

Gender Specific Services

*Programming at the Iowa Juvenile Home/State
Training School for Girls*

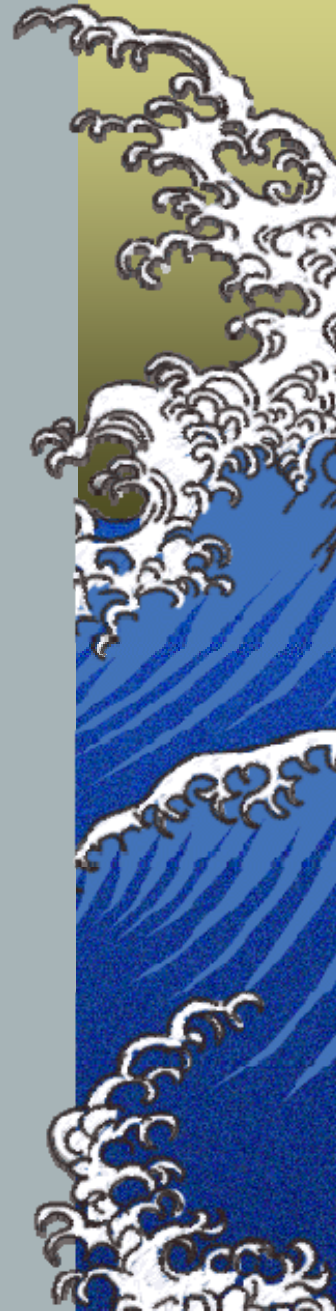
*Responding to the need for gender specific
services*

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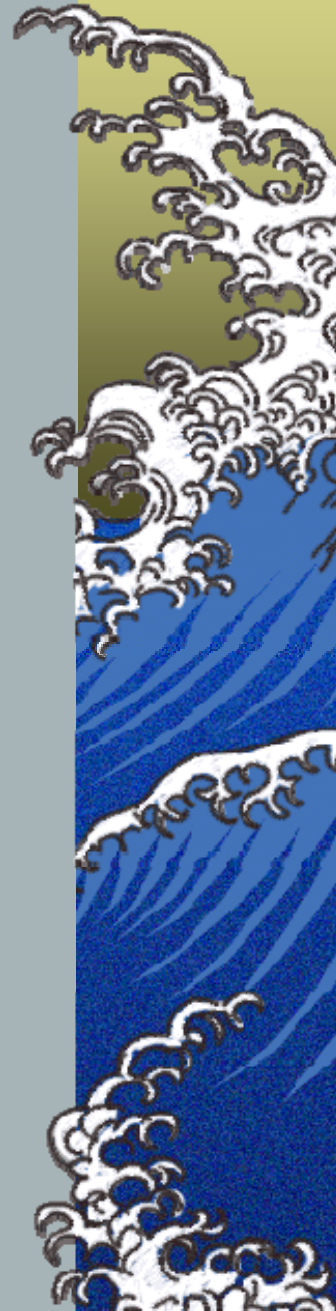
Boys and Girls: Different Treatment Needs

Historically, most treatment programs were designed for boys; girls were expected to fit into the same program model

This has not worked well because the specific needs of girls were not well attended to

What is the difference?

Boys-form identity primarily in relation to the greater world-are interested in the rules of the world-their place in the structure of that world-how to move ahead or gain power within that structure

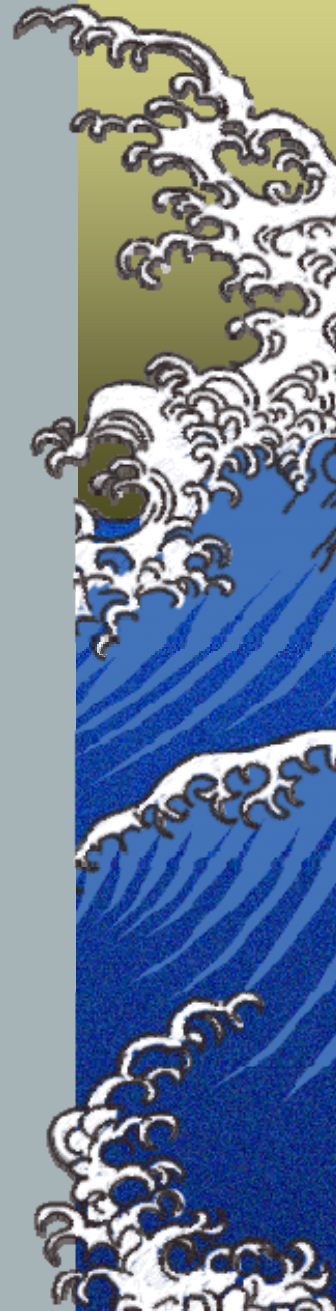


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Girls-form identity primarily in relation to other people-they are interested in what “relationship” means and how it works

Girls connections with other people and what those relationships mean are of primary importance

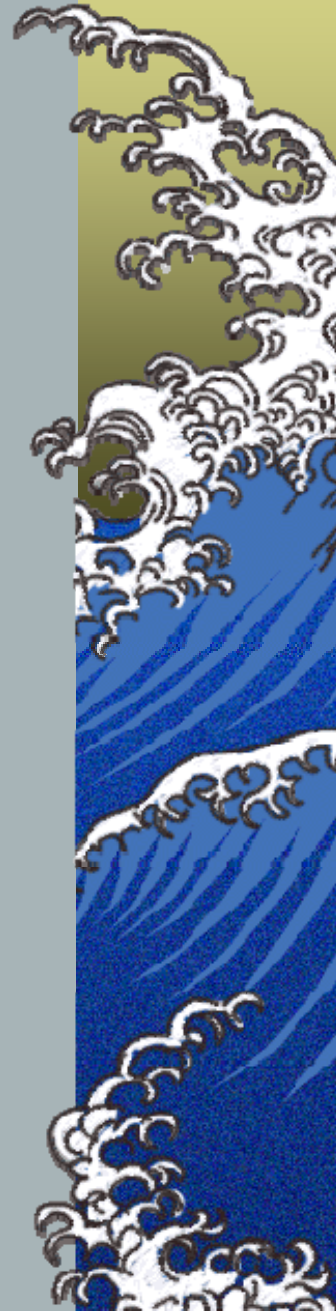
Girls define themselves through those to whom they relate and by how well they get along with those people



Gender Specific Services

Programs for boys are more successful when they focus on rules and offer ways to advance within a structured environment

Programs for girls are more successful when they focus on relationships with other people and offer ways to master their lives while keeping these relationships in tact



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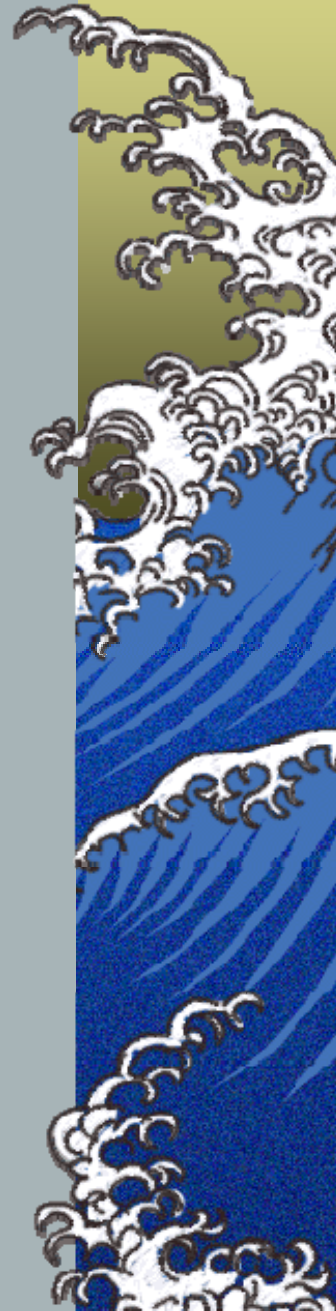
*11 Points of Best Practices for Services to Girls:
Programs Must*

1-Provide emotional and physical safety:

*give girls “safe space” in which they can talk
about their issues-be aware of relational
aggression*

2-Be culturally appropriate:

*be aware of different cultural perspectives
attempt to respond as diversely as possible*



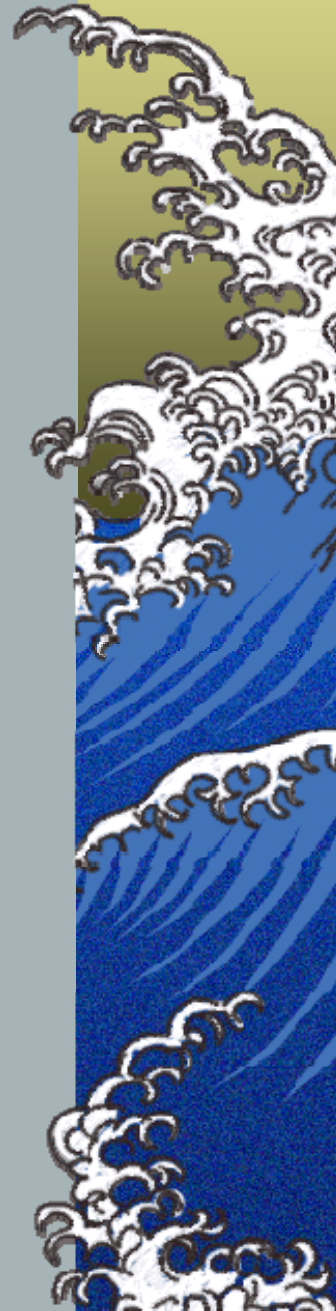
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3-Be Relationship-Based

develop alignment and partnership with youth

the strength of relationship will support youth to try new things-trust takes time to develop

4-Provide Positive Female Role Models and Mentors



Gender Specific Services

5-Address the Abuse in Girls' Lives

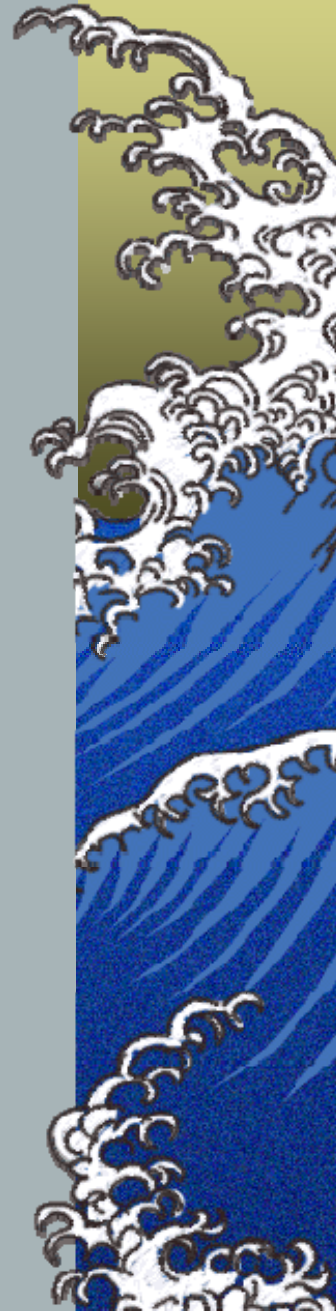
*counsel-provide groups-teach skills like
assertion-practice skills*

6-Be Strength-Based, Not Deficit-Based

*use principles of PBS-4/1 or 5/1 positive
reinforcement*

come from a perspective of resiliency

identify skills already there



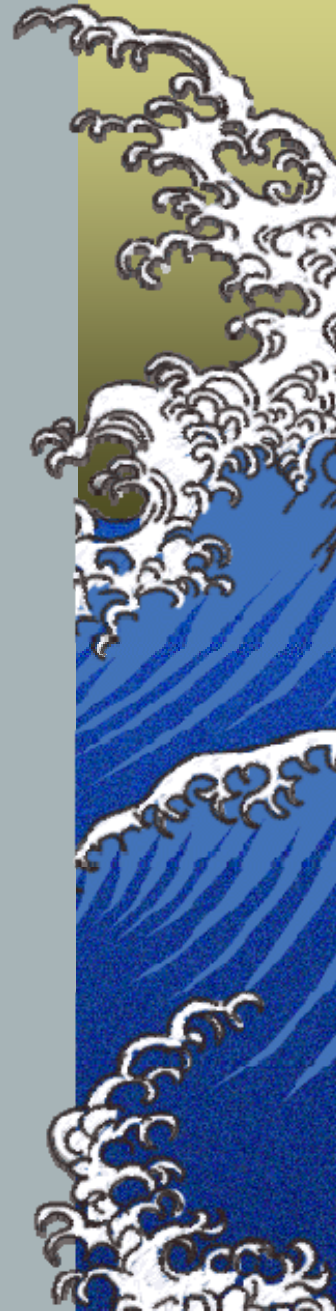
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7-Address Sexuality, including Pregnancy and Parenting

many girls have a great deal of experience and a very small amount of accurate information-in seeking out relationships, girls often put themselves at great risk

8-Provide Equitable Education and Vocational Opportunities

education + skills = a fair playing field



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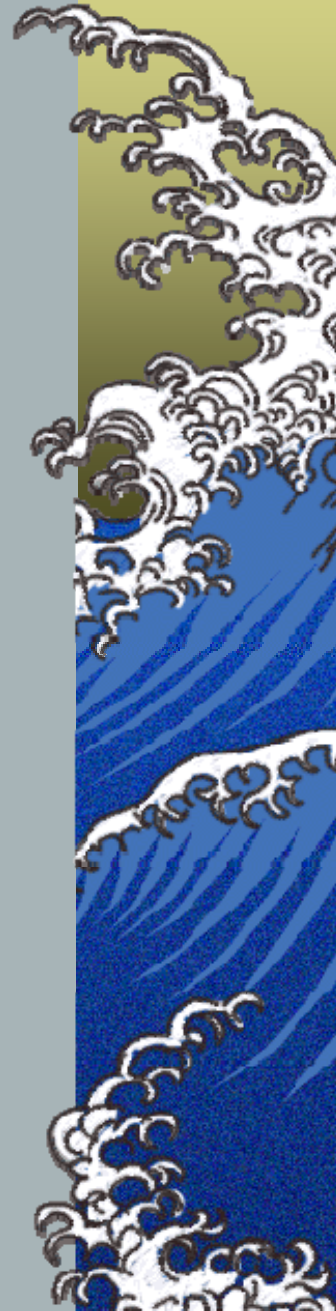
9-Address the Unique Health Needs of Females, including Nutritional Concerns and Regular Physical Activity

teach healthy life styles

down-play appearance

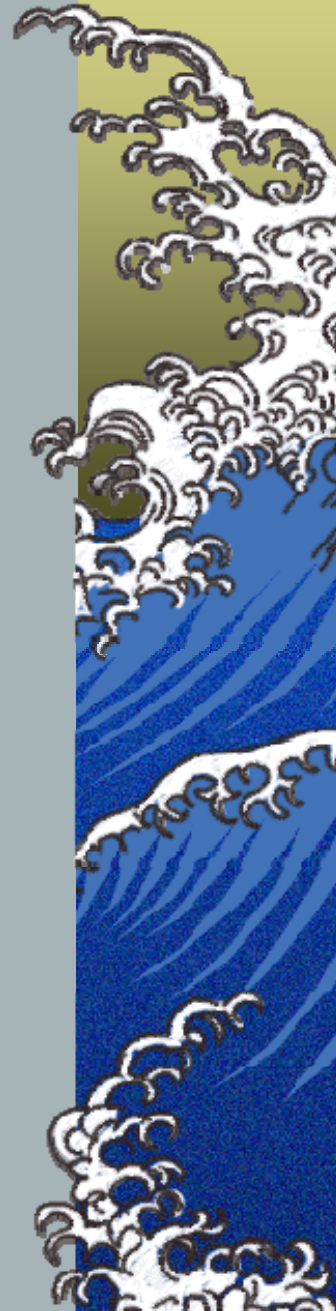
educate girls about media

address eating disorders



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*10-Nurture the Spiritual Lives of Participants
provide opportunities for spiritual expression-
writing groups-poetry groups-journaling
volunteers are a great resource here
encourage values clarification-discuss issues
within context of self-others-community*

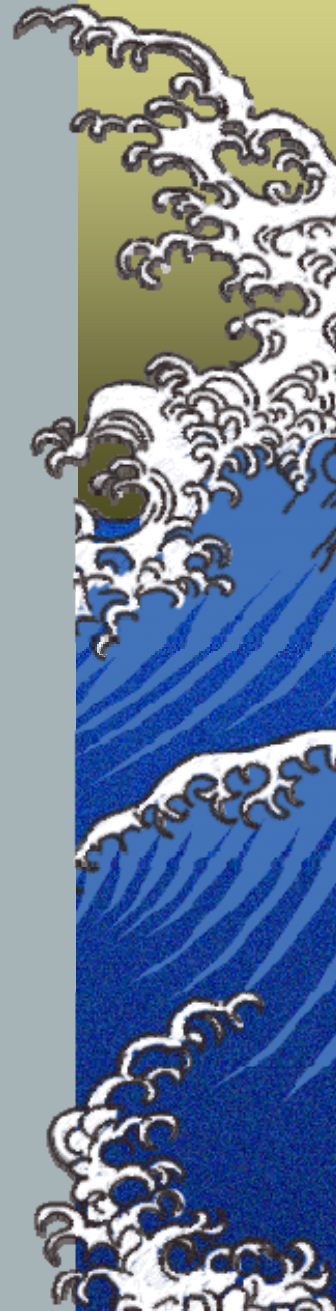


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*11-Involve Individual Members of Girls' Families
family issues also need resolved*

*family involvement will help with transition and
carry-over of skills to new environments*

*“Providing Gender-Specific Services for
Adolescent Female Offenders”-by Iowa
Commission on the Status of Women-1999*



Gender Specific Services

- ▶ *History at IJH-intensive training summer of 2000; resources purchased program evaluation completed which encompassed all points of best practice*
- ▶ *Adopted Circle of Courage Program Model*
- ▶ *September 4, 2001-IJH separated treatment programs by gender-eliminated or greatly reduced co-ed participation*

