

## FAQs

- **Who does New Beginnings serve and what role does New Beginnings have?**

New Beginnings serves girls ages 11-17 who typically have histories of trauma, physical abuse, and sexual abuse. As a result, they can often experience issues with mental health, substance abuse, anger, and/or aggression.

New Beginnings serves a specific role in the long-term care of girls in the child welfare system. Girls come to New Beginnings in a cloud of incredible instability and crisis. We provide safety, structure, and begin to assess the tremendous list of needs and challenges that have been overwhelming the girls' ability to function. They are often coming to us from a place of desperation, feeling that they have failed with their family, or in a foster home, or even in trying to make it on their own. We assess and engage them in treatment to address trauma, mental health, and substance abuse struggles.

- **How does a girl get referred to New Beginnings?**

Lighthouse has contracts with different public child welfare agencies and juvenile courts. A few of the referral partners include Hamilton County Job and Family Services, Hamilton County Juvenile Justice, and Montgomery County Department of Job and Family Services.

- **What age group is served at New Beginnings?**

Lighthouse is contracted to accept girls 11-17 years of age, but we primarily support girls 12 and over. We rarely accept 11 year olds due to the development gap; it is sometimes hard for an 11 year to adjust to living as a peer with a 16 or 17 year old.

- **What kind of treatment does she receive while she is in the program?**

Daily programming with onsite mental health treatment providers (individual and group therapy) allows us to engage and support our girls in their journey of healing. For trauma therapy services, Lighthouses uses the evidence-based Structured Sensory Interventions for Traumatized Children, Adolescents and Parents (SITCAP). SITCAP tasks the individual with completing drawings and other activities. These are then paired with treatment questions to target the sensations felt in a traumatic event and to bring the sensations to the surface in a safe environment to treat the individual. According to research published in the journal *Residential Treatment for Children & Youth*, youth receiving SITCAP therapy services experience a statistically significant decline in trauma symptoms, aggressive and rule-breaking behaviors, depression, and other mental health symptoms once treatment is finished (Raider 2008).

- **What other programming takes place at New Beginnings?**

In addition to treatment, residents at New Beginnings receive life skills training, educational support, and encouragement and support to participate in volunteer activities, as well as their school's extracurricular activities. Life skills, supporting self-sufficiency and employment, are addressed through daily activities, structured work opportunities, and educational groups. Lighthouse has also recently invested in the Life Skills Reimagined curriculum, which has evidence-based design for helping youth learn the skills they need for independence. Educational needs are also assessed; often for the first time, a girl will experience success in school due to being in the right classes, with the right supports, and daily follow-up from adults

who are fully invested in her success. As necessary, Lighthouse helps connect residents with medical services.

- **What happens to the girls after they leave New Beginnings?**

The best outcome is reunification with family. For some clients, reunification is not an option, so we work with the young person to identify other positive living options, like independent living, a foster home, adoption, or Job Corps.

- **What is the typical length of stay for girls at New Beginnings?**

Our average length of stay at New Beginnings is about 10 months. Despite all of the work described above, we are often only a piece of the overall plan of care. Once safety and security is established, progress has been realized in treatment, educational success has been experienced, and confidence found through increased life skills, girls are able to move on to the next step in their journey. This often is either a placement in a foster home, independent living program, Job Corps, or, potentially, with family. The work that was begun at New Beginnings then must continue in those other settings. New Beginnings plans and works through these transitions to ensure that traction is not lost and success can continue. New Beginnings follows up with each of our girls, and their new providers and supports, for at least six months post-discharge.

- **Does Lighthouse keep track of the girls after they leave the program?**

Yes, we have an aftercare program. We track girls up to six months after their discharge. The goal is to make sure they are adjusting to society. During these check-in calls, we measure services that were put in place for the client. Target areas we focus on are therapy, school, home living environment, and overall well-being, and we offer mentorship if a client was experiencing natural life challenges. Clients often call back and visit the program to offer updates and to ask for advice. Sometimes the client just needs reassurance that they can make it.

- **What are the long-term outcomes for girls who have stayed at New Beginnings?**

Due to lack of long-term contact with our girls, it is hard for us to know their success as they emerge into adulthood. We often informally hear updates but not in a way that allows for statistical measurement. This is often hard for our staff, as they are so invested in our girls. We focus on and have confidence in our work while they are at New Beginnings and during the six months of aftercare. To make sure that we are providing the best interventions and overall programming possible, Lighthouse tracks outcomes achieved while in care and regularly reviews them to maintain the best quality of care possible through our continuous quality improvement process.

The University of Cincinnati recently completed an Economic and Community Analysis of Lighthouse. In the study, programmatic and financial outcomes were reviewed for our residential treatment services. Please note: The following outcomes include both New Beginnings and our boys' facility (Youth Development Center). These programs are very similar with very similar programming, and their outcomes are very comparable.

From July 1, 2015 through June 30, 2019, the following outcomes were measured at discharge:

- 93% demonstrated progress or achievement in educational goals.
- 73% demonstrated marked progress or achievement in employment goals.

- 89% maintained regular involvement in pro-social activities and demonstrated progress in related goals.
- 60% demonstrated success in achieving completion or progress in mental health treatment goals.

- **Are there other organizations with programs similar to New Beginnings?**

While there are other organizations that also contract with child welfare agencies to provide residential treatment to girls, the facilities are not located in Southwest Ohio and/or are locked facilities, which are significantly more restrictive. These organizations include Bellefaire JCB, Buckeye Ranch, the Village Network, and Talbert House - Passages.

Lighthouse is the only provider in the Cincinnati area that is able to serve girls with high needs in an unlocked yet secure facility.

- **What will the youth-to-staff ratio be in the new facility?**

3:1 and staff members are never alone with a young person.

- **What is the square footage of the new building compared to the current building?**

9,020 sq. ft. compared to 4,100 sq. ft.

- **What is the name of the architect on the project?**

CityStudios Architecture completed the designs for the project.

- **What are some other projects the architect has worked on?**

- The Barron Center Homeless Shelter <https://www.citystudiosarch.com/men-s-shelter-house>
- Sands Senior Apartments – West End <https://www.citystudiosarch.com/h5>

- **What is the name of the General Contractor?**

Beischel Construction is our General Contractor.

- **What are some other projects the General Contractor has worked on?**

- Marjorie P Lee (addition)
- Lots of schools and churches – Mother of Mercy, LaSalle, Moeller
- <https://www.beischel.com/projects>

- **When did construction begin?**

Construction began with demolition work in November 2020.

- **What will happen to the existing facility?**

Once the program moves to the new building, we will put the home in Pleasant Ridge up for sale. We estimate we will be able to sell the property for \$258,000.