



Bar None Residential Treatment Services

Building Hope for Youth and Families



Volunteers
of America®
MINNESOTA

newsletter

Fall 2012

A group of performers from the Caribbean played their unique style of music with steel pan drums that inspired and entertained Bar None Residents.

Programming Components

Comprehensive Therapeutic Services

- Clinical staff monitor resident Treatment Plans
- On-site Mental Health Clinic
- On-site Occupational Therapy Clinic
- Individual and Family Therapy (in-home and metro office locations) 1–3 hours per week
- Group therapy on units 5–7 hours per week
- Psychological Assessment and Testing
- Medication Management
- Psychiatric Evaluation
- Weekly NA/AA groups

Aftercare Services

- Planning begins at intake and continues through placement
- Clinical staff provide intensive parent/caregiver support
- Individual follow-up for 6 months post-discharge

Education

- Range of school settings including St. Francis Junior High and High School and Crossroads Vocational School
- Classes concentrate on Basic Standards Testing and preparation for graduation

Work/Vocational

- Work Readiness Program on-site: landscaping, carpentry, painting, janitorial and food service
- Manufacturing and landscaping classes available through Crossroads School
- May acquire jobs in the community
- Restitution/community service options

Spirituality, Diversity and Mentoring

- Weekly religious services and programs
- Weekly Talking Circle (Native American) and Inertia (African American) groups
- Mentoring opportunities available
- Individual follow up for 6 months post discharge

Looking Forward... By Michelle Rosenau, Quality Assurance Director

Volunteers of America has a rich history of reaching and uplifting people. Recently Bar None's on agency Chapel was a central location for two events aimed at doing just that.

Arranged by the Spirituality Coordinator, Dede Hanson, in August our kids were were inspired and entertained by sounds from the Caribbean. Dede reflects:

We were treated to a special chapel service concert from a group who traveled all the way from Trinidad to play the steel pan drums for us. Trinidad is the birthplace of the steel pan a unique instrument unlike any other. The pans were first made out of the 55-gallon oil drums that were left after World War II.

Pastor Bicky Elliot, his wife Celia, and a group of seven young people played many classic Caribbean songs and hymns for us (see photo above). Several residents had difficulty sitting still while they played their steel pans and danced in their seats moving to the distinctive rhythm and beat of the drums.

After the concert the band welcomed anyone who wanted to try their hand at playing the steel pan to come and give it a try. Most of the residents went up and attempted playing the pans and asked many questions of the band members. It was a special evening enjoyed by everyone.

Pastor Bicky drew a parallel between people's lives and the drums, saying that we may have a life that is dented and beaten or we may have even been discarded like the drums were, but that doesn't mean that we can't make sweet music. Many people looked at the abandoned oil drums and couldn't see that they were wanted and useful. The dents and bangs of life don't define who we are; it's what we do with those dents and bangs. The difficulties of life can help to grow and shape us if we'll participate in the process of transformation. However, we don't have to go through this transformation alone we can rely and call on God to help us in our journey.

On September 10, Bar None was the site of a memorial for Col. Robert Nolte, Sr. who founded Bar None in 1955. One cannot help but draw parallels between Col. Nolte's vision for Bar None and the message provided to the youth currently in the program by Pastor Bicky just weeks earlier. A few years ago, on the celebration of his birthday, Col. Nolte shared the following and one can see the spirit on which Bar None was built, allowing it to carry on its mission today:

"He (God) gave me a mind to reach beyond myself and my aches and pains so I can touch someone else's life, someone who needs me. There's a lot of good to be done, a lot of life to be lived, and a lot of hope for tomorrow to seize upon."

We all look forward to continuing the mission started so many years ago and thank everyone who contributed to the recent events doing just that.

Bar None is a residential facility 45 minutes from the Minneapolis/St. Paul metro area that provides a continuum of treatment and stabilization services for youth ages 12–18 with emotional and behavioral problems. We assist our residents in gaining the skills necessary to improve their quality of life, the lives of those around them and to succeed as adults.

expressions residents corner

Residents at Bar None are encouraged to expand and grow in all facets of their lives. In addition to learning new behaviors, they work on expanding their interests and learning ways to express themselves. Included is a submission from one of our very talented youth. Thank you for sharing your talents with us!

A drawing by Patricia
from Meadow View



If you have received the Bar None newsletter before, you will notice that we have streamlined our format. We know you are busy and appreciate the time you take to read about our program. As a result, we now provide a quick glance of what we are “looking forward” to as an agency, while still maintaining an emphasis on the talents and strengths of our current residents through the “resident corner.” As always, if you have feedback about our new format, the program, etc. feel free to contact us. Please enjoy this most recent publication.