

# Inside Diversion

May 2012

Volume 3, Issue 2



## Inside this issue:

<b>Teen Spirit</b>	<b>2</b>
<b>Who's Who</b>	<b>4</b>
<b>Wisdom of Winston</b>	<b>5</b>
<b>Lit Review</b>	<b>6</b>
<b>Ode to Hands-On Activities</b>	<b>7</b>

- Published by the Juvenile Diversion Counseling Program of the 18th Judicial District Attorney's Office
- Editor: Ruth Darling-Goldberg
- Newsletter Committee: Kate Harwood, Vicki Capps
- Additional editing: Bruce Goldberg

## Hands-On Activities Provide Alternative Therapies

*By Ruth Darling-Goldberg, M.A., LPC and JDCP staff*

Each year, the Juvenile Diversion Counseling Program staff strives to provide alternative approaches to therapy through active, hands-on programs. For the staff, these activities enhance therapeutic understanding of a client's needs through observation of his or her response to real-world challenges. For clients, they provide opportunities to feel and express frustration, anger or discomfort; to master new skills; identify strengths; and to apply these skills and strengths in new situations. They receive

guidance and feedback not only from staff members but also from their peers.

This year is no different. The staff has put together an exciting range of activities through which JDCP clients can stretch outside their comfort zones.

### Day Trips:

**May 30: Girls' Medicine Horse and June 29: Boys' Medicine Horse Trip -**  
"The horse is an intuitive,

honest and responsive being. Through interaction with the horse, humans can gain awareness about how we relate to ourselves and others in our lives... New insights, skills and successes developed in the arena transfer to each participant's everyday life." (Medicine Horse website)

**June 6, 12 & 20 Group A and June 28, July 3 and July 12 Group B: Rock Climbing -** Working with professionals, "... clients will learn healthy risk-taking in a safe and facilitated environment; climbing safety skills; how to manage feelings and emotions in the present moment; self-confidence and appreciation; personal (cont. on p. 3)



## More Than a Meal – A Life Experience

*By Stasia Hall, LPC*

As the Juvenile Diversion Counseling Program bus heads through downtown Denver on a sunny Wednesday afternoon, the five teens inside share memories of attending Rockies games at

Coors Field or enjoying the skate park near 20<sup>th</sup> Street. A hush falls over them as we pull into the Denver Rescue Mission parking lot. It's just around the corner from the familiar sites they described but seemingly a world away. Unsure what to

expect, we climb the stairs and ring the doorbell, awaiting admission to the locked facility.

Once inside, we sign in and meet Lacey, a volunteer coordinator and our tour (cont. on p. 5)

# Teens Getting Hired Through Job Coaching Program

by Joy Parrish, LPC

The Juvenile Diversion Counseling Program has the privilege of working with many great community resources, including Teen Spirit VIPs, a teen job coaching program created by Naomi Mills. Teen Spirit focuses not only on job preparation but also on providing much-needed 1:1 support for teens seeking employment. This unique approach has helped hundreds of teens successfully enter the workforce.

Joy Parrish, director of JDCP, interviewed Mills to find out more about her program.

Q: How did [Teen Spirit VIPs] begin?

A: I was first working with adults who needed jobs, and I worked with employers about helping them understand why they should hire somebody who has had a difficult past. My son then wanted a job, and I realized this could also apply to teens. So, it all started with my own child wanting a job, needing a job, but didn't have the skills to obtain a job.

Q: What is the biggest issue kids face today when looking for a job?

A: I see peer pressure as a big issue. They have friends who don't have jobs or want a job, so if they get a job,

they are seen as the outsider. Or their friends will show up at their job site and make them look bad. It happens all the time. I teach them how to have healthy boundaries when it comes to



having a job. You either hand your friends your paycheck or tell your friends, "Don't come to my place of employment."

Q: What do you teach kids about getting a job?

A: I teach them about putting together a resume, how to speak to employers, how to have healthy boundaries at a job and dressing for success. You must be prepared. Every little detail counts. I hold their hand and try to get them to a point where I don't have to hold their hand anymore.

Q: How are employers reacting to the Teen Spirit VIPs program?

A: I've had employers call me and say, "I want somebody from TSV because I know they're prepared." When it comes to the pro-

gram, they know the teens already have the tools for getting a job. Some employers have already promoted my teens to manager roles. I am their job coach. I am in their corner 110%. And if they want it, I will do what I can to make it work for them.

Q: What edge/advantage do kids have by going through your program versus kids who do not?

A: Teen Spirit VIPs have somebody who they can call anytime. They have somebody to call if they're afraid before the interview or during the interview. Kids are very nervous about getting a job. They are often being judged at home by their parents, so they automatically feel like they'll be judged in a negative way during an interview. It's important to show them that not everyone will judge. They absolutely need that extra support to show that adults care and want them to succeed. As long as I'm there giving them a different experience, they get through it. I tell them to breathe.

Q: What is the success rate for TSV?

A: The difference is in the details. The successful kids have the right tools and preparedness. The others are just winging it. I try to study my teens. For example, if they're having a bad day, I (cont. on p. 7)

**"I teach them how to have healthy boundaries when it comes to having a job."**

# Offerings Include Wilderness, Dance, Art Therapy (cont. from p. 1)

responsibility and how to trust others: the healing simplicity of the outdoors.” (Healing Quest website)

**June 7: Mountain Bike down Pikes Peak** - After riding to the summit in a van, clients will bike all the way down the mountain on the paved road, descending 7,000 feet. Tour company vans will be at the front and back of the group to ensure no passing cars endanger the riders. Clients will be able to view the scenery of five different climate zones. At the bottom, they will be treated to a delicious lunch at Jake and Telly’s Greek Tavern.

**June 8: Horseback Riding at Garden of the Gods** - The fun of riding a horse is combined with viewing the beauty of the formations of different rocks in the garden.

**June 18 & 25: Soul Sweat Dance Class for Girls** - After a group check-in and mindfulness body scan, the girls will warm up to easy, choreographed songs. Later, they will have the chance to choreograph their own dances. Through this process comes the opportunity for healthy self-expression and body awareness, risk taking, learning healthy self-soothing resources through movement, belonging to a group, and just plain being goofy and having fun.

**June 19, July 11 and gust**

**August 6: Genesee Challenge Course** - “Genesee Challenge Course program objectives are accomplished through interactive games and initiatives ... typically involve physical and/or mental challenges that involve cooperation, trust, risk, effective communication, and creativity ... are followed by group discussion ... [so that the] experience is tied to the participants’ personal lives and related to their role within the group or utilizes games and activities with props ... [and] may involve high- and low-ropes elements. ( Genesee Challenge Course Survey)

**June 26 and July 19: Fishing Trip** - While fishing, clients can enjoy the companionship of their peers and an opportunity to learn or to help less-experienced “fishers” learn the tricks of the trade. Practicing patience while waiting for the fish to bite can be a challenge to some clients, while others simply enjoy the peace and beauty of the wilderness.

**June 26 and July 24: Art Day** - “Art therapy is based on the belief that the creative process involved in artistic expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.” (Art Therapy Associ-

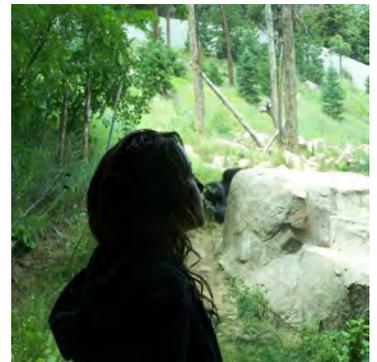
ation).

## Overnight Trips:

**June 14-15: Boys’ Camping at Guanella Pass** - Clients participate in ice-breaking and team-building activities, starting with loading gear for the bus ride, then interacting during sometimes long drives to our destinations without their electronics. They build their own communities by setting up tents and taking responsibility for the preparation, cooking and cleanup of meals. We go on hikes, explore the environment near the campsite and engage in activities and games that encourage them to communicate, problem-solve, establish trust and learn to feel comfortable outside their comfort zones.

**July 25-27: Girls’ Canoeing Fruita, CO to Westwater, UT** - The canoe trip is unique in that we coordinate with a river guide, an expert on the terrain and the travel along the river. We camp our first night at Colorado National Monument before hitting the water, with all our cooking and camping gear in tow, the next day. We pitch our tents right along the water’s edge for a unique camping experience the second night before completing the 30-mile trip and heading home.

Check with your JDCP counselor to sign up for these and other activities. Let the fun begin!



# Who's Who in Diversion

## *Julie Sugioka, LPC*

Master's degree in Community Counseling with an emphasis in Marriage and Family Therapy, University of Northern Colorado

Bachelor's degree in Psychology with a minor in Special Education, University of Northern Colorado

Q: What attracted you to the field of psychotherapy?

I was attracted to the field of psychotherapy after taking an abnormal psychology class in college and being fascinated by how complex the human mind is. I had also read books by Torey Hayden, who described her experiences as a school psychologist and was inspired by her work.

Q: What brought you to Diversion?

I did my internship at a local mental health center and was frustrated with insurance companies and financial restraints placing limits on the number of sessions a family could receive. Since we charge a low flat fee in Diversion and do not deal with insurance companies, families are able to receive the services they need as long as they are willing to work with us.

Q: What life experiences

have contributed to your success in Diversion?

I remember quite a bit about what it was like to be an adolescent and even though things are a lot different now, the struggles are still similar. Also, I haven't grown up yet and I think that has contributed to my success in Diversion.



Q: What are your areas of expertise and interest in general? In Diversion?

My areas of expertise both in Diversion and in general are trauma, ADHD, Animal Assisted Therapy and family systems.

Q: What do you think is most important in life?

Never, ever give up and always trust your gut.

Q: Hometown

I don't really have a hometown. My father was in the Air Force, so I grew up an Air Force brat. I was born in Loma Linda, Califor-

nia and from there I moved to Fairborn, Ohio; Montgomery, Alabama; Waldorf Maryland; Lancaster, California; and then finally to Denver, where I have been for my adult life. I have been in Colorado for over 20 years and it is definitely my favorite state.

Q: What do you like to do with your free time?

I enjoy crocheting, reading, gardening, fishing, camping, scrapbooking and traveling. I also have a passion for discovering my historical background.

Q: What is the best piece of advice /wisdom you've received?

When I was a young girl and attending church with my grandmother in Oregon, an old man walked up to me and out of the blue said, "Happy or sad, you get to decide how you are going to feel." That bit of advice has stuck with me throughout my life.

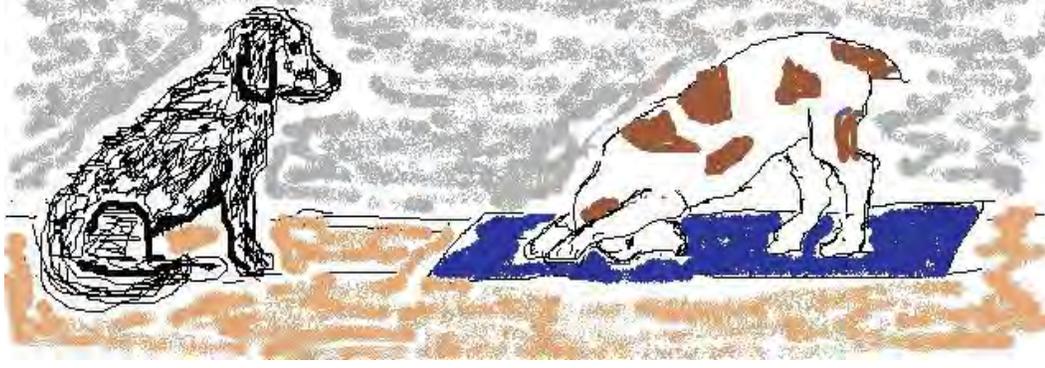
Q: What is something most people don't know about you?

During my life I have lived in 18 different houses/ apartments.

*Julie has been with JDCP for 10 years and works in the Centennial Office.*

**"...Happy or sad,  
you get to decide  
how you are going  
to feel."**

## Yoga Power



## The Wisdom of Winston

*By Ruth Darling-  
Goldberg, M.A.,  
LPC*

***“Sometimes healthy living requires a real stretch”.***

### Volunteering Opens Eyes of Teens (cont. from p.1)

guide for the day. The tour begins in the chapel, where peaceful music competes with the clanking of chairs being set up for the daily bilingual service held before dinner. We learn that DRM is the oldest full-service Christian charity in the Denver Metro area, though it currently identifies as a non-denominational organization, providing assistance to the poor and homeless through a variety of programs.

The men setting up the chapel are from the New Life transitional program at DRM. Seeing confusion on our faces, Lacey further explains that these men participate in rehabilitative education and work in an

effort to break their cycles of under-education, poverty and homelessness.

As the tour continues, we meander through the residence — 100 bunk beds located on the facility’s top floor, the health clinic, security office and the donation room. This room is home to practical items such as coats, pants, sweatshirts and boots that are available certain hours of the day on a first-come, first-served basis. We learn that food boxes are available for people who have shelter elsewhere, but lack the income to provide the needed food for their families.

Our tour ends in the basement, where the dining

room and kitchen serve up to 1,000 meals daily to men, women and children. We quickly learn the kitchen layout, meet the cheerful kitchen staff and receive our assignments from the head of the kitchen volunteers. We don aprons and hairnets and get down to the business of cutting vegetables, fruit and bread, shredding cooked chicken and mixing Kool-Aid. We work as partners and complete an impressive amount of prep work for the following day’s meals. We clean up, put on fresh gloves and move to the serving line for the first dinner seating of the day, where we scoop nutritious, delicious-smelling food onto the

Life members’ plates. They thank us over and over with smiles and kind words, and we are left feeling humbled by the experience.

As we leave the building and the next volunteer team takes over, we are stunned by the line of people waiting along Park Avenue West for their admittance and the opportunity for a hot meal. The boys are mostly wide-eyed and silent. Naoise puts our thoughts and feelings into words: they are ... “normal, average people; I wouldn’t have guessed they were homeless if I saw them somewhere else ... Makes me think it (homelessness) could happen to anyone ... I loved helping out, it was fun, I may go back on my own time.”

# Literature Review

“Attachment-Focused Therapy”  
by Daniel A. Hughes

Though intended primarily to provide clinical tools for therapists, Daniel A. Hughes’ “Attachment-Focused Family Therapy” contains practical information that can guide parents in their efforts to repair relationships in their families.

Hughes outlines an approach based on playfulness, acceptance, curiosity and empathy. He identifies this approach as the key to effective therapy with families whose primary attachments have been broken. The role of the therapist is to model and teach these skills for parents, who then can apply them to healing their bonds with their children.

Therapists help family members recognize, tolerate and even honor their separate, equally valid emotional experiences in interactions, both positive and negative. Through the therapeutic work, parents explore the attachment patterns of their childhoods and the beliefs and behaviors they internalized as a result. As adults, these parents often have unknowingly re-created these unhealthy patterns. Their own unresolved issues are triggered by conflict with and distance from their

children.

Once parents develop a conscious awareness of this dynamic, the therapist guides them through a healing process that results in a greater ability to connect



genuinely with their children, and to tolerate their children’s unique emotional needs and responses without defensiveness or shame.

Families in crisis often focus on actions and behaviors, which can perpetuate a cycle of separation and blame. Hughes instructs therapists to assist families in keeping emotions at the heart of conversation. Using an attachment-focused approach in therapy supports individual family members in honoring the validity of their emotional experiences. It allows for the reframing – the re-creation – of negative, even traumatic, past experiences and patterns as the therapist, parent and child share and process them together. This “intersubjective” sharing and re-experiencing of emotions and events introduces

new perspectives, interpretations and information. It shifts the meaning of those emotions and events. The process moves the meaning from rigid to flexible, from shameful and hidden to genuine and open.

Hughes addresses the inevitability of breaks in relationships. In families with unhealthy attachments, these breaks can feel devastating and permanent, and often are interpreted by individual family members as rejection or abandonment. Hughes’ approach outlines steps for identifying and repairing breaks, both in the therapy process and in family systems, so they are more easily tolerated and more accurately experienced as temporary and even potentially meaningful and productive.

Parents seeking further knowledge about attachment will find many resources to supplement the work done with a therapist. Some focus on the needs of adopted children, including Hughes’ “Facilitating Developmental Attachment: The Road to Emotional Recovery and Behavioral Change in Foster and Adopted Children.” Others, such as “Attachment Parenting: Developing Connections and Healing Children”, by Arthur Becker-Weidman and Deborah Shell offer a broad perspective.

“... parents explore the attachment patterns of their childhoods and the beliefs and behaviors they internalized as a result.”

*The third installment of Parent Ponderings’ article on narcissism will occur in the next issue of Inside Diversion.*

# Ode to Hands-On Activities *by Stephanie Wolff*

*To the tune of Billy Joel's "We Didn't Start the Fire"*

Rock climbing, challenge course, tip canoes or ride a horse  
Build a trail, mountain bike, wheelchair softball, take a hike  
Catch a fish, gut a fish, eat it up a yummy dish  
Campfire sing-a-long, eat some s'mores all night long

Come see the great outdoors  
You don't think you'll like it  
But you haven't tried it  
Come see the great outdoors  
Don't sit home all summer  
That would be a bummer



Plant a garden, climb the dunes, sleep out underneath the moon  
Paint a picture, throw a mug, make a quilt, catch some bugs  
Explore a cave, ride a bus, make new friends and laugh with us  
Flag football, touchdown, see your counselor hit the ground



Come see the great outdoors  
You don't think you'll like it  
But you haven't tried it  
Come see the great outdoors  
Don't sit home all summer  
That would be a bummer

## Teen Spirit Program (cont. from p. 2)

I take notice, address it and I'm then better able to help them move forward.

Q: Where is the future of TSV going? What would you like to see happen with the program?

A: I would like to see my teens become managers and give back to the newer TSV teens. We all need to learn how to connect with teens. I would also love to see it become a statewide program.

For more information or to enroll in the program, contact Mills at 720-276-4960 or [teen-spiritvips@yahoo.com](mailto:teen-spiritvips@yahoo.com).

**18th Judicial  
District Attorney's  
Office**



Juvenile Diversion  
Counseling Program  
6450 S. Revere Parkway  
Centennial, CO 80111

Phone: 720-874-8680  
Fax: 720-874-8640

For further information:

Diversion:  
Joy Parrish, Director  
720-874-8688  
jparrish@da18.state.co.us

Newsletter:  
Ruth Darling-Goldberg  
720-875-8186  
rgoldberg@da18.state.co.us

## Juvenile Diversion Counseling Program

### *Mission Statement:*

In an atmosphere of professionalism and excellence, we provide counseling and support to juvenile offenders and their families. We create opportunities for change with an emphasis on accountability and personal growth.



Standing: Patrick Metts, Kate Harwood, Vicki Capps, Joy Parrish, Leigh Hardin, Samantha Legler, Mindi McEachen, James Redigan.

Sitting: Stasia Crotzer, Ruth Darling-Goldberg, Myriam Reynolds, Kim Snow. Not pictured: Julie Sugioka, Stephanie Wolf, and Kimberly Johnson.