



## Welcome to the **Time for Change** Program

Over the next month you will have the opportunity to participate in an intensive program called Time for Change. The Time for Change program is designed to give you some of the necessary skills to be successful in your life and the time needed to practice those skills. While here you will go through 4 Phases. During each phase you will be expected to show successful comprehension and use of skills specifically targeted toward your goals. You will have a Primary and Secondary staff while here that will help you reach you goals through practice and coaching. There will be a lot of the same rules as “regular” detention but there will also be more privileges in the Time for Change program. In the following pages you will learn exactly what to expect while here and what will be expected of you.

We'll start by going through the different phases and give explanations of the different things you will be participating in.

### **Day 1** – Orientation to the Time for Change Program

- Orientation to the program will vary depending on if this is your first day in Detention or if you've been here for a day or two and have already completed the "regular" detention orientation process. The entire orientation process should only take two days. One day to get through the "regular" orientation process and one day to do the Time for Change orientation. Keep in mind that this process can take longer if you have trouble learning what is expected of you.
- On day one you will also meet with either your Primary or Secondary staff (or both). Your Primary or Secondary will go over what you can expect from them and the Time for Change program.

### **Phase I, II, III, IV**

#### Weekly Meeting

- During each Phase you will have a meeting with your Probation Officer, parent(s), and your Primary/Secondary staff.
- During each meeting you will review your case plan, goals, and progress towards those goals.
- You will also be discussing plans for you when you graduate from the Time for Change program, this is called Transition Planning.
- At the weekly meeting your team will go over your petition for phasing up. The decision will be made then if you will move on to the next phase.

#### Skill Sets

- You will identify 4 skills sets to learn based off of the meeting with your P.O., parent(s), your Primary/Secondary staff and your case plan.
- For each Skill set you will practice them on your own and with staff. At the end of each Phase you will help facilitate that skill to a group of peers.

#### Journaling

- Every day you will have an opportunity to write in your journal. Your journal will be yours to keep but you will be expected to write about specific topics assigned by your team.
- You will identify goals for yourself. In your journal you will describe these goals and discuss your progress in achieving these goals. (goals should be reviewed and approved by staff based on "SMART" Specific, Measureable, Achievable, Realistic and Timely goals.)
- You will have a daily progress sheet in your workbook. You will be expected to fill out the day's events and progress you have made toward your goals.

- Each Phase should take about a week but that will depend on your progress towards your goals

### **Expectations and Privileges**

- First off it's important to remember that you are expected to meet all "basic" Detention expectations.
- Anytime you question if you should do something ask yourself is it safe, is it responsible, is it respectful?
- While in the T4C program you will be held to a higher level of expectations than "basic" detention because you will have a higher level of privileges.

### **Grading**

- You will be graded based on an On/Off basis. What that means is if you are meeting basic detention expectations you are "on" program and will get all the basic privileges. If you are not meeting expectations, i.e. you have minor rule violations you will be "Off" program. You will lose all T4C privileges and be on detention level 2 status for the remainder of the shift. If it is toward the end of a shift staff will make the decision whether or not you should remain "off" program for the next shift.
- If you violate a rule or privilege which creates a serious safety concern i.e. potential or actual injury to another person, escape attempt, dangerous contraband you will be on "Room Lock". Your participation in the program will be evaluated by the primary or secondary staff, PO and Detention Manager.

### **Privileges**

There is a worksheet at the end of the Orientation Packet. The worksheet is a set of possible privileges for each phase. Your primary staff will review your privileges and update them as you earn them. Remember all privileges are just that, a privilege may be removed by staff for behavior that is not responsible, respectful or safe.

- You will have the opportunity to eat meals outside of your cell whenever you are "on" program.
- You can earn phone calls beyond regular visits by demonstrating positive behaviors. These phone calls would be on non-visitation days and will last 10 minutes.
- After passing the Time for Change orientation process you can earn two small pictures to keep in your cell that must be kept on your window frame when you are not looking at them.
- If you are "on" program on Saturday evenings, you can attend the Time for Change Movie Night. This is a reward for working hard

during the previous phase and helping with or preparing to facilitate a Skill Streaming group with your peers.

- Sunday will be a day of rest (if you are “on” program). You have a lot of work to do while in The Time for Change Program, but it is important to rest and re-energize. You will be allowed to join the regular detention program, if you would like. Otherwise, you can be in your cell. You will need to journal and complete your daily tracking sheet.
- Use of “Free Time”. On the schedule you will see several times throughout the day you will have free time. During “free time” you may journal, play cards, hacky sack, read or lie down in your cell (you may not sleep unless staff have given you permission to do so).
- Although you are in Detention you are in the Time for Change program, which is different from detention. You will be expected to display behavior that is responsible, respectful and safe at all times.

#### Work Crew

- Your Probation Officer may request you do work crew. Your behavior and score while on work crew will determine whether you are “on” or “off” program.

#### Parting Words

- While in T4C keep in mind that somebody thought this could be very beneficial to your success in the community. It is entirely up to you how you do here and what you take away from the next 30 days. Why waste your time by going through the motions? Why not see what the next 30 days can do for you for the rest of your life? Is it time for you to change?

Linn Benton Detention Time for Change Privilege Worksheet

1. Long-term Goals:

A. Competencies

- i.
- ii.
- iii.

2. Long-term Goals:

A. Competencies

- i.
- ii.
- iii.

<i>Phase I</i>	<i>Phase II</i>
<ul style="list-style-type: none"> <li>* Hygiene Bag -Shampoo, Conditioner, Deodorant and Comb.</li> <li>* Athletic Shoes</li> <li>* Hair Ties-not rubber bands</li> <li>* Two Pictures</li> <li>* Deck of Cards <u>OR</u> Hacky Sack</li> <li>* Two phone visits a week</li> <li>* Extra Book</li> <li>* Extra Blanket</li> <li>* Shave Weekly on Sunday</li> <li>* 4-6 Hour Day Visit in later part of the week, must return before 1900 (7:00 PM)</li> </ul>	<ul style="list-style-type: none"> <li>* Hygiene Bag -Shampoo, Conditioner, Deodorant and Comb.</li> <li>* Athletic Shoes</li> <li>* Hair Ties-not rubber bands</li> <li>* Two Pictures</li> <li>* Two phone visits a week</li> <li>* Extra Book</li> <li>* Extra Blanket</li> <li>* Shave Weekly on Sunday</li> <li>* Deck of Cards <u>and</u> Hacky Sack, whichever was not received in Phase I</li> <li>* Extra Mattress, if available</li> <li>* With successfully completion of Team meeting, one food and one drink from vending machines.</li> <li>* Eligibility to join Work Crew</li> <li>* All Day Visit in later part of the week, must return before 1900 (7:00 PM)</li> </ul>
Comments:	Comments:

<i>Phase III</i>	<i>Phase IV</i>
<ul style="list-style-type: none"> <li>* Hygiene Bag -Shampoo, Conditioner, Deodorant and Comb.</li> <li>* Athletic Shoes</li> <li>* Hair Ties-not rubber bands</li> <li>* Two Pictures</li> <li>* Two phone visits a week</li> <li>* Extra Book</li> <li>* Extra Blanket</li> <li>* Shave Weekly on Sunday</li> <li>* Deck of Cards <u>and</u> Hacky Sack</li> <li>* Extra Mattress, if available</li> <li>* With successfully completion of Team meeting, one food and one drink from vending machines.</li> <li>* Eligibility to join Work Crew</li> <li>* Popcorn with movie night.</li> <li>* Overnight Visit in later part of the week, must return by _____ the next day</li> </ul>	<ul style="list-style-type: none"> <li>* Hygiene Bag -Shampoo, Conditioner, Deodorant and Comb.</li> <li>* Athletic Shoes</li> <li>* Hair Ties-not rubber bands</li> <li>* Two Pictures</li> <li>* Two phone visits a week</li> <li>* Extra Book</li> <li>* Extra Blanket</li> <li>* Shave Weekly on Sunday</li> <li>* Deck of Cards <u>and</u> Hacky Sack</li> <li>* Extra Mattress, if available</li> <li>* With successfully completion of Team meeting, one food and one drink from vending machines.</li> <li>* Eligibility to join Work Crew</li> <li>* Popcorn with movie night.</li> <li>* Weekend Visit in later part of the week, must return by _____</li> </ul>
<p>Comments:</p>	<p>Comments:</p>