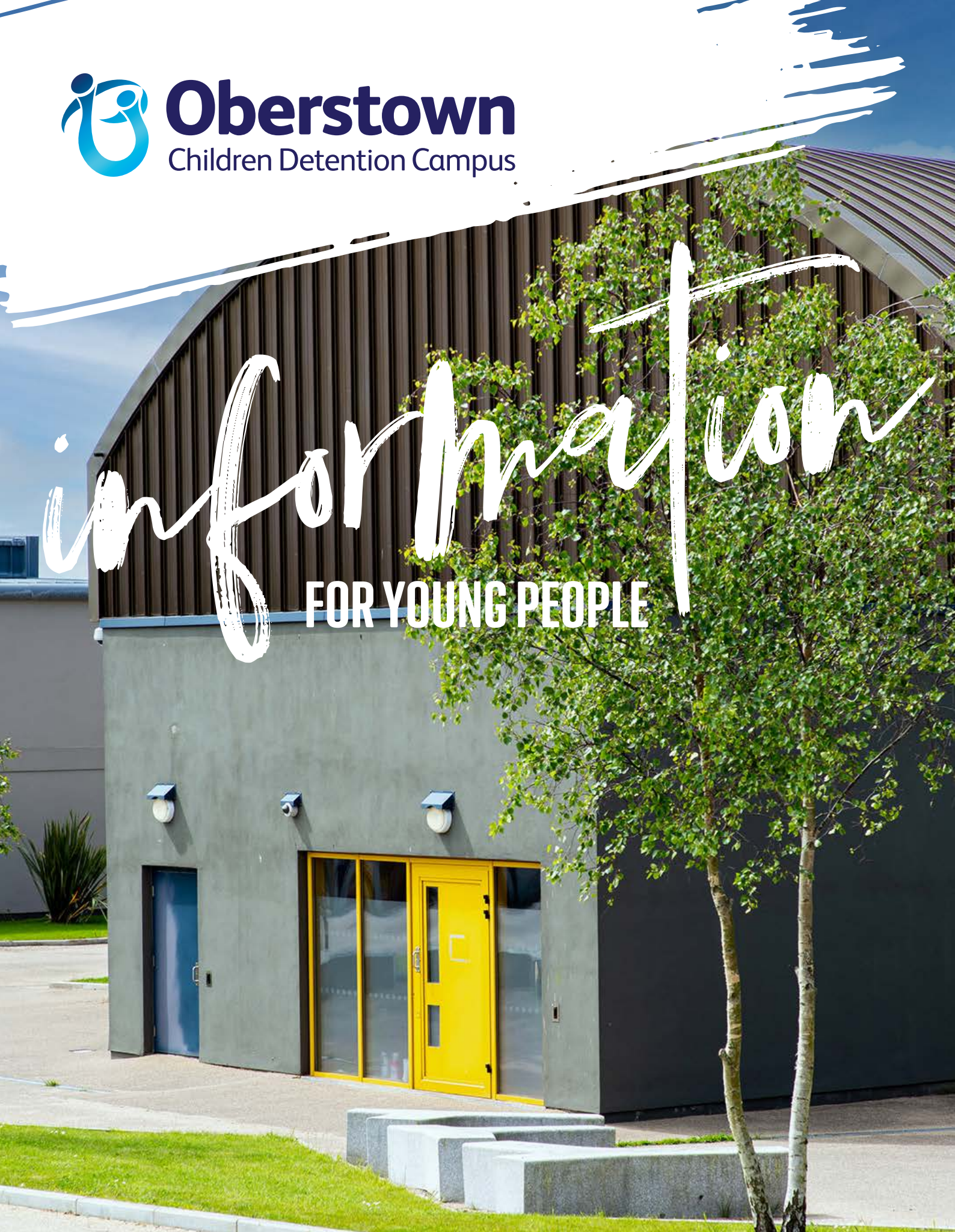




Oberstown
Children Detention Campus

information
FOR YOUNG PEOPLE





Welcome

Oberstown Children Detention Campus is the only place in the Republic of Ireland where young people are sent by the courts on remand or detention. We call it Oberstown, or the campus.

The court decides if you come here and how long you will stay.

If you have been sentenced, this is called being in detention.

If you have been sent to Oberstown before your trial or before the court has decided on your sentence, this is called being on remand.

Young people at Oberstown helped produce this booklet. It lets you know what to expect when you arrive at Oberstown. This booklet covers the main points, but remember you can always ask for more information and help.

OBERSTOWN IS A BIG PLACE. THIS CAN SURPRISE SOME YOUNG PEOPLE WHEN THEY FIRST GET HERE. DO NOT WORRY.

There are never more than 46 young people here at a time, and you will live in a residential unit that never has more than eight young people (including you).

The campus is arranged to be the most safe and secure place for young people and staff, with all the services in one place to look after your care, education and health – and to **help you develop the life skills that take you away from offending behaviour and prepare you for leaving.**

WHEN YOU ARRIVE AT Oberstown

WE WILL CARE FOR YOU, TREAT YOU WITH RESPECT AND HELP YOU TO SETTLE IN WELL ON THE CAMPUS.

The staff you will spend most of your time with at Oberstown are care staff – Residential Social Care Workers and Night Supervisory Officers. They will look after you and will respect you and you should respect them – they are here to help you.

The staff who meet you will explain the important things you should know about life at Oberstown. They will answer your questions so you can find out about:

- Where you will live and what's allowed in your bedroom.
- Looking after your personal belongings (your stuff).
- Your daily routine.
- Visits, phone calls and letters.
- School and activities.
- Developing your skills and learning new ones.
- Getting help with your problems and issues.
- Medical care.
- Pocket money.
- Key staff you will get to know on campus.

WHAT HAPPENS WHEN I GET TO OBERSTOWN?

- You will have your photograph taken and put on your file.
- You will have a medical check, including a urine drug test.
- You will be assigned a key worker.
- Your personal property will be kept safe. Your key worker will explain more about this.
- You get your own bedroom on a residential unit.

CHILDREN'S RIGHTS POLICY FRAMEWORK

WHAT DO THE 12 Campus Rules MEAN FOR ME?

Oberstown has Rules to make sure that the campus is a place where:

- Young people are safe.
- Young people get the best care possible.
- Children's rights are respected.

The Government has approved the Rules under the Children Act 2001, and outside inspectors use the Rules to check how well Oberstown provides services to you and meets your needs.

The Rules cover all the parts of Oberstown's approach to your safety and care. You will be given a booklet explaining what the Rules mean to you, and the Rules are displayed in the residential units and across the campus.

HOW WE WILL
look after you



THE OBERSTOWN MODEL OF CARE

Our care is based on working together – you and us – to try to achieve the best for you.

We focus on your needs to support you and to prepare you for leaving us.

The areas we focus on are Care, Education (including activities and special programmes), Health, Offending behaviour and Preparation for leaving (planning for your future).

We call this **CEHOP®** (you'll hear it as "key-hop").

® CEHOP and the CEHOP graphic are registered trade marks of Oberstown Children Detention Campus

CEHOP® CARE

WE WILL PROVIDE SAFE AND SECURE CARE FOR YOU. YOU HAVE YOUR OWN BEDROOM IN YOUR RESIDENTIAL UNIT. THIS IS YOUR OWN SPACE AND THE DOOR IS LOCKED TO GIVE YOU PRIVACY AND SECURITY.

Care staff – Residential Social Care Workers and Night Supervisory Officers – will look after you on campus. Staff will respect you and you should respect them because they are here to help you.

During your stay with us you will also be supported by teachers, activities staff, nurses, a doctor and a dentist.

At the start of your stay at Oberstown, care staff will help you fill in a form that helps us to see if there is anything you need help with while you are here. This form (called a MAYSI) goes to the ACTS team on campus. ACTS stands for Assessment Consultation Therapy Service.

The ACTS team are professionals who can help you look at why you are getting into trouble and focus on some things like addiction or other issues that may be troubling you.



KEY WORKERS

Each young person at Oberstown has two key workers assigned to them.

Key workers are members of staff who will help you to plan and manage your time in Oberstown and to plan for the future.

YOUR KEY WORKERS ARE THERE FOR YOU AND WILL:

- Link in with your parents/guardians during your time in Oberstown.
- Take care of your CEHOP® to make sure you have a good plan in place to meet your needs when you leave Oberstown.
- Meet you for key working sessions. These sessions are one-to-one time together where you can discuss things that are important to your CEHOP® plan.
- Help you if you have a problem with anything on campus.

Your key workers are involved in everything to do with your care in Oberstown. If you need or want something, **talk to your key workers who will listen to your views and make sure that you are involved in decisions about your care.**

CEHOP[®] EDUCATION

YOU CAN ATTEND SCHOOL ON THE OBERSTOWN CAMPUS. EVERY YOUNG PERSON ATTENDS THE CAMPUS SCHOOL MONDAY TO FRIDAY.

If you haven't been to school for a long time, it's not a problem – the teaching staff will help you settle in.

Our school is like every other school. It has a Principal, Deputy Principals and teaching staff. There is a gym and a sports hall, and classrooms for subjects like art, computers, home economics, maths, music and textiles.

One difference to other schools is that the number of young people in each class is small. This means you can get more individual help from your teachers. Most young people enjoy school in Oberstown and get some good qualifications that will allow them to get on to other courses when they leave.

You will do a range of subjects and might also complete your Junior Cert / Leaving Cert / Leaving Cert Applied. This depends on if you are sentenced and how long you will be in Oberstown. You will have your own individual student learning plan and school programme designed for you.

The teachers work with the care staff on your education needs. You will have a link teacher who looks after your education plan. They may also speak with your parents and your previous school so they can put together the best plan for you.

Your education is a big part of what you do here and how you plan for the future when you leave Oberstown.

The teaching staff may attend your Placement Planning Meeting (PPM) to help with your plan. (There is more information on PPMs on page 13, in the 'Preparation for Leaving' section.)

Oberstown has a student council – we call this the Campus Council – where young people can have a say about their education and anything else about life on campus.



ACTIVITIES AND PROGRAMMES OUTSIDE SCHOOL HOURS

There are lots of things to do outside school hours.

Oberstown runs programmes and workshops to address your offending behaviour and develop your life skills. You will be asked to take part in these programmes, which often involve input from outside organisations.

There is a gym and a sports hall for activities such as football and wall tennis.

Skills and hobbies activities include textiles, art, cooking, wood burning, music and snooker/pool.

When the school year ends, we run a summer programme that includes a wide range of activities, skills programmes and workshops.

You can also work towards a Gaisce award while you are here with us. Gaisce is the President's Award scheme and is based on achievement in a range of activities over a period of time. President Michael D Higgins has visited Oberstown in recent years to give young people their awards. Ask your unit staff who the Gaisce PAL (President's Award Leader) is on your unit.

CEHOP[®] HEALTH

YOUR TIME AT OBERSTOWN IS A GREAT OPPORTUNITY TO GET YOUR HEALTH IN ORDER.

You will be seen by a nurse within 24 hours of your arrival on campus to check your health. We will ask you to tell us if:

- You have any medical issues that might affect you while you are here, or if you think you might be pregnant.
- You were on any type of medication, what it's for and how long you have been taking it.

We will deal with all information you give us about your health very sensitively and with care and consideration. Your safety and wellbeing is very important to us. But we cannot keep everything confidential, especially if there is a safety risk to you or others.

The campus medical team have dealt with lots of issues so don't be embarrassed to mention anything. For example, if you are concerned about sexually transmitted diseases we can do a check for you. Don't be afraid to ask about this or anything else about your health.

You will do a urine drug test when you first arrive at Oberstown and each time you return from court. This is to check if there are any damaging substances in your system.

Doctor and dentist

The doctor – the "GP" – is on campus three times a week. They will see you after admission (when you first get here), when you are leaving us, and if you need to see a doctor during your stay. Oberstown will provide any medicines that are needed to treat you.

You may also see the dentist if needed. The dentist visits once a week.

Your mental health

We want to keep you safe. Please let us know if you have ever been depressed, anxious or have hurt yourself.

Please let us know immediately if you have any intentions of harming yourself or others during your stay. Staff will help you complete a STORM intervention – this is a plan to support you when you have feelings that you might harm yourself.



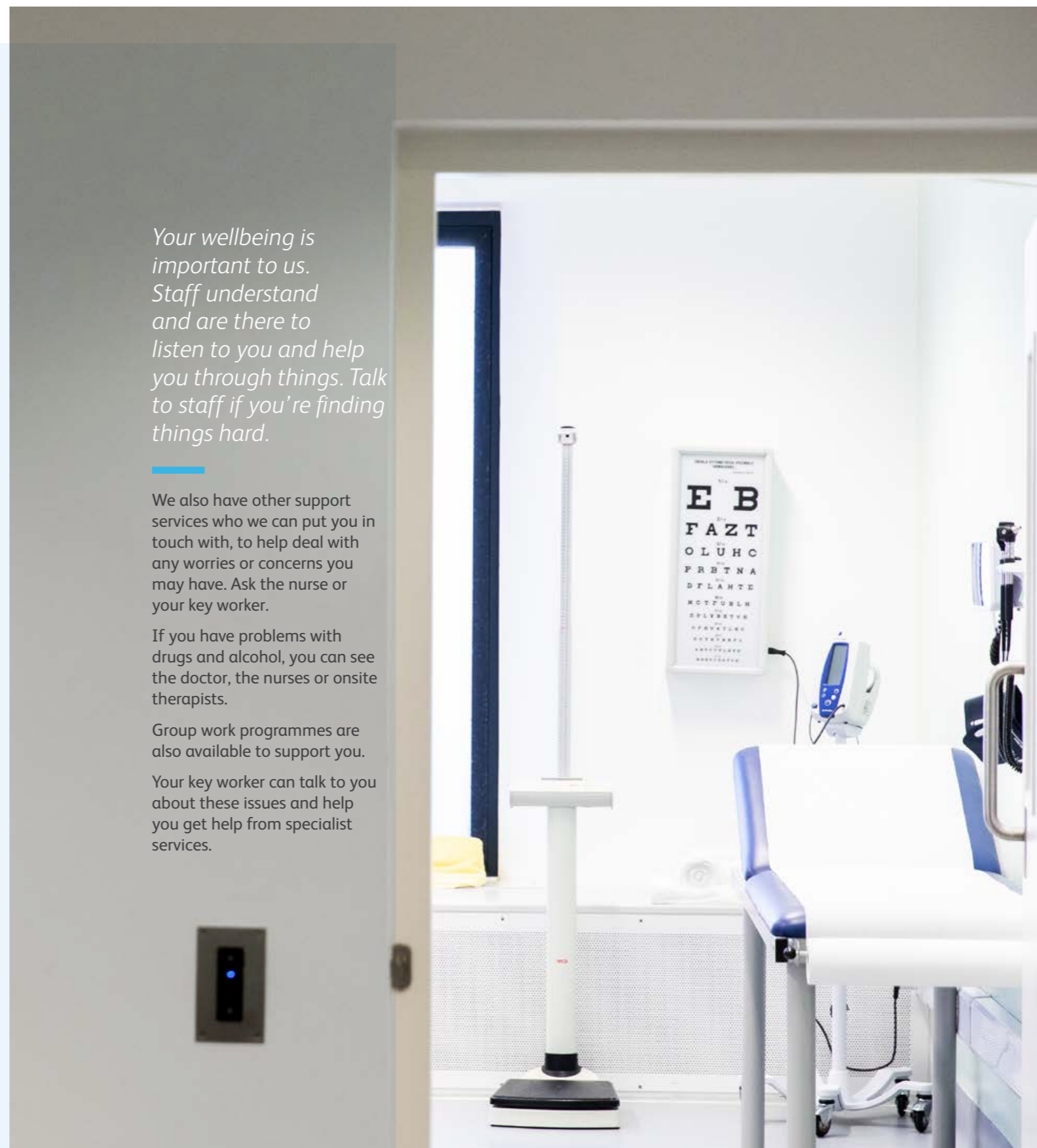
Your wellbeing is important to us. Staff understand and are there to listen to you and help you through things. Talk to staff if you're finding things hard.

We also have other support services who we can put you in touch with, to help deal with any worries or concerns you may have. Ask the nurse or your key worker.

If you have problems with drugs and alcohol, you can see the doctor, the nurses or onsite therapists.

Group work programmes are also available to support you.

Your key worker can talk to you about these issues and help you get help from specialist services.



CEHOP®

OFFENDING BEHAVIOR



YOU ARE IN OBERSTOWN BECAUSE THE COURT HAS SENT YOU.

We need to work with you on why you were sent here by the court. We need you to be open and honest about your behaviour before you came into Oberstown.

You can learn things here that can help you in the future.

A member of staff on your unit will work with you and your key workers to identify the reasons you are here. They will get you to do some programmes to look at these behaviours and try to help you to change them. Programmes are a good way to focus on issues – they have helped a lot of young people.

Your key workers will help support you to address the reasons for your offending behaviour and help teach you skills to make better choices.

Drug and alcohol misuse

We will try to support you to address any issues of drug and alcohol misuse you may have and how these might have played a part in your offending. Support available includes:

- An addictions counsellor on the campus.
- The Crinan drug and alcohol relapse programme runs workshops at Oberstown.
- Your key workers will talk to you about being referred to the services, programmes or workshops available to help you on campus.

There is a programme leaflet available which your key workers can give you. In the remand units, you will get this in your welcome pack.

CEHOP®

PREPARATION FOR LEAVING

Placement Planning Meetings (PPMs)

Your key workers will make sure that you have regular Placement Planning Meetings (PPMs). At these PPMs we look at your stay and make a plan for you while you are here and for when you are leaving.

We have regular meetings to review your plan, add to it or make changes. These happen every six to eight weeks. You will be asked to attend or participate in the meetings with the support of your key workers. They may happen more often when you are on remand.

Your parent/guardian and other people who know you or have worked with you will also be asked to attend your PPMs. This is to make sure you have as much support as possible with your plan.

We work closely with probation, social workers and other services that know you so that they can support your plan for when you leave Oberstown.

Your plan is based on your CEHOP® – all the elements of your care here at Oberstown. It covers how you are getting on in Oberstown, what you are doing here and how we can plan for when you leave.

PPMs also discuss activities that take place away from Oberstown, home leave and work experience. Not every young person is allowed to do external activities or have home leaves, especially when you are on remand. The PPMs decide whether you will get to do these activities.

Tell your key workers about anything else you want to discuss at your PPM.

YOUR VIEWS ARE IMPORTANT

If you cannot or do not wish to go to your PPM, your key workers can present your views and will meet with you after the meeting to let you know what happened and what the plan is.



YOUR HOME PLACE AT Oberstown

IN OBERSTOWN YOU WILL LIVE IN A RESIDENTIAL UNIT WITH UP TO SEVEN OTHER YOUNG PEOPLE. THERE ARE NEVER MORE THAN EIGHT YOUNG PEOPLE ON A UNIT AT ANY ONE TIME.



Each unit has a Unit Manager, and up to five staff members care for you during the day and up to two care for you by night.

Staff are there to support you, make sure that you are safe and help you keep to the rules of Oberstown.



YOUR ROOM AND YOUR BELONGINGS



You will have your own bedroom, with a TV, toilet and bathroom. Talk to staff if you think there is anything else you need in your room.

Your bedroom is locked for privacy and security. You have a call button in your room to get staff attention if you need.



The TV in your bedroom is turned off at night and can be turned back on at 9am. You need to keep the volume down as some young people like to have a sleep in.

Staff are there during the night if you need them and will check on you during the night to make sure you are OK.

If you are here on detention, your belongings are left in the secure lockers in the hallway outside your room. If you are here on remand, your belongings are kept in storage drawers on the unit.

For health and safety reasons there is a limit on the amount and type of items that can be kept in your room. Ask a member of the unit staff to explain this to you.



LOUNGE AREA

Every unit has a lounge area with sofas. This is where young people and staff hang out.

There are multi-purpose rooms where you can play video games, watch movies and take phone calls in private. We call these "MP rooms".



MEALS

Meals are delivered to the unit and young people sit together and eat.

There is a menu with a good variety of foods, and the kitchen will cater for special dietary needs.



BARBER / HAIRDRESSER

You can get your hair cut once a month when a barber/hairdresser comes to the campus.



KEEPING IN CONTACT WITH YOUR FAMILY/COMMUNITY

DURING YOUR STAY IN OBERSTOWN WE WILL HELP YOU TO KEEP IN TOUCH WITH THE IMPORTANT PEOPLE IN YOUR LIFE.

Phone calls

You can have regular phone contact with your parents/guardians, other members of your family, and services in the community. The number of phone calls you can have each day will depend on how you are getting on – how you are behaving – at Oberstown.

You take these phone calls in private. Your unit staff will tell you when you can make calls and who you can have on your contact list.

Keeping parents informed

We will keep your parents/guardians informed on a regular basis about how you are getting on in Oberstown.

We will tell your parents/guardians/family of any significant events that may affect your health, safety and wellbeing. This includes contacting your parents/guardians/family if you become ill or have been involved in any type of incident.

We will invite your parents/guardians/family to all Placement Planning Meetings (PPMs) so that they are involved in plans and decisions about you.

VISITS

We will help your parents/guardians/family to arrange regular visits with you in Oberstown. Key points to know about visits:

- We need to have three days' notice of a visit to the campus.
- Your visitors need to have identification that has a photograph of them on it.
- Our visits can take place in a screened room, an unscreened room, or an observation room, where staff sit in a room where they can see but cannot hear your visit. All visits in remand are screened and your initial visits in detention are screened too.
- We can also arrange for you to have a video link visit with your family if you would like one.
- Any changes to the way your visits will work will be decided at your PPMs.
- We can help your visitors get to Oberstown by collecting them from the bus or train station near Oberstown.

Talk to staff about the current visiting times.

behaviour

MANAGING YOUR
AND FEELINGS



FROM TIME TO TIME ON CAMPUS YOU MAY EXPERIENCE DIFFICULTIES CONTROLLING HOW YOU FEEL. SOME PEOPLE CAN BECOME OVERWHELMED AND THEIR RESPONSE TO THIS CAN BE AN OUTBURST OF EMOTION AND UNCONTROLLED BEHAVIOUR.

You might be feeling angry, sad, irritable or frustrated. Sometimes you need help to control these emotions. The staff will help you by offering support. The types of help we can use are called behaviour management tools.

Behaviour management is a good thing – it is there to help you deal with issues, not punish you.

RATING SYSTEM

Staff want to help you with your behaviour and encourage you to behave well. We use a system that rates how well you are doing on a scale, or level, from good to bad. The ratings are recorded every day, based on your effort and achievement in four areas of life on campus:

- Community activities – how you behave when mixing with others and taking part in activities on campus.
- Interaction – your physical and verbal behaviour towards staff and young people.
- Routines – your personal hygiene and how you keep your bedroom.
- Target areas – how you are working on specific behaviours identified in your personal plan.

This is to encourage you to look at your behaviour and recognise when and where you need to change and how you might do this. Young people who get higher ratings have more options in the kinds of activities they can take part in on campus. There is also a pocket money allowance and part of this is linked to your effort and achievement rating. The same goes for the number of phone calls you can make.

Restraint

Sometimes you can become extremely upset and so distressed that it makes you do things you don't want to do. Examples of this are hurting yourself, hurting others or breaking things.

You need to be kept safe and it is the staff's responsibility to keep everyone safe. So, in extreme circumstances, staff may have to hold you in a restraint. This means holding you in a safe way that doesn't hurt you, but does keep you safe and respects your rights.

It is important for you to remember that in these circumstances staff are trying to help you regain control of your emotions and behaviour.

Temporary separation

You can be removed from the group – kept apart from other young people – when there are no other options available to manage your behaviour. This is when you are behaving in a way that is a danger to yourself or others. You will be safe, staff will talk with you and you will be supported to re-join the group as quickly as possible. How long you are away from the group depends on your behaviour.

Behaviour management plan

Every young person in Oberstown has a behaviour management plan. This is a plan made especially for you to help you when you are struggling to control yourself. It tells us what works best with you when you are angry or upset.

You have a say in your behaviour management plan because you may know what works best for you. Your plan could include things like 'I want people to leave me alone if I am angry' or, 'I like people to be around me when I am upset'.

Your key workers will talk to you about what works for you when you are not in control. With the assistance of staff you can make your experience in Oberstown a good one, and learn skills to help you manage your behaviour.

Your behaviour affects things like how much pocket money you earn, your bedtime, how many phone calls you get, and the opportunity to complete work experience on the campus.

YOUR RIGHTS

WE RESPECT YOUR RIGHTS IN OBERSTOWN. ALL DECISIONS THAT ARE MADE ABOUT YOU ARE MADE IN YOUR BEST INTERESTS.

You have a right to have contact with your family and your unit staff will help you make this happen.

You have the right for all of your rights to be respected by everyone in Oberstown.

It is important to remember that you have a responsibility to respect the rights of others, including the other young people here in Oberstown and the staff who are responsible for your care.

Because you are in detention, there are certain things that you won't be allowed to do. Your rights will only ever be restricted (limited) when necessary and in a way that is balanced and fair. A restriction on your rights can be something like temporary separation – spending time away from your peers until your behaviour settles.



Equality

In Oberstown, all young people are treated with respect and dignity. Every young person's gender, race, sexual orientation, age, religious beliefs and membership of an ethnic group, such as the Traveller community, are respected.

Staff will respect you – and all young people are encouraged by staff to respect each other.

Participation

Young people have the right to have their voice heard in Oberstown, and you will be encouraged to participate in meetings about your care.

There are also other opportunities for young people to express their views in a formal way, for example through the Oberstown Campus Council – a safe space where young people can actively express their views on issues that affect them.

Young people have the chance to influence and hear back from key decision makers about issues that young people feel are important.

COMPLAINTS AND KEEPING YOU SAFE

OBERSTOWN STAFF AND MANAGEMENT WILL TAKE ALL NECESSARY STEPS TO ENSURE THAT YOUNG PEOPLE ARE SAFE AND PROTECTED FROM HARM WHILE IN OBERSTOWN.

Young people can talk to any member of staff at any time. If you would like to make a complaint, or highlight a concern, your key workers or the Advocacy Officer will explain the complaints process.

Don't be afraid to make a complaint if you think that something is not okay. Anyone who makes a complaint has the right to get feedback.

If you feel afraid or threatened, if you have thoughts of hurting yourself or others, you need to let the staff know.

You can speak with the Designated Liaison Person for the campus if you believe that you have been harmed, hurt or abused recently or in the past. Your concerns will be taken seriously.

You can also make a complaint to the Ombudsman for Children's Office (OCO). You can phone them – ask a staff member to put your call through. The OCO also visit the campus throughout the year.



CCTV AND CAMPUS SECURITY

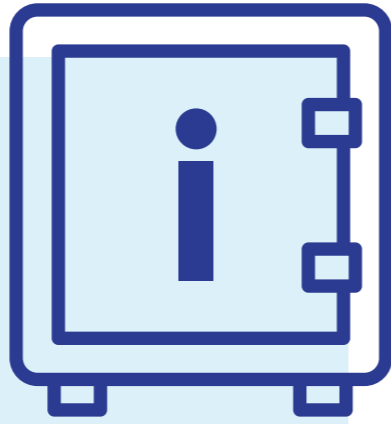
There is CCTV camera coverage across the campus.

There are cameras at the gates, in the car park, in the visiting building, visiting rooms, the school and the residential units.

These cameras are for the safety and welfare of you and the staff working here.

There are no cameras in any bedrooms or bathrooms of any residential unit, but there are cameras on the bedroom corridors and the social spaces like the living and dining areas.

YOUR INFORMATION + WHAT WE DO WITH IT



ALL OF THE INFORMATION ABOUT YOU THAT WE LOOK FOR, RECORD, USE AND SHARE HELPS TO CREATE AND REVIEW YOUR PLACEMENT PLAN IN OBERSTOWN.

Information is needed to help keep you safe and healthy and to help with your return to the community.

Oberstown will keep your information safe. We keep information on a secure computer system and we also keep some paper files.

If you want to see any information we hold about you, please ask your key workers or Unit Manager.

WE GATHER AND USE INFORMATION ABOUT EACH AREA OF THE CEHOP® MODEL OF CARE:

Care

- Where you were before Oberstown.
- Who the important people in your life are.
- Where you might go after you leave.
- How you get on while you are here.

Education

- School/training before Oberstown.
- What you are interested in.
- What you learn while you are here.
- Education/training and/or employment options for your return to the community.

Health

- Your doctor's details.
- Your need for any medicine or specialist support.
- How your health is while you are here.
- What you might need when you leave.

Offending behaviour

- Your offence and offending behaviour.
- Information from the Gardaí and the Probation Service.
- Information on your Court Order.
- Work you do here to help keep you out of trouble.

Preparation for leaving

- Who can help plan for your release.
- What you need to do and what we need to do to prepare for your release.
- What is available to help you stay out of detention or stop getting into trouble after your release.

OTHER AGENCIES HELPING TO SUPPORT YOUNG PEOPLE AT OBERSTOWN

Le Chéile

www.lecheile.ie

A mentoring and youth justice charity, funded by the Probation Service, that recruits and trains volunteers from local communities to work with young people who offend and their families. Le Chéile has a Mentoring Coordinator based on campus, and runs two schemes: a parent mentoring programme for the parents of the young people on campus; and a Temporary Leave scheme to support young people who are placed back into the community while still under the supervision of Oberstown.

Extern

www.extern.org

A social justice charity that is contracted to run the Bail Supervision Scheme (BSS). The BSS offers courts an alternative option to detaining a young person who comes before them by offering them the possibility of granting bail with intensive supervision and support in the community.

YAP

www.yapireland.ie

Youth Advocate Programmes Ireland (YAP) builds partnerships between vulnerable young people, their families and communities. YAP provides support through a community-based, strengths-focused, intensive support model which is a more effective and economic alternative to society's reliance on the direct provision of state institutions and out-of-home care services. YAP uses a family-focused approach for young people with complex needs leading to positive outcomes for young people and families. Young people leaving Oberstown can be referred to YAP for support.

EPIC

www.eipiconline.ie

EPIC – Empowering People in Care – is a national voluntary organisation working with, and for, children and young adults who are currently in care or who have experience of being in care. EPIC also work with children and young adults preparing to

leave care and those in aftercare. They advocate for the rights of children and young adults in the care system and aftercare and enable their voice to influence positive change in their own circumstances and the care system. EPIC are the campus visiting advocacy service.

OCO

www.oco.ie

The Ombudsman for Children's Office (OCO) promotes the rights and welfare of children and young people up to 18 years old. They investigate complaints made by children, or on behalf of children, against public bodies, schools and hospitals. The OCO staff run a monthly visiting schedule on the campus. They are also available to all of our young people at any point throughout their stay.

POSITIVE CHANGE

OBERSTOWN IS A PLACE WHERE YOU CAN FOCUS ON POSITIVE CHANGE. WE USE AN APPROACH CALLED JUSTICE STAR TO HELP YOU TRACK YOUR JOURNEY TOWARDS A CRIME-FREE LIFE.

You and your key workers will identify the most important changes you need to help you on your way. Making these changes isn't easy, but understanding how change works can help. The Justice Star fits well with Oberstown's CEHOP® model of care, because it shows you where you are on your journey, and maps out the steps you need to take to move forward.



The Justice Star evidenced-based tool*



* Justice Star™ © Triangle Consulting Social Enterprise Ltd