

In an *individual counseling* relationship, an inmate will be seen two or three times a week by the same staff member for one hour each time, in a place where he may freely talk about himself and his problems.

In a *group counseling* setting, (8-10 inmates, involved 1½ hours — two or three times a week), the inmates will have the opportunity of free expression in an accepting "give and take" situation to gain self-understanding (insights), work out better inter-personal relationships within a structured situation, and deal with the role of authority in an institutional setting.

Throughout the period of detention, therefore, as many as 100 inmates may be involved in the guidance and counseling process in any one day. All the inmates (except those physically unable) will participate in organized physical recreational activities.

Under the supervision of selected custodial officers, each inmate will voluntarily participate in the daily round of housekeeping duties, (i. e., his cell block, dayroom, pantry), and guided in a cooperative living venture designed to bring out his best traits.

### PASTORAL COUNSELING

Coordinated with these efforts, the spiritual and ethical forces of a closely related Chaplaincy program, connected with the Church's community resources, and such other social and educational agency contacts as may be made in each situation offer a method by which to bridge the gap between the period in detention and the return to the community.

In the term period (the period of incarceration), inmate-family contacts will be cultivated, and limited services offered in the social service building for the amelioration of the family situation.

With a daily population of more than 500 adolescents, or an annual population of approximately 12,000, it is obviously impossible to serve as large a percentage of the adolescent group in a therapeutic relationship as is necessary. For this more comprehensive service additional staff is required. This project is now under Mental Health supplementary fund support, and we look forward to progressive expansion of the program.

### An Adolescent In Detention

*Allan was the youngest of eight children. He was brought up in a favorable, middle-class circumstances and was physically and mentally well endowed. Allan made adequate progress in school through the tenth grade. His attendance then became sporadic and it was noted by his instructors that he had begun to associate with the other youngsters who were considered discipline problems by their teachers. Allan's first contact with the law at the age of seventeen when he was arrested in the company of other schoolmates for attempted robbery and burglary. He served six months of an eighteen month sentence. His conduct upon release was not satisfactory and offenses similar to the one with which he was originally charged were lodged against him. Complaints from two states for charges of armed robbery, breaking and entry and car theft, led to his re-arrest.*

*In August of 1955, Allan was awaiting sentence in Manhattan House of Detention for Men where he came in contact with the staff of the newly established Youth Guidance Counseling Project. At first, Allan entered into the counseling relationship in a suspicious and flippant manner. When he came to realize that the guidance personnel at the institution were not moralizing, condemning, or "soft-soaping" him, he related quite sincerely with the counselors. An integrated team approach, consisting of pastoral counseling, recreational activities, social service work with his family, and individual guidance by members of the Youth Counseling Project, resulted in altered attitudes on his part. Close cooperation was initiated between the departmental guidance staff and the probation department and the results of Allan's institutional adjustments were relayed to interested authorities. After ten months in detention, Allan was given probation and an opportunity to test his new insights. A job was obtained for him; he still holds this position, is now married and has one child. He is participating in civic and neighborhood affairs and has corresponded regularly with the Youth Guidance Project staff to let them know of his adjustment.*

### RECORDS

Through this varied, all inclusive procedure, the inmate's confidential folder in the Youth Guidance and Counseling office begins to take on some identity in terms of the individual's history and adjustment. For instance, there will be a physical report by a physician;