

ANNUAL REPORT

JUNE 1978

PACIFICA YOUTH SERVICE BUREAU  
190 Paloma Avenue  
Pacifica, California 94044

a diversion and delinquency  
prevention project  
for juveniles

52158

Margaret Taylor  
Director

PACIFICA YOUTH SERVICE BUREAU

190 Paloma Avenue  
Pacifica, California 94044

I. PHILOSOPHY OF THE PACIFICA YOUTH SERVICE BUREAU

The Pacifica Youth Service Bureau was created and is based on several basic principles:

1. That a community's problems are best solved by and within the community:
2. That young people, given a chance, will act in a socially acceptable manner:
3. That the family, given some support when it is needed, remains the basis for providing a suitable environment for young people in which they can grow and mature.

Goal A -- To divert young people from the Juvenile Justice System in a constructive and responsible manner:

1. Provide crisis counseling, evaluation, referral and casework services for 300 new families each year;
2. Provide a continuing service for 100 re-referrals;
3. Develop and maintain a list of resources in the community that will provide services to troubled youth and their families.

Goal B -- To prevent juvenile delinquency:

1. Develop delinquency prevention programs;
2. Provide consultation regarding youth to the community;
3. Provide assistance to five Youth Service Bureaus in surrounding communities.

**NCJRS**

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**ACQUISITIONS**

INTRODUCTION

This annual report on the Youth Service Bureau covers the fiscal year July 1977-June 1978. The overall counseling program is described, including special services and activities to the schools in particular. Data on the number of referrals and re-referrals, by source, are presented for fiscal years 1973-74 through 1977-78 in the "Statistics" section. Staff changes and current level of qualifications are summarized under "Staffing."

The Bureau continues to operate under the Joint Powers Agreement, which includes the following: City of Pacifica, Jefferson Union High School District, Laguna Salada Union School District, the County of San Mateo, and the San Mateo County Delinquency Prevention Commission. The updated amendment to this Agreement was signed by each entity in June of 1978, and each continues to be represented on the Board of Directors. The Board also draws two members from the Professional Advisory Committee, two from the Citizens' Advisory Committee, and two from the community at large. Those persons currently serving on the Board include:

Beverly Martin, Chairperson	Citizens' Advisory Committee
Edward Burton, Vice Chairperson	Professional Advisory Committee
Larry Cronin	Community Member
Fred Howard	City of Pacifica
April Kaden	Community Member - Student
William Lavey	Delinquency Prevention Commission
John Lewis	Citizens' Advisory Committee
Fred Lyon	County Board of Supervisors
James Roman	Jefferson Union High School District
Rudie Tretten	Laguna Salada Union School District
Reverend Lee Warford	Professional Advisory Committee

Special appreciation goes to Ruth Boudinot (JUHSD) and Stan Farber (City) who resigned this year from the Board after having given many years of active and dedicated service to the Bureau. In addition, Mel Nelson, who resigned as Chief of Police, was commended for his years of support to the Bureau.

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Funding sources changed to some extent during fiscal year 1977-78, as follows:

County	\$65,000.
City	\$10,000.
Laguna Salada	\$ 5,000.
California Youth Authority (Grant)	<u>\$17,832.</u>
	\$97,832.

Although it continued to be part of the Joint Powers Agreement, the Jefferson Union High School District did not contribute funds to the Bureau due to a change in its policies.

The CYA grant contribution was designated to support the Director (half-time) and secretary (one-quarter). Thus, as of July 1, 1977, Mark Savage became half-time Director and half-time Project Leader for the CYA vandalism study, "Pacifica Youth Parent Commission." That project was terminated on March 31, 1978 because of his resignation, and the CYA contribution was adjusted to three quarters of effort (total received: \$10,749).

In determining the relative worth of a diversion agency, the recidivism rate is of primary importance. It is also the basis on which the Youth Service Bureau receives its county funding. In fiscal year 1977-78, our recidivism rate was 4.8%, which is well under the expected rate of 10%. In other words, less than 5% of the youths receiving counseling at the Youth Service Bureau were referred to Probation either while still in counseling or within 90 days of terminating counseling. According to the County Probation Department, the YSB diverted 131 youth from the juvenile justice system, saving San Mateo County well over \$70,000.

In summary, since its inception in 1969, the Youth Service Bureau staff has had contact with over 2,300 families. This number reflects nearly one-quarter of the families in Pacifica at present. In fiscal year 1977-78, 517 referrals and re-referrals were made (details given under the section, "Statistics"). Each child referred and his/her family was seen an average of five times, totaling approximately 10 hours per case. In other words, three counselors provided about 5,170 hours of direct services, which amounts to each counselor spending about 143 hours per month on direct services to the community. The remainder of the staff's time is devoted to supervision, consultation, and training.

COUNSELING PROGRAM

The focus of our counseling continues to be on crisis intervention and brief family therapy, as both these therapeutic modes have proven over time to be the most successful in fullfilling our dual goals of prevention and diversion. Another factor that has proved of value to the community, especially the Pacifica Police Department, is the Bureau's non-traditional approach to offering immediate services on a 24-hour, 7 day-a-week basis. We have found that this crisis service, whereby we can respond to a child's or family's problem by phone or in person, in addition to our regular evening office hours, fills a gap in the necessary counseling services not offered by other human services agencies.

In addition to the staff members' backgrounds (see "Staffing" for professional qualifications) in the psychology of the family and of child development and their experiences with various therapeutic techniques (particularly goal-oriented, problem-solving therapy), each counselor must be, and is, prepared to deal with the following:

Juvenile justice system, including state juvenile law, county probation department, juvenile court.

County agencies, including their various functions, contact persons, and how they can best be used.

City of Pacifica, including its police department, schools, departments, and agencies--and how its people can relate to them in solving problems.

Private agencies, including private referral sources such as doctors, psychologists, and others who might be of service to our clients.

As noted above, the Bureau's primary counseling functions are crisis intervention and brief family therapy. Other goals include child and family advocacy; early identification and intervention in disordered behavior in order to make appropriate evaluation and referrals; and consultation with schools, police, and county and local agencies on an on-going basis.

Referrals to the agency are made by a variety of sources within the community (see "Statistics") and the staff can normally contact the person and family referred within 24 hours (or sooner if a crisis situation exists). The general categories of presenting problems are: runaways, truants, school behavior problems, minor criminal offenses, drug abuse, child neglect and abuse (including sexual abuse), and family dysfunctions. The last category includes family problems that may result from separation, divorce, change of geographic location, death, psychiatric problems, or just plain growing up.

Involvement in counseling is voluntary, and all material discussed with clients is confidential (unless a client signs a release of information form). Most clients are seen for about five or six sessions; however contact is often maintained over the longer term if a counselor or client believes it is in a child and/or family's best interests. Also, many families stay in contact over a period of years, with consultation provided on a less formal basis.

#### Special Activities

In our continuing effort to provide services to Pacifica that may prevent juvenile delinquency and other community problems, the counselors became involved in some specialized work for the Laguna Salada School District, which is briefly described here.

#### Opportunity Class

All members of the counseling staff participated in the service given to the Opportunity Class at Cabrillo School from February 1978 to the end of the school year. This program was designed for 7th and 8th grade students significantly lacking in academic skills due to behavior and peer problems. The class at first went through some trying times because of disruptive behavior, change of teachers, and change of students. YSB counselors initially led in-class group sessions several times a week, later changing to individual counseling (and family counseling when deemed appropriate) and weekly group meetings. All counselors were involved in weekly consultation with the teacher and principal concerning individual students and the overall mood of the class. The senior counselor spent additional time with administrative staff in evaluating the program and planning for its future. Overall, approximately ten hours a week of staff time was devoted to this program.

The positive changes that occurred as a result of our involvement with the Opportunity Class were extremely rewarding, both to us and the students. Academic progress and school attendance improved significantly among some students, and there was an overall attitudinal change from "This is punishment" to "This is a chance to make it." In this regard, Mr. John McMullen, the second teacher to "take-on" this class made exceptional inroads in motivating these students and winning their respect. The school year ended with a field trip to Marine World, during which the students behaved in a most commendable fashion, and the counselors enjoyed themselves.

#### E.H. Class, Pacific Manor School

Following several referrals from this class, a counselor from the YSB (Don Nikkel) was invited to speak at a monthly parents' meeting. After a brief presentation on the Bureau, the counselor answered the questions of 15 parents present and led a discussion of the very special skills needed for parenting an E.H. child. A follow-up meeting was requested by the parents and teachers, at which the counselor presented specific and practical guidelines for behavior management. Again, a spirited discussion ensued.

It should be noted here that increasing data are being generated that link early educational handicaps and learning disabilities to later delinquency problems. Therefore, our early interventions with these youngsters and their parents at this point in their lives hopefully may have some positive long range benefits.

#### Divorce Group, Cabrillo School

After noting some behavior changes atypical of a particular group of 8th graders, Ms. Linhares consulted with the YSB staff about providing group counseling to these students who had a common family problem: divorce. Parental and school permission was gained for these students to be released from class on a weekly basis to discuss their feelings and concerns about adjusting to divorce. Confidentiality and the need for mutual trust were stressed by the counselor (Margaret Taylor), and all students agreed to and kept this important first rule of the group.

Eventually, after some initial structured discussions, the group members became mutually supportive, shared advice and experiences, and formed close ties among themselves and with the counselor. All along, the students had been informed that the counselor would eventually meet with their parents to discuss the group in general and the parents' individual concerns of their own. This point was crucial to the group in that the counselor had also agreed to keep group discussions confidential, unless a "dangerous" issue (e.g., suicide, incest, etc.) came to light. All students felt it was a significant advantage of the group that both peers and an adult could be trusted.

The custodial parents (all mothers in this case) met with the counselor half way through the year, and some individual discussions ensued. Counseling sessions were terminated in April 1978, with a field trip to the zoo, and the consensus of those involved was that the group had been an extremely positive experience, and one that hopefully will prevent or minimize future problems.



STAFFING

In December 1977, Ed Martin, Senior Counselor, resigned to accept a position in the Fresno area. Margaret Taylor became Senior Counselor, and Nancy Feehan was hired as a new counselor. In April 1978, Mark Savage resigned as Director, and Margaret Taylor was appointed Interim Director while continuing senior counselor duties. Don Nikkel remained on the counseling staff. Carol Dallmann assumed additional budget, payroll and statistical responsibilities and was appointed Administrative Assistant. Tanya McCowan (Serramonte High School) resigned as Clerk and Karen Woodworth (Terra Nova High School) took her position. In May 1978, Nancy Feehan resigned, and Susann Green, a licensed marriage, family, and child counselor in private practice was hired as a part-time counselor on a contract basis. Additional staff have not been hired pending funding negotiations for fiscal year 1978-79.

In September 1977, David Schwartz, M.D., head of the Mental Health Department at Hillcrest, became our professional consultant, replacing Vic Tigerman, M.A., of the Probation Department who had provided consultation for the last three years. Dr. Schwartz will continue this role in 1978-79. Our professional consultants do not charge us for the valuable instruction and consultation they provide us on a biweekly basis.

Our current professional staff possesses the following qualifications:

Margaret Taylor	M.A. in Marriage, Family and Child Counseling; MFCC license; Member: California Association of Marriage and Family Counselors; American Orthopsychiatric Association; California Association of Diversion and Youth Service Counselors; California Probation, Parole and Correctional Association
Donald Nikkel	Masters in Social Work; California Association of Diversion and Youth Service Counselors
Susann Green	M.A. in Marriage, Family and Child Counseling; MFCC license; Member: California Association of Marriage and Family Counselors

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During the last year, staff were involved in these professional and training activities, in addition to their administrative and counseling responsibilities:

Annual Conference and regional meeting (including training in brief therapy and crisis intervention), California Association of Diversion and Youth Service Counselors: Feehan, Martin, Taylor, Savage

Annual Conference (San Francisco), American Orthopsychiatric Association: Feehan, Nikkel

Delinquency Prevention Association: Savage

San Mateo County Federation of Youth Service Bureaus: Nikkel, Savage, Taylor

SARB, City of Pacifica: Martin (Chairman), Taylor

Pyramid Alternatives: training seminar in alcoholism: Nikkel

Annual Conference (San Francisco), Mental Research Institute: Taylor

Presentations to schools, parent groups, and other counseling agencies: Martin, Nikkel, Savage, Taylor

STATISTICS

Total Referrals and Re-Referrals by Source (July 1, 1973-June 30, 1978)

	<u>1973-74</u>		<u>1974-75</u>		<u>1975-76</u>		<u>1976-77</u>		<u>1977-78</u>	
	<u>NEW</u>	<u>RR</u>	<u>NEW</u>	<u>RR</u>	<u>NEW</u>	<u>RR</u>	<u>NEW</u>	<u>RR</u>	<u>NEW</u>	<u>RR</u>
Police Department	46	8	103	18	103	24	131	43	136	41
Jefferson:										
Oceana	43	3	37	2	58	10	47	18	18	2
Terra Nova	7	-	16	1	4	-	16	3	14	8
Thornton	-	-	1	-	1	-	3	2	-	-
Serramonte	-	-	-	-	-	-	-	-	1	-
Laguna Salada	41	2	72	14	68	13	72	15	99	17
Parent/Self	102	41	78	45	96	82	95	97	47	84
Probation	14	1	5	-	7	3	12	2	6	1
Other Agencies	10	2	18	-	10	10	25	8	32	11
TOTALS	320		410		489		589		517	

Referrals from Laguna Salada School District

	<u>7/1/75-</u> <u>6/30/76</u>		<u>7/1/76-</u> <u>6/30/77</u>		<u>7/1/77-</u> <u>6/30/78</u>	
	<u>Boy</u>	<u>Girl</u>	<u>Boy</u>	<u>Girl</u>	<u>Boy</u>	<u>Girl</u>
Cabrillo	8	2	15	2	12	9
Crespi	1	1	2	1	1	-
District Office	-	-	1	-	-	-
Fairmont	1	-	7	1	3	3
Linda Mar	10	1	2	3	9	5
Oddstad	2	-	-	-	2	1
Ortega	2	1	12	2	4	2
Pacific Heights	14	3	6	1	5	1
Pacific Manor	7	1	8	1	18	4
Pedro Valley	4	1	-	-	-	-
Portola	-	-	-	-	3	-
San Andreas	2	1	3	-	4	2
Sanchez	5	-	3	-	1	-
Sharp Park	5	1	9	1	5	4
Valleamar	5	-	1	-	2	1
Valleamar Alternative	-	-	1	-	-	-
Westview	2	1	3	2	1	-
Opportunity Class - Cabrillo	-	-	-	-	14	-
TOTALS		81		87		116

In Fiscal Year 1977-78, our resources came from:

San Mateo County Probation Department	\$65,000.00
City of Pacifica	\$10,000.00
Laguna Salada Elementary District	\$ 5,000.00
Youth Service Bureau	\$ 1,192.00
California Youth Authority - Grant	\$10,749.64
Miscellaneous	<u>\$ 2,084.93</u>
TOTAL	\$94,026.57

Our Expenses were:

Salaries	\$75,749.02
Benefits	\$ 4,078.53
Rent	\$ 3,600.00
Utilities	\$ 1,566.22
General Expense	\$ 4,387.96
Mileage & Transportation	\$ 2,937.91
Conference & Training	<u>\$ 752.00</u>
TOTAL	\$93,071.64

**END**