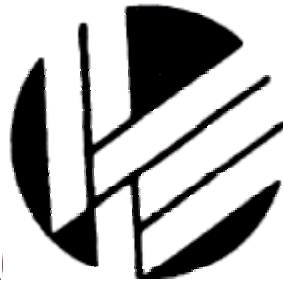


PROMISING *DIRECTIONS*

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

September 2000

Iowa Commission on the Status of Women
Department of Human Rights
Lucas State Office Building
Des Moines, IA 50319
Phone: (515) 281-4461 or (800) 558-4427
Fax: (515) 242-6119
E-mail: dhr.icsw@dhr.state.ia.us

*Funding provided by the Juvenile Justice Advisory Council
and the Iowa Division of Criminal & Juvenile Justice Planning.*

Table of Contents



Introduction	1
Task Forces Related to Serving Iowa Girls	7
Map of Iowa Judicial Districts	11
1 st Judicial District	
. . 15 Programs that Serve Girls in a Single-Sex Environment	
. . . . 15	
Programs that Serve Girls in a Coed Environment	17
Other Resources	18
2 nd Judicial District	
. 21	
Programs that Serve Girls in a Single-Sex Environment	21
Programs that Serve Girls in a Coed Environment	22
Other Resources	23
3 rd Judicial District	27
Programs that Serve Girls in a Single-Sex Environment	27
Programs that Serve Girls in a Coed Environment	28
Other Resources	29
4 th Judicial District	33
Programs that Serve Girls in a Single-Sex Environment	33
Programs that Serve Girls in a Coed Environment	33
5 th Judicial District	37
Programs that Serve Girls in a Single-Sex Environment	37
Programs that Serve Girls in a Coed Environment	45
Other Resources	47
6 th Judicial District	51
Programs that Serve Girls in a Single-Sex Environment	51
Programs that Serve Girls in a Coed Environment	54
Other Resources	56

7 th Judicial District.....	59
Programs that Serve Girls in a Single-Sex Environment	59
Programs that Serve Girls in a Coed Environment	61
Other Resources	62
8 th Judicial District.....	65
Programs that Serve Girls in a Single-Sex Environment	65
Programs that Serve Girls in a Coed Environment	66
Statewide Resources	69
Appendix	73
Survey request letter	73
Questionnaire to identify programs serving girls or youth of color	75
Index ..	79
Alphabetical listing of programs that serve girls in a single-sex environment	79
Listing by program focus	80

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 this resource guide was gathered using a survey distributed to Decategorization Coordinators, Department of Human Services Service Administrators, Chief Juvenile Court Officers, and others during November 1999 (see appendix). While our goal was to receive information on every girl-serving program in the state, not including co-ed programs, we recognize that this listing is not exhaustive. Further, the programs included herein reflect those programs that were in existence between November 1999 and April 2000. Some programs may no longer be in existence and new programs may have surfaced. We apologize that, inevitably, some programs are not included. Also, although we have made concerted efforts towards 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 Glickens, 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

Albrecht, L. (1994). Understanding juvenile female offenders: There is a difference, 1994 Juvenile Offenders Conference: A time for change (pp.15-46). Lanham, MD: American Correctional Association.

Belknap, J., Dunn, M. & Holsinger, K. (1997). Moving toward juvenile justice and youth-serving systems that address the distinct experience of the adolescent female. Ohio Gender-Specific Services Work Group Report.

Bloom, B. (1998). Beyond recidivism: Perspectives on evaluation of programs for female offenders in community corrections. Paper presented at the International Community Corrections Association Conference, Arlington, VA.

Cheltenham Young Women's Facility Program Redesign Committee. (1994). Unpublished proposed redesign for the Cheltenham Young Women's Facility. Baltimore, MD.

Lindgren, S.J. (1996). Gender-specific programming for female adolescents. Unpublished masters thesis, Augsburg College, MN.

Maniglia, R. Standards for operation: Appropriate gender-specific programming for female offenders and girls at-risk. Unpublished handout.

Myhand, M.N. & Kivel, P. (1998). Young women's lives: Building self-awareness for life: A multi-session curriculum. Center City, MN: Hazelden.

Office of Juvenile Justice & Delinquency Prevention (OJJDP). (1998). Guiding principles for promising female programming: An inventory of best practices. Washington, D.C.: U.S. Department of Justice.

Valentine Foundation & Women's Way. (1990). A conversation about girls. (Pamphlet). Bryn Mawr, PA: Valentine Foundation.

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@dhr.state.ia.us

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

Phone: (712) 279-6586 ext. 35

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:

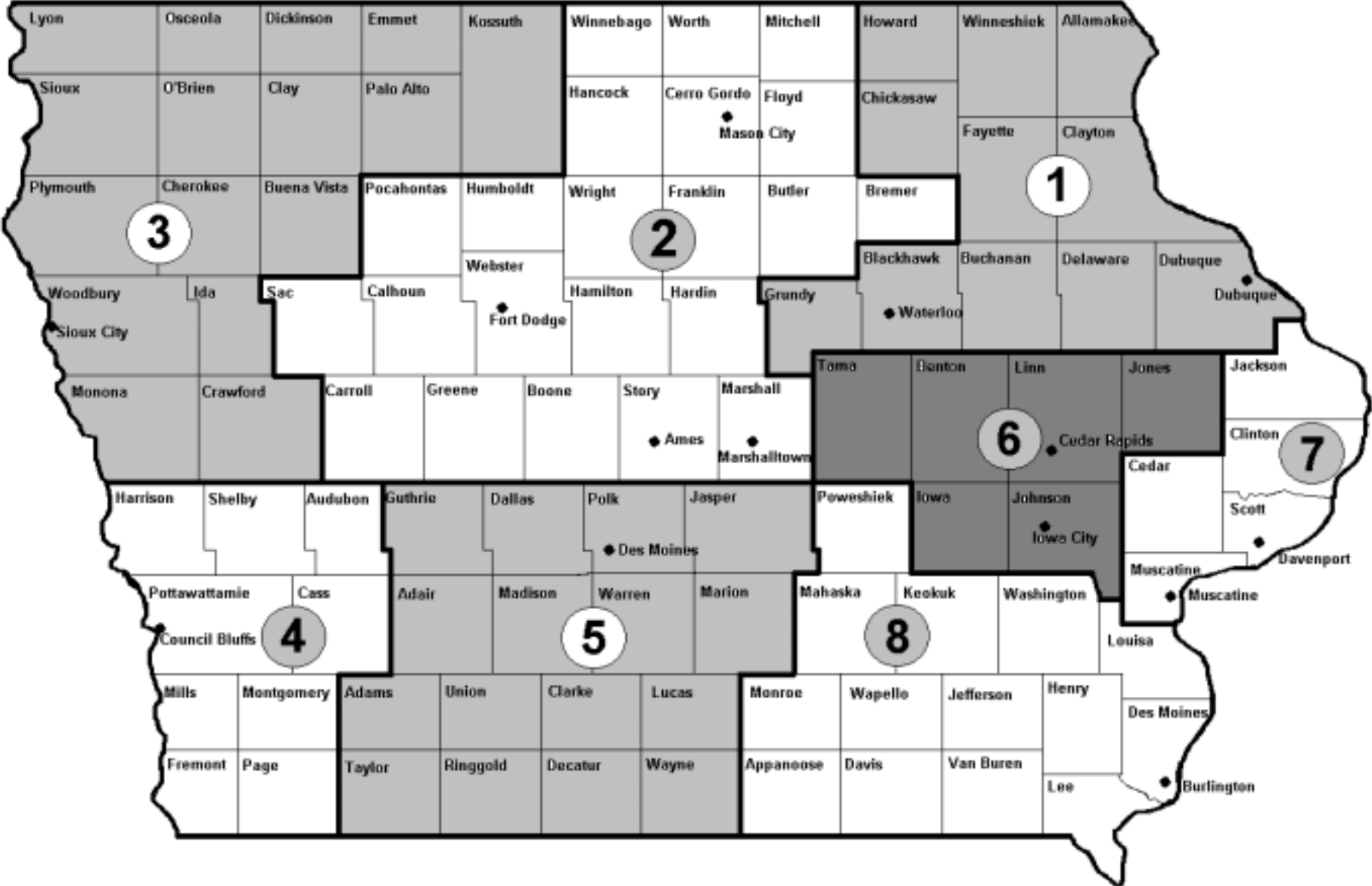
- To disseminate information concerning female development and the gender-specific services philosophy to girl-serving professionals using print media.
- To provide training related to adolescent female development, the gender-specific program philosophy and component implementation to professionals 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 from 1:30 to 2:30 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.

Day Treatment

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

Capacity: 15
Ages: 12-17½
Program: Day treatment

Day treatment offers non-residential therapeutic services to pre-teen and adolescent girls after school and Saturdays. Quakerdale provides supervision and behavior management; individual, family, and group therapy to address specific issues; parent skills training and support; life skills training, anger management, conflict resolution; educational coaching and support; and therapeutic recreation. Gender-specific programming utilized.

Girls' Group

Alternative Services of Dubuque
PO Box 761
Dubuque, IA 52004-0761
Phone: 319/588-2227
Fax: 319/588-2018

Capacity: 5-7
Ages: 13-15
Program: N/A

Girls' Group is a 10-week group for post-adjudicated girls. It meets once per week and focuses on self-esteem, self-identity, journaling, relationship skills, and decision making.

Girl Talk

Allamakee County Extension
21 Allamakee Street
Waukon, IA 52172
Phone: 319/568-6345

Capacity: N/A
Ages: 5th & 6th Grade
Program: After-school, Mother/Daughter group,
Prevention

The primary goal of Girl Talk is to improve communication between fifth- and sixth-grade daughters and their mothers. This program helps girls deal with peer pressure and builds self-esteem with the help of their mothers. Topics will include skin care and appropriate makeup; dressing for the occasion; "fitting in without giving in;" and how to handle changes in the pre-teenage years.

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.

Riverview

Hillcrest Family Services
561 Jefferson
Dubuque, IA 52001
Phone: 319/557-7222
Fax: 319/583-7026

Capacity: 13
Ages: 12-17
Program: Residential treatment

Riverview is a community-based residential treatment program for adolescent girls. The program typically serves youth with emotional or behavioral problems. Both cognitive behavioral and positive peer therapies are used in order to deal with victimization, perpetration, and criminal thought issues. Group, individual, and family therapy is offered along with medical and psychiatric services, social skill development, recreational activities, and school either on campus or at a public school.

Time for Girls

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

Capacity: Small groups
Ages: 4th-8th Grades
Program: Prevention

Time for Girls was designed to prevent problems related to substance abuse and violence among girls in grades 4-8. The aim of this program is to benefit girls in four main aspects of their lives: communication, assertiveness, leadership, and conflict management. This program is part of the Asset Building and Empowerment for Youth in Grades 4-8 program, and is funded with a Drug and Violence grant from the Department of Public Health Division of Substance Abuse.

Programs That Serve Girls in a Coed Environment

Molitore

Hillcrest Family Services
PO Box 1160
Dubuque, IA 52004-1160
Phone: 319/583-7357
Fax: 319/583-7026

Phase Day Treatment

Four Oaks
195 Radford Road
Dubuque, IA 52002
Phone: 319/583-8213

Other Resources

Family Service League

3830 West 9th Street

Waterloo, IA 50702

Phone: 319/235-6271

Fax: 319/235-1380

People's Community Health Center

905 Franklin Street

Waterloo, IA 50208

Phone: 319/272-4464

Fax: 319/272-4465

*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

Gender-Specific Group

PO Box 848
Waverly, IA 50677
Phone: N/A

Capacity: N/A
Ages: N/A
Program: N/A

This is an 8-week group for girls on decision making, preparation for adulthood, etc.

Girl Talk

115 1st Street SE
Clarion, IA 50525
Phone: 515/532-3461

Capacity: 6-12 mother-daughter pairs per location
Ages: 10-12
Program: After-school, Mother/daughter groups, Prevention

1012 N. 15th Street
Humboldt, IA 50548
Phone: 515/332-2492

821 Seneca Street
Webster City, IA 50595
Phone: 515/832-9565
Fax: 515/832-3600

Girl Talk is designed to enhance communication between fifth- and sixth-grade girls and their mothers or other close adult female. Girl Talk is composed of a series of four sessions that address pregnancy prevention and peer pressure. The program seeks to provide necessary factual information about sexuality; to explore sexual attitudes, feelings, and values; and, to increase the quality and quantity of communication about sexual issues within the context of the family.

Images

1318 10th Avenue SW
Fort Dodge, IA 50501
Phone: 515/576-4769
Fax: 515/576-1831

Capacity: N/A
Ages: N/A
Program: African American, Support group

Images is a support group for African American girls that addresses self-esteem issues, career choices, and academic excellence.

Minnesota Boundary Waters Canoe Trip

Story County Juvenile Court Services
126 South Kellogg, Suite 202
Ames, IA 50010
Phone: 515/233-3346

Capacity: 6
Ages: 13-17
Program: Outdoor Adventure, Summer

One female Juvenile Court Officer and one female Counselor take a group of at-risk girls on a canoe trip to the Boundary Waters in Minnesota. The girls are taken out of their at-risk environments in order to have an opportunity to gain perspective on their life direction and think through how they make decisions. The girls are presented with career choices that might not otherwise be considered, and the group uses a teamwork approach to conflict and problem solving while in a wilderness setting.

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: 9
Ages: 12-18
Program: Day treatment

The Passages program is a 16-week program for girls who have difficulty with relationships, self-esteem, or illegal or unsafe behaviors; who are returning to the community after having been in a placement; or who otherwise may be in residential treatment. The program includes counseling, guest speakers, hands-on art experiences, community service projects, and other enrichment activities. Program segments address relationships, communication, self-awareness/self-esteem, body image, sexuality, and planning for the future.

Programs That Serve Girls in a Coed Environment

Gerard Day Treatment

Gerard Residential Treatment

Gerard of Iowa
PO Box 1353
Mason City, IA 50402
Phone: 515/423-3222
Fax: 515/423-1740

Teen Enrichment and Mentoring

Gerard of Iowa
PO Box 1353
Mason City, IA 50402
Phone: 515/424-5759

Working Class Project

Northern Trails Area Education Agency and
Division of Vocational Rehabilitation Services
2 S. Adams Avenue
Mason City, IA 50401
Phone: 515/421-7887

*Other Resources***ACCESS (Assault Care Center Extending Shelter and Support)**

PO Box 1965
Ames, IA 50010
Phone: 515/232-5418
Fax: 515/232-5419

Brownie Lunch Bunch

North Iowa Girl Scouts
601 S. Illinois
Mason City, IA 50401
Phone: 515/423-3044
Fax: 515/424-9559

The Hope Clinic

315 6th Street, Suite 100
Ames, IA 50010
Phone: 515/232-0200
Fax: 515/232-1998

Margaret Sloss Women's Center

Iowa State University
Ames, IA 50011
Phone: 515/294-4145
Fax: 515/294-6104

Urban Visions, Inc.

1318 10th Avenue SW
Fort Dodge, IA 50501
Phone: 515/576-4796
Fax: 515/576-1831

*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 Inc.

**723 Myrtle Street
Sioux City, IA 51103**

Capacity: N/A

Ages: 6-18

Program: N/A

Girls Inc. provides informal education and outreach to school-age girls.

High-Impact Residential Treatment

Forest Ridge Youth Services

Box 515

Estherville, IA 51334

Phone: 712/867-4742

Fax: 712/867-4505

Capacity: 15

Ages: 13-18

Program: Residential treatment

Forest Ridge's Residential Treatment is a 3-6 month intensely structured educational and treatment experience. Components of both the high impact and residential treatment programs include Positive Peer Culture; cognitive-behavioral mode; and constant accountability and feedback for behaviors from both staff and peers. The Courage Group explores abuse dynamics, emotion management, sexuality, pregnancy prevention, spirituality, and body image. The program also includes individual education planning; World of Work vocational programming; Girl Scout program; and an emphasis on gender-specific programming.

Pathways Counseling Services

705 Douglas #625

Sioux City, IA 51101

Capacity: N/A

Ages: N/A

Program: N/A

Pathways provides girls groups in local middle schools and high schools.

Residential Treatment
Forest Ridge Youth Services
Box 515
Estherville, IA 51334
Phone: 712/867-4742
Fax: 712/867-4505

Capacity: 106
Ages: 13-18
Program: Residential treatment

Residential Treatment is a 6-12 month program that is designed for girls with more deeply ingrained antisocial lifestyles as demonstrated by multiple unsuccessful placements and/or extensive court history. This facility serves 106 females; includes restitution and community service; has on-campus gender-specific educational programming; and provides individual case planning including transition and discharge planning, individual psycho-therapy as needed, and interscholastic sports.

Programs That Serve Girls in a Coed Environment

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

Subacute
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

Gordon Recovery Centers
800 Fifth Street, Suite 200
Sioux City, IA 51101
Phone: 712/279-1806
Fax: 712/279-3936

Woodrow ACTION Program
1010 Iowa
Sioux City, IA 51105

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 Single-Sex Environment

Girls' Groups

Cornerstone Counseling Services

300 Park Avenue, Suite 213

Shenandoah, IA 51601

Phone: 712/246-7222

Fax: 712/246-7223

Capacity: 8-10 girls per group

Ages: Middle School/ High School

Program: In-School

These gender-specific girls' groups meet during the academic year in the Building Bridges Alternative School in Glenwood and in the Stanton and Villisca Schools in Montgomery County. The groups meet monthly to cover topics including healthy relationships, communication, conflict-resolution skills, self-expression, spirituality, decision making, and problem solving. The groups also meet four times during summer months for skill-building activities involving field trips, hiking, and camping.

Programs that Serve Girls in a Coed Environment

Alliance Day Treatment Program

800 Mercy Drive

Council Bluffs, IA 51503

Phone: 712/328-5042

Cottonwood Cottage--PMIC

Children's Square USA

N. 6th Avenue

PO Box 8-C

Council Bluffs, IA 51502

Phone: 712/322-3700

Fax: 712/325-8200

Stay Home Day Treatment Program

Mid-Iowa Family Therapy Clinic

295 S. 8th Street

Council Bluffs, IA 51501

Phone: 712/325-1136

There are so many girls, and so few princes.

© *Liza Minnelli*

Fifth Judicial District



Programs That Serve Girls in a Single-Sex Environment

Alta Ross Group Home

Youth Homes of Mid-America

1420 45th Street

Des Moines, IA 50311

Phone: 515/255-4251

Fax: 515/279-7121

Capacity: 5

Ages: 12-18

Program: Residential treatment

Alta Ross is a residential treatment facility that treats young women who are verbally assaultive, have been emotionally/physically abused, have behavioral and/or emotional problems, are sexual abuse victims or perpetrators, have a learning disability or other special education needs, or who grew up with dysfunctional family systems. Alta Ross provides a structured living environment in a small group setting; individual, group, and family counseling; community resources for specialized needs; comprehensive health services; recreation and leisure time activities; and an aftercare program for youth returning to home and family.

Anger Management Group

Mid-Iowa Council Boy Scouts of America Juvenile Diversion Program

120 2nd Avenue, 3rd Floor

Des Moines, IA 50309

Phone: 515/286-2097

Fax: 515/286-3029

Capacity: 10

Ages: 11-17

Program: Parent/daughter group

Anger Management Group is a group for young women and their parents to learn how to more effectively handle their anger. The group is offered once a week for ten consecutive weeks.

Canoe Group

Eagle TIES--School Based Youth Services

211 S. Grace

Afton, IA 50830

Phone: 515/347-8777 or 515/347-8421

Fax: 515/347-5034

Capacity: 5+

Ages: 6th-8th graders

**Program: After-school, Outdoor adventure,
Summer**

In a joint effort among the school, the YMCA and home, girls train and prepare for a canoe trip. Monthly meetings are held on canoe safety, food preparation, nature survival, preservation, etc. Additionally, weekly discussion groups provide the opportunity for girls to discuss issues in their

lives. Girls must earn points through schoolwork, attendance, good behavior at school and home, community service, and random acts of kindness. Parents are strongly involved. The goal of this group is to build relationships through appropriate and healthy behaviors.

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.

Enhanced Residential Treatment

Children and Families of Iowa
2331 East 8th St.
Des Moines, IA 50316
Phone: 515/266-6338

Capacity: 10
Ages: 12-18
Program: Residential treatment

This program is for adolescent girls with psychotic or dissociative symptoms, severe personality disorders, or other related diagnostic criteria. The group home also serves as a community reintegration facility for sexual offenders who have completed primary offender's treatment in another facility. The program's purpose is to assist youth in developing and maintaining a non-abusive lifestyle. This program lasts for nine to twelve months and includes group, family, and individual therapy. This program also offers daily social skills groups, recreation, and an education component.

Gender-Specific Therapy Group

Four Oaks

2525 E. Euclid, Suite 212

Des Moines, IA 50317

Phone: 515/261-3719, ext. 117

Fax: 515/261-4266

Capacity: Small groups both locations

Ages: 13-17

Program: Aftercare (not exclusively),
Support group

500 S. Jefferson

Indianola, IA 50125

Phone: 515/962-0792

Fax: 515/962-0826

Available at both sites, this group meets twice a week. The purpose of the group is to explore and process the multitude of societal issues that impact young women. Presentations focus on topics most relevant to today's teens, including eating disorders, sexual harassment, family and peer relationships, sex and violence, pregnancy, and peer pressure. The group serves voluntary, CINA (Child in Need of Assistance), and delinquent cases, and is also commonly used as aftercare for girls coming out of placement. Transportation is available.

Girls' Circle

Prevention Concepts

515 N. Jefferson, Suite B

Indianola, IA 50125

Phone: 515/961-8830

Fax: 515/961-2275

Capacity: 60

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 friendship, gender roles, puberty, body image, communication, peer pressure, nutrition/exercise, decision-making, stress, substance abuse, goals, and support networking. 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.

Girls Club

Longfellow Elementary

1101 E. 6th Street

Des Moines, IA 50316

Phone: 515/266-8067

Fax: 515/266-3217

Capacity: 15-20

Ages: 5th grade

Program: After-school, Prevention

Girls Club is a social skills group for 5th grade girls at Longfellow Elementary. The aim of the group is for girls to have fun, improve their social skills, and learn to trust and support each other. Girls read and learn about female role models while they work on building assets and

strength to help them transition into middle school. Typical Girls Club activities include journaling, art projects, group discussion, team building, recreational activities, field trips, community service, and hosting guest speakers/female mentors. The group meets weekly throughout the school year.

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.

Juvenile Diversion Group

Mid-Iowa Council Boy Scouts of America Juvenile Diversion Program
120 2nd Avenue, 3rd Floor
Des Moines, IA 50309
Phone: 515/286-2097
Fax: 515/286-3029

Capacity: 30
Ages: 11-17
Program: Parent/daughter group

This diversion program runs in 6-month cycles with evening classes twice per month. At least one parent must participate in the program with the girls, and the girls are required to perform 40 hours of community service. Meeting times include tours of the Toledo Juvenile Home and the Polk County Jail, drug and alcohol classes, Planned Parenthood speakers, and Victim Services guests. The goal of this group is to educate young women so that they understand the choices they are making and the consequences that will follow. Participants must stay in school and out of trouble in order to continue with the program.

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**

Held at Hoover High School, 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.

Leadership Groups

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: Support group

Leadership Groups are designed to bring young women together to discuss issues that pertain to them. Some groups are based on activism, whereas other groups are joined to support women involved in making tough decisions and discussing challenging topics. Some of the issues discussed are relationships, health, beliefs, and choices. Each group is structured to meet the needs of the individuals within the group. Groups currently include the Young Womyn's Feminist Corps.

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

Capacity: 12-15
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 at a residential facility. They are required to participate in a school-based activity and/or volunteer in the community while developing a "personal resource manual" that emphasizes a preventative relapse plan, safety plans, natural support systems, community resources, and personal goals. PRIS*M also offers a parent support group, job shadowing, youth speakers bureau, mentor, victim offender reconciliation program (VORP), and short term tracking.

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.

Project Bridge

YWCA--Women's Outreach, Residential Facilities

717 Grand Avenue

Des Moines, IA 50309

Phone: 515/244-8961

Capacity: 6

Ages: 18-22

Program: Homeless, Transitional living

Project Bridge is a home for young homeless women. Many of them have been released from the juvenile justice system at 18 and have no other place to call home. The program teaches young women to be self-sufficient, and helps them get their GED, education, bus passes, clothing, food, shelter, employment, and specifically helps young women learn how to budget and save their money. There is mandatory counseling along with drug/alcohol testing in order to provide participants with the necessary treatment and services.

Rites of Passage

Willkie House

900 17th Street

Des Moines, IA 50314

Phone: 515/243-7817

Capacity: N/A

Ages: 8-18

Program: African American, Prevention

The Rites of Passage Program intends to enhance and create protective factors operating in the lives of African American girls to limit or eliminate the girls' involvement in the juvenile justice system. The program curriculum is designed around seven passages that address the lives of young girls in the areas of social skills, life skills and personal development. Each module includes interactive games and activities, readings and projects for creative personal expression as well as lectures, presentations and plenty of time for bonding and discussion.

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.

Start and Pryde Girls' Groups

Children & Families of Iowa
1111 University Avenue
Des Moines, IA 50314
Phone: 515/288-1981
Fax: 515/288-9109

Capacity: N/A
Ages: N/A
Program: N/A

The girls' groups at North High School were formed in collaboration with the Des Moines School Success program.

Summer Fun

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: Summer

Summer Fun is an opportunity for young women ages 11 to 14 to come together in the summer twice a week for four weeks to share experiences, learn more about themselves, make new friends, eat good food, and have fun.

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 and a clothing closet; 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.

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 and Family Resources (EFR)

505 Fifth Avenue

Des Moines, IA 50309

Phone: 515/288-9020

Hispanic Educational Resources

828 SE Scott

Des Moines, IA 50309

Phone: 515/242-0225

or

1909 ML King Parkway

Des Moines, IA 50309

Phone: 515/283-2115

Project Uplift

1446 ML King Parkway

Des Moines, IA 50309

Phone: 515/243-4200

Urban Dreams

1400 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

Youth Services International Community-Based Services

206 Sixth Avenue, Suite 605
Des Moines, IA 50309
Phone: 515/284-0554
Fax: 515/284-0774

Other Resources

Agape

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

Boys and Girls Club 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

10715 Hickman Road
Urbandale, IA 50322
Phone: 515/278-2881

Hispanic Educational Resources, Inc.

838 SE Scott
Des Moines, IA 50309
Phone: 515/282-6542
Fax: 515/282-0260

OSACS Women's Center

1300-21st Street
Des Moines, IA 50311
Phone: 515/280-6575

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

851 19th Street
Des Moines, IA 50314
Phone: 515/280-7000

Promotoras MUNA

2603 Bell Avenue
Des Moines, IA 50321
Phone: 515/244-8028

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

United Community Services

1301 19th Street
Des Moines, IA 50314
Phone: 515/280-3860
Fax: 515/280-7345

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

Aftercare Program

Youth Services International
Guaranty Building
222 Third Street #433
Cedar Rapids, IA 52401
Phone: 319/363-6510
Fax: 319/363-6813

Capacity: N/A
Ages: N/A
Program: N/A

No descriptive information received.

The Circle Program

Johnson County Juvenile Court
500 South Dubuque Street
Iowa City, IA 52240
Phone: 319/356-6076

Capacity: 12 per 12-week group
Ages: 12-17
Program: Mentoring, Support group

The Circle Program is a joint effort of the Johnson County Juvenile Court Office and United Action for Youth. The program provides support, education and empowerment opportunities to young women on probation with juvenile court. It consists of two components: group discussion and mentoring. Young women referred to The Circle Program are required to meet with their mentor at least one hour a week for six months and complete twelve group discussion sessions which cover topics aimed at fostering strong female development including relationship choices, identity formation, body image, and dating violence.

Courtlinn House Residential Treatment Center

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

Capacity: 10
Ages: 12-18
Program: Residential treatment

Courtlinn House is a ten-bed residential treatment facility that has community based programming for ten adolescent girls. The program is designed to offer services to the girls and their families regarding behavior modification, assisting girls to improve school performance, and to return to their family and community successfully.

Discoveries Girls' Day Treatment Program

Foundation 2

4225 1st Avenue SE

Cedar Rapids, IA 52402

Phone: 319/247-5495

Fax: 319/247-5496

Capacity: 8-10

Ages: 14-17

Program: Day treatment

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 25 hours of structured group programming per week. Individual therapy, tracking, and crisis counseling are provided. Upon graduation, aftercare continues for a seven-month period. Group activity topics include decision making, goal setting, school success, family and peer relations, basic life skills, and women's health and wellness.

Gearl Jam

United Action for Youth

410 Iowa Avenue

Iowa City, IA 52240

Phone: 319/338-7518

Fax: 319/337-7989

Capacity: N/A

Ages: N/A

Program: Music

Gearl Jam is an organized, weekly 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: Varies

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: 319/364-1162**

JMRT is a community-based enhanced residential treatment program for aggressive, resistive, conduct disordered adolescent females who would otherwise be placed at the State Juvenile Home in Toledo. This program provides a high level of behavioral control, using Structured Adolescent Group Counseling and Positive Peer Culture (PPC) as its main treatment models. The program also provides substance abuse counseling, and although residents experience high levels of integration into public schools, clients can also go to school full time at the campus school.

Speak Out

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

**Capacity: N/A
Ages: 14-18
Program: Prevention**

The participants of Speak Out serve as an advisory committee to Graffiti Theatre, an Iowa City-based theatre company whose goal is to speak to the experiences of girls and women in today's society. The participants receive training on issues related to gender, race, class, sexual orientation, and ability and then provide assistance and feedback in the development of a theatrical piece to be performed by Graffiti Theatre in schools and other settings across the state. Following each performance, the participants facilitate a large group discussion with audience members as well as focus groups with young women to further explore the issues raised by the performance.

Tanager Place

**Psychiatric Medical Institution for Children (PMIC)
2309 C Street SW
Cedar Rapids, IA 52404
Phone: 319/365-9165, ext. 314
Fax: 319/365-6411**

**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.

Teen Mom Support Group

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

Capacity: N/A
Ages: N/A
Program: Pregnant or parenting group,
Support group

This program offers support, counseling and education for pregnant and parenting young women on an individual and group basis. The programs seeks to increase positive experiences for the child and parent to teach ways of successfully handling the stresses of parenthood. The support group meets weekly. A pediatric nurse practitioner provides prenatal care, well baby checks and health care information. Respite child care is available for a limited number of participants.

Young Women's Group

Neighborhood Centers of Johnson County
PO Box 2491
Iowa City, IA 52244
Phone: 319/354-7989
Fax: 319/241-0006

Capacity: 8-10
Ages: 7th and 8th grade
Program: After-school,
Prevention,
Support group

The Young Women's Group is open to junior high and high school students living in the Southeast quadrant of Iowa City. The group's focus is on health and fitness, nurturing togetherness, and positive relationships. Program staff are also extremely involved with the youths' parents and local schools.

Programs that Serve Girls in a Coed Environment

CD+ Youth Residential Program
LIFT (Learning Initiatives for Tomorrow)
School Based Prevention Education
SMART Moves
Take Charge!
Tar Wars
Youth Education
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

Multi-Cultural Outreach

Area Substance Abuse Council

302 3rd Avenue SE, Suite 425

Cedar Rapids, IA 52401

Phone: 319/247-5326

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

Four Oaks Family Services Program

Four Oaks

1916 Waterfront Drive

Iowa City, IA 52240

Phone: 319/337-4523

Fax: 319/337-9509

**Future Leaders in Gear for Higher
Training (FLIGHT)**

Teen Group

5th and 6th Grade Groups

Ridge

Kids' Clubs

Public Access Television (PATV)

Teens

Pleasant Ridge Tutoring

Twain Tutoring

Neighborhood Center of Johnson County

PO Box 2491

Iowa City, IA 52244

Phone: 319/354-7989

Fax: 319/341-0006

STC Partnership Center

205 W. 3rd Street

Tama, IA 52339

Phone: 515/484-3085

Fax: 515/484-3924

**Dating Cellos Teen Drama Troupe
Gay, Lesbian, Bisexual, Transgender,
Questioning & Allies Youth Group**

Mind's Eye: Art Group

Runaway Services

Teenparent Transitional Program

United Action for Youth

410 Iowa Avenue

Iowa City, IA 52240

Phone: 319/338-7518

Fax: 319/337-7989

Youth Emergency Shelter

Youth Homes, PAL Program

Structured Community Independent Living Services

1916 Waterfront Drive

Iowa City, IA 52240

Phone: 319/337-8897

Fax: 319/887-2060

Other Resources

Emma Goldman Clinic

227 N. Dubuque

Iowa City, IA 52241

Phone: 319/337-2112

Fax: 319/337-2754

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: 319/326-6431
Fax: 319/326-2031

Capacity: 16 residents/ N/A day treatment
Ages: 12-17
Program: Day treatment,
Residential 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. Girls in day treatment attend program with those in the residential program. 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 groups such as substance abuse group, sexual abuse survivors group, juvenile sex offenders group, delinquency/gang prevention through the Youth Alternative Program, and others.

Fifth Grade Girl Power Group

Eighth Grade Girls Group

New Horizons/Unity Health System
1605 Cedar Street
Muscatine, IA 52761
Phone: 319/264-9409
Fax: 319/264-9501

Capacity: Varies
Ages: 5th and 8th grade
Program: In school, Prevention

Groups meet once per week during school in order to encourage dialogue between girls, to work on current issues, and to build self-esteem and problem-solving skills.

Girls' Groups

Family Resources, Inc.
115 W. 6th Street
Davenport, IA 52803
Phone: 319/322-7119
Fax: 319/323-8025

Capacity: N/A
Ages: N/A
Program: N/A

Girls groups serve Muscatine and Scott Counties and are operated by private agencies.

Life Choices

Women's Health Services
215 6th Avenue South
Clinton, IA 52732
Phone: 319/242-7858
Fax: 319/242-6168

Capacity: 30-40
Ages: 8th graders
Program: Before school, Prevention

Life Choices is a before-school group for 8th grade girls that meets once a week for approximately 16 weeks every spring semester. In this abstinence-focused group, each week involves a different discussion topic, including self-esteem activities, decision-making/problem solving activities, relationships/dating, influence of peers/parents, drug and alcohol abuse, and pregnancy prevention. The goals of this group are to empower girls to make well-informed decisions about their lives and future; provide information to help reduce high-risk activities; and expose girls to community-based agencies and resources.

Summer Girls' Club

Big Brothers/Big Sisters of Clinton
1319 N. 2nd Street
Clinton, IA 52732
Phone: 319/243-4223
Fax: 319/243-0806

Capacity: 30
Ages: Middle school
Program: Prevention, Summer

This summer program is designed to offer both an educational and recreational opportunity for middle school girls who do not have supervision during summer days. This program is a collaborative effort between Big Brothers/Big Sisters of Clinton, St. John's Episcopal Church, Clinton YWCA, and AmeriCorp. Specific goals of the summer program are: to increase education for prevention skills; to increase understanding of the importance of decisions made in daily life; to increase girls' sense of control over life's events and experiences; and to expose girls to a variety of positive role models and careers.

Youth Alternative Program

Family Resources, Inc.
115 W. 6th Street
Davenport, IA 52803
Phone: 319/323-1852
Fax: 319/323-8025

Capacity: Varies
Ages: 2nd-8th Grade
Program: Gang-related, Mentoring,
Prevention

Youth Alternative Program serves females either currently involved or at risk for involvement in delinquent or gang-related activities. This is the only gender-specific program that focuses on female gang involvement in the Quad Cities. Youth Alternative Program offers intensive involvement with the young woman and her family in order to connect the girl with community activities, services, and economic opportunities; develop recreation and leisure skills; provide the youth with positive role models; provide a mentor; and bridge the gap between youth and the community.

Programs that Serve Girls in a Coed Environment

Adolescent Continuing Care

Adolescent Treatment

4869 Forest Grove Road

Bettendorf, IA 52722

Phone: 319/332-9080

Fax: 319/332-3891

Anchorage House

Family Resources, Inc.

1112 Bridge Avenue

Davenport, IA 52803

Phone: 319/324-8298

Fax: 319/326-2013

Adolescent Diversion

After-school Club, Fillmore Elementary

Alternative to Expulsion/Exclusion

Curriculum Services (K-5)

Drug Free Youth In Touch

Summer Enrichment Programs

Support Groups

Community Outreach Center

1601 Harrison Street

Davenport, IA 52803

Phone: 319/326-4116

Fax: 319/336-8826

Community Adjustment Program

Community Independent Living Program

Crisis Intervention Service

Delinquency Prevention Program

In-Home Detention Program

Intensive Supervision Program

Tracking Program

Youth Alternative Program

Family Resources, Inc.

115 W. 6th Street

Davenport, IA 52803

Phone: 319/322-7119

Fax: 319/323-8025

Other Resources

New Directions, Inc.
217 6th Avenue
Clinton, IA 52732
Phone: 319/243-2124
Fax: 319/243-2190

*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 Single-Sex Environment

Gender Specific

Family Resources, Inc.

218 N. 3rd, Suite 706

Burlington, IA 52601

Phone: 319/754-0028

Fax: 319/758-9421

Capacity: 8

Ages: 14-18

Program: In school, Prevention

Gender Specific is offered weekly to young women in high school. Participants write their own mission statement and make decisions about weekly program topics. These topics include healthy relationships with parents and peers, successful women in history, life skills, establishing a voice, developing a sisterhood, sexually transmitted diseases, career possibilities, and developing a positive self-image while remaining cognizant of discrimination and gender bias in our society. Gender Specific is a confidential group that has been designed to be flexible in order to meet the participants' needs.

Juntas Aprendemos

Washington Community Schools Bilingual Outreach Office

404 W. Main Street

Washington, IA 52353

Phone: 319/863-9100

Fax: 319/653-3299

Capacity: 15

Ages: 4th and 5th grade

**Program: Mother/daughter group,
Spanish spoken**

Juntas Aprendemos, which means "together we as women learn," is a group for Hispanic girls and their mothers. The group meets four times over a period of two weeks in order to provide educational and prevention programming regarding adolescent changes. Juntas Aprendemos focuses on pregnancy prevention, body changes, health information, and communication between mothers and daughters. An integral part of this program is the discussion and utilization of Latina cultural values when discussing pre-adolescent girls' issues.

Latina Girls' Groups

Washington Community Schools Bilingual Outreach Office

404 W. Main Street

Washington, IA 52353

Phone: 319/863-9100

Fax: 319/653-3299

Capacity: 8-10/group

Ages: Junior High

Program: After-school, Prevention,
Spanish spoken

Latina Girls' Groups are weekly groups for junior high aged Hispanic girls. The main focus of the group is pregnancy prevention, although other topics include self-esteem building and making good choices. In addition to weekly meetings, the girls assist with community celebrations of Hispanic heritage and parent/teacher meetings.

Programs that Serve Girls in a Coed Environment

Village Connections

School Based Youth Services Program of Van Buren County

2nd & Summer Street

Cantril, IA 52542

Phone: 319/397-2286

Fax: 319/397-2125

Woodlands Treatment

4715 Sullivan Slough Road

Burlington, IA 52601

Phone: 319/753-0700

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: 515/484-2560

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 more.

The capacity per Judicial District is as follows:

First . . .	9 females 4 males
Second . . .	11 females 5 males
Third . . .	8 females 3 males
Fourth . . .	5 females 1 male
Fifth . . .	13 females 6 males
Sixth . . .	9 females 4 males
Seventh . . .	8 females 4 males
Eighth . . .	7 females 5 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

2603 Bell Avenue, Suite 100

Des Moines, IA 50321

Phone: 515/244-8028

Fax: 515/244-7417

Iowa Coalition Against Sexual Assault

2603 Bell Avenue

Des Moines, IA 50321

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.

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

☪ *Margaret Mead*

Thomas J. Vilsack
governor

Sally J. Pederson
lt. governor

criminal and juvenile justice planning
and statistical analysis center
richard g. moore, administrator

November 15, 1999

To: Decat Coordinators, DHS Service Administrators, Chief Juvenile Court Officers, The Coalition for Family and Children Services in Iowa, Comprehensive Strategy Site Coordinators, State Substance Abuse Prevention Specialists, School Based Youth Services Coordinators

From: Rhonda Chittenden, Division on the Status of Women and Cecil White, ISU Extension Services

Re: Survey to Identify Programs that serve Girls or Youth of Color

Survey Request

State level initiatives on Gender and Disproportionate Minority Confinement have prioritized the need to identify local programs that serve **girls or youth of color**. **We request that you complete and submit a copy of the attached questionnaire for each local program that has as its primary service group one of those populations (girls or youth of color)**. The type of programs for which information is being requested include group care, day treatment, tracking and monitoring, family centered, church or school based, YMCA/Boys/Girls Club, etc. **The questionnaires should be completed and submitted by December 15, 1999**. If possible, officials completing the surveys are encouraged to utilize existing local assessment to identify the programming – such as the assessments performed for Decat, local Public Health, United Way, Comprehensive Strategy, etc.

Background

The Division of Criminal and Juvenile Justice Planning (CJJP), contracts with the Iowa Division on the Status of Women to provide staff support for a state Gender Specific Services Initiative. That effort has looked at a variety of issues relative to planning and programming for girls. Rhonda Chittenden is the staff person with the Status of Women that coordinates Iowa's Gender Initiative.

CJJP also has a contract with Iowa State University Extension - they are developing an information center for issues related to disproportionate minority youth confinement (DMC). The DMC initiative will provide training, program development and planning assistance for programs serving youth of color (i.e. African American, Asian, Hispanic/Latino, Native American, youth etc.) Cecil White provides staff support for the DMC initiative.

The two initiatives (Gender and DMC) have made program identification a priority for their ongoing efforts. Ms. Chittenden and Mr. White intend to utilize the survey process to create a listing of programs that serve these two populations. It is hoped that such a listing can allow for identification and sharing of information between projects/jurisdictions.

Questions

Again, we are hopeful that this is not a major new research initiative, but that you will be able to utilize existing community assessments to identify these programs. A return address is provided on the questionnaire. If you have questions you can contact **Rhonda Chittenden (515 281-6915)** for programs related to girls, or **Cecil White (515 280-3167)** for programs related to youth of color. All of your efforts are appreciated.

Questionnaire to Identify Programs Serving Girls or Youth of Color

Please print or type questionnaire responses. Complete one questionnaire for each program serving girls or youth of color – make copies of this form if necessary.

A) Program Name:

B) Program contact person, mailing address, phone number, fax number, and email:

C) Population Served (Circle): **Girls / Youth of Color / Both**

D) Type of Program (Circle Below):

Prevention:

-services and activities to impact youth that have not yet committed delinquent/CINA acts.

Early Intervention:

-services and activities to impact youth that have committed delinquent/CINA acts but have not yet received a delinquency adjudication (i.e. diversion or informal adjustment).

Post Adjudication:

-services and activities to impact youth that have received a delinquency/CINA adjudication.

E) Brief Program Description or Overview:

F) Name and phone number of person completing the questionnaire:

Please return the survey to:

Division of Criminal and Juvenile Justice Planning, 1st Floor, Lucas

State Office Bldg., Des Moines Iowa 50319. Thank you for your participation in

this survey – it is due by **December 15, 1999.**

*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

Aftercare program of Youth Services International	51
Alta Ross Group Home of Youth Homes of Mid-America	37
Anger Management Group of Mid-Iowa Council Boy Scouts of America Juvenile Diversion Program	37
Bridge House Program of Wittenmeyer Youth Center	59
Canoe Trip, Eagle TIES—School Based Youth Services	37
Chrysalis-Funded After-School Groups of Young Women’s Resource Center	38
Clustered Transitional Living of Quakerdale of Waterloo	15
Courtlinn House Residential Treatment Center of Four Oaks	51
Day Treatment of Quakerdale of Waterloo	15
Discoveries Girls’ Day Treatment Program	52
Enhanced Residential Treatment of Children and Families of Iowa	38
Fifth and Eighth Grade Girls Power Groups of New Horizons/Unity Health Systems	59
Gearl Jam of United Action for Youth	52
Gender Specific of Family Resources, Inc.	65
Gender-Specific Group	21
Gender-Specific Therapy Group of Four Oaks	39
Girl Talk	21
Girl Talk of Allamakee County Extension	16
Girls Club of Longfellow Elementary	39
Girls, Inc.	27
Girls’ Circle of Prevention Concepts	39
Girls’ Group of Alternative Services of Dubuque	15
Girls’ Group of Cornerstone Counseling Services	33
Girls’ Groups of Family Resources, Inc.	59
Heart of Iowa of the Area Substance Abuse Council	52
High-Impact Residential Treatment of Forest Ridge Youth Services	27
Images	21

In Touch with Teens of the House of Mercy	40
John McDonald Residential Treatment Center (JMRT)	53
Juntas Aprendemos of Washington Community Schools Bilingual Outreach Office.	65
Juvenile Diversion Group of Mid-Iowa Council Boy Scouts of America Juvenile Diversion Program	40
Latina Girls Group of the Young Women’s Resource Center	41
Latina Girls’ Groups of Washington Community Schools Bilingual Outreach Office	65
Leadership Groups of the Young Women’s Resource Center	41
Life Choices of Women’s Health Services	60
Lighthouse Homeless Youth Center	41
Lighthouse Host Home for Pregnant or Parenting Homeless Young Women	41
Minnesota Boundary Waters Canoe Trip of Story County Juvenile Court Services	22
PACE Girls’ Day Treatment Program of Des Moines Public Schools	42
Passages Program of Youth and Shelter Services, Inc.	22
Pathways Counseling Services	27
Pregnant or Parenting Girls’ Group of Helping Services of Northeast Iowa	16
PRIS*M of Lutheran Social Services	42
Problem Solving Counseling Program of the Young Women’s Resource Center	42
Project Bridge, YWCA	43
Residential Treatment of Forest Ridge Youth Services	28
Residential Treatment of Quakerdale of Waterloo	16
Rites of Passage of Willkie House	43
Riverview of Hillcrest Family Services	17
SIG-NA (Survivors Integrity Group—No Abuse) of Polk County Victim Services and the Young Women’s Resource Center	43
Speak Out of United Action for Youth	53
Start and Pryde Girls’ Groups of Children and Families of Iowa	44
Summer Fun of the Young Women’s Resource Center	44
Summer Girl’s Club	60
Tanager Place of the Psychiatric Medical Institution for Children (PMIC)	53
Teen Mom Support Group of United Action for Youth	54
The Circles Program of Johnson County Juvenile Court	51
Time for Girls of Helping Services of Northeast Iowa	17
Young Mom’s Camp of Camp Fire Boys and Girls	44
Young Mom’s Program of the Young Women’s Resource Center	45
Young Women’s Group of Neighborhood Centers of Johnson County	54

Young Women’s Lives Diversion Group of the Young Women’s Resource Center	45
Youth Alternative Program of Family Resources, Inc.	60

Listing by Program Focus

African American . . .	21, 43
Aftercare . . .	39, 42
Counseling . . .	42
Day treatment . . .	15, 22, 42, 52, 59
Gang-related . . .	60
Homeless . . .	41, 43
Mentoring . . .	51, 60
Music . . .	52
Outdoor adventure . . .	22, 37, 44
Parent/Daughter group . . .	16, 21, 37, 41, 65
Pregnant or parenting . . .	16, 40, 41, 44, 45, 52, 54
Prevention . . .	16, 17, 21, 39, 40, 43, 45, 53, 54, 59, 60, 65
Residential treatment . . .	16, 17, 27, 28, 37, 38, 51, 52, 53, 59, 69
School-based (After, Before, etc.) . . .	16, 21, 33, 37, 38, 40, 54, 59, 60, 65, 66
Spanish spoken . . .	40, 65, 66
Substance abuse treatment . . .	52
Summer . . .	22, 37, 44, 60
Support group . . .	16, 21, 38, 39, 40, 41, 42, 43, 45, 51, 54
Transitional living . . .	15, 40, 41, 43