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expect success  
*for kids, family, community and you*

## **AGENCY DESCRIPTION**



Four Oaks, a non-profit child welfare, juvenile justice, and behavioral health agency founded in 1973 and headquartered in Cedar Rapids, Iowa, offers services to children and families in all 99 Iowa counties. Four Oaks serves over 12,000 people annually throughout the state and is located in 14 Iowa cities (Altoona, Ankeny, Bertram, Cedar Rapids, Des Moines, Dubuque, Independence, Iowa City, Marengo, Mason City, Monticello, Newton, Vinton, Waterloo). Four Oaks carries out its mission to “assure children become successful adults” by providing holistic prevention, intervention, and treatment programs and services. Four Oaks is nationally accredited by the Council on Accreditation of Services for Families and Children, Inc.

Four Oaks is governed by a volunteer Board of Directors from the Cedar Rapids-Marion-Iowa City professional and business community. The main administrative office is located at 5400 Kirkwood Blvd. SW, Cedar Rapids, Iowa.

**For more information, visit [www.fouroaks.org](http://www.fouroaks.org).**

## **FOUR OAKS VISION**

*Expect Success*

## **FOUR OAKS MISSION**

*Four Oaks assures children become successful adults.*

## **REGIONAL SERVICE CENTERS**

Four Oaks maintains regional service centers at five locations across the state. Referrals for any Four Oaks services can be made through the regional service centers.

### **Four Oaks Cedar Rapids**

5400 Kirkwood Blvd SW  
Cedar Rapids, IA 52404  
Phone: (319) 364-0259  
Fax: (866) 290-5565

### **Four Oaks Des Moines**

2600 72<sup>nd</sup> St., Suite A  
Urbandale, IA 50322  
Phone: (515) 261-3719  
Fax: (866) 292-7259

### **Four Oaks Dubuque**

180 W. 15<sup>th</sup> Street  
Dubuque, IA 52001  
Phone: (563) 557-3100  
Fax: (866) 292-7260

### **Four Oaks Iowa City**

1916 Waterfront Drive  
Iowa City, IA 52240  
Phone: (319) 337-4523  
Fax: (866) 293-6326

### **Four Oaks Waterloo**

402 E. Fourth Street  
Waterloo, IA 50703  
Phone: (319) 233-5696  
Fax: (866) 302-4384

# **PREVENTION PROGRAMS**

## **Achievement Academy**

(Cedar Rapids)

The Four Oaks Achievement Academy program offers after-school and all-day summer programs and is designed to provide children with opportunities from birth through the successful completion of high school. Children eligible for this program are in Kindergarten through Sixth grades and attend the following Cedar Rapids elementary schools: Arthur, Garfield, Johnson, Polk, Franklin and St. Matthew's. Children have the opportunity to participate in the arts, athletics and computer technology, as well as the opportunity to improve their academics through tutoring, mentoring and hands-on interactive experiences.

Four Oaks has structured a wide variety of community relationships to enhance the intergenerational model of each center, and include but are not limited to: Boy Scouts; Girl Scouts; Kirkwood Community College; senior groups including Cottage Grove, ManorCare, The Shakespeare Club; Rockwell Collins Retired Volunteers, and two senior Bridge Clubs; and Coe College.

## **Cornerstone**

(Benton, Delaware, Dubuque, Iowa, Johnson, Jones, Linn, and Washington Counties)

The Four Oaks Cornerstone program is a Family Development Self-Sufficiency program (FaDSS) designed to partner with high-risk welfare recipients in working towards economic self-sufficiency and family stability. Cornerstone provides intensive and comprehensive Family Support services through outreach to families who may face multiple psycho-social and resource barriers. Family Development Specialists partner with families in building on and strengthening the family's resources and the family competencies needed to reach the goal of self-sufficiency.

## **Parents as Teachers (PAT)**

(Dubuque County)

The Four Oaks Parents as Teachers program is a free, voluntary, family education and support program designed to provide practical, timely information to all families on child development. The program is available to anyone who has a child prenatal to age 5 and lives in Dubuque County. Parents as Teachers is based on the truths that parents are the first and most influential teachers of their children and that the early years lay the foundation for a child's life.

Parents as Teachers offers 4 components to families: personal home visits by a credentialed parent educator trained in child development, group meetings which create opportunities for parents to share success and common concerns about their children's behavior and development, developmental screenings reassure parents when their child is developing on target and identify problems early to assist parents with appropriate interventions, and resource network by helping parents link with other resources in the community.

# **COMMUNITY AND SCHOOL BASED PROGRAMS**

## **After School Program**

(Cedar Rapids, Iowa City)

Four Oaks After School programming is for children ages 6-13 with behavioral and conduct disorders. The program is available after school and on weekdays when school is not in session; and includes a full-day summer program. Programming includes social, recreational and educational activities carried out in a closely supervised and structured environment. Behavior management, social skill building, and problem-solving skills are emphasized.

This program also offers individual, group, and family skill building. A parent support group is offered at the Iowa City location.

## **Asperger's Program**

(Cedar Rapids)

The Four Oaks Asperger's Program is for middle and high school youth who have been diagnosed with Asperger's Syndrome. This program will incorporate a variety of treatment options specially designed for each child in a very accommodating setting—away from school. The goal is to have a significant and positive impact on the quality of each child's life by teaching self-advocacy, communication skills, social skills, and anxiety management.

## **Day Treatment**

(Mason City)

The Four Oaks Day Treatment program serves children grades Kindergarten through 8th with mental health, behavioral, emotional, and psychological needs. The program is a joint partnership between the local school district, families, and Four Oaks. The Day Treatment program operates during the day in accordance with the local school districts calendar and includes a summer program. Each day of the program divided to ensure that each student receives a half day of both Education and Day Treatment services. The service components consist of group work, skill work, individual skill or therapy and family involvement. The funding for this program is one of the following: Magellan, Title 19 Remedial services, or family/school private pay.

## **Family Foster Care**

(Appanoose, Benton, Davis, Iowa, Jefferson, Johnson, Jones, Keokuk, Linn, Mahaska, Monroe, Wapello, Washington, and Van Buren Counties; Des Moines; Dubuque)

As a member agency of Iowa KidsNet, Four Oaks provides the Family Foster Care program which serves children ages 0-18 and their families while children are temporarily placed in family foster care. Services include recruitment, retention, foster parent licensing, on-going and crisis support to foster families.

## **Functional Family Therapy**

(Cedar Rapids, Dubuque, Iowa City, Mason City, Waterloo)

Juvenile Court Services Officers in the First, Second, and Sixth Judicial Districts may make referrals for Four Oaks Functional Family Therapy. Functional Family Therapy is an evidence-based family intervention that reduces recidivism in juvenile offenders.

## **Outpatient Behavioral Health Services**

(Cedar Rapids, Des Moines, Dubuque, Iowa City, Vinton, Waterloo)

Four Oaks Outpatient Behavioral Health Services provide outpatient individual, family, and group psychotherapy to children and their families who are eligible for behavioral health services under Title 19 or private insurance. In addition to clinical psychotherapy provided at our site locations, families may be approved to receive in-home psychotherapy and out of home respite services (by licensed foster parents).

## **PHASE Supervised Community Treatment**

(Cedar Rapids, Dubuque, Independence, Iowa City, Waterloo)

The Four Oaks PHASE Supervised Community Treatment is a delinquency specific program. PHASE programming incorporates state-of-the-art evidence-based interventions for juvenile offenders. Participating youth are able to stay connected to their community, schools, and families, and graduate from PHASE with reduced risk to reoffend.

## **Safety and Permanency Services**

(Linn, Johnson, Benton, Jones, and Iowa Counties)

Four Oaks Safety and Permanency Services are available to families involved with child abuse assessments and/or an open DHS case. Families that are involved in child abuse assessments may receive supportive Safety services so that children can remain in their parent's home through the course of the assessment. Permanency services help families with an open DHS case access community supports that will reduce the risk of a child needing a foster care, shelter care, or group care placement. Families with children already in placement may utilize Permanency services to resolve issues so children can return home.

## **School Based Programming**

(Altoona, Ankeny, Cedar Rapids, Dubuque, Fort Dodge, Iowa City, Independence, Newton, Osceola, Waterloo, West Des Moines)

Four Oaks has collaborated with local school districts across the state of Iowa to create unique and innovative School Based programs to meet the needs of at-risk students. Currently in operation are several supervised suspension and detention centers, conduct disorder and specific intervention and discipline classrooms, and special education staff in-service training. These programs are designed and co-managed in partnership with local school districts. They have proven their ability to provide effective accountability, intervention, and deterrence for disruptive student behavior.

## **Special Needs Adoption**

(Appanoose, Benton, Davis, Iowa, Jefferson, Johnson, Jones, Keokuk, Linn, Mahaska, Monroe, Wapello, Washington, and Van Buren Counties; Des Moines; Dubuque)

As a member agency of Iowa KidsNet, Four Oaks provides Special Needs Adoption services including recruitment, retention, adoption home approval, on-going and crisis support to adoptive/permanent families of special needs children.

## **STOP Outpatient Program**

(Cedar Rapids, Dubuque, Waterloo)

The Four Oaks STOP Outpatient program is designed for adolescent males who have sexual behavior problems. Components of the treatment service are family, individual, and group therapy. The group format includes educational units covering such topics including offense cycle, healthy sexuality, problem-solving, and anger management.

# **REMEDIAL SERVICES**

Remedial Services is a skill building service that is designed to address behaviors and symptoms associated with the child's mental health diagnosis. The Remedial Service Provider (RSP) works with the child and family to improve anger management skills, behavior management skills, relationship skills, communication skills, problem solving skills, social skills, and conflict resolution.

The service is designed to teach the skills necessary to keep a child in the home/community or return to a home setting. The goal of Remedial Services is to restore the child's behavioral/social functioning by providing appropriate skills building individual, family or group sessions.

All children with a confirmed mental health diagnosis that interferes with their ability to function at age appropriate levels and are Medicaid eligible are eligible to receive the service.

Remedial Services is voluntary and children can be referred through the school, Department of Human Service, Juvenile Court or self. All children who are eligible for Title 19, have an active Axis 1 diagnosis and have the capacity to learn the skills are qualified for services. Children learn communication skills, problem solving skill, interpersonal relationship skills, conflict resolution skills, and social skills as each relates to their improving functionality and alleviating symptoms.

Youth who are aging out of the foster care system remain qualified for this service until the age of 21.

## **RESIDENTIAL TREATMENT PROGRAMS**

Four Oaks offers three types of residential treatment programs:

- Comprehensive
- Enhanced
- Psychiatric Medical Institute for Children (PMIC)

### **COMPREHENSIVE RESIDENTIAL TREATMENT**

(Cedar Rapids, Independence)

Comprehensive residential treatment services are designed for youth ages 12-18 with a variety of needs. This program focuses on the family-based approach, partnering with families in teaching cognitive self-control, personal coping skills, behavioral interventions, living skills accountability, and self-responsibility.

Some youth enter the program where permanency planning may indicate the need for long-term medium structure, community-based group care. Other youth may utilize the program as a step-down from more structured programming and as a preparation for foster, kinship, or family placement.

Four Oaks provides the following comprehensive residential treatment centers:

#### **CD+ Program**

Program Capacity: 20 adolescents, co-ed, ages 13-17  
Facility Location: Cedar Rapids

The CD+ Program is a jointly staffed and supported program with Four Oaks and the Area Substance Abuse Council, utilizing the unique strengths of each of the agencies. CD+ serves conduct disordered and chemically dependent adolescents, boys and girls, age 13-17 in a highly structured, confrontational treatment culture.

#### **Independence Residential Treatment**

Program Capacity: 42 boys and girls, ages 13-18  
Facility Location: Independence

#### **Independence Short-Term Residential Treatment**

Program Capacity: Adolescent males and females are referred from Four Oaks PHASE Supervised Community Treatment, Juvenile Court Services or DHS, ages 13-18.

This is a short-term, highly structured, intense residential treatment program for adolescent males and females. There is a high level of confrontation and motivation regarding the client's thinking and behavior. The primary treatment goal is to help clients regain control of their thinking and behavior to a level where they can be quickly integrated back to their community. In addition to high levels of accountability and motivation, gender-specific programming is utilized to assist clients in dealing with issues specific to adolescent females.

#### Independence Long-Term Residential Treatment

Program Capacity: Adolescent males and females referred directly from Juvenile Court Services or DHS, ages 13-18.

This program is a specialized residential treatment program for delinquent adolescent boys and girls. All residents are adjudicated delinquent or are adjudicated CINA in response to serious anti-social behavior.

Independence Long-Term Residential Treatment is designed as a community based juvenile corrections program. High levels of personal accountability are stressed in every aspect of treatment and every aspect of day-to-day life. The primary treatment goal is helping a young man or woman learn to self-control his or her pattern of delinquent or anti-social behavior through a cognitive/behavioral treatment approach that focuses on identifying and correcting thinking errors.

### **Smith Center Residential Treatment**

Program Capacity: 10 adolescents, co-ed, ages 13-18  
Facility Location: Cedar Rapids

Each child receives a highly individualized plan involving a Licensed Practitioner of the Healing Arts (LPHA) assessment and remedial services. Additional and optional therapy services are available. The focus of this program is on developing higher levels of personal accountability, cognitive self-control, and a wider range of personal coping skills.

### **South Oaks Residential Treatment**

Program Capacity: 20 boys referred directly from the community or from other Four Oaks programs, ages 11-18  
Facility Location: Cedar Rapids

Each child receives a highly individualized plan involving a Licensed Practitioner of the Healing Arts (LPHA) assessment and remedial services. Additional and optional therapy services are available. The focus of this program is on developing higher levels of personal accountability, cognitive self-control, and a wider range of personal coping skills.

## **ENHANCED RESIDENTIAL TREATMENT**

(Bertram, Monticello)

Enhanced residential treatment services are tailored to a specific need. Four Oaks has two enhanced residential treatment locations for the following clients:

- Aggressive, resistive, conduct disordered adolescent females
- Adolescent males who require offense-specific programming for sexually aggressive behavior

Four Oaks provides the following enhanced residential treatment centers:

### **John McDonald Residential Treatment Program (JMRT)**

Program Capacity: 24 adolescent females, ages 12-18  
Facility Location: Monticello

A community-based enhanced residential treatment program for aggressive, resistive, conduct disordered adolescent females, who would otherwise require placement in the CINA or Delinquent Program at the State Juvenile Home in Toledo. The program has the ability to provide a high level of behavioral control, while emphasizing a treatment environment which challenges dysfunctional dependencies, fosters autonomy, and focuses on self-responsibility. Structured Adolescent Group Counseling, Positive Peer Culture (PPC) is the primary treatment modality in the milieu. The program also provides substance abuse counseling. Residents experience high levels of integration into public school, but can be full-time in the on-campus school.

### **Sexual Abuse Treatment and Re-orientation Program (STOP)**

Program Capacity: 38 males, ages 13-17  
Facility Location: Bertram

Adolescent males who require offense-specific programming for sexually aggressive behavior are provided an enhanced residential program in which they can learn to identify and correct the behavior and emotional problems associated with sexual acting out. Typically, these youth have been sexually victimized as young children, and without specific treatment interventions to address their own abuse, are developing similar offending behaviors as they mature.

## **PSYCHIATRIC MEDICAL INSTITUTE FOR CHILDREN (PMIC)**

(Cedar Rapids, Mason City)

The Psychiatric Medical Institute for Children (PMIC) is designed especially for children between the ages of 5 and 18 years who present serious emotional and behavioral problems.

The basic foundation of this program is designed to develop positive self-concepts, social and problem-solving skills while integrating child and family treatment components. Components include milieu treatment, family therapy, individual therapy, educational services, recreation, peer group treatment, psychiatric and psychological services.

Four Oaks provides the following Psychiatric Medical Institute for Children:

### **McIntyre Center**

Program Capacity: 16 boys and girls, ages 5-12  
Facility Location: Cedar Rapids

### **Mason City**

Program Capacity: 46 boys and girls, ages 5-13 (two comprehensive group care beds)  
Facility Location: Mason City

### **North Oaks**

Program Capacity: 16 boys and girls, ages 5-12  
Facility Location: Cedar Rapids

### **Smith Center**

Program Capacity: 13 adolescents, co-ed, ages 13-18  
Facility Location: Cedar Rapids

## **SHELTER**

(Independence, Iowa City)

The Four Oaks Shelter program provides emergency and temporary care, as well as supervision, to runaway, homeless, and transitional children ages 11 through 18. Referred youth may be victims of abuse, neglect, exploitation, violence, emotionally disturbed, behaviorally disordered, runaways, homeless, alleged delinquents who do not require a secure setting or any youth in similar crisis situations that may place them at risk.

Shelter programming components include behavior management, recreation and education. The program also offers a comprehensive psychosocial diagnostic and evaluation service to assist decision makers in developing appropriate treatment plans for troubled children and families.

The Shelter program is used as an entry point into a variety of placement settings and services and as a transition between out of home placements and home. Length of stay is intended to be no longer than 30 days, by which time permanent placement arrangements should be made.

Four Oaks provides the following shelters:

### **Independence Youth Shelter**

Program Capacity: 15 youth, co-ed, ages 12-18  
Facility Location: Independence

### **Youth Emergency Shelter (YES)**

Program Capacity: 10 youth, co-ed, ages 11-17  
Facility Location: Iowa City

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