



The Dibble Institute

Resources for Teaching Relationship Skills
to Teens and Young Adults

Case Study

Organization:

Omni Youth Services

URL:

<http://www.omniyouth.org/counseling/>

Program Name:

Omni Youth Service Counseling and Mental Health

Location of Instruction:

In the counseling building in Wheeling, IL

Length of Instruction (# of Sessions and Hours per Session)

2 hours, 7 weeks

Class Size:

About 8 in each class

Target Audience:

Junior and High School students with Medicaid

Audience Demographics:

Jr and High School, expanding into young adulthood, 10-20 years old and families; 35-40% are bi-lingual(Hispanic); in general, serve lower socio-economic status; services for LGBTQ being marketed more heavily; 10% of clients identify as LGBTQ

What Problem is Being Solved?

Provide a group therapy that provides for helping the cause of why some of the issues they have are contributing to the trouble they are having in relationships and why relationship problems are contributing to the cause of other issues

Challenges:

We see a huge deficit in the understanding of sexual wellness in our audience of adolescents. This curriculum has helped us to meet this need.

Program Recruitment:	Omni Youth has a strong presence in the high school using Love Notes as a prevention program/those youth referred by pediatricians and family doctors/few mental health agencies in the area (those that take Medicaid)/Mental Health agencies in area/Omni can get youth in to see someone within 7-10 days, so they have good reputation/Omni has been around for 45 years and has an established name in the community.
Curricula Used:	Love Notes 3.0, Full curriculum (2-hour group) in 7 weeks
Curricula Benefits:	The curriculum is activity based. It also focuses on all issues of relationships.
Instructors:	2 instructors, with Social Work/Mental Health Counseling background/ working towards or has Masters/on the road to Licensure or has a License.
Observable Outcomes:	It has helped to meet the relationship needs of those we see with mental illness and substance abuse. We have youth coming out of therapy that are better informed in the relationship area.
Challenges:	People coming in and out of group.
Tips for Others:	Important in a group therapy setting to hire those trained in mental health background so that they can constantly screen the individuals in the group for any other support services they might need.