INFORMATION FOR YOUNG PEOPLE
To ensure that young people detained in Oberstown are supported to move away from offending behaviour to make a more positive contribution to society.

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.
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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.
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.

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’

‘Use your voice’

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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>10am</td>
<td>School (Monday to Friday)</td>
</tr>
<tr>
<td>12pm - 1:30pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:30pm</td>
<td>School</td>
</tr>
<tr>
<td>3pm</td>
<td>Free time for phone calls / x-box etc.</td>
</tr>
<tr>
<td>4pm</td>
<td>Activities</td>
</tr>
</tbody>
</table>

‘You’re living together’

‘Treat it as your home, chill out’
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.
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.

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.
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.

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.
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.

PROHIBITED ITEMS
Oberstown is a no smoking Campus. Drugs and alcohol are not allowed in Oberstown.
Produced in consultation with young people.