The Department of Youth Services generally provides the clinical services listed below to youth in DYS residential programs. Individual variation may be appropriate depending on the youth or available resources. DYS utilizes a cognitive behavior skills-based approach. The approach, known as Dialectical Behavioral Therapy (DBT), focuses on skill development, accountability, and relapse prevention.

**Detained Youth** (youth charged with a criminal offense and held on bail awaiting court action)
DYS offers crisis stabilization services to youth in detention.¹ These services include:
- DBT introductory groups twice a week
- Substance Abuse prevention groups once a week
- Individual supportive sessions at least once a week
- Crisis intervention services as needed

**Committed Youth** (youth whose court case resolved with a commitment to the custody of DYS until 18 or 21)
DYS offers committed youth a broad range of clinical services in residential treatment units.

**Assessment**
- DBT introductory groups twice a week
- Individual supportive sessions at least once a week
- Crisis intervention services as needed

**Long Term Staff Secure and Hardware Secure Treatment Programs**
- DBT groups twice a week
- Substance Abuse prevention groups once a week OR
- Substance Abuse treatment groups twice a week
- Offender groups with offense cycle and relapse prevention focus weekly
- Individual treatment sessions at least once a week
- Family treatment sessions offered to all families but occurrence and frequency are individually determined
- Crisis intervention services as needed

**Short Term Staff Secure Treatment Programs**
- DBT groups twice a week
- Substance Abuse prevention groups once a week OR
- Substance Abuse treatment groups twice a week
- Offender/victimization work and Relapse Prevention Planning weekly
- Individual treatment sessions at least once a week
- Family treatment sessions offered to all families but occurrence and frequency are individually determined
- Crisis intervention services as needed

For further information regarding programs and services, refer to the DYS web site:
(Hold down the CTRL key while clicking this link.)

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¹ A limited range of services is offered detained youth due to their Fifth Amendment rights.