

Outside In

To the Fullest...

Winter 2019

Issue 3

# Insighter

**Outside In Mission Statement:** From the beginning, Outside In has been all about living life to the fullest. Embrace the diversity that each day presents and overcome it! Rise above the mundane concerns that so easily beset us. Dare to imagine bold new ways of being and strive for excellence in all things. Our vision is lofty indeed, proclaiming that joy does not derive from circumstances but from the attitude of the heart. The fullness of life is experiences with each step of the journey as we seek to bring out the very best in ourselves and in each other.



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# Student Snippets



***Students learn how to work as a team to help foster positive peer relations in the program and upon discharge.***

The students recently began working on some new projects in the Transitional Skills Centers. They began constructing bird houses, as well as, a bat box. They started the process by planning out their houses on graph paper, and then began building them level by level. The kids worked together very well and their efforts really showed!!

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## BRAD COTTAGE

PROGRAM SUPERVISOR  
**PERSONAL BIO**

Brad Cottage recently came on board with Outside In on August 15th of 2019. Brad has a Sociology Degree from St. Vincent College and has over 9 years of experience in the field. He has worked as a counselor, caseworker, and clinical coordinator in the past and now currently serves as the Program Supervisor for the Voyagers program. Brad is married and has two kids. His hobbies include CrossFit training, hunting and fishing. Brad feels blessed to be a part of a mission that focuses on providing the best possible service to help kids, as well as being a part of a team that works together with a strong passion to continue to fulfill that mission.

## VOYAGERS PROGRAM



## RYAN HINTON

PROGRAM SUPERVISOR  
**PERSONAL BIO**

Ryan Hinton recently received a promotion to the Program Supervisor position in the Pathway to Recovery Drug and Alcohol Program. He began his career with Outside In back in February of 2010 as a Youth Worker. Ryan worked his way up the ranks as a Team Leader and Team Leader II prior to his recent promotion. He has been with the company nearly 10 years and is currently pursuing a Bachelor's Degree in Social and Criminal Justice with a Minor in Sociology at Ashford University. Ryan is married and has two children and a pit bull. His hobbies include volleyball, golf, and basketball.

## PATHWAY TO RECOVERY PROGRAM

# Christmas Party 2019

The students at Outside In celebrated the holidays in style this year!! They enjoyed eating great food, spending time together, and receiving presents. A good time was had by all. Santa even stopped by each program to spread a little Christmas cheer!



# New Initiatives

## Target Identified Needs

As is our typical routine, the leadership team at Outside In returned from the 2019 James E. Anderson Pennsylvania Conference on Juvenile Justice and met to brainstorm our takeaways. The annual JCJC conference is a great opportunity to keep pace with the latest trends in juvenile justice.

This year, we came away from the conference with a focus on improving the quality of service delivery in two key areas: trauma-informed care and family engagement. Both of these topics arose multiple times in workshops, panel discussions, and plenary sessions. It became clear that, although Outside In already targets these areas, there is room to improve. With those improvements in mind, we have formed work groups tasked with identifying best practices in the fields of juvenile justice, child welfare, and substance abuse treatment. Efforts are underway to more fully integrate a trauma-informed approach into our residential services and to solidify a menu of trauma-specific interventions that will better serve the needs of our youth.

This part of the initiative will include the evaluation of evidenced-based practices for trauma-informed care, the use of industry standard screening and assessment tool, an increased prioritization of trauma-specific training and credentialing for clinical staff, and a wider network of support services. Family engagement will also be a renewed priority for Outside In.

Our facility serves youth with complex family needs from a large geographical area, so creative solutions to the typical barriers to family engagement are imperative. Modern technology, revamped transportation policies, and family systems-specific training are just a few of the elements emerging within this new initiative. It has always been our mission to provide services of the highest caliber that result in industry-leading outcomes for youth. It is our expectation that our new focus on trauma-informed care and family engagement will enhance our ability to realize this mission more fully.

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# UNDER THE SCOPE

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## CULINARY PROGRAM



**Each year Outside In School hosts a holiday luncheon for the entire campus. We celebrated the season with a delicious menu of wonderful foods. This year Mr. Roland is one of the culinary students working side by side with Chef Christine. He participated in the festivities with his involvement in the preparation and execution of the entire menu. As part of the planning for this day, under the Chef's supervision, Mr. Roland was able to participate in the carving and serving of the Christmas ham to each and every one. This proved to be an exciting experience for him.**

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## Community Based Family Services Update

The Community Based Family Services (CBFS) Team at Outside In is heading into 2020 with a positive vision for the new decade. We have been building on the foundation we set in 2019 with treatment services sustaining in Westmoreland, Washington, Armstrong and Indiana Counties. We are pleased to congratulate Alyssa Kilbourn and Nick Matalik on becoming MDFT Certified Therapists. This certification denotes their commitment to providing evidenced based substance abuse treatment as well as their continued focus on professional development. Alyssa and Nick provide MDFT to families in Armstrong and Indiana counties. We would like to welcome Julie Falat to the CBFS team as our newest MDFT Therapist. Julie completed her graduate training at St. Vincent College and is enthusiastic about working in the MDFT program in Westmoreland County. CBFS School Based substance abuse treatment services continue to increase as well. Our work with Washington and Westmoreland County schools continues to develop with more students being involved in treatment this academic year as compared to past academic years. Our vision for the new decade would not be possible without the dedication of the team members: Teresa Roble, Dawn Rivardo, Laura (Grasinger) Lee, Krystal Edgreen, Frances Emert, Dave Spisak, Karlee Young, Sarah Patterson, Heather York, Alyssa Kilbourn, Nick Matalik and Julie Falat.

## Outside In Boys Volunteer at Food Bank



**The last thing you want to do is go to bed at night wondering if your kids are going to have a meal the next day. Without places like the Westmoreland County Food Bank, there would certainly be more people going without food. Students from Outside In recently took the time to lend a hand at their facility and set an excellent example through their outstanding behavior and hard work. The boys worked very well together and were proud to be able to give back to the community.**

# **TRAIN INSANE**

**OR STAY THE SAME**



**Outside In** rock climbing is a fun activity that provides clients with the opportunity to push through their boundaries and overcome adversities. Being able to trust in oneself and others builds confidence as well as good teamwork. Students can challenge themselves to attempt more difficult climbs and work towards higher goals with well-trained staffing to minimize the risk and focus on the objective. At the end, the students have the chance to discuss their triumphs and areas they want to focus in.

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Outside In

# To The Fullest

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We currently have openings in our residential programs.  
Please contact Sarah Jackson at 724-238-8441 ext. 224  
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