TREATMENT MATRIX
MANOS HOUSE

At **MANOS HOUSE**, we provide an **array of treatment services and interventions** based on the domains of the Youth Level of Service/Case Management Inventory (YLS/CMI) to appropriately address the individualized needs of our clients. This widely used, **evidence-based risk and needs assessment tool** for youth offenders evaluates the likelihood of recidivism and guides targeted interventions in juvenile justice and social service settings.

FAMILY CIRCUMSTANCES
- Family orientation
- Family counseling 1-2 times monthly
- Keep It Direct & Simple journal (My Family)
- Monthly Family Writing Circle
- Themed family engagement nights
- Weekly visitation
- Family community passes
- Family weekend home passes
- Graduation ceremonies with family participation
- Parenting skills classes
- Family discharge planning

PEER RELATIONS
- 24-hour staff-supervised peer interaction
- Aggression Replacement Training (30 sessions)
- Psychoeducational groups on conflict resolution and communication
- Keep It Direct & Simple journal (Relationships & Communication Skills)
- Daily group therapy
- Daily structured recreation
- Art and music collaboration opportunities
- Peer Advocate support
- Weekend pro-social activity trips
- Dormitory-style rooms



ATTITUDES & ORIENTATION
- Stages of Change treatment framework
- Motivational Interviewing approach
- Cognitive Behavioral Therapy (CBT)
- Keep It Direct & Simple journal (Why Am I Here?)
- Contingency Management through status advancement and privileges
- Structured advancement timeframes to reinforce delayed gratification
- Safe Crisis Management (SCM) behavior management interventions
- Individual coping skills integrated into safety and treatment planning

PERSONALITY / BEHAVIOR
- Aggression Replacement Training (30 sessions)
- Individual psychotherapy
- Keep It Direct & Simple journal (How We Think and My Feelings)
- Group therapy with structured peer feedback
- Minnesota Multiphasic Personality Inventory-Adolescent (MMPI-A)
- Outpatient psychiatric services
- Emotional Intelligence psychoeducation
- Be Proud! Be Responsible! curriculum (8 sessions)
- Safe Dates dating abuse prevention program (10 sessions)

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GIVING YOUNG MEN A CHANCE TO CHANGE.

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SUBSTANCE ABUSE
- Drug- and alcohol-free therapeutic environment
- Drug and alcohol assessment completion
- Weekly individual therapy
- Keep It Direct & Simple journals (My Twelve Step Program; How We Change; What About Marijuana?)
- Stages of Change-based group therapy sessions five times weekly
- Family counseling sessions exploring family needs associated with substance use
- Random and scheduled urine drug screening
- K-9 narcotic detection partnership (Lancaster County)
- Individualized, strengths-based treatment planning
- Substance use psychoeducational curriculum (four units)
- 12-Step meetings onsite and in the community
- Community prevention speaking engagements
- Individual relapse prevention planning (Moving Forward journal)

EDUCATION / EMPLOYMENT
- Educational services onsite through Prospect Grove High School (PGHS)
- GED preparation and certified testing site
- On-site Special Education services and supports
- Graduation ceremonies
- Employment readiness training and employability portfolio development
- Post-secondary vocational linkage
- Computer Lab for employment, FAFSA, and career research
- Office of Vocational Rehabilitation Resources

PRIOR & CURRENT OFFENSES / DISPOSITIONS
- Individualized treatment planning targeting criminogenic needs
- Comprehensive biopsychosocial interview
- Aggression Replacement Training (30 sessions)
- Balanced and Restorative Justice framework
- Community service benefiting local nonprofits
- Moral Development, Cultural Awareness and Violence Prevention psychoeducational curriculums (2 units)
- Keep It Direct & Simple journal (Building Strong Values)

LEISURE & RECREATION
- Daily structured recreation (fitness, sports, pro-social activities)
- Weekend community recreational trips
- Fully equipped music studio with soundproof recording booth
- Art studio programming
- Computer Lab for online courses, college applications, and job search



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MANOS HOUSE
New Beginnings. Bright Futures.