

INFORMATION *FOR YOUNG PEOPLE*



VALUES

LEARNING &
REFLECTION



RESPECT



COMMITMENT TO QUALITY
CARE & SUPPORT



WORKING TOGETHER



HONESTY
& INTEGRITY

MISSION

To ensure that young people detained in Oberstown are supported to **MOVE AWAY FROM OFFENDING BEHAVIOUR** to make a more **POSITIVE CONTRIBUTION TO SOCIETY.**

VISION

To provide safe, secure and appropriate **CARE** for young people to meet their **EDUCATION** and **HEALTH** needs to support them to address their **OFFENDING BEHAVIOUR** and **PREPARE THEM** to return to their families and communities following release from detention.



TABLE OF CONTENTS

INTRODUCTION	03
RIGHTS.....	04
DAILY LIFE	06
PLACEMENT PLANNING	08
SCHOOL AND ACTIVITIES	09
HEALTH & WELL-BEING	10
SAFETY AND SECURITY	11

INTRODUCTION

Oberstown is a place where young people are sent by the courts. The Campus takes males and females between the ages of 12 and 18. Teenagers from all over the country are sent here. There are different houses (called units) where young people on detention and remand live.

We will care for you, send you to school each day, and help you to live a more positive life. We do this by addressing your Care, Education, Health and Offending behaviour needs and risks, and Preparing you for leaving. We call this **CEHOP**.

This booklet will tell you the important things you need to know about Oberstown and your life while you are here. Young people's views, like the ones below, are sprinkled throughout.



KEY WORKERS

Members of staff who will work with you to plan and manage your time in Oberstown and help to plan for your release.

*'Don't be scared,
it's not what
you think'*

*'No harm
will come
to you'*



PHONE CALLS

You can phone home and you are encouraged to maintain contact with your family and/or guardians during your time in Oberstown.

CEHOP MODEL OF CARE



RIGHTS

In Oberstown, all young people will be treated with respect and dignity. Young people's gender, race, sexual orientation, age, religious beliefs and membership of an ethnic group such as the Traveller community are respected.



All decisions are made in your best interests. Because you are in detention, there are certain things you won't be allowed to do, but your rights should only be restricted in a way that is balanced and fair.

You have the right to have your voice heard in Oberstown, and Oberstown wants to hear your voice. You will be encouraged to participate in meetings about your care (called Placement Planning Meetings), unit meetings, and there are other opportunities for you to express your views in a formal way, for example through the Oberstown Campus Council.

It is important to remember that you should also respect other people's rights, including the other young people in Oberstown, and the staff who are responsible for your care.

'Use your voice'

'You have the Right for all of "Your Rights" to be respected by the care team and young people in Oberstown always'

'You have the right to see your family'

SECURITY

Any personal property you bring to the campus will be kept safe and your **key worker** can explain more about this.



COMPLAINTS

If there is something concerning or upsetting you, you can talk to **any member of staff at any time**. If you would like to make a complaint, or highlight a concern, your **key worker** will explain the complaints process to you. You have the right to get feedback on any complaint made.



DAILY LIFE

RESIDENTIAL UNITS

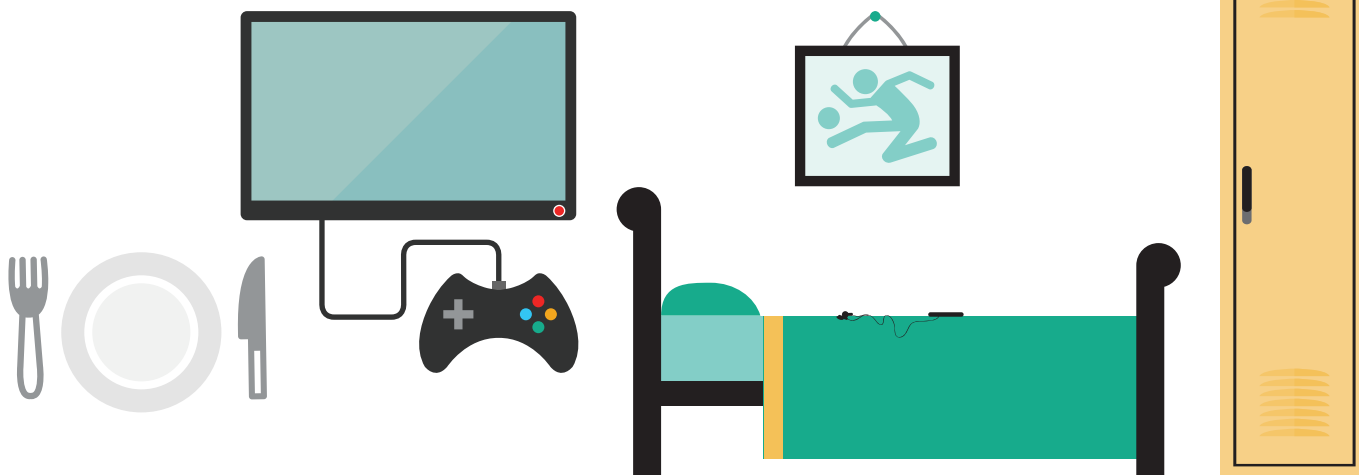
In Oberstown, young people live together in units. Up to eight young people live in a unit and each unit has a Unit Manager. Five to six staff members care for you during the day and two care for you by night. Staff are there to support you and help you keep to the rules of Oberstown. You will get a phone call when you arrive and you will be allocated two **key workers**.

BEDROOMS AND MEALS

Every young person has their own en-suite bedroom and you will get new a duvet, toiletries, towels. Your belongings are left in the lockers in the hallway outside. You have a TV in your bedroom that is turned off at 2am and can be turned back on at 9am. Your bedroom is locked during the night, however staff are there during the night if you need them and will check on you during the night to ensure you are OK.

Every unit has a lounge area and this is where young people and staff hang out. There are also other 'MP' rooms (multi-purpose rooms) where young people can play video games, watch movies and take phone calls in private.

Meals are delivered to each unit and young people sit together and eat. There is a menu with a good variety of foods, and the kitchen will cater for any dietary needs. At the weekends, staff on the unit cook a fry for breakfast.





VISITS

Your family can visit you but will have to call in advance to arrange a time. If you are on remand your visits are screened. If you are on detention, you can have unscreened visits. If you want a friend to visit this must be agreed in advance.

YOUR ROUTINE

9:30am	Breakfast
10am	School (Monday to Friday)
12pm - 1:30pm	Lunch
1:30pm	School
3pm	Free time for phone calls / x-box etc.
4pm	Activities



*'Treat it as your
home, chill out'*

*'You're living
together'*

PLACEMENT PLANNING



PLANNING MEETINGS

Every young person in Oberstown has a placement plan that looks at their care, education, health, offending behaviour and preparation for leaving (CEHOP). Placement planning meetings (PPMs) are meetings to help plan for while you are here and for when you leave. PPMs take place every six to eight weeks and are attended by you, your unit manager, your **key worker**, your parent/guardian and other professionals who work with you. Mobility trips (activities outside of Oberstown) and home leave are also discussed at these meetings. You can discuss with your **key worker** what else you would like brought up at your PPM.



BEHAVIOUR

Your behaviour in Oberstown will affect things like your weekly pocket money, your bedtime, your mobility trips and the opportunity to complete possible work experience on Campus.

Your **key worker** will talk to you about the best way to deal with being angry and upset. You will only be separated from the group when there are no other options available to manage your behaviour. You will be kept warm and safe and will be supported to re-join the group as quickly as possible. Physical restraint/holding will only be used as a last resort and will be carried out safely and in a way that respects your rights.



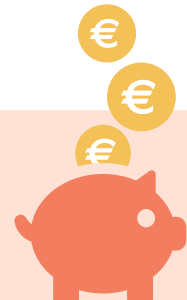
POCKET MONEY

You will get pocket money while you are in Oberstown. The money will be put on a card that you can use like cash. Staff will help you buy things on-line with your card. Young people on remand will receive cash.

'Don't smash things'

'Plan for the future not just for your release date itself and afterwards'

'Pocket money is based on behaviour'



SCHOOL AND ACTIVITIES

SCHOOL

You are expected to attend school while you are in Oberstown. You can do Junior and Leaving Cert subjects and exams or QQI modules. Classes are small and run for 45 minutes each and there are four classes each day. Staff will bring you to school and you will return to your unit during lunch. You may be allowed to attend a medical appointment or receive a visit during school hours. There is a student council.

'School is not bad'

'Get your education'

ACTIVITIES

Outside of school hours, there are lots of activities you can take part in. They include: gym; football; textiles; art; cooking; wood-burning; music and snooker or pool. During the summer months, Oberstown runs a summer programme with loads of sports and activities.

'You have the right to laugh'



HEALTH & WELL-BEING



SERVICES

There are G.P. and nursing services in Oberstown and a member of the nursing staff is on Campus until 9pm. When you first arrive, you will have a full medical. There is a free dental service on Campus and a barber comes to each unit. This service is free too. There are also therapists you can speak to about issues that might be affecting you.

'We are all going through the same, we talk to each other'

'Talk to ACTS Counsellors'

'Use your Phone calls'

'Mind yourself'

SUBSTANCE MISUSE/MENTAL HEALTH

If you have a problem with drugs and alcohol, you can see the GP, nurses and onsite therapists. Group work programmes to address substance misuse are available and your **key workers** can talk to you about getting into these.

WELL-BEING

Due to living with other young people all the time, some days it can get very hard, especially if you're also worrying about things outside Oberstown. Staff understand this and are there to listen to you and help you through this.

SAFETY AND SECURITY



PROHIBITED ITEMS

Oberstown is a no smoking Campus.
Drugs and alcohol are not allowed in Oberstown.



ATTENDING COURT

If you have to go to court while you are in Oberstown, we will support you to get there. If you are worried about court, you can talk to staff, your **key worker** and your solicitor about it.



SEARCHES

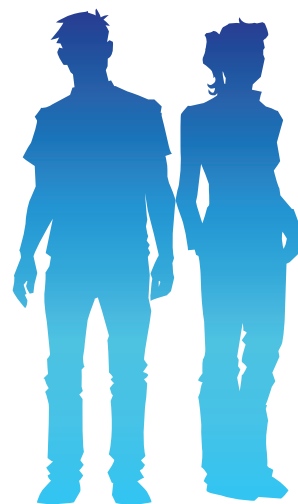
Staff complete random room searches to check that you are keeping your bedroom clean and to ensure that you do not have any restricted items in your bedroom. Anytime you leave or come back to the Campus you will be searched. If any clothes are left for you by your parents these will be searched before you can get them.



FIRE SAFETY

Your safety is very important to us. There are regular fire drills in Oberstown. If you want further information about this, talk to your unit manager or **key worker**.

**Produced in consultation
with young people.**





Produced by

OBERSTOWN CHILDREN DETENTION CAMPUS