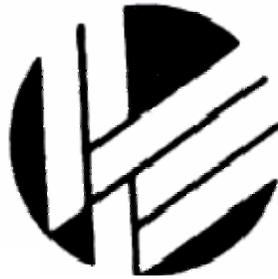


PROMISING *DIRECTIONS*

Programs That Serve Iowa Girls
in a Single-Sex Environment

***Promising Directions:
Programs that Serve Iowa Girls
in a Single-Sex Environment***



IOWA
COMMISSION
ON THE
STATUS
OF WOMEN

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and the Iowa Division of Criminal & Juvenile Justice Planning.*

Table of Contents



Preface.....	1
Introduction.....	2
Task Forces Related to Serving Iowa Girls.....	9
Map of Iowa Judicial Districts.....	13
1 st Judicial District.....	17
Programs that Serve Girls in a Single-Sex Environment.....	17
Programs that Serve Girls in a Coed Environment.....	18
2 nd Judicial District.....	21
Programs that Serve Girls in a Single-Sex Environment.....	21
Other Resources.....	22
3 rd Judicial District.....	25
Programs that Serve Girls in a Single-Sex Environment.....	25
Programs that Serve Girls in a Coed Environment.....	26
Other Resources.....	27
4 th Judicial District.....	31
Programs that Serve Girls in a Coed Environment.....	31
5 th Judicial District.....	35
Programs that Serve Girls in a Single-Sex Environment.....	35
Programs that Serve Girls in a Coed Environment.....	40
Other Resources.....	41
6 th Judicial District.....	45
Programs that Serve Girls in a Single-Sex Environment.....	45
Programs that Serve Girls in a Coed Environment.....	48
Other Resources.....	49
7 th Judicial District.....	53
Programs that Serve Girls in a Single-Sex Environment.....	53

8th Judicial District 57
 Programs that Serve Girls in a Coed Environment.....57

Statewide Resources 61

Index 65
 Alphabetical listing of single-sex girls’ programs.....65
 Listing by program focus66

Preface



Promising Directions: Programs That Serve Iowa Girls in a Single-Sex Environment was originally published in September of 2000. This edition represents the first update to this publication. Programs in the original edition were contacted to verify they were still in operation and to give them the opportunity to update information specific to their program(s).

In September 2000, across the state of Iowa, there existed 67 programs that served young women in a single sex environment. As of the October 2005 publication of *Promising Directions*, there are 32 programs in operation. This is a net loss of 35 (52%) single-sex programs for young women in Iowa. Agencies that indicated a reason for the loss of their program(s) most frequently cited a loss of funding as the primary cause. Others were unable to give a response because the agency as well as the program no longer existed.

Agencies with programs that were lost did not specify diminished need for programs that serve young women. In fact, there is some indication of an increase in female juvenile crime. This is not cause for reactionary alarm but rather cause for a thoughtful, measured response and an examination of all contributing factors. It can not be assumed that the sole cause is a behavior change among young women. The way the system responds to the behavior of young women must also be examined.

Programs in *Promising Directions* are listed by Judicial District and the reader will find that there are districts with few or no programs that serve young women in a single-sex environment. Because the majority of young women involved in the justice system have experienced sexual or physical abuse at the hands of males in their lives, this loss of single-sex services is of particular cause for concern for those who serve and/or advocate on behalf of these young women.

Ensuring that there are female responsive services funded and available across the continuum of care is crucial to the success of justice system involved and at-risk young women. There have been strides in the effectiveness of programming for young women, but these programs are at risk of disappearing. In order to keep young women from penetrating farther into the system, the commitment to support, fund and use effective programs designed to meet their needs must be renewed.

The Iowa Gender~Specific Services Task Force and the Iowa Commission on the Status of Women wish to extend a special thanks to intern Kate Albrecht for her efforts on this project.

Introduction



This resource guide is a project of the Iowa Gender-Specific Services Task Force. Made possible through federal Challenge Grant funding provided by the Juvenile Justice Advisory Council and the Division of Criminal & Juvenile Justice Planning, the guide is intended for professionals across the state who seek girl-serving resources in their communities. Particularly, the guide focuses on those resources provided in single-sex environments that serve girls and young women involved with or at risk for involvement with the juvenile justice system.

How was the information collected?

The information contained within the original *Promising Directions* was gathered using a survey distributed to Decategorization Coordinators, Department of Human Services Service Administrators, Chief Juvenile Court Officers, and others during November 1999. While our goal was to receive information on every girl-serving program in the state, not including co-ed programs, we recognize that the listing was not exhaustive. Further, the programs included reflected those programs that were in existence between November 1999 and April 2000. Some programs may no longer have existed and new programs may have surfaced. Inevitably, some programs are not included. Also, although concerted efforts were made to providing the most accurate information possible, some information may be inaccurate or insufficient. We depended primarily upon the information provided on the returned surveys and on follow-up phone calls. The specificity of information provided varied from program to program.

How is this guide organized?

As a Task Force, we advocate for the utilization of innovative gender-specific approaches in meeting the needs of girls and young women in the state of Iowa as a route for achieving gender equity in our state's juvenile justice system. Although gender-specific programs certainly move beyond simply targeting girls as an audience, in creating this guide we were unable to identify which programs actually utilize the gender-specific services approach. While various programs may use the term "gender-specific" to describe their services, we did not have a way to measure the intended use of the term and cannot, in this context, assume its usage to mean anything other than that girls are served in single-sex environments.

This is not, however, entirely problematic. In fact, the practice of serving girls in a setting without boys is a cornerstone of gender-specific services. Thus, we used the identification of programs that serve girls in a single-sex environment as a starting point for organizing the information in this guide. To be sure, it is these programs that are moving in a promising direction toward providing services that are responsive to the unique needs and issues of girls.

We have included information on programs that serve girls in coed environments with contact information. For information on a particular program's service approach, please contact that organization. Also note that, following the coed listing in each section, a list is provided of general community resources that may offer services to adolescent females, including reproductive health care clinics, cultural resource centers, and emergency services. All information is organized alphabetically in a sequential ordering of Juvenile Court Judicial Districts.

How are gender-specific services different from traditional juvenile justice programs?

Although girls travel a different path to delinquency than boys, the juvenile justice system has traditionally struggled to squeeze girls into programs designed for boys (Albrecht, 1994). In the 1990s, using recent research on the female developmental process and encouraged by national policy that promoted the development of gender-specific programmatic approaches, various agencies throughout the United States began to develop new ways of serving girls. This did not mean simply isolating girls from boys. Instead, effective programs were developed that were "rooted in the experience of girls and [that] incorporated an understanding of female development" (OJJDP, 1998, p. 17). These programs are alternately called "gender-competent" or "gender-responsive," but most commonly are referred to as gender-specific.

Gender-specific services have been defined as "comprehensive programming which addresses and supports the psychological development process of female adolescents, while fostering connection within relationships in the context of a safe and nurturing environment" (Lindgren, 1996). Very simply described, gender-specific services are those designed to meet the unique needs of female offenders; that value the female perspective; that celebrate and honor the female experience; that respect and take into account female development; that empower girls and young women to reach their full potential; and that work to change established attitudes that prevent or discourage girls and young women from recognizing their potential (Cheltenham, 1994, p. 11).

The term gender-specific does not refer exclusively to programs for adolescent females. Gender-specific program approaches are used with adult female offenders and, if rooted in the experience of males and based in updated research on male development, gender-specific services for adolescent and adult males could be developed. However, for the purposes of this publication and the efforts of the Task Force, the term "gender-specific" is used to refer to programs for girls and young women involved with or at risk for involvement with the juvenile justice system.

Why are single-sex environments so important?

The literature outlining gender-specific practices strongly advocates for single-sex environments in treating adolescent female offenders and girls at risk for involvement with the juvenile justice system. The Ohio Gender-Specific Services Work Group maintains that programs for girls must, among other things, "provide safety and comfort in same-gender environments" (Belknap, Dunn & Holsinger, 1997, p. 24). The Interagency Adolescent Female Subcommittee of Minnesota's Department of Corrections reiterates this point in their outline of "What Works for Girls." As early as 1990, the Valentine Foundation and Women's Way asserted that girls need a space that is physically and emotionally safe, and removed from the demands for attention of adolescent

males (p. 3). Maniglia described single-sex environments as a “critical part of a gender-specific program” because they “allow young women the time and environment to overcome their previous socialization to value male relationships over female ones” and potentiate the opportunity for girls to “learn to cooperate and support one another” (p. 2).

Moreover, Bloom states that “females’ sense of self is manifested and develops differently in female specific groups as opposed to coed groups” (1998, p. 3). Indeed, the unique needs and issues of girls—including physical, sexual and emotional victimization—“should be addressed in a safe, trusting and supportive [girl-]focused environment” (p. 9). Bloom goes on to affirm that while individually therapeutic approaches are important in girls’ treatment, “the larger social issues of poverty and race and gender inequalities have a profound impact on the lives of girls involved in the juvenile justice system.” Successful programs must address these social realities in an environment that is sensitive to girls culturally and as females (p. 19).

Relatedly, Myhand and Kivel (1998) assert, “Information about the issues that affect them, as well as opportunities to talk, listen, reflect, think critically, plan, and problem-solve, should be the birthright of all young women coming of age in this society” (p. 6). These authors warn, however, that, “having young men in the group may inhibit female participants from speaking freely about highly personal or sensitive issues. In addition, the presence of a male in the group may produce sexual tension—no matter how innocent—at a time when young women need to be concentrating on themselves” (p. 11). As Meda Chesney-Lind (personal communication, July 17, 2000) stresses, “Girls on the margin have learned that they have many reasons to fear boys, and because of their histories of victimization, will not open up in mixed sex groups. For [this reason and others], it is wise to seek ways to work with girls separately.”

Most tellingly, in a recent inventory of best practices for female programming published by the OJJDP, sixteen programs with promising gender-specific practices were highlighted, all of which take place in a single-sex environment (1998).

Special thanks

The Iowa Gender-Specific Services Task Force thanks those community leaders who returned the original survey. We also thank the staff of various programs across the state who returned our phone calls and who faxed or mailed program information. Finally, we especially thank Amy Glicker, an intern at the Iowa Commission on the Status of Women, for her commitment to this project. Her initiative and effort were indispensable in collecting and organizing the information contained herein.

Special note

Inclusion in this guide is not an endorsement of services by the Iowa Gender-Specific Services Task Force or the Iowa Commission on the Status of Women.

Resources

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Every woman needs a room of her own.

~ Virginia Woolf

Task Forces Related to Serving Iowa Girls



The Iowa Gender-Specific Services Task Force

Iowa Commission on the Status of Women

Lucas State Office Building

Des Moines, IA 50319

Phone: (515) 281-4461 or (800) 558-4427

Fax: (515) 242-6119

E-mail: dhr.icsw@iowa.gov

Website: www.state.ia.us/dhr/sw/girls.html

The Iowa Gender-Specific Services Task Force is a group seeking to assure that adolescent females in the juvenile justice system receive equitable services. The Iowa Juvenile Justice Advisory Council along with the Division of Criminal and Juvenile Justice Planning (CJJP) formed the Task Force in 1995 to look at gender issues in the development and provision of services by Iowa's juvenile justice system. The task force comprises a multi-disciplinary group representing key stakeholders in Iowa's juvenile justice system, particularly service providers who desire comprehensive system change that reflects gender equity for girls and young women. Major activities of the Task Force include: the annual "Whispers & Screams" conference for girl-serving professionals; publication and distribution of Female Juvenile Justice, a study that provides a snapshot of female offenders in the state's juvenile justice system; publication and distribution of Providing Gender-Specific Services for Adolescent Female Offenders: Guidelines & Resources, a desk protocol that outlines the gender-specific services philosophy; and, numerous workshops on the gender-specific approach and its implementation as well as technical assistance to community planning groups seeking to equitably address the needs of girls and young women.

The Iowa Gender-Specific Services Task Force meets monthly. If you are interested in joining the Task Force or would like further information on any of its activities, please contact the Iowa Commission on the Status of Women.

Women in Siouxland Empowered (WISE)

Gender-Specific Task Force

Juvenile Court Services

822 Douglas Street, Second Floor

Sioux City, IA 51101

Fax: (712) 279-6020

E-mail: Michele.latterell@jb.state.ia.us

Women in Siouxland Empowered (WISE) works to assure that adolescent females in Siouxland receive equitable services. The group was formed in August 1999 to help fill the gaps that exist within the female juvenile justice system. WISE will facilitate the utilization of innovative gender-specific approaches in meeting the needs of the adolescent female population in Siouxland. WISE has developed four objectives to help meet their goal:

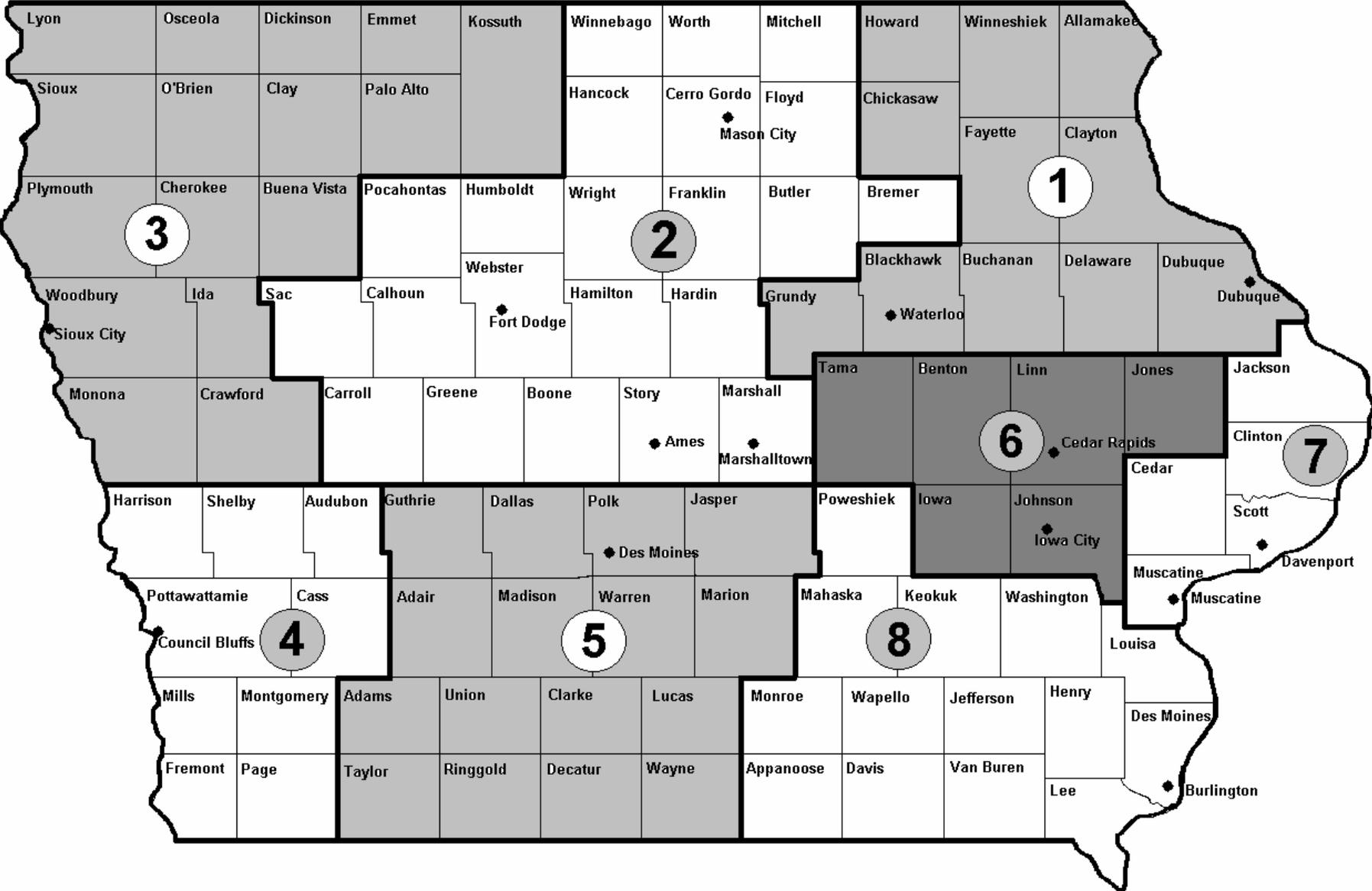
- To disseminate information concerning female development and the gender-specific services philosophy to girl-serving professionals using print media.
- To provide training related to adolescent female development, the gender-specific program philosophy and component implementation to professionals in the juvenile justice system.
- To participate and assist in the community planning processes with Woodbury County to ensure that the unique needs of girls involved with or at risk for involvement with the juvenile justice system are addressed.
- To educate legislators regarding the importance of gender-specific training for service providers.

WISE meets the last Thursday of each month at Juvenile Court Services. If you would like more information on WISE or are interested in joining our efforts, please contact Juvenile Court Services.

*And the issue is not whether we're going to spend the money,
it's when and how much. Because you'll pay for them in prison
or you'll pay for them in day care.*

~ Marian Wright Edelman

Map of Iowa with Judicial Districts



BEHOLD! Our daughters!

~ *Ntozake Shange*

First Judicial District



Programs That Serve Girls in a Single-Sex Environment

Clustered Transitional Living

Quakerdale of Waterloo
140 S. Barclay
Waterloo, IA 50703
Phone: 319/233-2554
Fax: 319/233-8585

Capacity: 6
Ages: 16-21
Program: Transitional living

Quakerdale provides a pre-independent transitional living program for young women. The program is operated much like a college dorm with a bit more structure. The young women are encouraged and assisted with attaining their GED, taking college courses, and working.

Pregnant or Parenting Girls' Group

Helping Services of Northeast Iowa
PO Box 372
Decorah, IA 52101
Phone: 319/387-1720
Fax: 319/382-5730

Capacity: 6-8
Ages: Up to 18 or in high school
**Program: Pregnant or Parenting,
Support group**

This group is a county-based support group for pregnant or parenting girls. They meet either weekly or every other week, and it is a time for young pregnant or parenting mothers to receive education and support in a co-facilitated group environment.

Residential Treatment

Quakerdale of Waterloo
140 S. Barclay
Waterloo, IA 50703
Phone: 319/233-2554
Fax: 319/233-8585

Capacity: 20
Ages: 12-17½
Program: Residential treatment

Quakerdale's Residential Treatment is a comprehensive residential treatment facility that encourages the resolution of girls' chronic mental health and behavioral problems. The goal is for each girl to live in a family setting or move to a less restrictive setting. Gender-specific programming is used, which means that Quakerdale creates an environment of physical/emotional safety that is relationally-based and culturally appropriate. Strength-based programming is used to address abuse issues, health issues, sexuality, and nurturance of the spirit.

Programs That Serve Girls in a Coed Environment

Molitore

Hillcrest Family Services
PO Box 1160
Dubuque, IA 52001-3000
Phone: 319/583-7357
Fax: 319/583-7026

Emergency Shelter

Hillcrest Family Services
13066 Seipped Road
Dubuque, IA 52002
Phone: 563/588-0068

*If all you're told is to be a good girl,
how do you grow up to be a great woman?*

~ Marcia Ann Gillespie

Second Judicial District



Programs That Serve Girls in a Single-Sex Environment

Girls Achieve

PO Box 848

Waverly, IA 50677

Phone: (319) 352-2630

Capacity: 27

Ages: 11-17

**Program: Lutheran Services in Iowa
Residential Treatment-Bremwood Campus**

Girls Achieve is based on a three-step process. The first step is fundamentally based on three principles: Safety, Trust, and Accountability. Once these principles have been consistently demonstrated, girls transition out into the next step. The next step incorporates the first three principles and builds on them. These principles include Self-awareness, Relationship Building, and Social integration. This step is less restrictive and is designed to allow for more opportunities. After demonstrating consistency, leadership, and role-modeling in all areas of their treatment, girls have the opportunity to transition into the third step. The third step principle is values. It provides girls with the opportunity to grow in their individuality and incorporates a therapeutic approach while teaching girls values for a successful future.

This three step process can also work in the reverse. Girls may be moved out of third step back into the first or second if necessary. Girls can also move back from the second step to the first. In either case, these moves allow other girls opportunities to move forward. The decision to move any of the girls in our program is individually based, and is discussed among the therapist, treatment team, and in coordination with DHS and JCS.

Passages

Youth and Shelter Services, Inc.

420 Kellogg Avenue

PO Box 1628

Ames, IA 50010-1628

Phone: 515/232-4332

Fax: 515/233-2440

Capacity: 10

Ages: 11-17

Program: Day treatment

Passages is designed to meet the unique needs of adolescent girls through skill development activities and group therapy discussions. Learning experiences are based on relationships, mutual respect and female development. Passages aims to help girls chart a constructive life-course—especially, those who may be having problems with relationships, self-esteem, depression, self-harm, social anxiety, unsafe behaviors or coping emotionally. Girls are referred to the program by their families, schools, Juvenile Court Services, the Department of Human Services and other counseling agencies.

Other Resources

ACCESS (Assault Care Center Extending Shelter and Support)

PO Box 1429

Ames, IA 50014

Phone: 515/292-0500

Fax: 515/292-0505

Girl Scouts of North Iowa (Contact Annie for calendar of events)

601 S. Illinois

Mason City, IA 50401

Phone: 641/423-3044

Fax: 641/423-8387

Margaret Sloss Women's Center

Iowa State University

Ames, IA 50011

Phone: 515/294-4145

Fax: 515/294-6104

Email: womenctr@iastate.edu

Web: <http://www.dso.iastate.edu/wc/homepage.html>

*The first problem for all of us, men and women,
is not to learn, but to unlearn.*

~ *Gloria Steinem*

Third Judicial District



Programs That Serve Girls in a Single-Sex Environment

Girls Incorporated of Sioux City

723 Myrtle Street

Sioux City, IA 51103

Phone: 712/252-1088

Fax: 712/252-4868

Email: girls_inc@hotmail.com

Web: www.girlsinc.net

Capacity: N/A

Ages: 6-18

Program: N/A

Girls Incorporated of Sioux City is a nonprofit youth development organization dedicated to inspiring girls ages 6 to 18 to be strong, smart, and bold. Transportation is provided during the school year and meals are provided year-round. Programming includes Self Reliance & Life Skills, Health & Sexuality, Sports & Adventure and Operation SMART (Science, Math and Relevant Technology). These innovative after-school and summer programs help girls confront subtle societal messages about their value and potential and prepare them to lead successful, independent, and fulfilling lives

High-Impact Residential Treatment

Forest Ridge Youth Services

Box 515

Estherville, IA 51334

Phone: 712/867-4742

Fax: 712/867-4177

Capacity: 15

Ages: 13-18

**Program: Comprehensive Level
Residential treatment**

High Impact Residential Treatment is a 4-6+ month intensely structured educational and treatment experience. All services provided to Residential Students are included in High Impact Programming. This intense program is appropriate for those females who have previously demonstrated adequate living and coping skills but are currently not utilizing them and are instead escalating patterns of defiance and/or delinquency.

Residential Treatment

Forest Ridge Youth Services
Box 515
Estherville, IA 51334
Phone: 712/867-4742
Fax: 712/867-4177

Capacity: 106
Ages: 13-18
Program: Community Level
Residential Treatment

Residential Treatment is a 6-12 month program designed for girls who have patterns of antisocial lifestyles as demonstrated by multiple unsuccessful placements and/or extensive court history.

Services provided for all residential students include: Socially interactive Group work, Cognitive-behavioral strategies, constant accountability and feedback from both staff and peers, individual case planning including transition and discharge, individual and family therapy, and treatment for sexual abuse and other trauma related issues. Forest Ridge is a licensed substance abuse outpatient treatment program. All students receive substance abuse education with treatment for substance abuse available on Intensive Outpatient, Extended Outpatient and Continuing Care levels as appropriate. Additional services include restitution and community services, on-campus nursing, life skills education, interscholastic sports and recreation, and Girl Scouts.

Forest Ridge School is an on-campus, gender-responsive school located in Gruver, IA. Grades 7-12 including Special Education services as well as GED and college classes are offered as appropriate.

Programs That Serve Girls in a Coed Environment

Alternative School
Community-Based Day Treatment and After-school
Psychiatric Medical Institution for Children
Residential Treatment

Crisis Stabilization
PO Box 1197
Sioux City, IA 51102
Phone: 712/293-4737
Fax: 712/293-4806

Crittenton Center
3901 Green Avenue
Sioux City, IA 51106
Phone: 712/252-8262

Forest Ridge Youth Services Shelter
PO Box 515
Estherville, IA 51334

Girls shelter, only co-ed during school hours.

Other Resources

Siouxland District Health Department

205 Fifth Street

Sioux City, IA 51101

Phone: 712/279-6119

Fax: 712/279-6198

Some beliefs are like blinders, shutting off the power to choose one's own direction. Other beliefs are like gateways opening wide vistas for exploration.

~ Sophia Fahs

Fourth Judicial District



Programs That Serve Girls in a Coed Environment

Stay Home Day Treatment Program

Mid-Iowa Family Therapy Clinic

295 S. 8th Street

Council Bluffs, IA 51501

Phone: 712/325-1136

Individualized therapy in home in partnership with the Department of Human Services.

*The ideal culture is one in which there is a place
for every human gift.*

~ Margaret Mead

Fifth Judicial District



Programs That Serve Girls in a Single-Sex Environment

Chrysalis-Funded After-School Girls' Groups

Young Women's Resource Center

705 East 2nd Street

Des Moines, IA 50309-1883

Phone: 515/244-4901

Fax: 515/243-5073

Capacity: varies

Ages: 12-14

Program: After-school, Support group

The Chrysalis Foundation funds nine Polk County after-school programs for middle school girls. Each group intends to give girls a chance to belong to a supportive group, learn new skills, make personal decisions, and contribute to the community. Topics may include health, careers, team building, sexuality, art, cultural diversity, and life skills. In the past, participants at various sites have attended plays; participated in Women in Engineering, Science, and Technology workshops; taken part in a forum for women in the legislature; and attended presentations on self-defense. The group meets for two hours weekly. Participating middle schools are: Callanan, Harding, Hiatt, Hoyt, McCombs, Meredith, Merrill, SE Polk, and Weeks.

Girls' Circle

Prevention Concepts, Inc.

909 E. Second Ave., Ste. G

Indianola, IA 50125

Phone: 515/961-8830

Fax: 515/961-2275

Capacity: 100

Ages: 6th grade

Program: Prevention, Support group

Girls' Circle is a discussion group that serves Dallas, Madison, Marion, and Warren Counties. The group meets once a week. Girls' Circle is primarily a prevention program. Topics explored include being a girl, body image, individuality/self-esteem, relationships, friendship, goals, stress management/coping with pressures, substance abuse, mobbing, values, and puberty. Girls' Circle facilitates a safe, positive environment for self expression; focuses on building healthy relationships with peers and adult facilitators; helps girls develop essential life skills; and educates girls with accurate information about substance abuse and other key health issues.

In Touch With Teens

House of Mercy
1409 Clark Street
Des Moines, IA 50314
Phone: 515/643-6517 or 800/796-5730
Fax: 515/643-6598

Capacity: 13 residents plus children
Ages: 13-18
Program: Pregnant or parenting,
Transitional living

In Touch With Teens is a 24-hour residential program that teaches life and parenting skills to young women who are pregnant and/or parenting. The young women are provided with prenatal care and an individual room to share with their child. The length of stay averages 6 to 8 months. The teens work with a primary counselor to develop and implement an individualized treatment plan. Special emphasis is placed on continuing their education, with the goal of attaining a high school diploma or equivalency. Job training assistance is provided when appropriate, and childcare facilities are available while mothers attend work, school, counseling sessions, and/or program meetings.

Latina Girls Group

Young Women's Resource Center
705 East 2nd Street
Des Moines, IA 50309-1833
Phone: 515/244-4901
Fax: 515/243-5073
E-mail: ywrc@aol.com
Website: www.ywrc.org

Capacity: N/A
Ages: grades 9th-12th
Program: After-school, Spanish spoken,
Support group

This program is provided using Spanish as the primary language. It is intended for Latina youth to discuss unique cultural issues, difficulties with school, and other relevant topics in a safe, supportive environment.

Lighthouse Host Home for Pregnant or Parenting Homeless Young Women

Lighthouse Homeless Youth Center
1216 ML King Parkway
Des Moines, IA 50314
Phone: 515/288-7884

Capacity: 5 plus children
Ages: 16-25
Program: Homeless,
Pregnant or parenting,
Transitional living

As part of Iowa Homeless Youth Centers, this transitional living program serves pregnant and parenting young women who are homeless. Women can stay in the program for up to two years, and are provided with case management services, child development, help with finding employment, education, and parenting and living skills classes. The goal of this transitional living program is to help young women become self-sufficient.

PACE Girls' Day Treatment Program

Des Moines Public Schools
1800 Grand Avenue, 4th Floor
Des Moines, IA 50309
Phone: 515/277-7641
Fax: 515/277-4099

Capacity: 19-25
Ages: 12-17
Program: Day treatment

PACE is a program that seeks to provide a safe, gender-sensitive therapeutic environment in order to meet the emotional, behavioral, developmental, and academic needs of young women while enhancing healthy relationships and spirituality for each individual. The curriculum is gender-specific, especially in the areas of math and science. PACE offers individual case management, tracking and monitoring, curfew supervision, mentoring, individual and family counseling, family resource services, career exploration, vocational readiness, social/life skills development groups, crisis management, substance abuse education, and a parent group.

PRIS*M (Powerful, Resilient, Intelligent, Strong, and More)

Lutheran Services in Iowa
3125 Cottage Grove Avenue
Des Moines, IA 50311
Phone: 515/274-4946
Fax: 515/271-7450

Capacity: 15
Ages: 13-18
Program: Aftercare

PRIS*M is an aftercare program designed to successfully reintegrate adolescent female offenders into their community. Participants begin the program while in their final 30 to 60 days the Iowa Juvenile Home/State Training School for Girls. The Program emphasizes a gender-specific curriculum centered upon personal goal setting, safety planning, identifying and connecting with community services and resources, civic involvement, and developing/redeveloping natural support systems.

Problem Solving Counseling Program

Young Women's Resource Center
705 East 2nd Street
Des Moines, IA 50309-1833
Phone: 515/244-4901
Fax: 515/243-5073
E-mail: ywrc@aol.com
Website: www.ywrc.org

Capacity: Varies
Ages: 11-21
Program: Counseling, Support group

The Problem Solving Counseling Program is a program that offers peer group support as well as individual counseling to young women facing the challenges of today's world. Individual counseling is provided either at the young woman's school or at the Center, and offers young women a chance to discuss the issues affecting their lives in a confidential, nonjudgmental setting. Problem solving groups are available to girls in middle schools throughout Polk County. These groups provide opportunities for teens to discuss topics in a safe, supportive environment. Topics include dating violence, stress, healthy relationships, self-esteem, and sexuality.

SIG-NA (Survivors Integrity Group--No Abuse)

Polk County Victim Services
525 SW 5th, Suite H
Des Moines, IA 50309
Phone: 515/286-3600

Capacity: 11/group average
Ages: 12-19
Program: Support group

Young Women's Resource Center

705 East 2nd Street
Des Moines, IA 50309-1833
Phone: 515/244-4901
Fax: 515/243-5073
E-mail: ywrc@aol.com
Website: www.ywrc.org

A collaborative effort between Victim Services and the Young Women's Resource Center, SIG-NA is offered once per week in the evening in several locations throughout Polk County. The young women involved in these groups are survivors of any type of sexual abuse or dating violence. All groups are completely free and confidential. Groups offer general support, and the young women set the agenda. Topics usually include dating violence and relationships with parents and peers. Guest speakers are often invited for educational purposes and discussion.

The WILD Girls

Children and Family Urban Ministries
P.O. Box 41125 (1548 8th Street)
Des Moines, IA 50311
Phone: 515-282-3242
Fax: 515-282-3585
E-mail: info@cfum.org
Website: www.cfum.org

Capacity: 25
Ages: 11-13
Program: School-based

The WILD Girls is an after school program and more offered by Children and Family Urban Ministries for middle school girls attending Moulton Extended Learning Center. Weekly gatherings provide the girls with opportunities to learn and express the importance of their bodies, their minds, and their presence in the community. The program teaches young girls how to acquire the skills to investigate the wild dreams they have for themselves, their community and the world. Residencies in the arts during school breaks provide experiences that help the girls' voices to develop in strength and courage; and venues to share with the community their stories and struggles.

Young Mom's Camp
Camp Fire Boys and Girls
5615 Hickman Road
Des Moines, IA 50310
Phone: 515/274-1501

Capacity: N/A
Ages: 13-22
Program: Outdoor adventure,
Pregnant or parenting

Young Mom's Camp is a four-day camp for young moms and their children to build self-esteem and parenting skills.

Young Mom's Program
Young Women's Resource Center
705 East 2nd Street
Des Moines, IA 50309-1833
Phone: 515/244-4901
Fax: 515/243-5073
E-mail: ywrc@aol.com
Website: www.ywrc.org

Capacity: Varies
Ages: 11-21
Program: Pregnant or parenting,
Support group

The Young Mom's program offers information and friendship to pregnant or parenting young women. It offers peer group support, dinner, and programming once a week. Young moms learn about healthy living; child development; relationships; meeting their own personal needs; and other agencies that can help. The program offers scholarship and mentoring opportunities; formula, diapers; a car seat safety program; and pre-natal and post-natal classes. The groups meet at various times at community sites throughout Des Moines. Services are free, including transportation, dinner with other young moms, and childcare during the group.

Young Women's Lives Diversion Group
Young Women's Resource Center
705 East 2nd Street
Des Moines, IA 50309-1833
Phone: 515/244-4901
Fax: 515/243-5073
E-mail: ywrc@aol.com
Website: www.ywrc.org

Capacity: 8
Ages: 12-18
Program: Prevention

The Young Women's Lives Diversion Group offers group and individual counseling for young women involved with the juvenile justice system. Weekly sessions are held that focus on self-esteem, violence, anger, communication, relationships, sexuality and other topics relevant to young women's lives. Services are provided for a period of at least 6 months.

Youth Services International- Aftercare Program

1200 University Avenue, Suite 105

Des Moines, IA 50309

Phone: 515/284-0554

Fax: 515/84-0774

YSI Aftercare provides diversion, aftercare, girls' education, and substance abuse treatment. The program is conducted with the Des Moines Public Schools.

Programs that Serve Girls in a Coed Environment

Board of Jewish Education/Jewish Federation

910 Polk Boulevard

Des Moines, IA 50312

Phone: 515/277-6321

Boys & Girls Club

1350 E. Washington Avenue

Des Moines, IA 50316

Phone: 515/262-5695

Cornerstone Recovery Program

Children & Families of Iowa

501 SW Ankeny Road

Ankeny, IA 50021

Phone: 515/289-2272

Fax: 515/289-0126

Creative Visions

1343-13th Avenue

Des Moines, IA 50314

Phone: 515/244-4003

Fax: 515/323-3310

Des Moines Health Center

Human Services Campus

1111 Ninth Street, Suite 190

Des Moines, IA 50314

Phone: 515/244-9136

Employee & Family Resources (EFR)

505 Fifth Avenue, Suite 930

Des Moines, IA 50309

Phone: 515/288-9020

or

Community Services
1446 MLK Parkway
Des Moines, IA 50314
Phone: 515/244-2297

Hispanic Educational Resources

828 SE Scott
Des Moines, IA 50309
Phone: 515/282-6542

Project Uplift

1446 ML King Parkway
Des Moines, IA 50309
Phone: 515/243-4200

Urban Dreams

1410 Sixth Avenue
Des Moines, IA 50314
Phone: 515/288-4742

Visiting Nurse Services—Targeted Case Management Program

1111 Ninth Street
Des Moines, IA 50314
Phone: 515/283-1422

Services provided to individuals under age 21 who have Medicaid

Other Resources

Agape

2550 ML King Parkway
Des Moines, 50310
Phone: 515/255-0243

Boys and Girls Clubs of Central Iowa

1350 E. Washington
Des Moines, IA 50316
Phone: 515/262-5695
Fax: 515/262-0904

Gay & Lesbian Resource Center

Phone: 515/281-0634

Girl Scouts of Moingona Council

10715 Hickman Road

Urbandale, IA 50322

Phone: 515/278-2881

Web: www.moingonagirlscouts.org

Hispanic Educational Resources, Inc.

838 SE Scott

Des Moines, IA 50309

Phone: 515/282-6542

Fax: 515/282-0260

Web: www.moingonagirlscouts.org

Planned Parenthood of Greater Iowa (three Des Moines-area locations)

851 19th Street

Des Moines, IA 50314

Phone: 515/280-7000

Rape Crisis Line, 24 Hour Service

Polk County Victim Services

Phone: 515/286-3535

SUCCESS/Way to Grow Programs

Des Moines Public Schools

1800 Grand Avenue, Room 450

Des Moines, IA 50309

Phone: 515/242-7890

Fax: 515/242-7396

Youth Alliance

Phone: 515/883-2379

Black women have had to develop a larger vision of our society than perhaps any other group. They have had to understand white men, white women, and black men. And they have to understand themselves. When black women win victories, it is a boost for virtually every segment of this society.

~ Angela Davis

Sixth Judicial District



Programs That Serve Girls in a Single-Sex Environment

Anita Daniels Pre-Independent Living Program for Girls

Horizons, A Family Service Alliance

PO Box 667

Cedar Rapids, IA 52406

Phone: 319-377-6938

Fax: 319-377-7235

Website: www.horizonsfamily.org

Capacity: 15

Ages: 16-17

Program: Group foster care

The Anita Daniels Pre-Independent Living Program for Girls is a residential program for females between 16 and 17 years old. This program is designed to assist youth with preparing for adulthood through group activities, one-on-one interactions, and activities in the community. Participants will learn skills such as budgeting, apartment maintenance, and employment skills as well as work with youth in the areas of self-esteem, healthy relationships, and decision-making skills. While enrolled in the program youth will build these skills and practice them in the community by obtaining and maintaining employment, developing a savings account, and transitioning into their own living setting as they turn the age of majority.

Courtlinn House Young Women's Residential Treatment Center

Four Oaks

1916 Waterfront Drive

Iowa City, IA 52240

Phone: 319/337-4523

Capacity: 10

Ages: 12-17

Program: Residential treatment

The Courtlinn Young Women's Residential Treatment Center is a therapeutic group foster care facility for young women ages 12 through 17 who are experiencing emotional difficulties as a result of physical or sexual abuse, neglect or family problems.

The Courtlinn Young Women's Residential Treatment center provides participants with supervision, residential group treatment and family counseling. Participants in the Courtlinn Young Women's Residential Treatment program must be able to function in a community-based setting without endangering themselves, others or the property of others; to benefit from an individualized treatment program designed by Youth Homes' clinical staff; to form appropriate interpersonal relationships with other residents and staff in the facility; and to make satisfactory academic progress in a locally available school program.

Discoveries Girls' After-School Program

Foundation 2

**1714 Johnston Ave NW
Cedar Rapids, IA 52405
Phone: 319/298-0285
Fax: 319/297-7406**

**Capacity: 10-12
Ages: 14-17
Program: After-School**

Discoveries' services are offered to girls who would otherwise be in residential treatment, who are returning to the community after having been in placement, or who engage in risky behaviors. In this gender-specific program for girls, the Intensive component extends for 12 weeks and includes 17 hours of structured group programming per week. Tracking and crisis counseling are provided. Individual therapy and family counseling are available upon request. Upon graduation, Aftercare services continue for a 6 week period. Group activity topics include decisions-making, goal setting, school success, family and peer relations, healthy dating relationships, basic life skills, and women's health and wellness.

Gearl Jam

**United Action for Youth
355 Iowa Avenue
Iowa City, IA 52240
Phone: 319/358-9406
Fax: 319/337-7989**

**Capacity: N/A
Ages: 12-18
Program: Music**

Gearl Jam is an organized group that gives young women the opportunity to share musical ideas. Participants may utilize the services of the Music Production Studio at UAY, including instruments, a recording studio and music lessons.

Heart of Iowa

**Area Substance Abuse Council
3601 16th Avenue SW
Cedar Rapids, IA 52404
Phone: 319/390-4611
Fax: 319/390-4381**

**Capacity: 36
Ages: 16 and older
Program: Pregnant or parenting,
Residential treatment,
Substance abuse treatment**

Heart of Iowa is a service for pregnant or parenting women who have significant substance abuse problems. This program contains a residential treatment facility, a halfway house, and outpatient programs. In addition to the counseling and support services, Heart of Iowa focuses on comprehensive, gender-specific treatment and support for all clients. Childcare, medical care, mental health counseling, housing, transportation, children's services, independent living skills, education, vocational assistance, and urinalysis testing are available. Upon completion of Heart of Iowa treatment programs, continuing support and follow-up counseling are provided.

John McDonald Residential Treatment Center (JMRT)

**Four Oaks
818 West First
Monticello, IA 52310
Phone: 319/465-3727**

**Capacity: 25
Ages: 12-18
Program: Residential treatment**

**Administrative Office
5400 Kirkwood Boulevard SW
Cedar Rapids, IA 52404
Phone: 319/364-0259
Fax: 866/290-5565**

JMRT is 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.

Rhinestone Cowgirls

**United Action for Youth
355 Iowa Avenue
Iowa City, IA 52240
Phone: 319/358-9406
Fax:**

**Capacity: N/A
Ages: 13-18
Program: Prevention**

Rhinestone Cowgirls is a group that meets weekly and uses art and group discussions as tools for self expression and understanding of young women's experiences.

Tanager Place

Psychiatric Medical Institution for Children (PMIC)

**2309 C Street SW
Cedar Rapids, IA 52404
Phone: 319/365-9164
Fax: 319/386-3358**

**Capacity: 12
Ages: 5-17
Program: Residential treatment**

Although Tanager's PMIC program is a 60-bed coed inpatient treatment program, there is one all-female cottage. This cottage maintains a unique treatment culture with its own identity while actively embracing a therapeutic community concept. Rooted in solution-focused principles, Tanager's treatment philosophy focuses and builds on client/family strengths, while minimizing the attention given to weaknesses. Clients are either integrated into community-based mainstream school placements or are served in Tanager's on-campus program.

Programs that Serve Girls in a Coed Environment

Teen Parent Transitional Program

United Action for Youth
410 Iowa Avenue
Iowa City, IA 52240
Phone: 319/338-7518
Fax: 319/337-7989

Capacity: N/A
Ages: 12-20
Program: Support Services for
Young Families

This program offers support, counseling, education, health and child care services and housing for young families. The program seeks to increase positive experiences for the child and parent. Support is offered through classes, support groups, respite child care and through home visitation. A pediatric nurse practitioner provides prenatal and well child health and education. Respite child care is available. A transitional living program offers independent living skills education and subsidized housing to homeless young families.

CD+ Youth Residential Program

Take Charge

Tar Wars

Youth Education (ACT)

Youth Intensive Outpatient

Youth Outpatient

Area Substance Abuse Council
3601 16th Avenue SW
Cedar Rapids, IA 52404
Phone: 319/390-4611
Fax: 319/390-4381

Cedar Rapids Day Program

Four Oaks Bridge

Four Oaks Cornerstone

Four Oaks

5400 Kirkwood Boulevard SW
Cedar Rapids, IA 52404
Phone: 319/364-0259
Fax: 319/364-1162

CHAIN Day Treatment

Moms Off Meth Group

Horizons: A Family Service Alliance
PO Box 667
Cedar Rapids, IA 52406
(319) 377-6938 ext. 103

Four Oaks Family Services Program

Four Oaks
1916 Waterfront Drive
Iowa City, IA 52240
Phone: 319/337-4523
Fax: 319/337-9509

**Gay, Lesbian, Bisexual, Transgender, Questioning & Allies Youth Group
Runaway Services**

United Action for Youth
410 Iowa Avenue
Iowa City, IA 52240
Phone: 319/338-7518
Fax: 319/337-7989

Other Resources

Emma Goldman Clinic

227 N. Dubuque St.
Iowa City, IA 52241
Phone: 319/337-2112 or 1-800/848-7684
Fax: 319/337-2754
Web: www.emmagoldman.com

The Emma Goldman Clinic provides reproductive health care and services for women and men.

We need love and creative imagination to do constructive work.

~ Paula Ollendorf

Seventh Judicial District



Programs That Serve Girls in a Single-Sex Environment

Bridge House Program

Wittenmyer Youth Center

2800 Eastern Avenue

Davenport, IA 52806

Phone: 563/326-6431

Fax: 563/326-2031

Capacity: 16 residents

Ages: 12-17

Program: Day treatment

Bridge House is a residential treatment facility for young women who have been adjudicated either as a CINA (Child in Need of Assistance) or delinquent. The program uses an integrated group model of treatment, utilizing components of a motivation system and cognitive restructuring, along with highly individualized treatment plans. Girls attend therapy weekly. Bridge House offers a wide range of therapeutic and recreational activities such as substance abuse and rape/sexual assault counseling, girl Scouts involvement, and a community garden project.

*You can clutch the past so tightly to your chest
that it leaves your arms too full to embrace the present.*

~ Jan Glidewell

Eighth Judicial District



Programs that Serve Girls in a Coed Environment

Woodlands Treatment

4715 Sullivan Slough Road

Burlington, IA 52601

Phone: 319/753-0700

Fax: 319/754-7885

The pervasive sexism that keeps attention rooted on boys and men is the foundation of many of the barriers and challenges facing young women.

~ Meda Chesney-Lind

Statewide Resources



Iowa Juvenile Home
701 South Church Street
Toledo, IA 52342
Phone: 641/484-2560
Fax: 641/484-2816

Capacity: 102—70 girls, 32 boys
Ages: 12-17
Program: Residential treatment

The Iowa Juvenile Home is the only residential treatment facility of the Department of Human Services that serves girls from across the state. At the time of printing, the campus serves both delinquent and CINA (Children in Need of Assistance) girls as well as CINA boys. It is intended that the facility will become an all-girls campus as of July 1, 2001. All youth stay in single-sex cottages. The average length of stay is 6 to 9 months. Youth may stay as long as two years, but must be released when they reach age eighteen. Services provided include academic study at the on-campus school; prevocational work study; out-patient chemical dependency services; medical services; psychological and psychiatric evaluation and treatment as necessary; and a comprehensive cottage-based treatment program which is strength-based; grounded in development of relationships and based on a program model called The Circle of Courage. We provide groups in a single gender environment which allow for instruction and practice of skills resulting in improved competencies in problem-solving, social skills, and addressing life issues of trauma and violence.

The capacity per Judicial District is as follows:

First . . .	8 females 2 males
Second . . .	10 females 3 males
Third . . .	7 females 2 males
Fourth . . .	5 females 1 male
Fifth . . .	12 females 4 males
Sixth . . .	9 females 2 males
Seventh . . .	7 females 3 males
Eighth . . .	6 females 3 males

Alateen

Phone: 515/277-5059

Bethany

LifeLine: 800/BETHANY

Birthright

Emergency Hotline: 800/550-490

Child Abuse/Neglect Reporting

Phone: 515/283-9222 or 800/362-2178

Crime Victim Assistance Program

Phone: 800/373-5044

Girl Scouts

Phone: 800/342-8389

Iowa Coalition Against Domestic Violence

515 28th Street, Suite 107

Des Moines, IA 50312

Phone: 515/244-8028

Fax: 515/244-7417

Iowa Coalition Against Sexual Assault

515 28th Street, Suite 107

Des Moines, IA 50312

Phone: 515/244-7424

Fax: 515/244-7417

Iowa Domestic Abuse Hotline

Phone: 800/942-0333

Iowa Sexual Assault Centers Hotline

Phone: 800/284-7821

National Runaway Switchboard

Phone: 800/621-4000

Planned Parenthood of Greater Iowa

Phone: 800/568-2402

Teen Line—United Action for Youth

Phone: 800/442-8336

Monday-Thursday 4-8:00 p.m.

*Every blade of grass has its angel that bends over it
and whispers, “grow, grow.”*

~ The Talmud

Index



Alphabetical listing of programs that serve girls in a single-sex environment

Anita Daniels Pre-Independent Living Program for Girls.....	45
Bridge House Program of Wittenmeyer Youth Center	53
Chrysalis-Funded After-School Groups of Young Women’s Resource Center	35
Clustered Transitional Living of Quakerdale of Waterloo	17
Courtlinn House Residential Treatment Center of Four Oaks	45
Discoveries Girls’ After School Program	46
Gearl Jam of United Action for Youth	46
Girls Achieve	21
Girls, Incorporated of Sioux City	25
Girls’ Circle of Prevention Concepts.....	35
Heart of Iowa of the Area Substance Abuse Council	46
High-Impact Residential Treatment of Forest Ridge Youth Services	25
In Touch with Teens of the House of Mercy	36
John McDonald Residential Treatment Center (JMRT)	47
Latina Girls Group of the Young Women’s Resource Center	36
Lighthouse Host Home for Pregnant or Parenting Homeless Young Women	37
PACE Girls’ Day Treatment Program of Des Moines Public Schools.....	37
Passages Program of Youth and Shelter Services, Inc.	22
Pregnant or Parenting Girls’ Group of Helping Services of Northeast Iowa	17
PRIS*M of Lutheran Social Services	37
Problem Solving Counseling Program of the Young Women’s Resource Center	37
Residential Treatment of Forest Ridge Youth Services	26
Residential Treatment of Quakerdale of Waterloo	18
Rhinestone Cowgirls of United Action for Youth.....	47

SIG-NA (Survivors Integrity Group—No Abuse) of Polk County Victim Services and the Young Women’s Resource Center	38
Tanager Place of the Psychiatric Medical Institution for Children (PMIC)	47
The Wild Girls of Children and Family Urban Ministries	39
Young Mom’s Camp of Camp Fire Boys and Girls	39
Young Mom’s Program of the Young Women’s Resource Center	39
Young Women’s Lives Diversion Group of the Young Women’s Resource Center	39
YSI Aftercare Program	40

Listing by Program Focus

Art	47
Aftercare	37, 40
Day treatment	22, 37, 53
Homeless	36
Independent Living	45
Music	46
Pregnant or parenting	17, 36, 39, 46
Prevention	35, 36, 38, 39, 46, 47
Residential treatment	18, 21, 25, 26, 36, 45, 46, 47
School-based (After, Before, etc.)	22, 25, 35, 36, 38, 46
Spanish spoken	36
Substance abuse treatment	46
Summer	25, 39
Support group	17, 35, 36, 37, 38, 39
Transitional living	15, 33, 40