



## Examples of Youth Groups at Fora Health

### Community Meeting/Restorative Justice Circle

Restorative justice shifts the focus of justice from punitive consequences to a more collaborative and community-oriented approach. Restorative justice circles provide an opportunity for communication between the victim and the offender, sometimes including representatives of the wider community. Unlike punitive justice, restorative justice allows victims a voice to express what specific harms have come from the problematic behaviors of the offender. Further discussion aims to understand why the problematic behavior occurred, create a consensus for what the offender can do to repair the harm and asks how the community may support the offender to prevent harmful behaviors from occurring again.

### Anger Management

Fora Health's youth treatment program utilizes aspects of anger management counseling to help teens identify triggers, thoughts and feelings that contribute to anger outbursts. Anger management groups address common myths about anger and aid people in building distress tolerance and the coping skills needed to manage discomfort. Participants learn to understand the consequences of anger on their body, mind and behavior. Residents who do not struggle with anger management also benefit from relaxation training and communication skills practice, which teaches conflict resolution and assertiveness.

### Life Skills Training

Life skills training groups prepare youth residents for aspects of adult life outside of daily living and vocational skills. This includes building resiliency and decision-making skills.

### Mindfulness

The mindfulness model introduces residents to meditation and mindful living skills, in addition to teaching general coping skills that address problematic behaviors or the emotional distress that prompts problematic behavior. Youth are encouraged to practice awareness of the present moment while living non-judgmentally towards oneself and others. Mindfulness exercises help residents develop skills such as reflection, acceptance and sitting still, which teenagers often struggle with.



## Healthy Communication

Healthy communication groups teach and model healthy interactions and communication with others. These groups provide teens a safe space to work on modifying unhealthy or unclear communication and to build skills like active listening, relaying and receiving information, cooperation, asking for help and refusal. Healthy communication focuses on verbal communication but also defines non-verbal communication and explores why tone of voice, posture, eye contact and other ways of communicating impact our message or desired outcome.

## Relationships in Recovery

Relationships in Recovery groups focus on interpersonal effectiveness and boundaries, while helping to identifying and nurture behaviors that promote healthy relationships. These groups include studying behaviors that occur within codependent and enabling relationships, while staff simultaneously model and engage residents in positive behaviors like apologizing, validating and building trust.

## Coping Skills

Fora Health utilizes general healthy coping skills groups to teach residents to manage daily life without the use of substances or maladaptive behaviors. Distress tolerance, self-soothing and emotional regulation are emphasized to help mitigate harmful coping behaviors such as minimizing and replacing.

## Distress Tolerance Group (DBT)

Using the DBT workbook, this group encourages youth to learn ways of managing their frustration other than acting out in harmful ways such as fighting, self-harm and substance use. DBT groups encourage residents to find new ways to identify distress and use DBT skills to manage feelings in a productive way.

## Aggression Replacement Training (ART)

Aggression Replacement Training is a cognitive behavioral intervention for the reduction of aggressive and violent behavior specifically focused on adolescents. ART is a multimodal program that has three components: social skills, anger control training and moral reasoning.