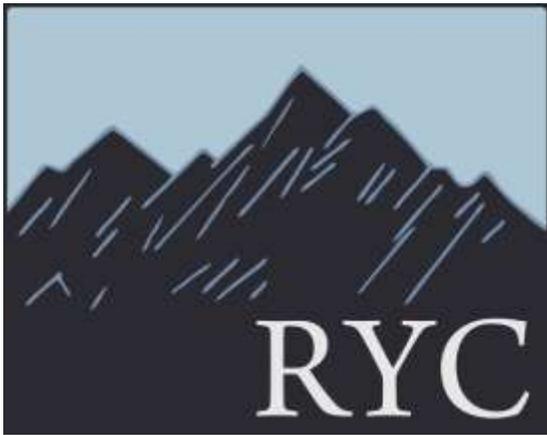


Residential Youth Care, Inc.

2019 Annual Report



CREDIBILITY • INTEGRITY • ACHIEVEMENT



“The mission of Residential Youth Care, Inc. treatment programs is to advocate for and foster the safety and well being of youth at risk so they may lead productive lives.”

“The vision of Residential Youth Care, Inc. is to provide superior therapeutic support services to adolescents and their families in order to teach Alaska’s youth social, educational, vocational, and emotional success.”

“The philosophy of Residential Youth Care, Inc. regarding service delivery is based on the Teaching Family model. The goal of this model is to teach daily living and social skills the youth can use to help them be more successful in relationships, in a career, in child-rearing, in problem solving, in the community, in school, and in family life.”





RYC Core Values

Outcomes: *Service Delivery will focus on an improved level of functioning for the consumer that will result in a decreased need for ongoing services.*

Accountability: *Service will be delivered at a level that meets the consumer's needs while adhering to the national standards of practice for the behavioral healthcare, which are closely and consistently monitored for continuous quality improvement.*

Choice: *The consumer has the right to make informed decisions in his/her treatment planning process.*

Inclusion: *Services will be delivered in a manner most responsive to the consumers needs and in the least restrictive manner and setting that is appropriate for the consumer.*

Diversity: *Services will be delivered in a manner that respects the diversity of ages, cultures, needs, experiences, and goals of the consumer when developing standards, service plans, and interventions.*

Collaboration: *Service delivery should include active collaboration with other people and/or organizations that are important to the consumer's life to ensure that service plans effectively use all available resources to achieve intended outcomes.*

Advocacy: *RYC will advocate for our community's acceptance and understanding of the people who experience mental health issues to ensure their respect and dignity as citizens and access to resources will support productive and satisfying lives.*

Participation: *RYC will engage the consumer in a collaborative partnership identifying his/her needs, establishing goals, and selecting interventions resulting in his/her empowerment to act on improving emotional and social functioning.*

Accessibility: *RYC will provide equitable access to quality services to culturally and ethically diverse consumers based on individual levels of need and will strive to eliminate barriers to services.*

Confidentiality: *RYC is committed to maintaining confidentiality and understands the sensitivity of information regarding clients' psychiatric condition, social, emotional, or mental health issues; and social, family, and developmental history. Client specific information collected will not be released unless necessary to serve the client and family, and only if authorized with a signed release, in order to provide the best possible care.*



2019
RYC Board of Directors

David Sweetman
President
Retired Teacher

Bryan Schulz
Vice President
Attorney at Law

Todd MacManus
Treasurer
President/CEO, First Bank

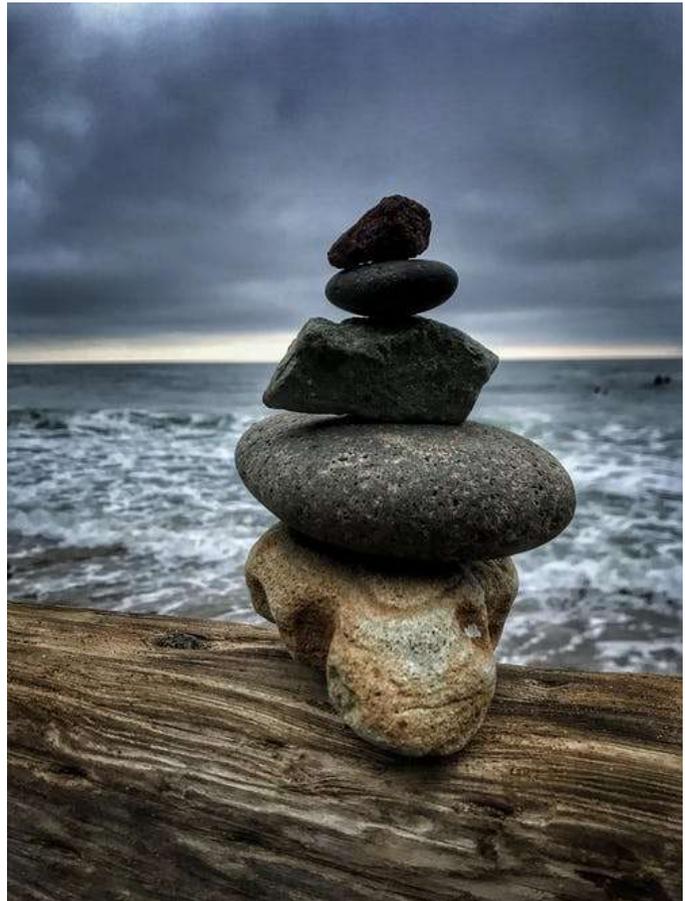
Bill Elberson
Board Member
Realtor, Re/Max Realty

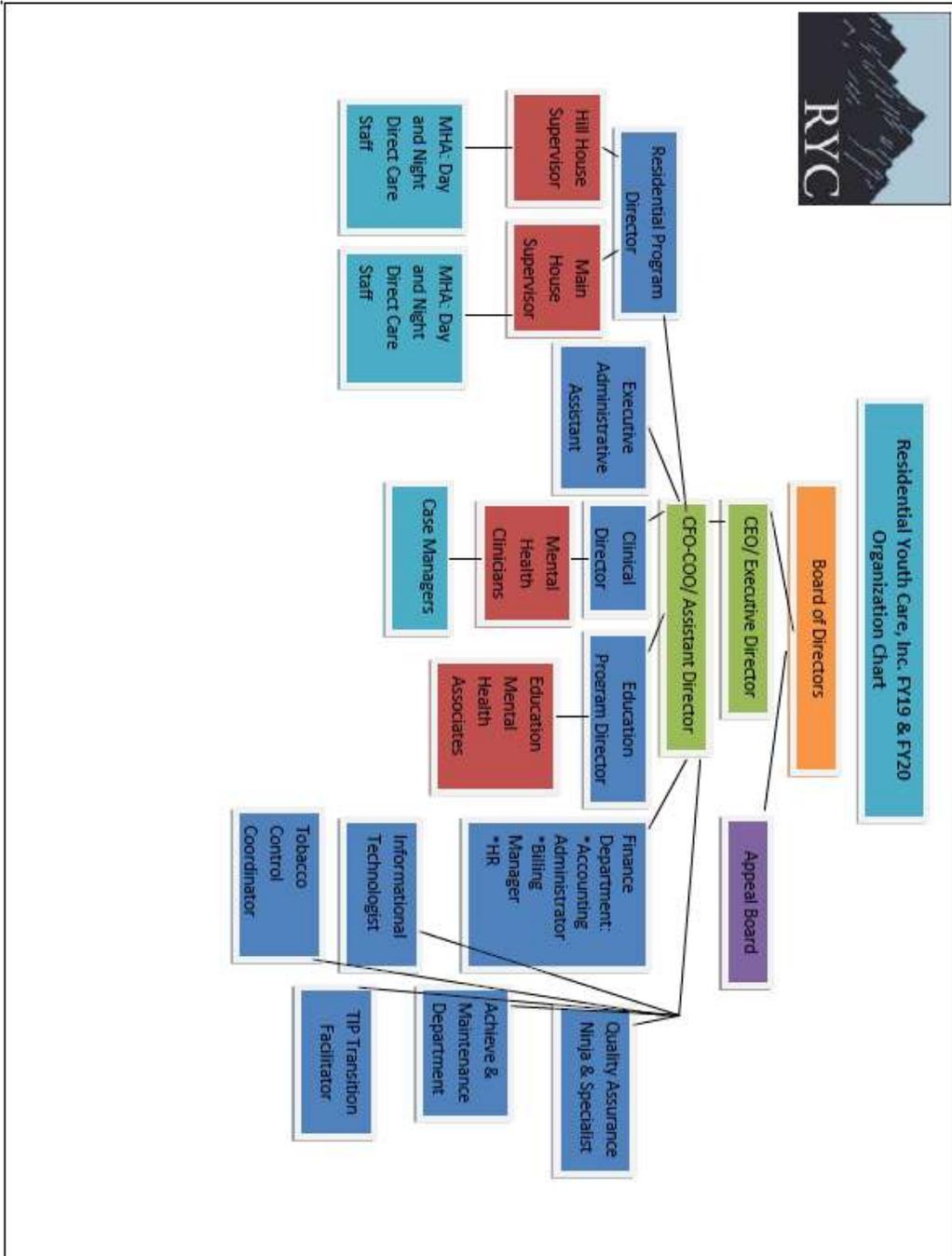
Fred Jorgensen
Board Member
Retired Sea Alaska Timber
Cruiser

Joy Murphy
Board Member
Realtor, Re/Max Realty

Tony Rigoni
Board Member
Retired United States Coast
Guard

Residential Youth Care, Inc. is governed by a seven-member board of directors, representing a cross-section of the community. All RYC Board Members are current residents of Ketchikan, Alaska. They have a wide range of backgrounds and expertise.





“RYC operates on a philosophy emphasizing a culture of care and the building of therapeutic relationships through the development of positive, supportive, and planned therapeutic interventions delivered by knowledgeable, empathetic, and skilled staff.”- Dustin Larna, RYC CFO-COO

RYC's Dedication to Trauma-Informed Care

Residential Youth Care, Inc. programs are based on components of the Teaching Family model. The goal of this model is to teach effective daily living using 15 key social skills. Youth and families can use these skills to help them be more successful in relationships, in career development, in child-rearing, and in problem-solving in the home, school, and community. These skills are developed using the teaching interactions delivered through the building and maintenance of supportive therapeutic relationships, which typically begin and are cultivated in the residential setting. RYC also incorporates the use of rationales, behavior observation and feedback, and a motivational point system to assist clients in establishing positive and pro-social behaviors.

RYC promotes Trauma-Informed Care, providing services with consideration of the trauma that has occurred in youths' lives so as not to re-traumatize individuals in treatment. We maintain a careful balance between structure and support.

“Residential Youth Care, Inc. recognizes a large proportion of youth and families have been impacted by trauma, and are responsive to this need by providing trauma-informed care. To this end, RYC strives to provide services that reflect the following principles: Safety, Trustworthiness, Collaboration, Empowerment, Family & Youth Voice, Choice, Language Access, and Cultural Competency.”





Our History

RYC has been providing residential behavioral health services to Alaskan youth for 30 years, opening its doors for services on October 7, 1989. What began as a five-bed, two-staff home, operating as a therapeutic foster care setting for youth in crisis and has grown into a 30-bed facility. RYC has five buildings including the Main and Hill House Facilities, the Client Services Building, The Education Center, and the newly acquired ReMax building. The Main House has 20-beds and houses all male youth. The Hill House has 10-beds and houses all female youth. Additionally, RYC serves another 15-20 youth and families through out-patient and aftercare services. RYC has licensed four families with twelve therapeutic foster care beds.



Founder, Jack Duckworth, began working with teens when he was the young age of 19 years old, and, in his words, “got the passion.” Since that time he has made it his life’s work to help troubled teens achieve success, and he devotes much of his time to educating and supporting their families as well.



In June 2001, a young Idahoan, Dustin Larna, began work at RYC as a floor staff, and “got the passion” for working with teens as well. Mr. Larna quickly picked up skills to effectively work with youth, and advanced to Assistant Director and was later promoted to CFO/COO of RYC.





RYC RESIDENTIAL PROGRAMS

All youth in residential treatment are provided a behavioral health assessment, individual and group psychotherapy, daily therapeutic behavioral rehabilitation services (individual and group), case management services, and substance abuse counseling. School support and family services are also provided as needed, as determined by an individual treatment plan.

Emergency Shelter • Stabilization & Assessment Program • Level II •

The Emergency Shelter program provides crisis stabilization and assessments to male and female youth ages 10-19 years. The populations best served in this setting are youth that require a 45 day placement with emergency shelter services that include a behavioral health assessment and diagnosis, treatment recommendations and individualized treatment planning, behavioral support and skill instruction within a structured treatment environment, family mediation, school planning, and transition support for youth moving to another residential placement.

RYC can provide short-term residential treatment through the emergency shelter, with the option of extended shelter placement of up to 90 days depending on treatment recommendations and as deemed necessary and appropriate by the treatment team. Ongoing assessment and re-evaluation of the treatment plan is conducted as part of the short-term program.



RYC's main program focuses on the development of the following 15 Core Social Skills:

- Following Instructions •Accepting Feedback •Reporting Whereabouts •Asking Permission •Accepting the Answer “No” •Saying “No” to a Peer •Rational Problem Solving
- School Success •Promptness •Health •Accepting Compliments •Giving Compliments
- Honesty •SODAS process for decision making •Peer & Adult Relations

RYC Programs

Long-term Residential Treatment Program •Level III•

The Long-Term Program provides an array of services for youth who require out of home treatment due to behavioral/emotional disturbances, mental health symptoms, and/or functional impairments, and are unable to live successfully in a less structured environment. The treatment program generally lasts between 6 months to 1 full year, though it can be shorter (90-180 days) or longer (18 months) depending on individual client needs and progress toward treatment goals.

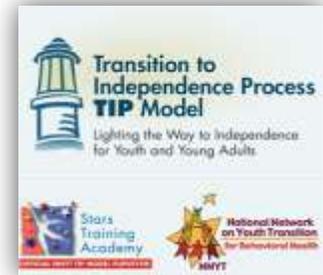
The program provides supervision structure, and support through initial and ongoing assessment in a quality treatment environment and implementation of the individualized treatment plan, including independent and group living skills development, individual and group counseling, and family counseling/mediation. RYC utilizes individual, group, and family counseling under a team of professionals, including master's level professional mental health counselors.





RYC Community Programs

RYC offers a variety of community-based programs and services to meet the needs of youth and families as part of a comprehensive continuum of care.



Transition to Independence Process • TIP •

RYC offers services for youth transitioning to independence and adulthood! Transitional age youth at RYC have the opportunity to participate in the following:

- Ansell-Casey Life Skills Assessment
- Individualized Success in Adulthood Plan
- Life Skills Group
- Success for Life Packet
- Assistance in finding training, employment, and/or college funding

The TIP model utilizes 7 Core Practices that assist a young person in developing the skills and abilities needed to achieve successful independence and self-sufficiency. These core practices are as follows:

- Strengths Discovery & Needs Assessment
- Futures Planning with Life Visioning (in each life domain)
- Rationales (guided cause & effect reasoning)
- In-Vivo Teaching (in-real-life instruction & practice)
- SODAS Problem- Solving Process
- What's Up Prevention Planning
- SCORA Mediation

The TIP model focuses on five 5-transition domains to provide a well-rounded and strategic approach to help facilitate a successful independence:

1. *Employment & Career*
2. *Educational Opportunities*
3. *Living Situation*
4. *Community Life Functioning*
5. *Personal Effectiveness & Well-being*

“This experience has taught me that even if you don’t think you are good at something, you can still be what you want to be. I learned you don’t have to have a lot of money to get the experience to excel your skills to the next level. This was an experience I would not have received without RYC. It has helped me realize my dream of becoming a tattoo artist.”
– Youth (16 years old)



RYC Community Programs

Therapeutic Foster Care • TFC •

RYC offers therapeutic foster care to youth needing a structured home environment with foster parents trained in RYC's program to implement specific therapeutic interventions. TFC services are recommended for youth either as a step-down from residential treatment to practice pro-social behaviors in a less restrictive environment prior to transitioning home, or for youth needing a smaller, more controlled environment than residential treatment. Youth in TFC are eligible to receive all the services offered to youth in residential treatment depending on the needs and recommendations identified in the individualized treatment plan.

Parent Orientation Class

RYC offers Parent Orientation Class to all parents, caregivers, and families of RYC clients, taught by RYC's CEO, Jack Duckworth. The class is conducted in two 2-hour sessions that provide parents and youth with an overview of RYC's programs, strategies for continued social skill development and a behavior contract in the home. The class culminates in a behavioral contract that is created collaboratively between RYC's CEO, parents/caregivers, and the youth.



School Success Program

Educational success is a vital part of life success for youth experiencing behavioral/emotional difficulties. RYC Educational Department staff works with youth to learn skills that teach how to plan and prepare for academic success and achievement. RYC provides year round access to academic curriculum that provides the opportunity for credit recovery and advancement.



RYC Community Programs

This includes weekend study skills groups. The youth are also able to access the GED path for graduation if it is applicable to their needs and academic standing.

The RYC Educational program provides the opportunity for using the social skills form the RYC model and encourages their application during the educational day. RYC also acts as liaison between youth, their parents and the school district for optimum academic performance.

RYC works closely with the Ketchikan Gateway Borough School District as partners in education. Our Memorandums of Agreement allows for the use of school facilities and materials outside the normal parameters of public access to KGBSD facilities, personnel and materials.

Out-Patient • Aftercare Services •

The following services are available to youth and their families in the out-patient setting:

- Individual, family, and/or group therapy
- School support services
- Case Management services

These services are recommended for youth transitioning home from residential treatment or other out of home placement/ residential treatment.



After school programs in Alaska help keep kids safe, inspire learning, and give working parents peace of mind. Kids discover who they are and what they love to do, make smart choices, and avoid risky behaviors. After school programs help youth attend school more often, get better grades, and build foundational skills, like communication, teamwork, and problem solving.

RYC Community Programs

Positive Youth Development Afterschool Program • PYDAP •

In the spring of 2018, Senator Giessel and Representative Claman lead a successful legislative effort to create the Alaska Marijuana Education and Treatment Fund, which established the Positive Youth Development After school Grant Program (PYDAP). RYC received a PYDAP grant award, to provide after school and summer programming services to children and their families in 5th – 8th grade; although younger grades are welcome to participate. This new grant program will expand access to and enhance after school and summer learning options for youth, in the Ketchikan Gateway Borough School District, who are waiting to be engaged in positive out-of-school-time activities. Research shows that youth engaged in high-quality after school and summer learning activities are less likely to engage in risk behaviors such as substance use. RYC is dedicated to the well-rounded youth supports and are invested in the long-term success of our youth and families.





RYC Community Programs

RYC's PYDAP program hopes to: increase students' school day attendance and reduce chronic absenteeism; reduce risky behavior and behavior infractions, including suspensions; help youth be more excited about learning and engaged in their classrooms; and promote academic achievement, on-time grade promotion, and graduation; and provide supports for working parents that help keep families connected to their students' education.



The PYDAP program will provide youth with a safe a place to go after school, hands-on learning experiences, help with homework, offer nutritious snacks, opportunities for physical activity, allow youth to engage with positive role models, and help gain valuable life skills. RYC has a long, successful history of supporting the whole child in our clinical, residential, therapeutic foster care, and out-patient programming. RYC is excited to be able to offer PYDAP services and programming to the children in the Ketchikan community.





RYC Community Programs

Tobacco Prevention & Control Program •
TPC •



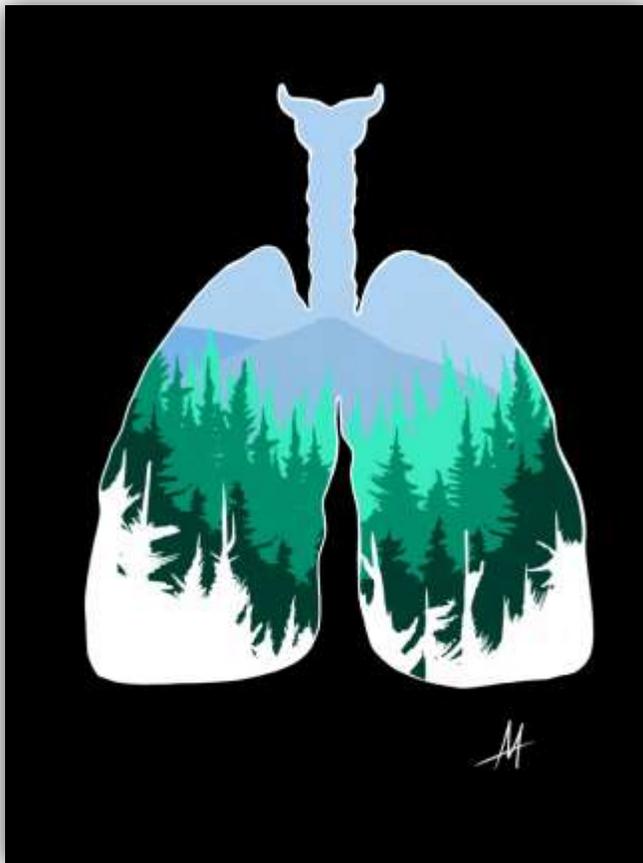
Residential Youth Care, Inc.'s Tobacco Prevention and Control (TPC) grant program was established in 2018.

The primary goals of RYC's TPC program are:

- Work with community leaders to increase the price of tobacco products
- Support implementation and enforcement of tobacco-free schools
- Support a comprehensive community-based approach to restrict minor access to tobacco products
- Promote public awareness regarding the health benefits of tobacco cessation and resources for tobacco cessation, including Alaska's Tobacco Quit Line and other local cessation resources
- Engage healthcare systems to implement tobacco control policies consistent with the U.S. Public Health Service Clinical Practice Guidelines for Treating

Tobacco Use & Dependence, including working with systems to ask, advise, refer, and document tobacco use and follow-up

- Work with large employers to improve employee health plans to provide and promote utilization of comprehensive coverage of recommended tobacco dependence treatments, including promoting quitting and healthcare benefits that support quitting



RYC's TPC program has been working hard to accomplish important public health goals in the community of Ketchikan. The TPC Coordinator is working with the Ketchikan Gateway Borough School District to provide tobacco and e-cigarette use prevention curriculum to students in their health class.



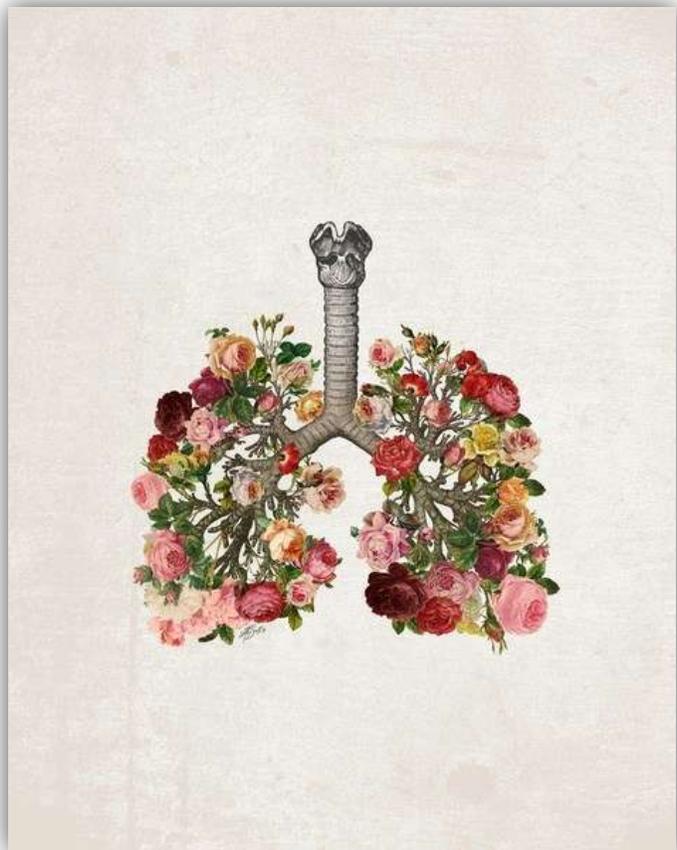
RYC Community Programs

Workshops and training presentations are held for RYC staff, KGBSD staff, and parents. Informational tables are set up with RYC's pig lung demonstration during parent-teacher conferences, health fairs, and in the KGBSD high school commons area during lunchtime.

Within the City of Ketchikan and Ketchikan Gateway Borough; RYC's TPC Program Coordinator has advocates with policy makers and elected officials to reduce youth access to tobacco products through the Tobacco 21 Law. The ordinance will raise tobacco taxes and raise the legal purchasing age of tobacco products from 19 to 21 years old.

At the State and Federal level; RYC's TPC Program Coordinator is working with legislators and statewide partner organizations such as: The American Cancer Society, Cancer Action Network, American Lung Association, and Breathe Free Alaska to pass legislation to raise tobacco excise taxes, Tobacco 21, restrict and regulate e-cigarette and flavored tobacco products. Additionally, legislation was successfully passed prohibiting smoking in the workplace.

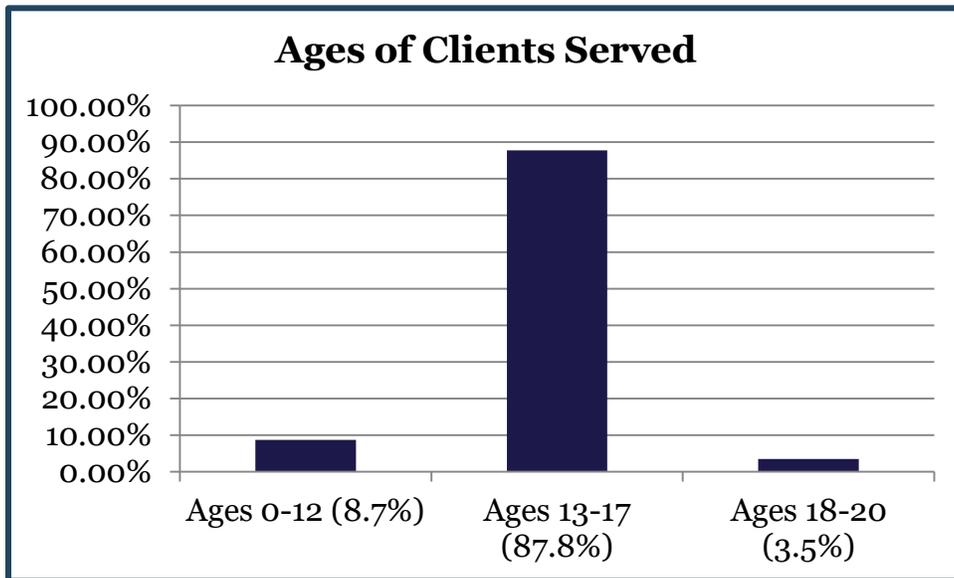
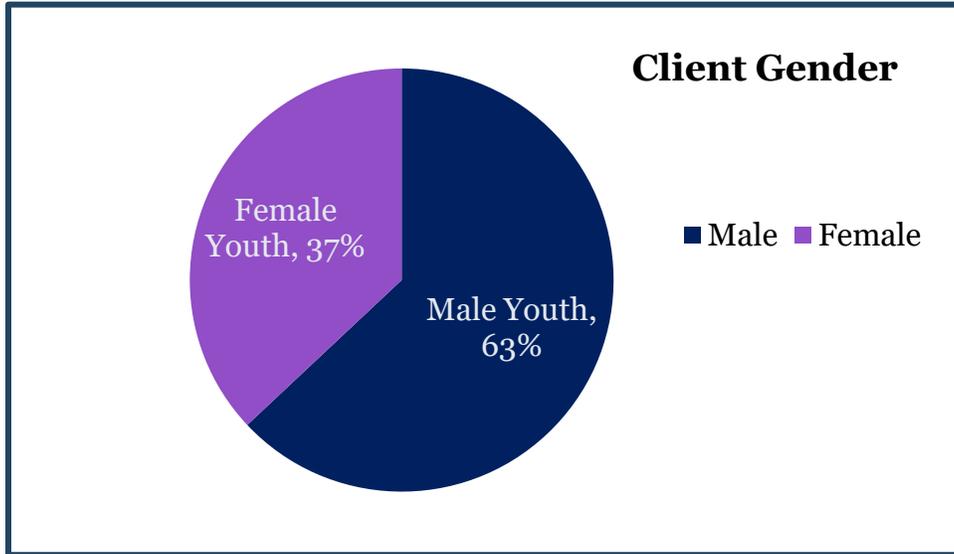
RYC's TPC program has helped people in the community of Ketchikan stop using tobacco by offering, "Not On Tobacco" youth tobacco cessation clinics and "Freedom From Smoking" adult tobacco cessation clinics. RYC's TPC program supports and promotes the Alaska Tobacco Quit Line and have launched the "Breathe Deep and Enjoy Life" media campaign in Ketchikan. The campaign has spread throughout the State of Alaska and is being promoted by other Tobacco Prevention and Control grantees.





RYC 2019 Statistics

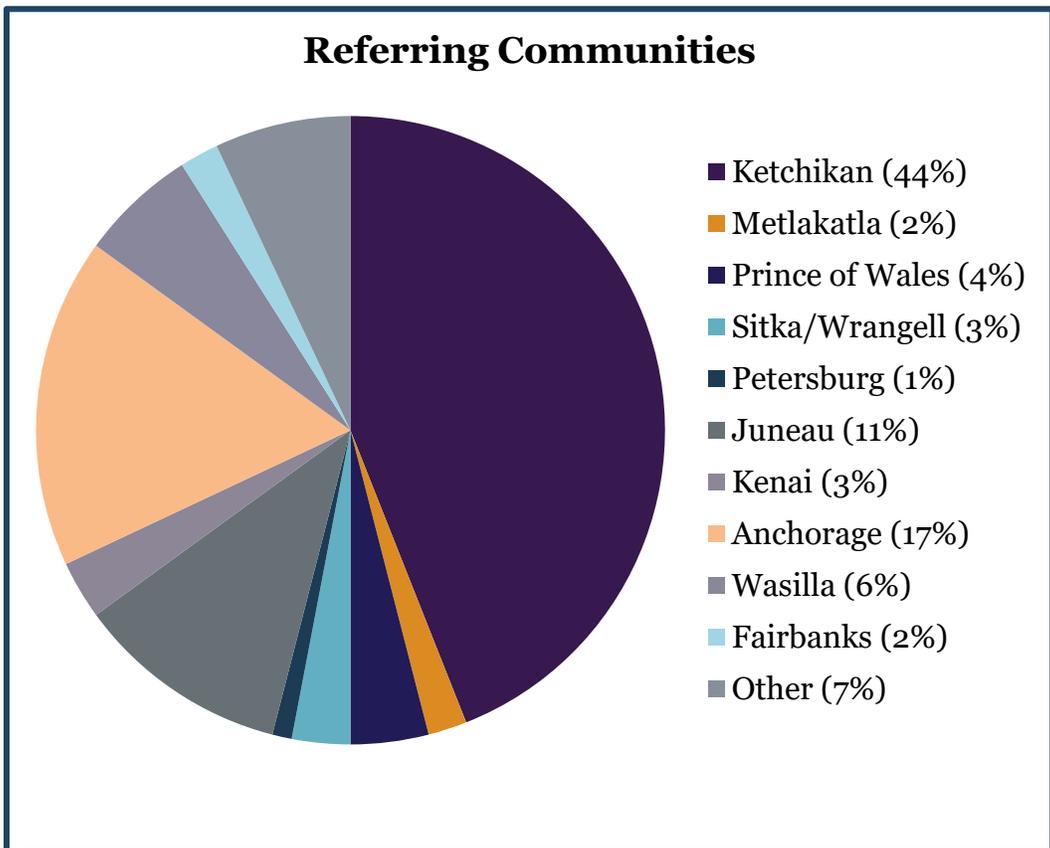
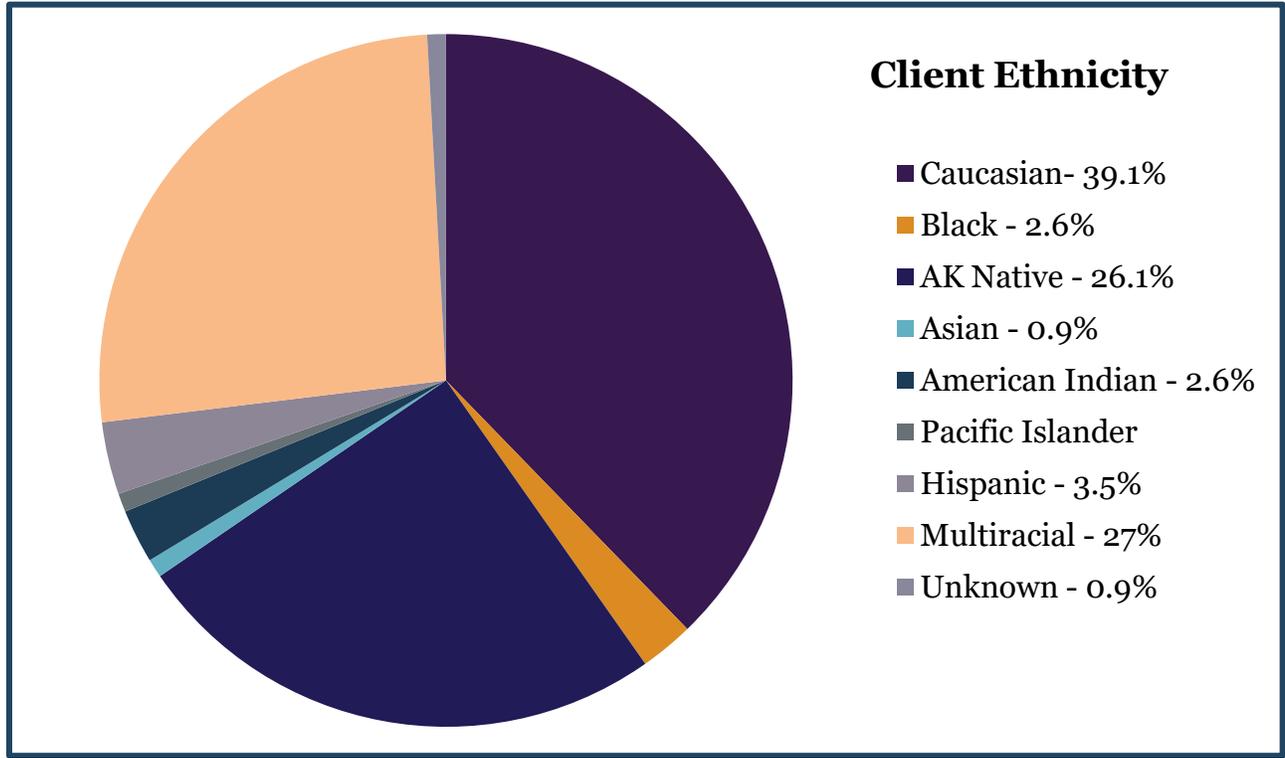
- Demographics of Youth Served during 2019•





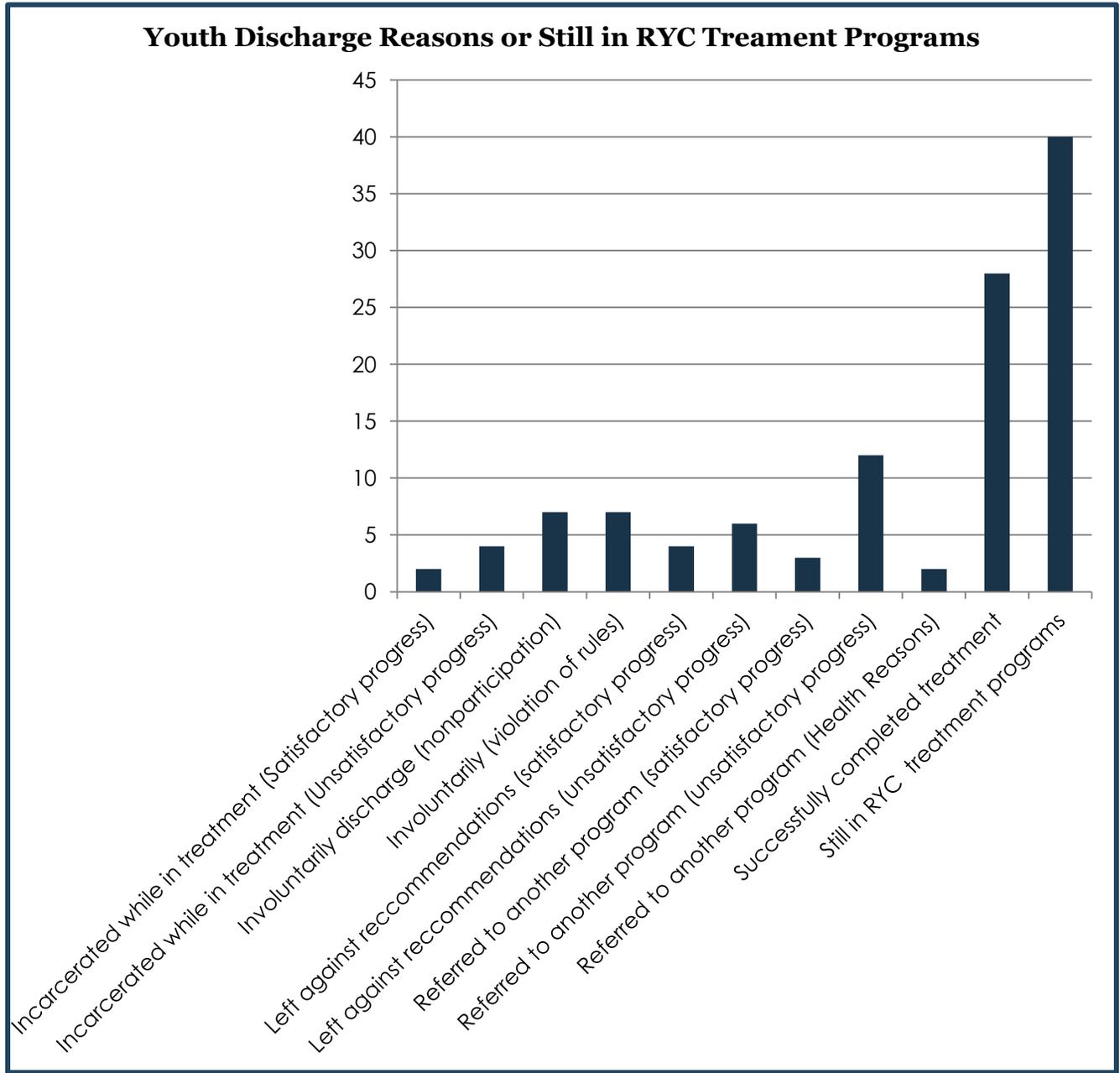
RYC 2019 Statistics

•Demographics of Youth Served during 2019•



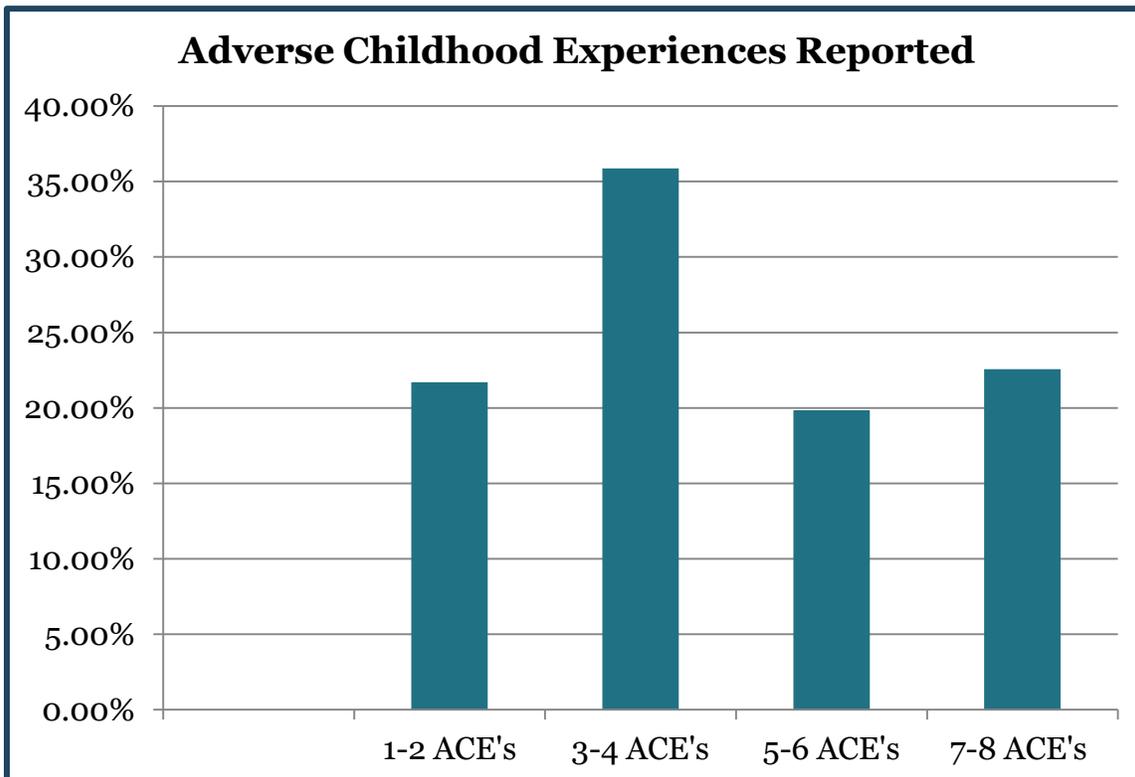
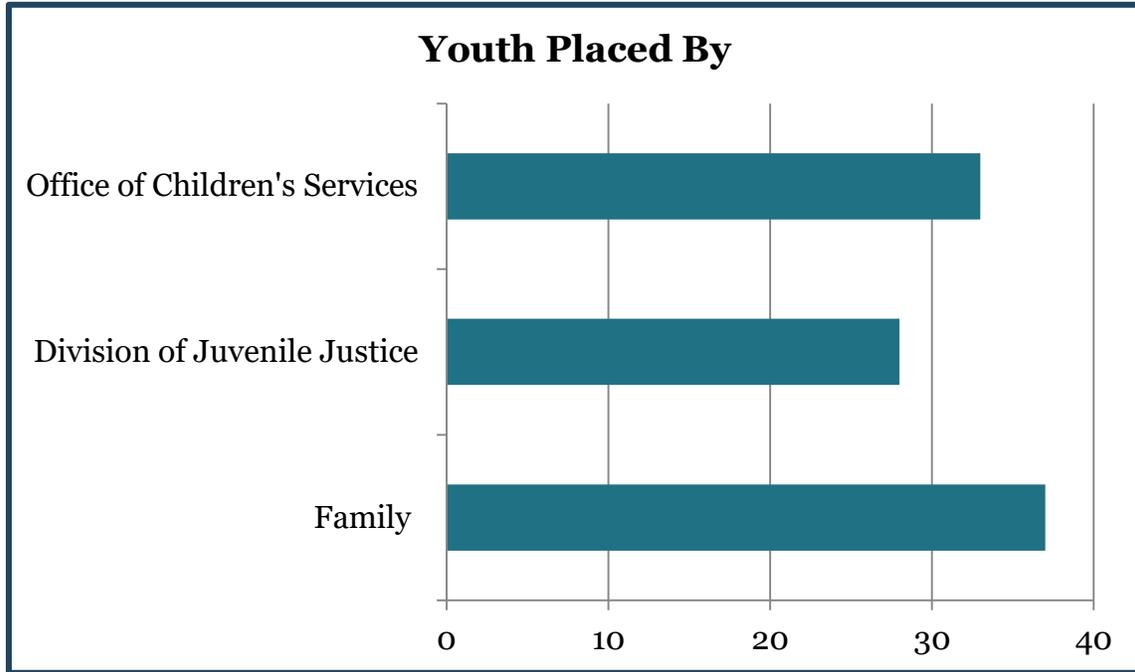


RYC 2019 Statistics





RYC 2019 Statistics

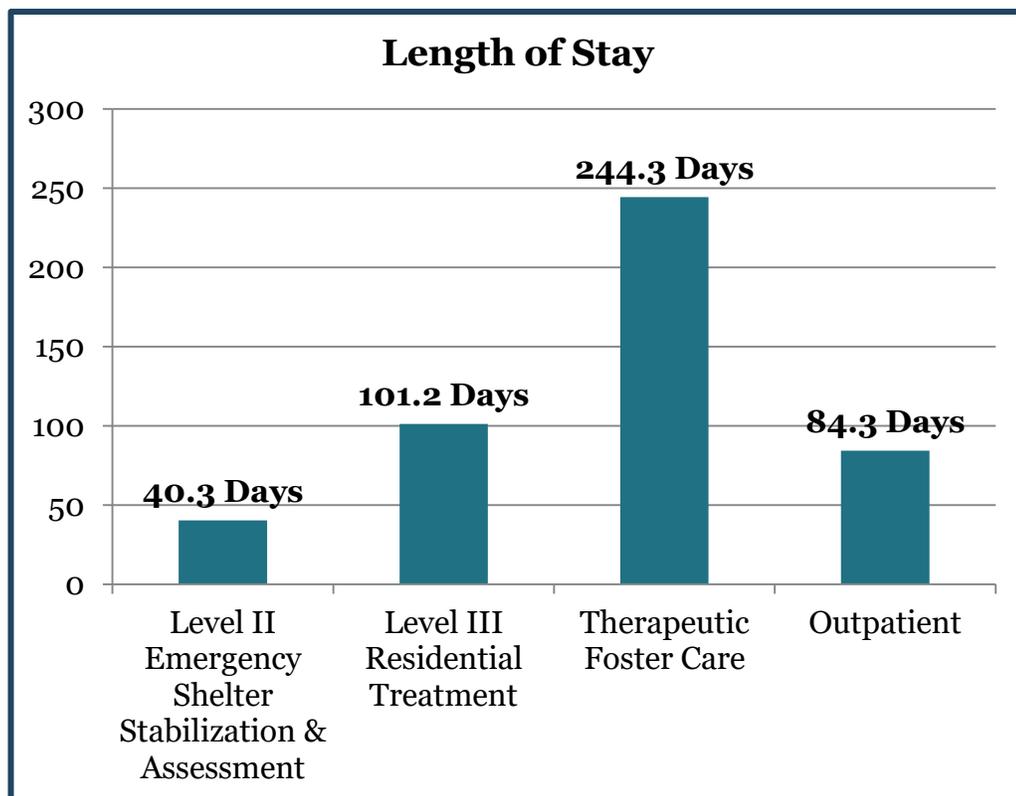




RYC 2019 Program Highlights

•RYC Youth•

RYC served a total of 115 youth (unduplicated) in our Residential and Community based programs during FY2019. RYC served 26 (duplicated) youth in Out-Patient services, 29 youth (duplicated) in Therapeutic Foster Care program, and 42 youth (duplicated) in our Transition to Independence Process program. Out of the 115 youth; 28 youth successfully completed treatment and returned home, 48 youth were discharged for other various reasons (see chart on page 18), and 39 youth are still receiving services at the end of 2019. A total of 28 youth had Division of Juvenile Justice involvement in their treatment, 33 youth had Office of Children’s Services involvement in their treatment, and 54 youth were placed by their family or caregiver who were involved in their treatment (see chart on page 19). The average length of stay for youth in Level II residential treatment is 40.3 Days and in Level III residential treatment is 101.2 Days (see chart below).





RYC 2019 Program Highlights

•RYC Expansion•

In October of 2018; RYC purchased a new building, locally known as the “ReMax” building. The building is on the corner of First Ave. and Jefferson, located next door to RYC’s Main House facility. RYC gained access to the building in January of 2019, giving the previous business occupants time to relocate to another location. Since then, the new building has undergone some minor renovations and aesthetics. RYC plans to utilize the building by moving the RYC Administration Department to the new buildings, which are currently in the Client Services Building; which is also located adjacent to RYC’s Main House facility. The new building will provide room for RYC to expand by adding more office space and positions in both the Client Services building and the new building for future utilization. RYC hopes to have the new building completed and the RYC Administration Department relocated to the new building by January 2020.



•Electronic Health Record System•

RYC achieved one of the organization’s long term strategic planning goals; to improve technology by implementing an electronics health records (EHR) system into our programming. RYC staff and Care Logic collaborated to create and develop pertinent features, and customize the system. RYC’s EHR system went “Live” the beginning of August 2019. RYC staff continues to collaborate with Care Logic to improve enhancements and other features, and any inconsistencies that arise.





RYC 2019 Program Highlights

•Matrix Model•

RYC contracted with the Clare Foundation and The Matrix Institute on Addictions to provide a three day training on the model, fidelity, best practices, and trauma-informed aspects of the model to implement the substance use disorder (SUD), evidence-based Matrix Model; to expand RYC's SUD programming and service treatment options to youth at RYC and in the community of Ketchikan. RYC clinical staff provides SUD Matrix Model weekly groups to at risk youth: Early Recovery, Intro to the 12 steps, and Relapse Prevention.



Partnerships

•Public Health & WISH•

RYC partnered with Ketchikan Public Health and Women In Safe Homes (WISH) to deliver clinic services including immunizations, family planning, reproductive health education, sexually transmitted infection screening, and health education to at-risk youth and young adults to strengthen community resources and networks of support to enable this population to achieve optimal physical, social, and emotional health. The “3- R’s” (Rights, Respect, Responsibility) curriculum is a eight week course and meets the National Sexuality Education Standards and seeks to address both the functional knowledge related to sexuality and the specific skills necessary to adopt healthy behaviors.





•Ketchikan Youth Initiatives•

RYC continued our partnership with Ketchikan Youth Initiatives (KYI). RYC and KYI partnered with Ketchikan Indian Community (KIC) Education & Training Department to develop a summer youth work program. The goal of the program is to finish a remodel project on KYI's Youth Community Center building. RYC and KIC recruited a group of transitionally aged youth to join a work crew. The crew is youth ages 18-28 years old and supervised by a general contractor. The work crew is learned work readiness skills while working on the remodel of the building. RYC obtained a lease agreement from KYI to lease the lower level of the KYI building. The goal is to expand RYC's Transition to Independence Process (TIP) program and integrate transitionally aged youth (TAY) into services, activities, resources, and education; at the KYI building. RYC hopes by having another location other than RYC's Residential settings/facilities will reduce the stigma youth perceive to receiving services and increase youth engagement and retention that are 18 years old or older in services and past the point they are required to. RYC is collaborating with partners and other local agencies to provide services, activities, resources, and education to the TAY population.





Events

•RYC Youth Photo Club Exhibition•

The RYC Youth Photography Club held a photo exhibition titled, “Perspectives of Negative and Positive Space.” The Youth Photo Club extended invitations to faculty, staff, affiliates, guests, and youth to attend an exhibition of selected works. The gallery exhibit featured photographs of and slideshows by approximately 10-15 RYC youth. Guests participated by voting on “Best in Show” and runners-up for inclusion in RYC’s art collection.





RYC 2019 Program Highlights

- Human Trafficking, Vicarious Trauma, Compassion Fatigue, & Opioid/Heroin Addiction •

RYC collaborated with the Federal Bureau of Investigation and U.S. Attorney's Office to provide a community awareness event in April of 2019. Featured presentations included: Human Trafficking by FBI Special Agent Goeden, Compassion Fatigue and Vicarious Trauma by FBI Victim Specialist, Erin Terry, and Opioid/Heroin Addiction by Yulonda Candelario, Law Enforcement, Reentry & Community Outreach Coordinator, and U.S. Attorney's Office, U.S. Department of Justice.

- Stop the Stigma •

In partnership with the Ketchikan Wellness Coalition (KWC) the 2nd Annual Stomp the Stigma Recovery March and Resource Rally was held in early September of 2019; at The Plaza mall. Guest speaker included: Arika Paquette, WISH Prevention and Education Coordinator, who spoke about Adverse Childhood Experiences; Lindsay Lamont, Ketchikan Public Health RN, who spoke about Addiction and Narcan; and Dustin Larna, RYC CFO-COO who spoke about trauma, hope and resiliency. Additionally, there were some guest speakers who are now in recovery who spoke about their journey with addiction and their road to recovery. A video recorded by the U.S. Surgeon General was aired to the public attendees. Approximately twenty-one local agencies participated in the event with informational and resource tables.





RYC Facilities

- Main House•



RYC's Main House Facility (pictured left) house male youth in our programs and is licensed to accommodate twenty youth.

- Hill House•



RYC's Hill House Facility (pictured left) house female youth and is licensed to accommodate ten youth.



RYC Facilities

•Education Center•



RYC's Education Center (pictured left) is located next to the alternative high school and provides school support services. RYC is able to work with youth in lieu of suspension. The KGBSD agreed to enroll youth within three days of entering into RYC's programs to reduce the amount of time youth are out of school.

•Client Services•



RYC's Client Services building (pictured left) houses RYC's Clinical and Case Management Teams. Treatment team meetings, individual, group, & family counseling, psychiatric services, training, board & department meetings are held in the Client Services building.



RYC Facilities

- Administrative Building •

RYC's newly acquired Administrative building (pictured below) is located adjacent to RYC's Main House facility. RYC's HR, Billing, Accounting, and Executive Administrative Assistant are all located in the building.





RYC Financial Information

•Funding Sources•

Below are the funding sources Residential Youth Care, Inc. received during 2019.

* State of Alaska, Department of Health and Social Services, Behavioral Health; Residential Care for Children and Youth Grant- Residential Treatment Programs

* State of Alaska, Department of Health & Social Services, Behavioral Health; Comprehensive Behavioral Health Treatment & Recovery Grant- Transition to Independent Process (TIP) Program

* State of Alaska, Department of Education & Early Development, National School Lunch Program

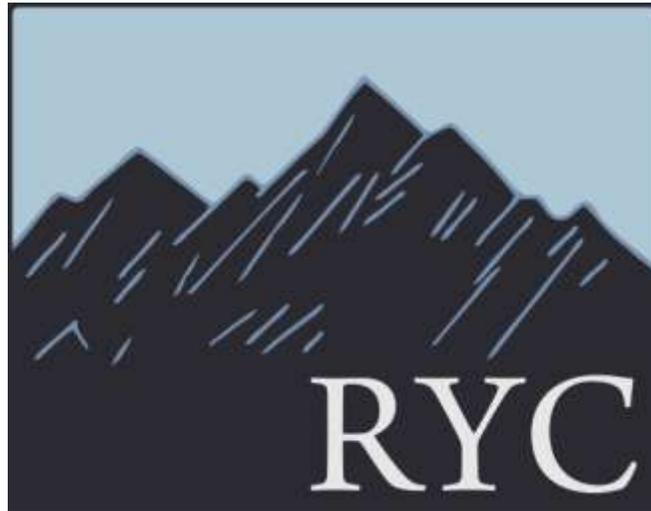
* State of Alaska, Department of Health & Social Services, Juvenile Justice; Federal Formula Non-Secure Attendant Care Shelter Grant

* Department of Health & Social Services, Public Health; Tobacco Prevention and Control Grant

* Medicaid Revenue



Residential Youth Care, Inc.



Residential Youth Care, Inc.

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