

# WISCONSIN DEPARTMENT OF CORRECTIONS

Governor Tony Evers / Secretary Kevin A. Carr


Division of Juvenile Corrections / Administrator's Office

## ADMINISTRATOR'S MEMO TO COUNTIES

MEMO # 20-08

**DATE:** October 19, 2020

**TO:** County Departments of Human/Social Services Directors

**FROM:** Ron Hermes, Administrator 

Lance Horozewski, Assistant Administrator 

**SUBJECT:** Lincoln Hills and Copper Lake Schools Cognitive Behavioral Program Update

This memo is to notify you that Lincoln Hills and Copper Lake Schools will be moving away from the closed ended cognitive behavioral treatment programs of Thinking for a Change (T4C) and Aggression Replacement Training (ART) in favor of Skillstreaming and Dialectical Behavioral Therapy (DBT). Skillstreaming is a component of both the T4C and ART programs which utilize the research-based components of those programs. DBT is a multifaceted treatment approach that includes facets of cognitive behavioral and dialectics which focuses on youth learning and building skills around mindfulness, emotional regulation, interpersonal effectiveness, and distress tolerance.

The phase out of closed groups will begin on November 9th with the start of daily Skillstreaming groups. Skillstreaming has been researched and identified as an effective training/treatment for a wide variety of populations including but not limited to, different ages, racial/cultural diversity, behavioral disorders, cognitive abilities, physical abilities, socioeconomic status as well as Substance Use Disorders. Skillstreaming training breaks social skills into 6 main groups: Beginning Social Skills, Advanced Social Skills, Skills for Dealing with Feelings, Skill Alternatives to Aggression, Skills for Dealing with Stress and Planning Skills. During the group, the Skill need is established by the group members, the Skill is Modeled by the facilitator(s), the Skill is then role play practiced by all youth and the feedback is given to each youth based on their adherence to the skill steps after their roleplay practice is completed. Youth are then assigned homework of practicing/trying the Skill outside of the group prior to the next meeting. The components of Modeling, Role Play Practicing and practice Skill transfer outside of group are key in Skillstreaming.

In the near future the facility will start training all staff in the use of Dialectical Behavioral Therapy (DBT) as a behavioral management approach. DBT skills groups will start in pilot units and components of DBT will be built into all aspects of behavioral management at LHS/CLS. DBT and Skillstreaming complement each other in that they are both open ended programs that teach youth skills they can incorporate into their daily lives both at the facility and upon release.

With the shift to open ended treatment groups youth will no longer wait for programming to start. Youth will join a treatment group as soon as their unit placement occurs which happens within 14-20 days after

admission. Youth who were enrolled in a T4C or ART group prior to November 1, 2020 will complete those treatment programs as scheduled.

LHS/CLS will continue to provide the following clinical treatments; sex offender treatment, substance abuse treatment, individual therapy, EMDR, and DBT.

If you have any questions please contact the Social Services Program Supervisor, Sheila Corroo at (715) 536-8386 ext. 1343 or [Sheila.corroo@wisconsin.gov](mailto:Sheila.corroo@wisconsin.gov).

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