



JOHN A. WAGNER
DIRECTOR

STATE OF CALIFORNIA—HEALTH AND HUMAN SERVICES AGENCY
DEPARTMENT OF SOCIAL SERVICES
Community Care Licensing Division – Statewide Children's Residential Program
744 P Street, MS 19-50, Sacramento, CA 95814



ARNOLD SCHWARZENEGGER
GOVERNOR

April 30, 2009

Ms. Jenifer Sievert, Executive Director
Forest Ridge Youth Services
P.O. BOX 515
Estherville, IA 51334

Dear Ms: Sievert

SUBJECT: OFFICIAL CERTIFICATION NOTICE

This is an official notification that effective April 29, 2009 Forest Ridge Youth Services Residential Program located 2043 395th Street, Estherville, Iowa is hereby certified as meeting California Group Home licensing standards pursuant to California Family Code, Section 7911 et al.

California licensing standards require that all serious incidents be reported to the Out-of-State Placement Policy Unit for each child in care, regardless of whether he or she is a California placement.

Certification will be reviewed annually. The Out-of-State Certification Unit will be following the Department's policy, which authorizes us to inspect facilities with or without appointment.

The following waiver has been granted for certification purposes:

- The use of bunk beds
- More than two youths to a bedroom.

Please contact Mr. Olaniyan Akyeem at (916) 838-5875 or me at (916) 327-8763 if you have any questions.

Sincerely,

MEI YUK KUNG
Program Chief

c: Rosalind Hyde, Manager and Deputy Compact Administrator, Out-of-State Placement Policy Unit

FACILITY EVALUATION REPORT

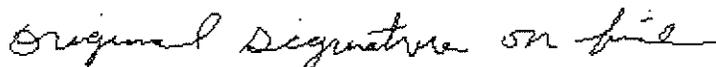
FACILITY NAME:	FOREST RIDGE YOUTH SERVICES	FACILITY NUMBER:	602300064
ADMINISTRATOR:	JENNIFER SIEVERT	FACILITY TYPE:	731
ADDRESS:	2043 395TH AVENUE	TELEPHONE:	(712) 8674742
CITY:	ESTHERVILLE	STATE:	IA
CAPACITY:	43	ZIP CODE:	51334
TYPE OF VISIT:	Case Management - Other	CENSUS:	ANNOUNCED
MET WITH:	Sherry Williams, Director of Admissions	DATE:	04/23/2009
		TIME BEGAN:	11:00 AM
		TIME COMPLETED:	03:00 PM

NARRATIVE

1 (NOTE: Estherville is a continuation of the Wallingford, IA Forest Ridge program and services)
2
3 As mandated by California law, this initial Pre-Certification inspection visit was conducted to assess and
4 determine if Forest Ridge Youth Services (FRYS) identified above is eligible to be certified by the California
5 Department of Social Services (CDSS) through:
6 1. Being in substantial compliance with California's Title 22 licensing regulations which apply to children's
7 group homes; as well as
8 2. Being licensed and in good standing with the licensing laws of the State of Iowa where the facility is
9 located.
10
11 CALIFORNIA PLACING AGENCY / REQUEST FOR CERTIFICATION:
12
13 In a letter dated January 15, 2009, juvenile placement officials of San Bernardino County Probation
14 Department requested the Out-of-State Certification Unit (OSCU) of CDSS to consider Forest Ridge for
15 certification as they wished to utilize the facility for residential care and treatment of a minor under the
16 jurisdiction of their Juvenile Court. Shortly thereafter, contact was made by the undersigned analyst with
17 facility administrative representatives, CDSS certification was discussed and application instructions and
18 material was provided. This on-site evaluation visit was later coordinated and arranged after receiving and
19 reviewing completed application material.
20
21 FACILITY INFORMATION:
22
23 Forest Ridge was established in 1983 as a residential foster care facility for youth at risk. In 1996, FRYs
24 became a gender specific program to serve adolescent girls in the juvenile justice system.
25 (See LIC 809 C continued)

SUPERVISOR'S NAME: Mei Yuk Kung**TELEPHONE:** (916) 327-8763**LICENSING EVALUATOR NAME:** Olaniyan Akyeem**TELEPHONE:** (916) 838-5875**LICENSING EVALUATOR SIGNATURE:****DATE:** 05/04/2009

I acknowledge receipt of this form and understand my licensing appeal rights as explained and received.

FACILITY REPRESENTATIVE SIGNATURE:**DATE:** 05/04/2009

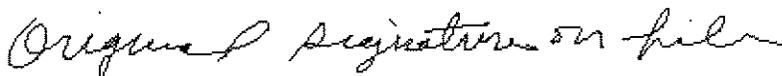
This report must be available at Child Care and Group Home facilities for public review for 3 years.

FACILITY EVALUATION REPORT (Cont)**FACILITY NAME:** FOREST RIDGE YOUTH SERVICES**FACILITY NUMBER:** 602300064**VISIT DATE:** 04/23/2009**NARRATIVE**

1 (LIC 809 C continued)
2
3 The program located in rural northwest Iowa, has grown from 12 residential beds to 140 residential treatment
4 and emergency shelter care beds. An expanded continuum of services has been added which enhance and
5 support the residential programs.
6
7 For the purpose of serving California youth, facilities located in both Wallingford and Estherville Iowa have
8 been chosen for California certification. The programs combined will have a total capacity of 121 residential
9 beds and divided into six separate living units (i.e. cottages / halls) which include: Eagle, Crystal, Oak, Seton,
10 Parks and Anita Cottage-15 bed Transitional Living Unit. located in Wallingford, IA.
11 (Note: The emergency shelter is not part of the California certification.)
12
13 LICENSING / ACCREDITATIONS & REVIEW:
14
15 FRYs is licensed by the State of Iowa Department of Human Services to provide Residential services to
16 adolescent girls ages 13-21. All living unit cottages / halls have their own separate license with a specified
17 capacity. All licenses were provided and reviewed and are in good standings.
18
19 FRYs is accredited by Commission on Accreditation of Rehabilitation of Facilities (CARF). Accreditation will
20 extend through March 2012.
21
22 FIRE INSPECTION / WATER ANALYSIS:
23
24 The Iowa Department of Public Safety, Fire Marshal's Inspection Division provides the fire services and
25 inspections for FRYs. The most recent fire inspection was conducted on 6/23/2008 resulting in minor
26 physical plant violations. All repairs have been since been corrected. No further concerns. Next inspection
27 scheduled for June 2009.
28
29 Water source is provided by the City of Estherville for Rosa Parks and Seton Hall's. The Iowa Regional Lake
30 provides water for the four living units; Oak, Eagle, Crystal and Anita Cottages in Wallingford.
31 (See LIC 809 C continued)
32

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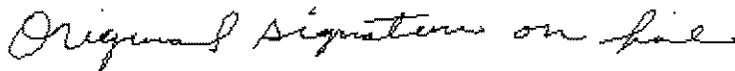
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FACILITY EVALUATION REPORT (Cont)**FACILITY NAME:** FOREST RIDGE YOUTH SERVICES**FACILITY NUMBER:** 602300064**VISIT DATE:** 04/23/2009**NARRATIVE**

1 (LIC 809 C continued)
2 PROGRAM OVERVIEW:
3
4 FRYs Residential Treatment Program is a community based residential program serving young women ages
5 13-21 with significant patterns of multiple unresolved emotional and behavioral issues including girls with
6 co-occurring diagnosis of conduct disorder / oppositional defiance and substance abuse.
7
8 As result of national attention being drawn to the problems of today's youth, more women are entering the
9 juvenile system at a faster rate and with more violent crimes than ever before. With the juvenile court
10 involvement at a rate that is growing faster for girls than for boys, the focus is on providing quality services
11 that meet the specific needs of young women. Research on adolescent and female development shows that
12 not only do girls develop self-esteem differently and value different things, but boys and girls process
13 information differently and respond to service techniques and program components. FRYs implements a
14 gender responsive, comprehensive program which is based on and supports an understanding of female
15 development and the specific issues related to adolescent girls.
16
17 Typically these students do not carry a psychopathological diagnosis and not in need of medications specific
18 to behavioral control. The typical student has displayed patters of thinking and behaving which indicate a
19 progression of defiant, anti-social behavior, criminal acting out and substance use. These students may have
20 severe difficulties with inappropriate behavior, identity issues, and the need to learn from their mistakes. The
21 program is staff intensive, highly structured educational / treatment experience designed to interrupt a young
22 woman's escalating behavior problems and substance abuse. The goal is to prepare the student to succeed
23 with comprehensive, ongoing aftercare (Community Based Services) in their own community. Program is
24 designed for 6-12 months.
25
26 **PROGRAM COMPONENTS:** Are the basic treatment interventions for the Residential Program:
27
28 **1. Socially Interactive Environment** - Individuals are taught to strive for personal success while promoting
29 the success of others by providing help, guidance and positive role modeling.
30
31 **2. Cognitive Behavioral Strategies** - Basic concepts that are critical to address; Respect, Discipline and
32 Accountability (See LIC 809 Continued)

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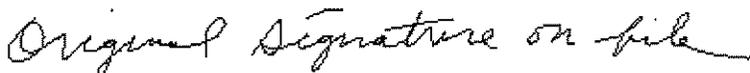
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1	LIC 809 C continued)
2	3. Seven Primary Patterns of Thinking and Interaction: Address deficits in their situational problem solving
3	abilities. Teach interpersonal skills and capacity to manage emotions. The following are the Seven Patterns
4	of Thinking and Interaction:
5	* Boundaries
6	* Empathy
7	* Learning From Mistakes
8	* Self-Restraint
9	* Responsibility
10	* Problem Solving
11	* Emotions
12	
13	4. Individualized Case Planning: Each individual will have a distinct set of needs and abilities. Individual
14	Planning will begin upon admission for initial assessment of a student's needs and risk factors. Students will
15	participate in the development of specific measurable goals and objectives.
16	
17	5. Counseling, Therapy and Skill Building Services: Counseling is provided by trained staff who have
18	experience with "high risk" youth, and who are skilled in the process of building respect and trust, role
19	modeling, and mentoring.
20	
21	a. <i>Individualized Counseling</i> : Each youth is assigned a primary counselor who provides one-to one
22	counseling with students. Individual therapy is available on a case by case basis is a student displays
23	significant emotional difficulties in addition to depression and behavioral problems.
24	
25	b. <i>Remedial Service Groups</i> : Based on Individualized Care Plans students are assigned to Remedial Service
26	Groups which addresses a variety of topics some include: Healthy Decision Making, Grief and Loss, Anger
27	Conflict resolution, Self-esteem etc.
28	
29	Program Levels / Stages:
30	1. Orientation Level I - Learning program expectations and staff's roles.
31	2. Level I - Developing self-awareness of past patterns of thinking and behavior.
32	3. Level II - Learning impact of behavior on others. (See LIC 809 C continued)

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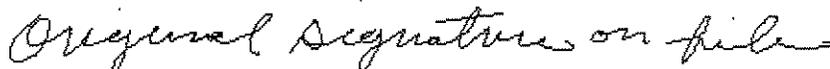
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1 (LIC 809 C continued)
2
3 Level III - Learning positive alternatives to past thinking and behavioral problems.
4 Level IV - Falcon - Learning to promote and contribute to on-going success.
5
6 The FRYs Falcon Club is a high status group of students. The Falcon reflects the socially interactive
7 environment need to identify and give exposure to acknowledge positive student leadership. A Falcon serves
8 as a role model and representative to the rest of the student body.
9
10 *Specialized Services:*
11
12 Substance Abuse Education - FRYs programming provides a substance abuse awareness prevention and
13 education curriculum for all students. Groups meet to discuss how to address alcohol and drug use. Crystal
14 Cottage is a community level program which is also based on the IV Program Levels but with a bit more
15 emphasis on Substance Abuse. and awareness.
16
17 *Anita Cottage, Transitional Living Residential Program: (Wallingford, IA Campus)*
18
19 In September 2007, Anita High Impact Residential Treatment became Transitional Living Residential
20 Treatment. This Comprehensive Program at FRYs is designed to interrupt a young woman's rapidly
21 escalating behavior problems and /or substance use to prevent an unhealthy, self-destructive, or delinquent
22 living style. The program is designed for girls age 16 1/2 -18 who have a primary need for behavioral
23 treatment and a secondary need for independent living skills, generally having a discharge plan to an
24 independent living program or aging out of the system.
25
26 Girls in Anita Cottage benefit from a course in school focusing on independent living skills. Skills learned
27 include money management, resume writing, job interviews, and development of personal support system.
28 They also experience a higher level of independence and responsibility including activities such as meal
29 planning and preparation, and paid on-campus jobs.
30
31 Anita Cottage provides a focus on career planning including the Ansell-Casey Life Skills Assessment,
32 SAT/ACT preparation, and application for jobs, college and financial aid. (See LIC 809 C continued)

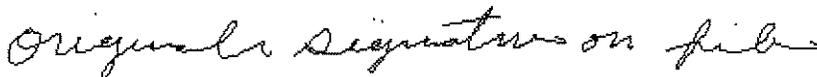
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FACILITY EVALUATION REPORT (Cont)OUT OF STATE GH CERT, 8745 FOLSOM BLVD.,
#130
SACRAMENTO, CA 95826**FACILITY NAME:** FOREST RIDGE YOUTH SERVICES**FACILITY NUMBER:** 602300064**VISIT DATE:** 04/23/2009**NARRATIVE**1 (LIC 809 C continuation)
23 Education:
45 The Forest Ridge School serves students in the range from those in seventh grade through high school
6 graduates, and participates in academic classes based on needs. At the time of admission, academic credits
7 are obtained from all previous schools and analyzed. Academic needs are indentified with the goal of high
8 school graduation for each student. Students are assigned classes based on their needs, with every effort
9 made to help her complete the credits necessary for successful graduation from either her home school or
10 Estherville-Lincoln High School. Students are given immediate feedback of low grades or uncompleted
11 homework to assist their cottage staff in providing assistance as needed.
1213 SCOPE OF CERTIFICATION REVIEW:
14

- 15
- Review of application and program statement submitted.
 - Verification of licensure status and history with Iowa licensing officials.
 - Entrance interview with facility administrators
 - On-site tour and evaluation of physical plant and grounds.
 - Review of staff / personnel records with emphasis on background clearances and staff training.
 - Exit interview.
-
- 21

22 FINDINGS, AREAS OF CONCERN AND/OR THOSE REQUIRING CORRECTION:
2324 Based on this analyst's review as described above, the FRYs Programs located in both Wallingford and
25 Estherville Iowa was found to meet, and in many areas exceed, California's regulations and standards as the
26 apply to children's group home care. No areas of concern were identified. It is believed the program has
27 much to offer the targeted client population and that the overall quality of care is high - - especially in terms of
28 the facility's location and environment as well as the staff and treatment resources the agency has the
29 capability to provide.
3031 CERTIFICATION DECISION: **Certification Approved**
32**SUPERVISOR'S NAME:** Mei Yuk Kung**TELEPHONE:** (916) 327-8763**LICENSING EVALUATOR NAME:** Olaniyan Akyeem**TELEPHONE:** (916) 838-5875**LICENSING EVALUATOR SIGNATURE:****DATE:** 05/04/2009**I acknowledge receipt of this form and understand my appeal rights as explained and received.****FACILITY REPRESENTATIVE SIGNATURE:****DATE:** 05/04/2009