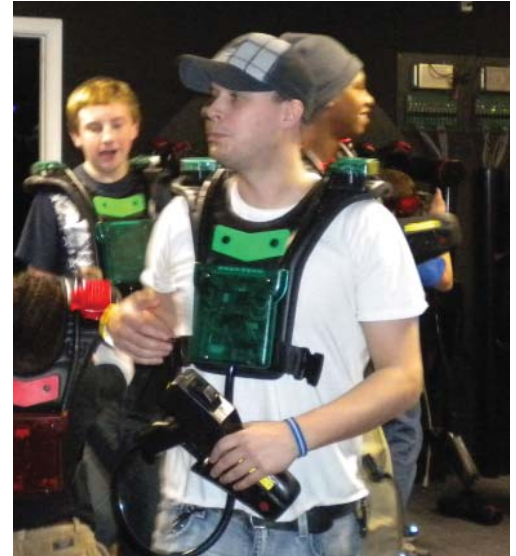


## Feeling Good About Doing Good!

The residents at the Stepping Stone unit were given the opportunity to complete an extensive community service project last summer and are looking forward to it again this year! Each week, from Memorial Day to Labor Day, the residents travel to Long Lake and pick up garbage and clean boat landings at the request of the Long Lake Association.

Our youth really enjoyed helping out by cleaning the boat landings and then also having the opportunity to fish afterwards. It was good for the residents to get outside and enjoy their time, as well as return service to the community. Each volunteer day, the President of the Long Lake association showed gratitude by bringing root beer for the kids to drink.

Then, unexpectedly at the end of the summer, another gift of gratitude was given. The residents were able to go to Grand Slam, a large indoor recreation center which has video games, batting cages, mini golf, laser tag and bumper cars. The kids all had a really good time spending an afternoon eating pizza and enjoying the activities offered. Thank you to the Long Lake Association for their contribution and for allowing us the privilege to give back to the community again this year!



Residents getting ready to play laser tag.

## Providing Skills for the Job of Living

Each year in April, occupational therapists, occupational therapy assistants, and students in practice, education, research, and science host a month long celebration showcasing the importance of Occupational Therapy. It's the time of year when everyone in the profession goes out of their way to tell the world about what they do. Occupational Therapy (OT) is a type of therapy that enables people of all ages to live life to its fullest by helping them promote health and prevent—or live better with—injury, illness, or disability. People who can benefit from OT range from newborn babies to senior citizens and every age in between.

Occupational Therapy in the United States dates back to the early 20th century when it was found that “purposeful occupations,” such as crafts, helped patients recover more swiftly from injuries and illness, both physical and mental. Today, there are more than 100,000 OT and OT assistants practicing in the U.S. helping people master the “skills for the job of living.”

Here at Bar None we are working with children to help them with learning, sensory processing, activities of daily living, socialization and factors that impact these skills. Our goal is to facilitate success in the school, home and community environments.

Currently working at Bar None through the on-site Life Balance Inc. clinic is

Casey Snow, MA OTR/L; Kerry Newell, COTA; and our newest full time addition, Ken Reimann, OTR/L. We welcome visitors, so if you have not seen what we do or just want to say hello, stop by the Occupational Therapy clinic!



Ken Reimann, OTR/L working with Johnathan

## Programming Components

### Comprehensive Therapeutic Services

- Clinical staff monitor resident Treatment Plans
- On-site Mental Health Clinic
- On-site Occupational Therapy Clinic
- Individual and Family Therapy (in-home and metro office locations) 1–3 hours per week
- Group therapy on units 5–7 hours per week
- Psychological Assessment and Testing
- Medication Management
- Psychiatric Evaluation
- Weekly NA/AA groups

### Aftercare Services

- Planning begins at intake and continues through placement
- Clinical staff provide intensive parent/caregiver support
- Individual follow-up for 6 months post-discharge

### Education

- Range of school settings including St. Francis Junior High and High School and Crossroads Vocational School
- Classes concentrate on Basic Standards Testing and preparation for graduation

### Work/Vocational

- Work Readiness Program on-site: landscaping, carpentry, painting, janitorial and food service
- Manufacturing and landscaping classes available through Crossroads School
- May acquire jobs in the community
- Restitution/community service options

### Spirituality, Diversity and Mentoring

- Weekly religious services and programs
- Weekly Talking Circle (Native American) and Inertia (African American) groups
- Mentoring opportunities available

## From the Director | Looking Forward

As many of you are aware, the number of youth referred to out of home placement in the past year has declined significantly, and the length of stay allowed for the youth who are referred is shorter than ever. Now, whether or not these trends are in the best interests of youth who require out of home services, remains to be seen. Nevertheless, this is the nature of the industry at this time and Bar None is working to take a proactive approach to the “new world” of residential treatment.

For the past several months, the secure Lakeview program at Bar None has struggled in maintaining its census. Current trends in residential placement are not able to sustain the programmatic focus that Lakeview has provided for the last several years. In response to these changes, we have regretfully made the decision to end the Lakeview program. Although we are saddened to be ending a program that has been a part of Bar None for so long, we are excited about the new programming potential that has come about as a result of this decision.

After consulting with several referents, the program replacing Lakeview will serve adolescent females in a highly structured, open setting licensed by the Department of Corrections, with a cognitive behavioral philosophy. Youth suitable for the program will be between the ages of 11-18 and will have typically exhibited significant behavioral issues in the community, as well as in past placements which have not proven successful. So, without further delay, I would like to introduce you to our latest venture, the Meadow View unit, which will be opening in June 2010.

The Meadow View program provides gender specific programming based in cognitive behavioral therapy, guided by a mental health professional assigned to the unit. Using evidence-based research, each resident will be assessed for treatment needs and an individualized program will be developed.

Key features of the program include:

- Milieu emphasis on self-esteem and racial/ethnic pride, and cultural specific group sessions for African American and Native American youth on agency.
- Daily therapeutic groups, including cognitive thinking, sexuality, self-esteem, cultural awareness, family issues, independent living skills, and anger management.
- Weekly Skills groups focusing on Dialectical Behavior Therapy (DBT).
- Independent living skills assessment and related skill-building, including an on-site Occupational Therapy clinic.
- Family involvement encouraged at all levels including visitation, family therapy, etc.
- On site individual/family therapy and psychiatric services.
- On site nursing department staffed by fulltime RN and LPN.
- Work Readiness Program opportunities.
- Spiritual development through weekly values groups and optional Chapel services.
- Mentoring program
- Educational/vocational programming through ISD#15 at Crossroads School and Vocational Center in nearby St. Francis, MN
- Aftercare programming provided for 6 months post-discharge

**Continued on page 3**

**From the Director**  
*Continued from page 2*

The overall program is designed to facilitate a smooth transition into a less restrictive, community based setting, depending on the goals identified at intake and throughout the treatment process. Using the core and supplementary program components, work in each youth's goal areas is completed within the framework of three treatment "phases," of three months each, focusing on 1) orientation/stabilization, 2) empathy/skills building, and 3) leadership/skills practice/discharge planning. Thus, each resident advances through the treatment phases as she meets the objectives as decided upon by the treatment team and basic program requirements. The length of stay is based on an individualized program created from each resident's specific treatment needs. At admission, the treatment team, comprised of the youth, parent(s)/guardian(s), referring worker, etc. identifies specific goals needing to be accomplished, essentially allowing the treatment team to "build your own program."

As we prepare for the opening of the Meadow View unit, we want to thank those of you who worked with us and the Lakeview program for so many years to make it a success. Many young men were helped by that program and by the members of their treatment team that made that possible. So, thank you to the former Lakeview residents, parents/guardians, referring workers, therapists, judges, dispositional advisors, and Bar None staff for your hard work. So, as we say goodbye to Lakeview, as always we also begin to look forward and say "Welcome, Meadow View"!

**Improving Lives, One Youth at a time.**  
**Terry D. Thompson, Director**

**Tics, Tans, and Time**  
**By Dawn Hirsch, RN**

Spring came early this year and with it came all of the things that we missed doing while waiting out the winter: hiking, boating, tennis, golf, camping, swimming (are you excited yet?), baseball, and napping in the sun ... Oops, scratch that last one. Oh, and be very careful of the first one too (bugs, tics, and other icky things that live outside). And water – well that's even more dangerous when it's not frozen...I'm not sure what's more frustrating ... looking so forward to all of these summer activities that have a down side to them, or getting advice about it!

Well, once we can get past the initial irritation of being reminded that some fun things are dangerous and that too much of a good thing is not a good thing, then sometimes we learn something.

So – deer tics are dangerous (especially since they are so hard to see) and can carry the bacteria that causes Lyme's Disease.

**Continued on page 5**

**Treatment Program Units**

**Meadow View** | Females, ages 11-18  
Gender specific, evidence based programming  
High staff to resident ratio  
Milieu emphasis on self-esteem and racial/ethnic pride  
Individualized length of stay

**Stepping Stone** | Males, ages 12-18  
Department of Human Services licensed (SED), Severely Emotionally Disturbed program  
Serious emotional and behavioral problems.  
Highly individualized treatment programming

**Sunrise** | Males, ages 12-18  
Department of Human Services licensed (SED), Severely Emotionally Disturbed program  
Cognitively delayed, exhibiting severe emotional and behavioral problems.  
Intensive, individualized therapeutic programming, Highly supervised

**Evergreen** | Males, ages 12-18  
Cognitively delayed, exhibiting significant  
Behavior problems and higher level of delinquent sophistication Intensive,  
Individualized therapeutic programming, Highly supervised

**Shelter Program**

**Male Transitional Shelter** | Males, ages 12-18  
Youth in crisis or transition, safe and supportive environment,  
Stabilization of behavior and life skill development.  
90 day maximum placement

**Evaluation Program**

- Males and Females, ages 11-18
- Six week program (42 day stay)
- Medical screening
- Behavior assessment
- Psychological testing–optional Rule 25
- Psychiatric services
- Bio/social/family assessment
- Discharge diagnosis
- Placement recommendations

**Program Philosophy**

**Bar None is a residential facility 45 minutes from the Minneapolis/St. Paul metro area that provides a continuum of treatment and shelter services for youth ages 12-18 with emotional and behavioral problems.**

**We assist our residents in gaining the skills necessary to improve their quality of life, the lives of those around them and to succeed as adults.**

## Let's play ball...and so much more!

Cliff and Joe playing soccer ▼



We recognize that the youth placed with us are, above all else, kids! And all kids need time to play! Toward that end, Bar None works diligently to provide our youth with a variety of recreation opportunities.

In October, Bar None held a soccer tournament and the sometimes unpredictable late fall weather cooperated beautifully. The day was spent with units competing in fun, friendly, but competitive games. The competition was tight, but the Evergreen Unit took the tournament with a victory. Also in October, the units decorated with a spooky Halloween theme for those more focused on arts/crafts than athletics. They really enjoyed celebrating the holiday of SCARE! The residents were all good participants, and in the end the Pumpkin Patch created by the Sunrise Unit took the win! Congrats to Sunrise!



▲  
Isaiah, Devin and  
Jordan playing  
floor hockey

A "Winter Wonderland" decorating contest was held in December. Residents decorated their unit with a theme of what the holidays mean to them. The Male Transitional Shelter won the contest and the residents celebrated during their holiday party with a lot of good food and gifts to open. As the Shelter unit serves boys for a maximum of 90 days, it was great to see the group of kids so invested and cohesive for this event.

During the residents' winter break from school, a basketball tournament was also organized to provide for a day full of fun. Although there were many kids spending time at home over the holidays, we still managed to have a great tournament. Stepping Stone won the tournament in a very close battle of the hoops!



▲  
Mike playing  
basketball

A floor hockey tournament took the chill out of a snowy February, and participants enjoyed hitting around the puck and working up a sweat. There was an excellent amount of participation and sportsmanship for this event. Everyone had a good time and residents from the Stepping Stone program ended up on top with the final win of the tournament.

March was full of madness....basketball madness that is. A basketball double elimination tournament was held and Evergreen came out on top. All residents enjoyed being in the spirit and playing basketball when NCAA March Madness was getting ready to begin. There was also a "hot shot" tournament and Dallas from Stepping Stone was victorious.



▲  
Dallas playing  
basketball

April was a beautiful month filled with lots of sunshine and the perfect opportunity for some outdoor activities to enjoy the spring season. A coloring contest was facilitated and an Easter egg hunt was held using the grounds of Bar None and then we gathered at the Lodge for some treats. Some of the eggs gathered during the hunt contained tickets that granted the holder prizes as well. It was a great activity for all.

Also in April, Bar None held a ping pong contest. Each unit determined their best players, who then went head to head in a ping pong tournament held at the agency Teen Center. Johnny from Stepping Stone won first place and Rodney from Evergreen won second place for their skills and coordination in this fast paced game.

With summer fast approaching, we look forward to more fun to come!

**For more information contact us at: 763-753-2500**

## Tics, Tans, and Time *Continued from page 3*

What you can see though, if you've been hiking in the woods or tall grass and you've been bitten, is the following:

- An expanding rash that often appears as a red ring with a central clearing, or "bull's eye" appearance. It may reach several inches or more in diameter. Usually this appears a few days after a bite. Of course, not everyone develops a rash – but it is generally a common symptom of being exposed to Lyme's Disease.
- Symptoms that can develop, even up to 30 days after exposure, are:
  - Fatigue
  - Fever and chills
  - Headache
  - Muscle and joint pain

So – here's the advice part. Experts say that when hiking we should wear long pants and long sleeves and repellent. If you just cannot bring yourself to put the parka back on just to wander through Gooseberry State Park, then at least wear a bug repellent and do a

thorough skin/body check when you are done. Seek immediate medical attention should these symptoms develop.

What's too much of a good thing? Tanning directly in the sun. Unfortunately, I couldn't find any articles that would give any parameters to make this summertime activity safe. Basically, we're not supposed to do it. I come from the generation of high school girls that would lather on the baby oil and lie about in the sun from 10am to 2pm, on purpose. Truth of the matter is, that is a great way to get yourself a fine leather hide by the time you hit your 40's – maybe even skin cancer too. So, there is no good advice for napping in the sun, despite how we long for it in February. It's not recommended by anyone. Sorry ... irritating and disappointing, I know.

Time. We get more of it in the summer, or at least it feels like it. Good thing too, because I ran across one last little bit of advice related to all of our fun summer habits. It turns out that we'll

need to increase the time we spend in "sustained and vigorous physical activity" if we really want to wear that swimming suit well. The standard of what the human body needs to maintain a healthy weight used to be 20 to 30 minutes of moderate physical activity, 3 to 4 times a week. New research supports what I have always suspected. That's not nearly enough activity to not buy the next size up of jeans...sorry, it's just not. The new advice for real weight management is a full hour, every day of "sustained and vigorous physical activity". To get that in, it's a good thing it's nice outside now! Although, I sure wish I had some advice on how to add that hour in when there are errands to run, dishes and laundry to wash, cars to repair, lawns to mow, kids to tend to, dinner to make, and oh, that full time job deal too.... Oh – now I'm just being negative...

Well, there's only one thing for that – and it's the best advice of all:

*Enjoy the summer!*

## Dog Therapy Group at Evergreen: The Resident's Perspectives

A significant component of the Evergreen program is for the residents to understand, develop and show empathy. The team considers empathy to be pivotal in refraining from behaviors that negatively impact other people. If they are able to stop and think before they act, and realize the impact their actions have on another person, then they will be less likely to engage in the behavior and move toward meaningful and lasting change in their lives.

One of the ways that empathy impressed on them is through a dog therapy group. This group is conducted every other Thursday at the Evergreen Unit. By working with the dogs, our youth have been able to increase sensitivity and empathy. Residents have commented that the dogs help them to calm down, they enjoy playing

with them, they are impressed by how well the dogs listen to the owner, they like the tricks they can do and are amazed about how much they eat. The dogs are motivating, friendly, and kind. They help the residents to overcome their fears and make connections with others, which is a fundamental principle of empathy.

The dogs also have histories of being significantly abused, which is similar to many of the residents.

One resident was able to verbalize this connection, stating that "Just because a person or animal is abused, doesn't mean you can't be a good person or animal. With love, proper care and reinforcement for good behavior, beings can change. You don't have to be mean or hurt other people just because you were hurt yourself."

To hear that from a resident is profound and has been instrumental in the continued personal growth of the residents. The group has been a positive addition to the programming at Evergreen and seems to be having a tremendous impact on the residents overall.



## Expressions—Resident Corner

Residents at Bar None are encouraged to expand and grow in all facets of their lives. In addition to learning new behaviors, they work on expanding their interests and learning ways to express themselves. Below is the winning entry of the Creativity Contest for which residents submitted various entries to build their creative skills. Congratulations to Nicolas from Sunrise for his winning submission, a poem entitled “lost.”

### lost

***I'm lost in a world that is filled with anger.***

***I'm lost in a world that is filled with danger.***

***I'm lost in these gangs.***

***I'm lost but I want to be free.***

***But I don't know my way out of this place.***

***I'm lost in a cloud that is my head.***

***I'm tired so all I want to do is just lay in bed.***

We would also like to thank all the other residents who also submitted entries for the contest, including Dijon and Elija. In particular, we would like to recognize Josh from the Male Transitional Shelter unit as “honorable mention” for his very creative entry, a masking tape sculpture pictured here.



## A season for giving

By Angie Howard, LICSW

The holiday season is typically a time to spend with loved ones, celebrating and being thankful. Unfortunately, the holiday experience is not always quite like this for everyone. Not only are youth in residential treatment settings away from their homes and familiar surroundings, but memories of past holidays are sometimes difficult to cope with. Although many of our residents are able to be at home with their families, others do not have that option and instead celebrate at Bar None. Recognizing this, we do our best to give the youth in our programs a joyous holiday season within this setting.

A nice holiday meal was prepared by staff and gifts were opened during a holiday party on each of the units. Residents at Bar None were fortunate to once again be involved with the Adopt-A-Family program this holiday season. Community members generously wrapped and donated gifts such as clothing, basketballs, footballs and video games for the residents. Residents remarked about the generosity and thoughtfulness of those who gave the gifts. Others had a hard time understanding that the gifts were purchased by people who did not even know them. In this way they were given a truly great gift, a lesson on the true spirit of the season.

Thank you to everyone who helped to make this year's holiday season a bit brighter for residents at Bar None.

## Celebrating our communities!

When a youth moves from their home environment to a residential setting, their “community” changes and expands. In addition to the family and friends they have at home, their community now includes their peers and unit staff here at Bar None.

To bridge these two communities, each year our treatment units invite families and county workers to Bar None for Community Day. Community Day offers a time for our residents to share a day of fun and relaxation with their families in their treatment environment.

Community Days are held year round. Our Stepping Stone Unit held their Community Day on August 27th with a fantastic turnout of 7 families. The warm summer day was perfect for a leisurely game of football, while hot dogs and burgers cooked on the grill. The residents decorated the unit with streamers, banners and creative artwork collected from throughout the year.

The Evergreen Unit enjoyed a fall festival in the month of October. The unit served sloppy joes with baked beans, a veggie tray and chips with dip. Our residents were excited to prepare for Halloween by carving pumpkins and

spent a warm fall day outside playing ladder ball.

Sunrise planned a Thanksgiving Celebration that took place on November 25th. The unit was decorated with fall colors and artwork made especially for their special day. After playing Pictionary and getting their faces painted, the residents surprised the families and workers with a presentation of thanks prepared for the event. Families enjoyed an Italian themed dinner of spaghetti and chicken alfredo, with door prize drawings throughout the day.

Bar None values each family's involvement throughout their child's treatment process and is particularly pleased to offer an enjoyable experience for families to share through our community day each year.



## Moving by Inertia

In our continuing efforts to provide additional support for young African American males preparing to be successful in today's world, Bar None Residential Treatment Services has formed an alliance with Andre Koen, President and founder of "AM Horizons Training Group." Over the last year, Andre and his team have been facilitating "Inertia" group sessions--"Moving at a constant velocity towards our destiny"--every Wednesday evening. The mission of this group, formerly known as the Sankofa Group, is to provide our African American residents the opportunity to participate in positive experiences and interactions related to their cultural and racial backgrounds and to support and encourage them to lead healthy and productive lives.

Andre Koen currently serves as the EEO/Affirmative Action Diversity Coordinator for Anoka County, Minnesota where he educates the community about the law and diversity issues. Andre believes that people possess the ability to empower themselves, and that belief is made manifest by his unique style of teaching. He is committed to multicultural awareness, youth development, planning, treatment planning, mentoring, behavior modification and life skills.



At Bar None, Andre plays a specialized role in providing valuable guidance to the youth in our program and his vast and varied background has prepared him for the work that is necessary with this particular population of youth. If not properly mentored, guided, and brought to the point of realization that change is of the essence, these youth are going to become victims of their own thoughts and paradigms. Re-inventing multicultural paradigms is an integral part of Andre's work with youth. Without challenging and changing these paradigms, they can bind and trap many of these youth into a preconceived pattern of thinking and behaving where failure is predominant and can have catastrophic results.

The group sessions incorporate work from Andre's book "The Seeds of Change". This curriculum challenges residents to gain insights on a variety of topics, including but not limited to:

- How past setbacks, accomplishments, and beliefs and actions effects them today, while preparing to create new patterns of behavior.
- What perception is, and reality and ways in which to use these filters to change our world view.
- Controlling their thoughts to gain greater access to their potential.
- Why it is important to have vision, what is appropriate motivation and how to change our behavior.
- The importance of seeing things the way you want them to be.
- What an attitude is, ways in which our attitude effects/affects our paradigms.
- Motivation techniques that are efficient and those that are inefficient.
- Habits as learned patterns of behavior and how we can influence our behavior for positive growth.
- Controlling self-talk and the effect/affect of words, how we can use words to change our lives in the areas we want to grow.

Shortly after Inertia groups began, I was able to talk with some of our youth and was able to gage the effectiveness of the groups and how the residents were receiving Andre. In talking with one resident, another peer overheard the conversation and was eager to join in with his own feedback. When asked how they get along with Andre, they stated, "We like where he is coming from, he is positive and we can relate to him. He is teaching us how to earn respect and learn to respect where other people (of other races) are coming from. We are learning how to be open to see their mindset."

Feeling optimistic after such an enthusiastic initial response, but fully aware of the fact that the usual response from a teenager when asked things like "What did you learn in school today?" is "nothing," I risked asking if there were other things they were learning in Inertia group. They quickly replied, "We learned that there is racism within the Black community based on shades of darkness." Then one of them stated "We learned there are more young Black men in college than prison," a fact which had clearly made an impact on them. Both young men had only attended a few groups at the time of our discussion, but went on to talk about one of the stories in a book called "The Cave" about what it would be like if you were raised in a cave for twenty years, and then suddenly came out and had to learn how to live in the real world. They shared what significance this story had for them on a deeper level, making comparisons to if someone was in prison, or was only exposed to "life in the hood".

It was clear that the paradigms for these two young men were already shifting in a very short period of time! We are grateful to have the opportunity to work with Andre and look forward to continued successes.

*For more information on Andre Koen go to [www.amhorizons.com](http://www.amhorizons.com)*

## Work Readiness Program

By Shawn Woods, WRP Coordinator

The last part of 2009 and the beginning of 2010 has been a promising time for the Work Readiness Program (WRP). The residents have been kept very busy with many projects especially in the wood shop at Bar None. The WRP employees have taken great pride in helping maintenance build new closets for the Stepping Stone Unit. They've been prefabricating the closets in the wood shop which are later installed in the rooms at Stepping Stone. They are well built and will serve the residents of that unit for a long time to come.

The WRP has also been busy building beds and couches for the Avanti Center for Girls. The bed frames are quality construction and built entirely by the resident employees of the WRP. The employees of the WRP take great pride when they turn out a quality product and they learn valuable skills in the process of building them.

We are also getting ready for the landscaping season and the employees will be learning how to service the lawnmowers and get them ready for the summer season. The landscaping season keeps the WRP busy making Bar None a pleasant place to be. The employees show much interest in working with the groundskeeping equipment and obtain great knowledge about servicing and operating the equipment.

The employees of the WRP have been very fun to work with and it is a pleasure teaching them skills that they will take with them into their future in the workforce. It gives me great pride when I can see a resident improve both their skills of a task and the quality control with which they perform that task. The WRP has some great current employees and there are many promising candidates waiting to show what they are capable of as well. Thank you to the employees for the great work you have been doing, and I look forward to many great learning opportunities.

## YOU CAN HELP!

We greatly appreciate any and all contributions received by community members in support of our programs. To learn more about contribution options, please call (763) 753-2500.

### Wish List Items:

#### Recreational Items:

Board games, craft items, basketballs, volleyballs, etc.

#### Landscaping items:

Weedwhips, outdoor flowers, etc.

#### Gift Certificates:

Target, Home Depot, etc.

**Bar None Residential Treatment Services**  
**Volunteers of America—Minnesota**  
[www.voamn.org](http://www.voamn.org)

22426 St. Francis Blvd.  
Anoka, MN 55303  
Main | 763.753.2500

Bar None  
Residential Treatment Services  
22426 St. Francis Boulevard  
Anoka, Minnesota 55303

