



# San Diego County Probation Department

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*Adolfo Gonzales, Chief Probation Officer*

## **Juvenile Probation** **Services, Programs and Custodial Commitments**

The following continuum of services ranging from prevention, intervention, diversion, informal and formal probation supervision are provided in collaboration with our juvenile justice partners and community based organizations.

### **COMMUNITY ASSESSMENT TEAMS (CAT)/COMMUNITY INTERVENTION OFFICERS (CIO):**

Community Assessment Teams (CAT)/Community Intervention Officers (CIO) are stationed regionally throughout San Diego County at community based organizations. CIO Officers are assigned front end, non-custody referrals to determine a youth's suitability to participate in diversion services in attempts to reduce the escalation of the youth to the delinquency system. The Officer meets with the youth and family to provide referrals for intervention and supportive services in the community.

The Community Assessment Teams (CAT) is a collaboration between the San Diego County Probation Department with: Mental Health Systems, Inc., North County Lifeline, Inc., San Diego Youth Services, SAY San Diego, Inc., and South Bay Community Services who provide prevention and intervention programming for families with school age youth (6-18), who are at risk of entering or continuing in the juvenile justice system. These teams provide assessment, prevention, intervention and referral services to identify at-risk youth and their families.

The goal of CAT is to provide services to reduce the number of youth who enter the juvenile justice system or re-offend while on probation by focusing on the unique strengths and needs of individual youths and supporting and teaching families how to access and receive community resources in a timely fashion.

Appropriate school age youth are ages 6-18, who show signs of risk for entering or continuing in the juvenile justice system. Some risk factors are:

- Chronic behavior problems
- Truancy related issues
- School disciplinary issues
- Family issues
- Out of control behavior
- Substance abuse problems
- Domestic/teen relationship violence issues
- Parental/familial incarceration or criminality

## **ALTERNATIVES TO DETENTION**

Alternatives to Detention (ATD) is a community based program that provides detention alternatives and case management services to low-risk juvenile offenders who do not require secure detention. Eligible youth include those who have committed a non-violent offense and/or are currently on Juvenile Probation and do not require detention in Juvenile Hall but cannot remain at home due to other reasons. Referrals can come from police, probation, and the juvenile court. The ATD program is offered in all regions of San Diego County.

## **COMMUNITY YOUTH COURT**

The San Diego Community Youth Court (CYC) is a community based diversion program for youth participants referred by the San Diego Police Department and San Diego County Probation Department. If the youth participant meets all the necessary requirements, he or she will appear before a panel of volunteer community representatives who will serve as a liaison for intervention between the youth and the juvenile court system. The program will hold the youth accountable for their actions and through the educational component it is hoped they will have a better understanding of the impact of their choices. Furthermore, the youth are provided this diversion opportunity with no formal interaction with the Juvenile Court.

## **STAR PAL**

STAR/PAL (Sports Training, Academics, Recreation/Police Athletic League) is a nonprofit organization that provides over 10,000 youth services annually in inner-city neighborhoods throughout the city and county of San Diego. STAR/PAL offers free educational, athletic, and recreational programs which focus on promoting youth safety, positive life choices, and academic success. STAR/PAL program directors are officers from the San Diego Police & County Probation Departments. These dedicated officers coordinate unique programs for underserved youth, with the assistance of additional law enforcement and community volunteers. By bringing youth and law enforcement officers together in this manner, STAR/PAL helps build safer communities in the future.

## **TRUANCY INTERVENTION PROGRAM (TIP)**

Truancy Intervention Program (TIP): TIP Probation Officers are assigned to schools within a specified school district who work closely with youth, their families and school officials to monitor regular school attendance, as well as truancy prevention. They meet regularly with the students and review goals as well as objectives to assist them in being successful. Probation Officers, in collaboration with school authorities, provide assistance and counseling to encourage improvement in academic performance and a greater commitment to education. TIP Probation Officers participate in Student Attendance Review Team (SART) and Student Attendance Review Board (SARB) meetings and occasionally assist school administration in addressing minor behavioral/disciplinary concerns. TIP Probation Officers are located in collaboration with the following school districts: Grossmont, La Mesa-Spring Valley, Lakeside, and Cajon Valley School Districts.

## **INFORMAL SUPERVISION:**

Informal Probation is a way for misdemeanor and minor felony cases to be handled, while providing interventions without formal adjudication or formal supervision by the Probation Department. The Informal Supervision Unit receives WIC 654 and WIC 654.2 cases and

monitors the cases for compliance with contract conditions and/or Court orders. Youth and family referrals come from a variety of sources within the Probation Department and Court. Participation in a program of Informal Supervision pursuant to WIC 654 is voluntary and involves a six-month contract between the parent, the youth, and the Probation Department.

### **HOME SUPERVISION/ELECTRONIC SURVEILLANCE PROGRAM (ESP):**

Home Supervision is established through the Welfare & Institutions Code Sections 840 & 841 that mandates when a youth is brought to Juvenile Hall following an arrest for a new crime or a violation of probation, a Probation Officer has discretion to release the youth, detain them in Juvenile Hall pending a court hearing or place them on Home Supervision. Youth may remain on Home Supervision for several weeks, or up to a few months, pending adjudication. Youth are typically released on Home Supervision after a Detention Control Unit Probation Officer at Juvenile Hall completes a detailed intake assessment using a point system based on numerous factors.

In addition to serving as an initial alternative to custody option following arrest, Home Supervision serves as an alternative for youth serving commitments to programs such as Breaking Cycles and YOU as an intermediate sanction for probation violations. The vast majority of youth on Home Supervision are post-disposition, whether as ordered by the court for violations of probation or as part of a commitment as directed by a casework Probation Officer.

Home Supervision with Electronic Surveillance may be used in more serious cases and requires the participant to wear a device around their ankle. The device monitors the youth on a 24-hour basis, and the information is transmitted to a computer that records the data and reports any Home Supervision violations. The parent/ guardian is responsible for any damage or lost equipment incurred while the youth is participating in the program.

### **JUVENILE FACILITIES – STABILIZATION, TREATMENT, ASSESSMENT, AND TRANSITION TEAM (STAT)**

The Stabilization, Treatment, Assessment and Transition Team (STAT) provide in custody licensed psychologists plus intern(s) to provide assessment, crisis counseling, individual and group psychotherapy, and medication screenings for in-custody youth with mental health needs. They also provide medication screenings for youth. Breaking Cycles also has a full-time psychologist assigned to the Camp Barrett facility who provides counseling during moments of crisis as well as individual and group counseling. The STAT team psychologists and intern(s) assist youth to manage their mental health issues within the juvenile custodial facilities, as well as assists them in transitioning successfully back to their families and communities.

### **BREAKING CYCLES:** \*

The Breaking Cycles program is a multi-agency program that provides services for at-risk youth, youth on formal probation supervision, and their families. The program goals are to reduce juvenile delinquency and high-risk behaviors. This program offers a continuum of services for youth and families through a team of various agencies including the Probation Department, Health and Human Services Agency, Mental Health agencies, community based organizations, local law enforcement agencies, and the San Diego County Office of Education. The Breaking Cycles team utilizes the family's strengths to develop and implement a case plan, which focuses on delinquency intervention by employing a comprehensive and collaborative system of

graduated incentives and sanctions and treatment to break the cycle of delinquency and substance abuse. Upon a Court commitment to Breaking Cycles youth are assessed by a multi-disciplinary team around education, substance abuse, and mental health to develop a case plan of the Breaking Cycles continuum of services (both in and out of custody) for the youth and family. The parent/guardian is part of the assessment meeting to assist in deciding what is best to serve this youth and family.

**\*REFLECTIONS: A Component of Breaking Cycles**

Reflections is a community based, day treatment center operated by the Probation Department in partnership with the San Diego County Office of Education, Behavioral Health Services, and community based organizations. Reflections sites are located in both La Mesa and North County. Reflections is focused for youth who have mental health issues (every student has to meet medical necessity for mental health treatment), substance abuse problems, a history of trauma, and significant family concerns. Reflections focuses on promoting family stability, community safety, and youth rehabilitation through exposure to an intensive day treatment program and supportive family intervention services (e.g. family counseling, parenting classes, chemical dependency groups, and anger management groups). Youth attend school and program activities on-site during the day (8:30 am – 3:30 pm M-F and 9 am – 1 pm Sat.) and return home during the evening hours. Programs and services are available Monday through Saturday.

**\*YOUTH DAY CENTER: A Component of Breaking Cycles**

The Youth Day Center is a program operated by the Probation Department designed to provide on-site schooling, treatment and behavior modification strategies for youth to be successful, reducing delinquent behaviors while allowing the student/youth to remain within the community. The progression of delinquency is defeated through school, therapy, and accountability using graduated incentive and sanctions responses with on-site Probation Officers, school and treatment personnel. Individual Breaking Cycles case plans are used as a blueprint to assist the treatment team, along with the parents or guardians, in helping the ward reach the goals outlined. YDC provides counseling staff onsite and also links the students to community based treatment providers who can further address the youth and family's needs.

**\*COMMUNITY UNIT: A Component of Breaking Cycles**

The Community Unit is a home-based program operated by the Probation Department in partnership with community-based agencies that specialize in youth and family counseling, and drug and alcohol services. The program's focus is providing in-home support services to youth and their families while also attending to community safety through intensive supervision services. The Community Unit is generally the last phase of a youth's involvement in the Breaking Cycles program. The Community Unit is comprised of four regional teams operating throughout San Diego County. Each regional team has services available from a Community Family Monitor (Probation Officer), a Youth and Family Counselor (YFC), and a Juvenile Recovery Specialist (JRS). The Community Unit assists youth and their families focusing on behavior change, wrap around services and meeting court ordered conditions of probation.

## **INSTITUTIONS – BREAKING CYCLES PROGRAMS- LOCATED AT CAMP BARRETT:**

The custodial population at Camp Barrett is presently comprised of youth committed to Breaking Cycles commitments of 150, 240 and 365 days and youth committed to Breaking Cycles Barrett Program 365 days. The age range for the youth committed to Breaking Cycles is 14-17.6 years old and the age range for the Barrett committed population is 16.5-18 years old. The Breaking Cycles Barrett Program provides a longer term disposition option to the Juvenile Court at the local level, with programming geared toward the more seriously delinquent youth who commit more serious offenses or have not been successful with prior interventions. The two camp populations operate side by side, with programming for each population that is separate and distinct.

Youth committed to Breaking Cycles commitments of 150, 240, 365 days are assessed within the first 2 weeks after disposition, to a 56, 84 or 148-Day Breaking Cycles custodial program. In contrast, all Breaking Cycles Barrett Program youth serve a 224-Day base program and approximately 2-3 weeks prior to release, all Breaking Cycles Barrett Program youth participate in a Pre-Release Multi-Disciplinary Team assessment.

The goal of Camp Barrett is to provide the youthful offender with the training and life skills necessary for successful transition and reintegration into society.

### **BREAKING CYCLES/DRUG COURT DORM AT CAMP BARRETT**

#### **Program Elements**

The youth housed in this open setting dormitory have been committed for 56 days, 84 days, or 28 days (Drug Court). All of these youth follow the same structure, complete the same programming, and have access to the same on-site services. They attend school as they would in the community, with a focus on restoring lost credits and advancing as expected for their age and grade level.

#### **Daily Program Participation:**

This entails compliance with all camp rules and procedures, and behavior that is disciplined and respectful. Profanity, gang-related behavior, and violence will result in sanctions and the loss of privileges.

#### **“Forward Thinking”**

Mandatory substance abuse treatment programming is attended by every youth in the dorm. Each youth must complete the core mandatory curriculum, for which they do not earn points. The youth will receive a certificate and phone call home to share their progress after the completion of the mandatory core modules. There are three core module identified as the most pertinent material for short-term commits. The modules; What Got Me Here, Responsible Behavior, and Individual Change Plan are formatted as journal booklets, 48 pages in length. Each journal contains educational information, questions, exercises, and writing assignments.

#### **Forward Thinking Extra Credit:**

There are five optional program journals the youth can choose to complete for incentive points toward an improved release date. The modules are normally included in the Forward Thinking curriculum as mandatory materials, but they are only feasible with longer commits. This allows the youth an opportunity to choose this course of study to further their personal growth and substance abuse knowledge, while earning additional incentive points. Each journal booklet is 40-64 pages in length and promotes self-exploration and learning with questions, exercises, and

writing assignments. Each of the journals focuses on a different aspect of change and insight relevant to this population: Handling Difficult Feelings, Relationships and Communication, Substance Using Behaviors, Victim Awareness, and Reentry Planning. The journals are assigned by the Program Counselor one booklet at a time, and they must be completed in a thorough, thoughtful manner for credit to be received. The youth are only permitted to work on the journals in the dorm during their free-time and free recreation periods. Each of the five journals is worth one day toward the youth's release date.

#### Perfect Week Incentive:

For every week (seven days) passed without the loss of points for poor behavior, the youth receive extra points equivalent to one full day. Incentive points are applied to the youth's overall point total, thus reducing their commit.

#### Team Leaders:

Well behaved youth who have shown they are responsible and able to act as role models for their peers, may be selected by Probation Officers to be Team Leaders. Team Leaders are workers in the dorm responsible for motivating and guiding the youth in their teams (15 youth per team) through the program's daily activities. They set an example and provide prompts to keep their groups on task and functioning as teams. Team Leaders duties also include; cleaning, laundry, passing out clothing and supplies to other youth, and maintenance of the dorm and surrounding grounds. There are four Team Leader positions at any given time. This challenging position is incentivized with additional free time, access to video games and a radio, and a later bedtime.

#### Gold Hat:

A Gold Hat is a promotional opportunity for Team Leaders. There are only two gold hat positions in the dorm at any given time. These youth perform all of the duties of team leaders, but they have shown excellent citizenship and strong leadership skills with their peers; they promote peaceful, respectful behavior and cohesion to help the dorm work together as one unit. Gold hats receive the same incentives as team leaders, but they have earned the trust and freedom to run errands and make deliveries within the facility.

Extra points may also be awarded to the youth for outstanding acts of citizenship or leadership, or for exemplary growth in the dorm community. This allows counseling staff, school personnel, probation officers and supervisors who interact with the youth on a daily basis to make recommendations based on their observations of exceptional behavior.

Once maximum points/days earned are achieved, youth must maintain good behavior, while they continue to earn other incentives/privileges. Youth may at times be eligible for days beyond these guidelines. Release dates are subject to change based on holidays, special circumstances, and when necessary to optimize a youth's release plans.

**School Programs:** School is an extremely important part of the program. Youth are expected to pass their classes academically and behaviorally. There are different educational options available to best suit each youth's individual needs.

- High School Diploma, Barrett High School offers a complete high school diploma program that includes the preparation and completion of a Senior Project. Barrett High School has the highest number of graduates of any of the County Office of Education high school programs.
- High School Equivalency Test (HiSET) Program, the HiSET program offers an opportunity for some youth who didn't finish high school to earn a diploma and get on track for college or a career. Barrett High School offers preparation for youth eligible to take the HISET test which is offered on a monthly basis at Camp Barrett.
- College Education, once a youth has received their high school diploma or a HISET they have the option to further their education and earn college credits online while at Camp Barrett.

**Substance Abuse Education:** Substance abuse education is a key component to addressing the factors and behaviors that lead to incarceration.

- McAlister Institute Substance Abuse Program, provides education, treatment and counseling. This program offers a comprehensive range of substance abuse treatment using a cognitive behavioral intervention model. The McAlister program is an evidence-based program shown to have one of the lowest recidivism rates statistically validated. McAlister also provides wrap around recovery services that include intervention, individual and group counseling, individualized treatment planning and case management, family involvement, and referrals for services in the community
- McAlister Institute Family Therapy, the program facilitators provide family therapy with the youth and families to strengthen familial bonds. A trained McAlister Institute family therapy facilitator leads the sessions along this path of positive social connections and reunification.

**Career Technical Education:** In addition, the San Diego County Office of Education provides the following programs through their Career Technical Education (CTE) system.

- Culinary Arts (California Technical Education) Program, this course is offered by the County Office of Education (COE) in cooperation with the Sheriff's Food Service. The program prepares youth for jobs in the food industry. Eligible students will be able to take the ServSafe Certification test for national certification as a food handler. County Food Handlers certification will also be offered to participants. Each graduate will receive a County Office of Education ROP Certificate for his participation.
- Fire Science Program at Camp Barrett High School (California Technical Education), the Fire Science program at Camp Barrett is designed to educate and train students in Wildland Firefighting concepts, strategies, and tactics. The curriculum is established and coordinated by the National Wildfire Coordinating Group. Upon successful completion of the program, students will receive three nationally recognized wildland firefighting

training certifications. These certifications, along with a High School Diploma or GED, lay the foundation to obtain entry level Wildland Firefighter employment.

- Graphic Design (California Technical Education) Program, this course provides instruction in the art of graphic designs, stencils, and computer assisted models.
- Horticulture (California Technical Education) Program, this is an 8-10 week course preparing the youth for work opportunities in the landscaping and horticulture marketplace. The classroom instruction will be supplemented by on-the-job training on pre-approved projects.
- Work Readiness (California Technical Education) Program, this course provides work readiness information including vocational training testing, job search techniques, resume completion, interview techniques and job retention. The youth completing the program will have a portfolio containing a resume, job application, reference letter, cover letter and thank you letter materials. They will learn about “one stop” and job centers and participate in a Resource Fair. In addition, once the youth are released the instructor will be available in the community, to assist graduates transitioning into educational, career and work opportunities.

Other Programming offered at Camp Barrett:

- Parenting Classes, this class is offered to Camp Barrett youth who are current and soon-to-be fathers. The youth meet once a week for instruction and education on the roles and expectations of responsible parenting. The goal of this group is to provide basic information for participants to learn positive parenting skills and to encourage their appropriate involvement in the raising of their child/children. The parenting programming at Camp Barrett facilitates visits for the youth, and their babies, to further support and encourage the parental bond.
- Aggression Replacement Class, this class is a comprehensive attempt to alter the cognitions and misperceptions of individuals prone to violence. Developing empathy as a starting point, the youth are exposed to feelings and listening skills. This class also covers areas of caring, anger control, emotional triggers, and social skills.
- Social Tolerance/Gang Awareness, this class is taught by SAY San Diego. The eight-week course is evidence based and conducted in a small group of approximately ten young men. It meets for one hour per week.
- Reading Legacies - Family Connections Program, reading Legacies provides “family connections” for the youth with children or younger siblings. The youth attend a workshop about why shared-reading is important to children. Then they choose a children’s book from the library and read it aloud while being recorded on DVD. The children receive these special DVDs and books through the mail allowing them to stay connected while they are away.



- Teen Relationship Violence (TRV), all Camp Barrett youth are required to attend this 11-session program. The TRV workshops are based on experiential learning rather than lecturing, and are designed to define dating violence and challenge beliefs that relate to violent behavior. The 90-minute workshops are structured specifically for incarcerated adolescents.
- HIV/STD EDUCATION: these classes are offered by the San Ysidro Health Center once a month for 2 hours with a focus on HIV/STD symptoms, transmission and prevention.
- Cal I.D. Program, Camp Barrett helps residents obtain their Cal I.D. which can be critical in their transition back to the community. The Cal I.D. is often needed for continuing education, vocational programs, internships, etc. Funding for this program comes from Inmate Welfare.

### **GIRLS REHABILITATION FACILITY (GRF):**

Girls Rehabilitation Facility (GRF) is a County operated rehabilitative facility located adjacent to the Kearny Mesa Juvenile Detention Facility. GRF is a minimum-security institution reserved exclusively for girls ages 13-18. The GRF program is targeted for medium and high-risk girls whose offenses and home community behaviors display clear delinquent orientation (e.g. history of prior law enforcement contacts, school truancy, association with delinquent peers, gang involvement, and or drug/alcohol use). Some youth may have a history of commercial sexual exploitation.

GRF offers a wide range of services including drug and alcohol programs, individual and family counseling, and educational opportunities. GRF also offers programming that is gender specific to girls such as esteem building, sex education, and a trauma informed care approach to holistic rehabilitation. The program emphasizes physical fitness, drug/alcohol education, school attendance, vocational programs and a variety of special classes that promote a healthy lifestyle.

### **JUVENILE FORENSIC ASSISTANCE FOR STABILIZATION AND TREATMENT (JFAST)**

JFAST is a rehabilitation court ordered program for mentally ill youth that provides access to individualized treatment and strengthens family stability. JFAST is a collaborative, engaged and informed court team model that uses a multidisciplinary approach to the behavioral health care, treatment, supervision and rehabilitation of probation youth within the Juvenile Justice system. Team members include the Juvenile Court, Behavioral Health, Probation, DA, and Public Defender. Additional partners include North County Lifeline, Fred Finch, and San Diego Youth Services. The team meets prior to each court calendar to review candidates for the program; develop treatment plans; review progress in the program; and determine advancement and graduation from the program. JFAST specific caseloads are assigned to Probation Officers as part of the collaborative court team and attend court on a weekly basis, as well as wraparound team meetings. Youth assigned to JFAST, are enrolled in individualized mental health programs which utilize a community treatment approach and can include: individual and/or group therapy, case management, medication management, wrap services, education assistance including; initiating or reassessing an Individualized Education Program, and referral to the Regional Center.

### **WORKING TO INSURE & NURTURE GIRLS SUCCESS (WINGS):**

WINGS program cases are assigned regionally to supervision Probation Officers with services provided through community-based agencies in each region of the county. WINGS provides a gender-responsive intervention component (WINGS) for juvenile females who are newly adjudicated wards of the court pursuant to W&I 602. WINGS services include home visits, family conflict mediation, girls groups, substance abuse groups, family group counseling, literacy, tutoring programs, and center-based group activities. A community-based organization case manager is assigned and works with the Probation Officer to work on the individualized case plan with the youth and family.

### **JUVENILE DRUG COURT:**

The Juvenile Drug Court is an intervention program for adjudicated wards of the San Diego Superior Court who have substance abuse issues. The Juvenile Drug Court is a partnership between the Juvenile Court, the District Attorney, the Public Defender, the Alternate Public Defender, the Probation Department, law enforcement agencies, and Health and Human Services Agency. Drug Court is a voluntary program for youth who have been identified as non-violent and who exhibit a pattern of increased substance abuse issues. These youth are assigned to a Probation Officer who supervises all the Drug Court cases in a specific geographical area.

A youth who is experiencing difficulty in living a sober lifestyle will be referred to the Juvenile Drug Court. Substance abuse issues may include, but are not limited to, positive drug tests, failure to attend treatment or counseling, and unsuccessful discharge from treatment. A youth will appear for a special hearing to be screened for the appropriateness of the Drug Court program. If accepted, the youth will be assigned to a Drug Court Probation Officer. Drug Court is a minimum nine-month program aimed at intervening in drug use and criminal behavior, through intensive supervision and participation in recovery services. The interventions focus on intensive substance abuse treatment and probation supervision, with frequent court appearances, random/regular drug testing, and individual, group and family counseling.

### **JUVENILE SEX OFFENDER MANAGEMENT (JSOM)**

JSOM provides intensive monitoring for youth on probation in the community with a history of sexually abusive behavior. The primary goals of JSOM are to provide safety to the victim(s), potential victims, and the community. Additional goals include providing for youth accountability, promoting rehabilitation, and reducing the risk to re-offend. These goals are pursued through a team approach, involving close collaboration between probation officers, therapists, law enforcement, victim advocates, and other related agencies.

In collaboration with Mental Health Systems (MHS), Medi-Cal eligible youth are referred to the STEPS Program which provides mental health treatment to children and adolescents with sexually abusive behavior problems. The intensive day treatment service is for male adolescents ages 12-18 with sexually abusive behavior problems. Clients participate in treatment five days a week from 8-4PM. Clients attend school on site through the San Diego Unified School District. Students benefit from the small class size (no more than 12 students) and the teacher/student ratio allows for frequent individual attention with their academics. Day

Treatment provides individual, group therapy, family therapy, social skills building groups, treatment teams, medication assessment and monitoring.

In addition, STEPS provides an outpatient treatment program for males and females ages 6-18. The main outpatient office is in Kearny Mesa and STEPS has a satellite office in Escondido to meet the needs of North County referrals. In outpatient, clients participate in one hour a week individual and/or family therapy. The program takes a restorative rather than a punitive approach, and incorporates the belief that every youth in the program has the potential to gain insight and change.

### **YOUTHFUL OFFENDER UNIT (YOU):**

The Youthful Offender Unit (YOU) is a custodial and community program that supervises high risk male and female youth between the ages of 16-21. YOU is a four phase program that entails Custody (Phase I), Assessment/Re-entry (Phase II), Intensive Community Supervision (Phase III) and Community Reintegration (Phase IV). YOU youth have either committed serious felony offenses and/or have a lengthy criminal history. YOU works with youth who are involved in gangs, substance abuse, display behavior problems at home and in the community and WIC 707(b) youth under certain circumstances. YOU should be considered the last local alternative for youth who have failed in other local programs, unless the instant offense is so severe that the highest level of rehabilitative and custodial programming is required. YOU is a comprehensive program with custody time between 180-480 days and community supervision lasting until the youth has demonstrated pro-social behavior or is terminated as a program failure. Probation Officers in the program work closely with Alcohol and Drug Program Specialists (ADPS), Second Chance contract program personnel, schools, families, and community programs in order to provide intensive supervision for the youth upon release. The YOU program places emphasis on the highest level of accountability and the highest level of rehabilitation, requiring all parties to work closely together toward a common goal and case plan.

Through Second Chance contract counselors, youth in the YOU program have access to a gardening/horticulture while in custody, and after their transition to the community. Additional programming while in custody includes Moral Reconation Therapy (MRT), victim awareness, substance abuse, gender issues, creative process, graphic design, and vocational education. In addition, the youth participate in individual and small group counseling. Once they are released, they continue to work with their contract program counselors, and the ADPS workers provide them with continued support on a regular basis, and program referrals as needed. Second Chance employs a full time job developer, who assists the youth in connecting with real jobs in the community. They also may be involved in our graffiti removal program on a volunteer basis, when space is available, if found appropriate by the YOU supervisor and ADPS counselor. Furthermore, the ADPS workers and contract counselors provide several opportunities throughout the year to participate in pro social activities, such as hikes, fishing trips, and sports days.

### **YOU In-Custody Programming:**

#### **1. Treatment Readiness and Induction Program (TRIP):**

Institute of Behavioral Research  
Texas Christian University (TCU)  
Fort Worth, Texas

TRIP consists of 8 modules that can be adapted for use in open or closed groups within treatment programs. The modules are designed for delivery with youth that are in their first 30 days of substance abuse treatment, also called the *orientation phase* or *induction phase* of treatment. The goal of TRIP is to help engage adolescent clients in the treatment process, to improve life skills and decision making, and to strengthen their commitment to remaining in treatment in order to fully address their treatment goals.

#### **The 8 TRIP Modules:**

***Mapping It Out – Part 1*** – Introduction to mapping (see below); using maps  
***Mapping It Out – Part 2*** – Mapping personal strengths and resources for change  
***The Art of the Nudge – Part 1*** – Examining strategies for self-motivation  
***The Art of the Nudge – Part 2*** – Exploring changing self-talk for better motivation  
***Downward Spiral – Part 1*** – Playing and discussing an experiential board game  
***Downward Spiral – Part 2*** – Exploring personal consequences of drug use  
***WORK IT – Part 1*** – Steps for making choices and working on goals  
***WORK IT – Part 2*** – Practice with decision-making and problem solving

There are 4 primary elements that make up the TRIP intervention – (1) mapping enhanced counseling strategies, (2) motivation and cognitive enhancements, (3) the Downward Spiral game, and (4) peer facilitation.

Second Chance has implemented TRIP as of April 2016 in the Bravo Unit in addition to what they were already offering. The assessment tools they utilize are also coming from TCU and the interventions/programming they offer are in line with what these tools are assessing. TRIP is an 8 session curriculum that's goal is to engage youth in their substance use treatment process in addition to improving life skills, decision making, and strengthening their commitment to stay in treatment in order to fully address their treatment goals. All interventions from TCU, including TRIP, utilize “node-link mapping” which is an evidenced-based cognitive tool that helps organize information and ideas visually and spatially. TCU research supports that utilizing mapping in counseling aids in better understanding and supports better recall. This new curriculum is one of two initial programs the youth are entered into once they are committed to YOU.

2. **Texas Christian University (TCU) Brief Interventions:** Upon intake to YOU, each youth completes a TCU assessment tool which asks the youth questions in the following areas: Social functioning, Engagement in substance use treatment, Psychological functioning, Criminal Thinking, and their Motivation to change. After reviewing the youth's scores for each of these categories we are now (effective April 2016) developing an individualized rehabilitation plan for each youth which identifies areas of concern in these 5 topics. They are then utilizing the TCU Brief Intervention packets in individual sessions with the youth to address these areas of concern. The TCU Brief Interventions are a series of evidence-based mapping guides, client interventions, and organizational interventions developed for adolescents whom are incarcerated and struggling with substance abuse issues. These packets are intended to supplement the TRIP program, keeping substance abuse and relapse prevention a topic of discussion throughout the majority of their commit as opposed to completing the TRIP program and never talking about it again.

3. **Seeking Safety:** This is an evidenced-based curriculum delivered to all youth committed to the YOU program in Bravo Unit. Seeking Safety addresses the co-occurring issues related to trauma and substance use and helps the youth to develop effective and healthy coping skills as an alternative to substance use. The goal of this curriculum is to move the youth towards safety. The youth in Bravo attend this program once a week, every week, until they have transitioned to Alpha.
4. **Moral Recognition Therapy (MRT):** This curriculum is delivered in Alpha Unit and is an evidenced based cognitive behavioral approach to substance use and criminal justice offenders. This program focuses on fostering moral development in order for the youth to make better decisions. This program is made up of 12 steps and can take the youth anywhere from 4-6 months to complete. The youth attend this program one hour a week.

**Programming for youth who return on a violation:**

1. **Individual Counseling:** All youth who return on a violation continue to receive individual counseling from their Second Chance Counselor, addressing their violations, and re-establishing a plan for release.
2. **Work Readiness Counseling:** All youth who return on a violation will have contact with the Business Services Representatives from Second Chance (work readiness counselor) in order to fine tune their plans for employment and re-address skills necessary for seeking and maintaining employment. Referrals to internships/work programs and employment will be made when Business Services Representative sees fit.
3. **Seeking Safety:** All youth who return on a violation return to this programming and attend weekly. This is an evidenced-based curriculum delivered to all youth committed to the YOU program in Bravo Unit. Seeking Safety addresses the co-occurring issues related to trauma and substance use and helps the youth to develop effective and healthy coping skills as an alternative to substance use. The goal of this curriculum is to move the youth towards safety.

**Texas Christian University (TCU) new curriculum in addition to the above for youth who return on a violation:**

1. **TCU "Mapping Your Reentry Plan: Heading Home":** Based on the specific needs of the youth that violated probation, the youth will continue to utilize the TCU node-link mapping counseling which they had previously been introduced to during their original commit. They will participate in group sessions utilizing lessons from the TCU "Mapping Your Reentry Plan: Heading Home," packet. This series of lessons focus on assisting youth in identifying goals for their return to the community. Depending on the length of time they are returned to custody they will participate in these groups weekly. These lessons can also be conducted in individual sessions when needed.
2. **TCU "Transition Skills for Recovery":** Based on the specific needs of the youth that violated probation, in this case those struggling with substance use, the youth will continue to utilize the TCU node-link mapping counseling which they had previously been introduced to during their original commit. They will participate in group sessions utilizing lessons from the TCU "Straight Ahead: Transition Skills for Recovery," packet. This series of lessons focuses on reinforcing key recovery concepts including:

Maintaining recovery, Social Networks and Recovery, Support Groups, Family Recovery Issues, Effective Communication, Better Relationships, Managing Anger, and Future Challenges. Depending on the length of time they are returned to custody they will participate in these groups weekly. These lessons can also be conducted in individual sessions when needed.

### **COMMUNITY TRANSITION UNIT (CTU)**

Youth who have served custody in the Department of Juvenile Justice (DJJ) and upon release returned to San Diego are supervised in the Probation Community Transition Unit (CTU). CTU was implemented in January 2011 as a result of Assembly Bill 1628, which abolished juvenile parole. The county of origin is now responsible for the supervision of youth upon their release from DJJ. One Probation Officer is assigned to provide supervision to all released youth in the community, for the entire county. The Probation Officer is typically responsible for between 15 and 20 cases, of the highest risk youth in the juvenile system and works with a multi-disciplinary team, made up of Probation and community partners. Youth transition into the community with services that are in place to provide support and resources. These services include: transitional housing, sex offender treatment if required, psychological services, and day programs that offer work readiness and completion of appropriate educational goals, including high school diploma, college or trade school. The youth are intensively supervised by the Probation Department, and typically supervised for a minimum of six months.

CTU program at a Glance:

- Upon notification of youth being ordered to CTU Probation Officer connects with youth via phone and assesses youth's reentry needs.
  - Long Term housing
  - Family Support
  - Clothing needs
  - Bus Pass
  - Obtaining/Securing Job Ready Documentation (CA ID, BC, SS CARD)
  - Education
  - Mental Health needs
  - Substance Use needs
- Following the Re-entry hearing, each youth is transported by Probation from county jail to a contracted transitional housing provider. They will stay in transitional housing, on average for two or three months, on a case by case basis. One of the reasons youth are placed in transition housing is because many of the youth are from gang entrenched families and neighborhoods; therefore, providing these services assists them in their transition back into the community. The youth are expected to remain drug and alcohol free, and comply with all rules and requirements of the transitional house. They attend weekly house meetings, and are assigned chores. Their transition to their own home is dependent upon their reintegration progress and prosocial activities involvement (work, school, church, sports, etc.).
- CTU youth are closely supervised on an intensive caseload which means office visits with probation may occur more frequently if needed. Also, 4th waiver checks are conducted to ensure compliance with conditions, as well as accountability to behavior change. Upon their transition into the community, CTU has the ability to provide youth

with clothing, bus passes and assistance with documents necessary for job placement. Youth are referred to community based programs based on their needs. Emphasis is placed on the highest level of accountability and rehabilitation.

- CTU has wrap around services for the youth, if they are in need of substance abuse treatment, Alcohol and Drug Program Specialists (ADPS) counselors assist with linking youth to community based programs as needed. The ADPS counselors also visit with the youth to counsel them one on one, and conduct random drug testing.
- Counseling services for specific areas are available such as anger management, sex offender treatment, and emotional well-being. The Alcohol and Drug Specialist also assists with locating the right substance abuse program to fit the needs of the youth, such as a court ordered specific program.
- The school program liaison assists with finding the right school to refer the youth, for high school diploma or further education. This liaison has often worked with the youth in the past and has an established relationship that is beneficial.
- Work readiness programs are also offered such as Youth Build, a program that provides youth time in a classroom to focus on receiving their diploma/GED, as well as construction or computer certification programs. The youth have access to resume building classes and job leads.
- CTU youth are typically supervised for a minimum of six months and depending on their progress of behavior change and reintegration to the community may be terminated from probation supervision at their scheduled review hearing. However, if their progress warrants further services the youth may be continued on probation and scheduled for another review hearing.