



LIBERTY RESOURCES
Improving Lives, Building Futures

Inside Liberty Texas

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Juvenile Justice Champions



This month we honor Chris Hernandez, Nueces County Juvenile Justice Supervisor. Chris has been a wonderful support to Liberty Resources Family Services from the beginning. She understands the importance of providing community based services and is committed to ensuring the success of juvenile justice youth and families. Chris consistently works to support her staff in their efforts to partner with MST and ACS to achieve positive outcomes for our mutual clients. Her years of wisdom are evident and we are so appreciative of her faith in LRFS to make a positive difference. Thank you, Chris, for being our Champion!

Did you know . . .

31st Annual Juvenile Law Conference

February 25-28, 2018

Horseshoe Bay Resort

Horseshoe Bay, Texas

For more information, [click here](#)

Happy New Year Contributed by Jennifer Martin, Regional Director

This edition of **Inside Liberty Texas** focuses on success stories from many of our programs. We want to take this opportunity to thank all of you for your partnership, as positive outcomes like those below would not be possible without each and every one of you!

Tele-Counseling Success Story Contributed by Jaime A. Villa, MS LCDC LPC

Tele-Counseling is working with juvenile offenders and their families throughout Central Texas. The program recently worked with a youth who had a history of angry outbursts that included both physical and verbal aggression. Therapist and youth worked together to create an anger management plan so the youth could find a positive release for anger. The youth was introduced to different coping skills such as physical exercise, journaling, and art work, as well as relaxation techniques. Mom and the youth improved their communication. Mom was consistent in providing effective rewards and consequences for the youth's behavior. This youth got his year off to a healthy start!

Multi-Systemic Therapy (MST) Success Story Contributed by: Liz Morales

MST serviced a female youth with various referral behaviors including: daily physical and verbal aggression; daily incidents of running away and unauthorized departure; and multiple school related issues, such as academic failure and aggression towards peers and staff. MST, Mom, and various community agencies worked together to "Find the Fit" and were able to develop plans to keep the youth at home, in school, and on a treatment/medication regimen that best fit the youth's needs. The family and school were able to provide the youth with a positive, strength focused environment, which ultimately increased positive behaviors including joining the basketball team. The family successfully completed MST treatment with a more confident child. The youth and family have hope for a successful future.

ACS/PDFRP Success Story Contributed by: Stephanie Malburg

PD/FRP had the opportunity to provide services to a youth referred for behaviors including: physical and verbal aggression; substance abuse; self-harm; and truancy. Prior to treatment, youth and his mom had a strained relationship which resulted in frequent arguments and communication barriers. Mom was frustrated with the youth's negative behaviors and requested probation place him outside of the home. During treatment the youth learned coping skills to manage his anger and his relationship with his mother improved. Mom became more comfortable in her role as an authority figure and was more consistent with rewards and consequences. The youth responded well to the increased structure. Mom and youth now have a great relationship and have learned how to communicate more effectively.