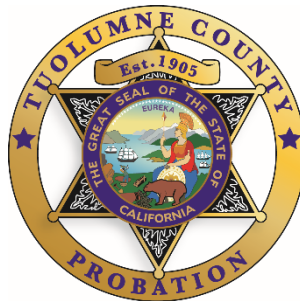


*COUNTY OF TUOLUMNE*

*JUVENILE JUSTICE CRIME PREVENTION ACT & YOUTHFUL OFFENDER*

*BLOCK GRANT (JJCPA/YOBG)*

*CONSOLIDATED ANNUAL PLAN – 2020-2021*



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## Part I. Service Needs, Priorities and Strategy

### A. Assessment of Existing Services

- a. **Law Enforcement** - Local law enforcement agencies investigate juvenile law offenses and submit new referrals regarding all juvenile matters to the Juvenile Probation Division. The Juvenile Probation Division subsequently reviews the matter and coordinates with the District Attorney's office to discuss the most prudent course of action. These case consultations result in diversion, referral for informal services, or petition for Juvenile Court intervention. Additionally, probation staff participates on a Kid's Interview Team (KIT) Steering Committee where sex crimes against children are regularly staffed to review investigative progress and determine the best course of action for each case. The committee consists of representatives from the District Attorney's Office, Child Welfare Services, the Probation Department, Behavioral Health Department, Sonora Police Department, and Tuolumne County Sheriff's Department. When a juvenile is suspected to be the perpetrator of a sex crime against a child, probation staff is present during forensic interviews of victims. The Probation Officer then receives the report from the investigating law enforcement agency which details the forensic interview and the matter is subsequently staffed with the District Attorney for referral to the Juvenile Court.
- b. **Tuolumne County Probation Department** - Details regarding the daily intricacies of the Probation Officers' activities and services provided are detailed throughout the body of this report.
- c. **Education** - Probation staff work closely with the local educational systems. Probation staff attend Individualized Education Program (IEP) meetings, Behavioral Intervention Plan (BIP) meetings, 504 meetings, Manifestation Hearings, and parent/teacher conferences, when appropriate, for probation youth. Probation staff visit school campuses regularly to contact youth, verify attendance, address behavioral obstacles and maintain solid communication with educational staff and administrators regarding the activities (both positive and negative) of probation youth. Probation Officers serve on the School Attendance Review Board (SARB) along with representatives from community-based organizations and take a supportive/mentoring role for Tuolumne County families and children who struggle with truancy related issues.
- d. **Mental Health** - The juvenile division currently has a Behavioral Health Clinician who provides therapeutic services to both in custody and out of custody youth. When appropriate probation youth are referred to the Tuolumne County Behavioral Health Department for individual and/or

group counseling services. Some probation youth nearing the age of majority, or who have a serious mental health impairment, have been referred to the Full Service Partnership (FSP) for ongoing case management services. This program is designed to stabilize youth through comprehensive community-based mental health services. This program specifically targets youth at risk of homelessness or out of home placement due to their mental health challenges, social deficits and a lack of natural community and family supports. FSP can also be accessed for younger youth with significant mental health challenges which are negatively impacting their functioning in the home, school and the extended community.

- e. **Child Welfare Services** - The Probation Department works closely with the Child Welfare Services (CWS) agency and the Department of Social Services (DSS) in a variety of ways. The Probation Department and Resource Family Approval (RFA) unit work collaboratively to ensure Wards of the Juvenile Court in need of out of home placement are placed/matched with a supportive caregiver, committed to providing opportunities for enrichment and focused on creating a lifelong relationship.

When a family has been identified as a potential placement for a Ward, probation staff refers the family to the RFA unit to initiate the approval process. RFA staff work alongside the family, frequently contacting and coaching them through the complex approval process. Placement prior to approval is also explored when appropriate.

When no matched family has been identified, the RFA unit assists probation staff in placement matching with local existing resource families or other licensed foster parents. Written reports, comprised of the family's social history as well as a list of placement considerations, can be provided to the Probation Department for further consideration.

Tuolumne County was an early implementer of the Quality Parenting Initiative (QPI). Under the QPI model, the Licensing/Resource Family Approval unit works collaboratively with the Probation Department to ensure expectations for excellence in parenting are met prior to placement. Agency staff also strives to achieve excellence in case management as defined through the QPI implementation process. Staff from both agencies work collaboratively to provide additional support to caregivers to maintain placement, where. The agencies engage in team meetings, as well as meet with caregivers to discuss specific concerns, discuss funding options, offer additional education opportunities,

complete referrals to local resources, and, when eligible, connect the youth with the Independent Living Program (ILP). RFA staff also participates in Child and Family Team (CFT) meetings when appropriate. During this reporting period, a Juvenile Probation Officer attended a week-long training to become a certified CFT facilitator. Probation staff now works collaboratively with existing CFT facilitators to arrange CFT's for both placement youth and probation youth at risk of removal from the home. Meeting goals include identifying areas of strength and strategizing around any safety concerns. Probation staff provide general support to the minor and their family during the meetings, reinforce positive behaviors, review the youth's progress on probation, and collaborate with meeting attendees on suggestions for improving behaviors in the home, in the community and at school. Staff also provide resource referral information and placement alternatives if necessary.

Probation staff also collaborate with Social Workers and CWS administration regarding dual status cases pursuant to WIC 241.1 when youth have a need for Dependency (WIC 300) and Delinquency (WIC 602) Court intervention.

- f. **Public Health** – Probation placement workers consult with a Public Health Nurse to synchronize information necessary for Health and Education Passports for foster youth. Additionally, non-placement youth have been referred to the Public Health Department for smoking cessation programs to provide health education and prevent tobacco use. Pregnant youth are also referred to the department for pre-natal services and linkage with pertinent medical providers. Additionally, juvenile probation staff refer youth and their caregivers to Public Health nursing services for ongoing education for proper management of chronic health conditions.
- g. **Drug and Alcohol Services** - Youth affected by substance abuse issues are referred to the Behavioral Health Department for services or participate in drug and alcohol services with the Behavioral Health Clinician assigned to the Juvenile Probation Division. This population typically includes current Wards of the Juvenile Court (or some other type of probation involvement), referrals from Traffic Court (for various marijuana citations falling under the provisions of the Prop. 64 cannabis initiative) self-referred youth (often by parents in need of assistance for their child), or those referred to the Probation Department by school staff. Wards of the Juvenile Court struggling with this issue are referred for intake at Behavioral Health and typically participate in an Early Tools and Recovery Intervention Program facilitated by a Recovery

Counselor. Some Wards with significant drug addiction issues have participated in an out of county residential treatment program, with the assistance of the Full Service Partnership Program (FSP), supported by the Behavioral Health Department. Traffic Court youth are also referred to the Behavioral Health Department for an opportunity to complete Court Ordered drug education hours. Concerned parents, whose child has not yet risen to the level of law enforcement involvement, may contact probation staff requesting resources specifically to address substance use by their child. Those families are referred to the Behavioral Health Department and Probation Officers typically staff the referral with the Recovery Counselor. Educators and school administrators make referrals to the Probation Department (acting as a liaison between the schools and the Behavioral Health Department), when they are concerned about a student with suspected or documented substance use disorder. Probation Officers will contact the family and meet with the parent(s) and child to gather information and referral documents which are later sent to Behavioral Health staff for processing enrollment for participation in the Adolescent Drug and Alcohol Brief Intervention Program.

During this reporting period, the Probation Department has expanded service connections to a local tribal social service specializing in substance use disorders. The Tuolumne Band of Mi-Wuk Indians operates the MEWU:YA center that provides both traditional and non-traditional substance abuse service to adolescents. Services include individual and group counseling, Medication Assisted Treatment (MAT), substance abuse testing and 12-step programming. Tribal affiliation is not required to participate in these services.

- h. **Other Youth Services** - Youth services and resources that specifically target at-risk juveniles, juvenile offenders, and their families are encompassed in a variety of programs that the Probation Department has provided as well as collaborated with and referred to community-based service providers. Those services are listed below and include, but are not limited to, the following:
  - i. **Infant/Child Enrichment Services (ICES)** Provides multiple parenting support and education services to the community. Probation specific services include in-home parent education and parent/teen group programming to increase stability within the home and strengthen the relationship between parent, child and other members of the family. Additionally, ICES now offers individual and family counseling services.

- ii. *Center for a Non Violent Community (CNVC)* Provides domestic violence services and youth resources for teen/dating violence and/or sexual violence.
- iii. *Tuolumne County District Attorney's Office Victim/Witness Division* The Probation Department works with Victim/Witness advocates collaboratively with youth and families who have been victims of crime.
- iv. *Amador/Tuolumne Community Action Agency (ATCAA)* Available to provide interventions to probation youth in the form of financial literacy courses, Casey Life Skills surveys, and ATCAA staff has co-facilitated both Boys Council/Girls Circle group programming specifically for probation youth.
- v. *Mother Lode Job Training* Provides assistance for youth in the preparation of entering the work force such as interview skills development, resume building and local job opportunities.
- vi. *TeenWorks Mentoring Program* Provides mentoring services for at risk youth. Participation in this program provides youth with increased support and guidance from a positive adult role model.
- vii. *Jamestown Family Resource Center* Provides a variety of emergency social services for youth struggling with homelessness, food insecurity and the effects of Adverse Childhood Experiences (ACEs).

Probation staff also works collaboratively with the Me-Wuk Indian tribe and native youth who come to the attention of the Juvenile Court. The tribal Social Worker and assigned Probation Officer coordinate services and conduct home/group home visits together for native youth who require out of home placement.

## B. Identifying and Prioritizing Focus Areas

A snapshot of current active caseloads within the Juvenile Division for youth in various types of probation stages such as intake, informal, DEJ, Wardship, reveals a majority of youth who have committed offenses reside in the unincorporated area of Sonora. The next highest concentration of youth offenders resides in the incorporated area of Sonora, followed by the Jamestown area. These areas of the County have the majority of social services located within their boundaries.

During this reporting period, the department noted an increase in Wardship filings on cases involving battery, criminal threats on school campuses, and cases

involving minors assaulting law enforcement or other emergency service personnel. There appears to be a strong association with substance use and youth demonstrating combative behaviors towards law enforcement and other first responders.

### C. Juvenile Justice Action Strategy

Upon a minor's first referral to the Juvenile Probation Department by a law enforcement agency that did not result in an arrest, contact is made with the parent and a meeting takes place where the minor and parent are interviewed and information about the family is gathered. Depending on the offense, a variety of responses are available to intake staff to address the law violation. Informal probation pursuant to Section 654 W&I may be offered for first time, "low level" offenders who are required to meet with their Probation Officer one time monthly for up to six months, complete community service, among a variety of other terms and conditions of probation such as curfew and attending school regularly.

Informal probation pursuant to Section 654.2 W&I (Court ordered six-month term of informal program) is rarely used in Tuolumne County but is an option. This type of probation is comparable in terms of consequences and conditions of supervision to 654 W&I.

Informal probation pursuant to Section 725(a) W&I is a recommended consequence for "low level" offenders who present with factors in place likely to mitigate overall risk (i.e. progressing appropriately in school, currently being safely maintained in the home with positive parental support, minimal history of delinquency, etc.). Consequences for this type of probation typically include six months of supervised probation, community service, a Restitution Fine, among other terms and conditions of probation such as drug testing, meeting with their Probation Officer as directed, counseling, attending school regularly, curfew, etc. A risk assessment is completed for all youth rising to the level of Court intervention.

The Deferred Entry of Judgment (DEJ) program is offered to those youth who are found eligible and suitable under the provisions of Section 790 W&I, and youth granted DEJ are required to abide by terms and conditions as specified in Section 794 W&I.

Wardship pursuant to Section 725(b) W&I (formal probation) is recommended for those youth involved in more significant levels of crime, youth ineligible for informal probation or DEJ, youth who are at increased levels of risk of further



involvement in the delinquency system, or who are at risk of out of home placement. Terms and conditions are specific to offender behavior and may include participation in the Juvenile Work Program (JWP), a supervised program involving project-based work so participants can “give back” to the community. For example, JWP coordinators sometimes organize special projects with staff from New Melones Lake to clear trails and participate in community clean up days. Other terms and conditions of probation may include but not be limited to the following: therapeutic intervention and/or group programming, drug testing and search clauses, limitations on ability to operate a motor vehicle (depending on offense), Restitution or Victim Restitution if appropriate, reporting requirements, curfew, and more intensive educational oversight and involvement on behalf of the supervising Probation Officer.

When a youth is arrested in the field by a law enforcement officer and it is determined the minor’s offense warrants detention, that youth is processed through the Mother Lode Regional Juvenile Detention Facility (MLRJDF) and upon a filing by the District Attorney’s office, Court proceedings occur within the statutory time lines as specified in Section 632 W&I. Outcomes for youth who require detention typically involve a recommendation of Wardship post adjudication due to the high risk circumstances associated with the initial detention. Should a minor require a juvenile hall commitment, they are subject to multiple treatment interventions throughout their stay including, but not limited to: drug/sex/health education; educational services including library and tutoring services through Gold Ridge Educational Center; medical/dental/psychiatric services; and evidenced based programming such as Boys Council, Girls Circle, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, Eye Movement Desensitization and Reprocessing (EMDR) treatment, Aggression Replacement Training, Interactive Journaling, and individual, group and family counseling by means of the Matrix curriculum for youth with substance use disorders. Youth also have the ability to participate in religious services, and other interactive group activities. The Tuolumne County Juvenile Justice Commission (JJC) continues to perform advocacy and various regulatory functions on behalf of detained youth. The JJC conducts annual inspections and ongoing review of operations at the detention facility.

While supervised on formal probation, youth are responsible for abiding by detailed terms and conditions of probation based on the specifics of the offense and other information collected during the intake process (self-disclosed substance abuse by the minor, for example). Additionally, a case plan is developed in collaboration with the parent(s) and their child based on the specific identified needs of the child and family. After adjudication, the youth and parent(s) are required to meet with the assigned Probation Officer for reporting

instructions and review of the terms and conditions of probation and case plan objectives. It should be noted the case plan is typically developed with the family and child during the intake process and immediately following the Dispositional Hearing, the case plan is reviewed and signed by the parent(s) and child. Within thirty days of Disposition, a National Council on Crime and Delinquency's Juvenile Assessment and Intervention System (JAIS) is completed with the minor. Results of the assessment are gender-specific and incorporate a risk assessment and strength and needs assessment. The completed JAIS assessment guides case management strategies and alerts supervision Probation Officers to behaviors, attitudes, and problems they may encounter with a specific youth. A revised case plan may be completed with a youth if needs are identified that are different from the original case plan.

Should a minor fail to engage in services to meet case plan goals and/or fail to abide by the terms and conditions of probation, further sanctions are considered. In determining responses to a minor's non-compliance, risk level, static and dynamic risk factors, criminogenic needs, and stabilizing or destabilizing factors are considered. In response to non-compliance, attempts are made to individualize the sanction, taking into consideration prior successes, and recommending a consequence that is proportional to the violation and/or success. For behaviors such as curfew violation, being disrespectful to a parent/guardian, or failure to maintain consistent school attendance, responses such as verbal reprimands, warnings and review of probation conditions, family meetings, or increased reporting requirements are typically implemented. Behaviors such as failure or refusal to submit to drug testing, failure to abstain from the use of illegal substances (i.e., positive urine analysis tests), excessive absences from school, or willful failure to report to the supervising Probation Officer, may result in further Court intervention and recommended consequences such as increased drug testing/searching, increased reporting, or referrals to additional rehabilitative programming. Behaviors such as new felony/misdemeanor crimes, continuous violations of probation with no response to interventions, or absconding from the Court's Jurisdiction may result in a unitary Petition being filed with the Court, a juvenile hall commitment, or out of home placement.

The Probation Department and the Child Welfare agency have been working together on the implementation of the Continuum of Care Reform (CCR). The Juvenile Division Manager sits on the Interagency Placement Committee (IPC), along with administrators from the Behavioral Health Department, County Schools Office, Child Welfare Services, and the Me-Wuk Indian Tribe, and provide oversight and review/approve placement into Short-Term Residential Therapeutic Programs (STRTP). The Tuolumne County Probation

Department historically has had relatively few Wards in foster care settings at any given time.

Should a family struggle with maintaining their child appropriately in the home due to either the child's behavior or child welfare issues present within the home, Child and Family Team (CFT) meetings are held with the specific intent of troubleshooting barriers that may exist to keeping the youth in the home and identifying support systems to assist in preserving the child's place in the home. Should child welfare issues become prevalent or behaviors are such that out of home care is unavoidable, CFT's take place regularly in accordance with state mandated time lines and county specific protocol.

Tuolumne County's Justice Strategy is to continue collaborative efforts with community-based organizations outlined above, educators and school administrators, the Me-Wuk Indian Tribe, Child Welfare Services, Department of Social Services, Behavioral Health Department, District Attorney/Victim Witness Program, and community-based organizations. Tuolumne County will continue being proactive in the implementation and facilitation of evidence-based practices and providing the best level of supervision and care possible based on the individual needs of Tuolumne County youth and families.

#### D. Comprehensive Plan Revisions

No major revisions have occurred to Tuolumne County's plan during the year. Our County continues to leverage various funding sources to provide evidenced based treatment services to the youth we serve. Should our County experience significant fiscal changes in the upcoming budget year, the Juvenile Probation Department may be required to redesign and update this service plan.

### **Part II. Juvenile Justice Crime Prevention Act (JJCPA)**

#### A. Information Sharing and Data Collection

The Probation Department's case management system integrates information sharing and data between the Juvenile/Adult Divisions, and the Juvenile Hall. Additionally, probation staff participate in weekly Multidisciplinary Team (MDT) meetings to review the overall progress and any unmet needs of in-custody youth, and to develop appropriate transition plans for youth serving juvenile hall commitments. Core members of the MDT include the Probation Department, Juvenile Hall custody staff, administration and teaching staff of the Court school, Special Education staff and Behavioral Health clinical staff.

Currently, there is no system in place to share data among all criminal justice partners including law enforcement, the District Attorney/Victim Witness Office, the Public Defender's Office, the Courts, and the jail. Reports and other Court documents are hand delivered to each respective agency, as there is no electronic data sharing system in place between the above listed agencies. It should be noted that electronic data sharing has been discussed and explored more recently considering the COVID-19 pandemic.

#### B. Juvenile Justice Coordinating Councils

Tuolumne County has an established Juvenile Justice Council with all required service sectors represented.

#### C. JJCPA Funded Programs

JJCPA funding has allowed probation staff to be trained in evidenced based curriculum and best practices in facilitation techniques. Program goals have always been to reduce recidivism by the introduction of such programming including, but not limited to, the following:

- a. ***Thinking for Change*** An integrated, cognitive behavior change program for offenders that includes cognitive restructuring, social skills development, and development of problem-solving skills. Thinking for Change is a proven Evidence Based Practice based on multiple studies. Research of this program reflected decreases in recidivism rates amongst its participants.
- b. ***Aggression Replacement Training (ART)*** A multimodal intervention design to alter the behavior of chronically aggressive youth. The program consists of skill streaming, designed to teach a broad curriculum of pro-social behavior; anger control training, a method for empowering youth to modify their own anger responsiveness; and moral reasoning training, to help motivate youth to employ the skills learned via the other components. ART has been deemed a preferred program in terms of Evidence Based Practices. Multiple studies have shown a reduction in recidivism rates, reduction in cost per youth within the criminal justice system and benefits to victims.
- c. ***Girls Circle*** A skills-building support circle where girls learn to examine thoughts, beliefs, and actions about friendships, trust, authority figures, mother/daughter relationships, sexuality, dating violence, HIV, drug abuse, stress and goal-setting. The curriculum is built with the intention of exposing girls to important exploration regarding their choices and behaviors and examining ways to promote self-care and healthy decision-making.

- d. ***Boys Council*** A strengths-based group approach to promote boys' and young men's safe, strong and healthy passage through adolescent years while encouraging them to act safely, show respect in their relationships, develop a healthy perspective, see other's points of view, use good judgment, and identify individual goals.

Youth served are identified as medium to high risk offenders that have been or are at an elevated risk of removal from the home. Intervention efforts focus on promoting success for this population of youth, on probation, in their community, schools, and homes, by providing a variety of cognitive behavioral interventions and engaging families and youth in the specialized, strengths-based services as detailed above.

### **Part III. Youthful Offender Block Grant (YOBG)**

#### **A. Strategy for Realigned Youth**

The juvenile division of the Tuolumne County Probation Department has experienced staffing shortages and staff turnover resulting in challenges in the areas of field supervision and effective case management. Although juvenile caseloads are relatively small in Tuolumne County (approximately 60 youth averaging approximately 30 juveniles per supervision officer), the level of service provided, and efforts made to decrease the probability of out of home placement requires excellence in case management and exhaustive creative efforts. The addition of the local regional detention facility has allowed for streamlined, coordinated services to support youth as they re-enter their communities following detention, as juvenile Probation Officers are now co-located at the facility. Families now have a greater ability to visit their children at the local facility whereas in the past, transportation and the ability to travel to a facility two or three plus hours away was not feasible for most families. Having the ability to regularly visit and stay connected with family members during detention is invaluable for youth and often contributes to a more rapid transition home. Furthermore, juvenile Probation Officers are involved in transitional planning with families and educational staff from Gold Ridge Educational Center (juvenile hall Court School) and attend all Individualized Education Program (IEP) team meetings which now occur at the detention facility, so the detained youth can continue to benefit from accommodations outlined in their respective IEPs.

During the reporting period, there have been seventy-six unique enrollments with a 98.6% percent attendance rate for year-round schooling. During this reporting period, three youth graduated with a high school diploma. Additionally, students are eligible to enroll in online college courses through the local community college to earn postsecondary educational credits. Three youth

took advantage of this opportunity during this reporting period. An additional seven youth participated and successfully completed the ServSafe program to increase vocational skills and prepare for entering the workforce.

Currently, the strategy for realigned youth is to utilize all the rehabilitative services and evidence-based programming funded through YOBG as well as services through JJCPA to provide services to realigned youth. Efforts remain underway to continue workforce development in field supervision. Officers assigned to field supervision continue to have a strong presence at local school and work collaboratively with families and all available community-based organizations to wrap supportive services around the entire family structure. Additionally, to facilitate a more seamless transition home, juvenile Probation Officers have become more involved with youth while in detention. The department remains focused on incorporating juvenile officers in the direct service delivery of evidenced based programs for both in-custody and out of custody youth. Implementation of these processes along with a strong partnership with the Behavioral Health Department will assist in strengthening families thus decreasing the need for out of home placement or recommendations to the Department of Juvenile Justice (DJJ). It should be noted since 2014, the Tuolumne County Juvenile Court has committed two youth to DJJ, both of whom had adjudicated sex offenses. Since the opening of the local regional detention facility, no youth have been committed to DJJ or placed in out of home care. This positive trend is indicative of the high quality of treatment services provided to Tuolumne County youth at the Mother Lode Juvenile Detention Facility.

## B. Regional Agreements

Current Memorandum's of Understanding (MOUs) with regional partners for housing their youth include Calaveras County, Mariposa County, Amador County, and Inyo County. YOBG funding will support evidenced based practices and programming for all detained youth.

## C. YOBG Funded Programs and Services

YOBG funding has paid for juvenile hall beds, contracts, and costs of youth requiring detention outside of Tuolumne County prior to the opening of the Mother Lode Regional Detention Facility in April of 2017. Prior to the facility opening, no detention space was available in Tuolumne or neighboring counties for the incarceration of minors, and Tuolumne County youth were being detained in facilities as far away as Yuba-Sutter to the north and Bakersfield to the south. The most frequent counties utilized for housing minors included

Yolo, Yuba-Sutter, Nevada, and Kern. Tuolumne County leaders have always made attempts to place Tuolumne County youth in need of detention with “like” youth, in terms of sophistication levels and those from similar rural locations and demographic backgrounds. Extraordinary county resources were devoted to out-of-county placement for juveniles that required incarceration. Previously, programs likely to reduce recidivism and possible out-of-home placement through family involvement were not available to our juveniles and families as the youth were so far away. Additionally, treatment programs provided by other county agencies could be initiated while a juvenile was out-of-county; however, Tuolumne County had little control or input over programming provided to our youth at outside facilities. Also, depending on the length of stay for each respective minor, programs were interrupted or could not be completed and there was a lack of transition to comparable local programs. Lastly, our youth were at a greater risk of exposure to juveniles who display more sophisticated delinquent behavior than rural Tuolumne County youth. Since the opening of the local regional facility, YOBG funding supports staffing and the facilitation of evidence-based practices and programming. The following is an outline of fully implemented rehabilitative services:

- a. ***Seeking Safety Group Treatment*** This treatment modality is included in the Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Registry of Evidenced Based Programs and Practices (NREPP). Additionally, the program has been reviewed by the California Evidenced Based Clearing House (CEBC) and given a scientific rating of 3. This corresponds with the category of “promising research evidence.”

Seeking Safety is a cognitive behavioral treatment for individuals with co-occurring substance use disorders and trauma exposure. Twenty-five topics are included in the Seeking Safety treatment manual. Each topic focuses on the use of safe coping skills. Psycho-educational handouts are provided to participants and materials are related to youth’s current situations through process of self-exploration, group discussion and completion of homework assignments. Groups meet once a week for one hour. Treatment material can also be used for individual treatment sessions.

- b. ***Dialectical Behavioral Therapy (DBT) Group Treatment*** The use of DBT for various populations is supported by significant scientific evidence. DBT is included in the Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Registry of Evidenced Based Programs and Practices (NREPP).



DBT is a cognitive behavior treatment for complex treatment resistance disorders. Treatment includes four modules: mindfulness, distress tolerance, emotional regulation and interpersonal effectiveness. Overall treatment goals center on improving psychosocial functioning and reducing harmful behaviors. Groups meet once per week for one hour. Treatment materials can be utilized in both individual and group settings.

- c. ***Aggression Replacement Training (ART)*** ART has been reviewed by the California Evidenced Based Clearing House (CEBC) and given a scientific rating of 3. This corresponds with the category of “promising research evidence.” Additionally, the Washington State Institution for Public Policy has evaluated the program and identified as a promising practice that reduces felony recidivism.

ART is a cognitive behavioral treatment module based on social learning theories. Goals of treatment include: improved social skills, enhanced moral reasoning and increased anger control. Groups meet three times per week for one-hour segments. Each session focuses on a different treatment component (skills training, moral reasoning and anger control). Skills are modeled by facilitators and youth practice skill acquisition through group discussion, role plays and homework assignments.

- d. ***Interactive Journaling*** Interactive Journaling is included in the Substance Abuse and Mental Health Services Administration’s (SAMSHA) National Registry of Evidenced Based Programs and Practices (NREPP).

Interactive Journaling is a cognitive behavioral intervention that targets specific risk areas. A variety of journals are available depending on the individual needs of the participant. Journals are completed with the help of Probation Department facilitators trained by the Change Company. Writing assignments are designed to have participants evaluate the interplay between their thinking, feelings and actions, and engage in behavioral changes to live a more responsible life. Key underpinnings of the module are Motivational Intervention (MI) and the trans-theoretical model of change. The curriculum is applicable to both individual and group settings.

- e. ***Matrix Model*** The Substance Abuse and Mental Health Services Administration (SAMSHA) Matrix Model developed for outpatient stimulant use disorder introduces youth to an evidence based substance abuse treatment model which uses components of Motivational Interviewing, Cognitive Behavioral Therapy, and components of Twelve



Step groups to help youth analyze events and change thoughts, behaviors, and lifestyle related to alcohol and other substance use. The program includes four core components: individual family therapy, early recovery, relapse prevention, and family education. The value of participation in Twelve Step and other peer fellowships is reinforced throughout, and it also emphasizes the importance of social support, and accountability. And although the program can be completed in sixteen weeks, it can also be extended up to twelve months to support continuing care and aftercare.

- f. ***Eye Movement Rapid Desensitization and Reprocessing (EMDR)***  
EMDR is included in the Substance Abuse and Mental Health Services Administration's (SAMSHA) National Registry of Evidenced Based Programs and Practices (NREPP). Other organizations that endorse EMDR as an effective treatment include: the American Psychiatric Association, World Health Organization (WHO), U.S. Department of Veterans Affairs and Department of Defense, and the U.S. Department of Health and Human Services (HHS).

EMDR is an integrative psychotherapy that targets traumatic memories and the maladaptive behaviors that can result from trauma exposure. EMDR uses dual focused attention and alternative bilateral stimulation (visual, auditory and/or tactile) to target and process traumatic material. The approach simultaneously increases positive coping resources and integrates adaptive neural networks.

- g. ***Mindfulness Based Substance Abuse Treatment (MBSAT) for Adolescents***  
MBSAT is included in the Substance Abuse and Mental Health Services Administration's (SAMSHA) National Registry of Evidenced Based Programs and Practices (NREPP).

The curriculum targets substance use disorders and co-occurring issues (i.e. traumatic stress and Juvenile Justice Involvement). Treatment goals include improved self-regulation and decreases in unhealthy behaviors. The twelve-session curriculum is designed for group treatment.

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