

## Raise the Age Service Guide 6/1/18

### Part 4: Alternatives to Detention Services

Interventions/ strategies that are provided as an alternative to being held in custody (secure or non-secure) at any point in juvenile justice processing (arrest to post-disposition) to safely reduce detention use. These interventions would apply to juveniles who are at risk of detention because of a substantial probability of failing to appear or a serious risk of committing a new offense.

- **Electronic Monitoring (*only with a court order*):** Youth is fitted with an electronic device that is maintained through a vendor and provides a report about whether the youth was available at home and/or in prescribed locations when required by court order. Probation staff monitor the EM vendor reports, any other conditions of release, and report to the court as necessary.
- **Intensive Case Management:** Coordination of community-based services by a professional or team to provide youth (and family) with support and services that are customized to youth needs. This alternative to detention supports the youth's appearance in Court or Probation Intake, while reducing the likelihood of additional delinquent behavior. Intensive case management supports stabilization of needs while a youth remains safely in the community through coordination between the youth and service systems. This may also include crisis intervention, 24/7 crisis support, health-related interventions, housing stabilization, transportation, treatment interventions, employment, social relationships, and community participation.
- **Pre-Dispositional Supervision (*only with a court order*):** Probation supervision provided by probation to ensure the youth's appearance in court and compliance with any pre-dispositional conditions ordered by the court.
- **Respite:** Short-term, residential services for justice-involved youth who are at risk of detention because of family instability or conflict. Respite should be considered when it may provide a monitored, structured and safe separation from the primary family / living arrangement.

## Part 5: Program Services for Justice System Involved Youth

This document describes services for youth involved in the justice system. The identified services and interventions provide a brief overview of what is used in New York (see, County Information Chart for program implementation by county), as well as what may be used at a national level.

Departments can search for evidence-based interventions targeting any identified need area tailored to an unmet need of a locality. Some nationally recognized websites include:

- <http://www.blueprintsprograms.com/search>
- <https://www.samhsa.gov/nrepp>
- <https://www.crimesolutions.gov/Programs.aspx>
- <https://www.ojjdp.gov/mpg>

### 1. LOW INTENSITY SERVICES:

- **Community Service** - These programs provide a positive means to offer other services of value and/or significance to communities. Further, this enables youth to understand how their actions impact the community, be held accountable for their offense, and learn pro-social behavior. These programs adhere to all labor laws applicable to operating such programs.
- **Afterschool / Evening Centers** – Centers provide enhanced structured supervision during after-school hours and may include clinical and academic support.
- **Juvenile Community Accountability Board** - A model that seeks to help juveniles understand the impact their crime has had on the community, and to allow them an opportunity to repair the harm that was caused. The JCAB operates on the principles of balanced and restorative justice while focusing on juvenile accountability. The JCAB comprises community members who are trained to facilitate meetings with the juvenile, their parents and the victim (if they choose to attend). The Board members are all volunteers who live, work or have some vested interest in the community. Youth may be referred by probation, the presentment agency, or the Family Court. The board focusses on harm done, and develops individualized contracts for youth to repair harm. Youth generally have 60-90 days to complete the plan.
- **Mediation** - A neutral person ("mediator") helps the responsible party and harmed party in attempting to reach a mutually acceptable resolution. The mediator does not decide the case, but helps the parties communicate so they can try to settle the case themselves. Forms of mediation may be used in misdemeanor level offenses, if appropriate. Mediation may be inappropriate if a party has a significant advantage in power or control over the other.
- **Mentoring** - Mentorship is generally a relationship in which a more experienced or more knowledgeable person helps to guide a less experienced or less knowledgeable person. Mentoring for youth in the juvenile justice system can also be a process through which

individuals from similar backgrounds, especially men and women who were themselves system-involved, engage youth in structured and intentional relationships that help them change their attitudes, beliefs, and actions. Departments should maintain protocols for selection of this service to ensure the provider conducts rigorous vetting of mentors.

- **Youth Court** - Programs operated by various community based groups that utilize youth to perform the various functions (prosecutor, defense counsel, judge) in a courtroom-like setting designed to divert young offenders from formal juvenile court proceedings to an informal process. Youth Courts incorporate components of restorative justice to hold youth accountable for their offenses and prevent future delinquency.
- **OTHER:**
  - **Girl's Circle** – The Girl's Circle is a structured support group for adolescent girls that integrates relational theory, resiliency practices, and skills training. Girls Circle is designed to address girls' unique risks, strengths, and needs by utilizing gender-responsive principles and practices to build healthy connections, address challenges, reduce risks, and build social–emotional skills. Circles are most often held weekly for 90 minutes to two hours and are open groups. Core components of the program are delivered through 13 themed curriculum activity guides. Probation staff can be trained as facilitators.
  - **The Council for Boys and Young Men** - The Council program provides a strength-based group approach to build a foundation for adolescent boys that promotes safe and healthy relationships with positive role models and peers and offers stress reducing activities along with thoughtful exploration of common attitudes, conditions, and behaviors. The model engages boys in activities, dialogue, and self-expression to question stereotypical concepts and to increase boys' emotional, social, and cultural literacy by promoting valuable relationships with peers and adult facilitators. An open group of six to ten boys of similar age and development meet with one or two facilitators for 90 minutes per week over ten weeks. Probation staff can be trained as facilitators.

## 2. COGNITIVE BEHAVIORAL INTERVENTION:

- **Aggression Replacement Training (ART)** – ART concentrates on development of individual competencies to address various emotional and social aspects that contribute to aggressive behavior in youths. Program techniques are designed to teach youths how to control their angry impulses and learn to understand perspectives other than their own. The main goal is to reduce aggression and violence among youths by providing them with opportunities to learn prosocial skills in place of aggressive behavior. ART consists of a 10-week, 30-hour intervention administered to groups of eight to 12 participants in three one-hour sessions per week and are closed groups.
- **Brief Intervention Tools (BITS) by Carey Group Publishing** - A cognitive behavioral intervention with a variety of topics. BITS effectively address key skill deficits in short,

structured interventions. The ToolS focus on six key skill deficits that underlie a variety of manifested behaviors, target problematic behavior patterns and are designed to be used when a spontaneous "teachable moment" arises. The six skill areas include: Decision Making; Overcoming Automatic Responses; Thinking Traps; Overcoming Thinking Traps; Problem Solving; and, Who I Spend Time With. Probation officers deliver BITS directly with clients to support skill development and supplement other interventions that may be provided.

- **Dialectical Behavior Therapy (DBT)** – DBT is a cognitive-behavioral treatment approach with two key characteristics: a behavioral, problem-solving focus blended with acceptance-based strategies, and an emphasis on dialectical processes. “Dialectical” refers to the issues involved in treating patients with multiple disorders and to the type of thought processes and behavioral styles used in the treatment strategies. DBT emphasizes balancing behavioral change, problem-solving, and emotional regulation with validation, mindfulness, and acceptance of patients. Dialectical Behavior Therapy is delivered by certified therapists.
- **Interactive Journaling by The Change Companies** - Interactive Journaling is a structured and experiential writing process that motivates and guides participants toward positive life change. The process uses evidence-based strategies to assist youth in making positive changes to their thoughts, feelings and behaviors. Applying the information presented in the Interactive Journals to their own lives helps participants achieve their goals for responsible living. Interactive Journals can be facilitated by a probation officer on an individual basis or in an open group format. Interactive Journaling supports skill development and supplements other interventions that may be provided.
  - **Forward Thinking Series** – A cognitive behavioral series assisting youth in the process of prosocial change. This series includes nine Journal titles: *What Got Me Here, Individual Change Plan, Responsible Behavior, Handling Difficult Feelings, Relationships and Communication, Victim Awareness, Reentry Planning, Substance Using Behaviors, and Family.*
  - **Employment Skills** - Helps participants understand the process of planning for a career. By exploring their willingness to learn, understanding their areas of interest and evaluating their skill sets, participants will prepare for the job application and interviewing process.
  - **Skills for Successful Living** - Offers a jump-start for participants to start thinking about the life areas of education, finances, employment and physical health. Practical tips are offered on each topic, and participants are encouraged to develop long-term goals in each area.
- **Moral Reconciliation Therapy (MRT)** – MRT is a systematic treatment strategy that seeks to decrease recidivism among juveniles and adults by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth. MRT takes the form of group and individual counseling using structured group exercises and prescribed homework. Participants meet in groups once or twice weekly and can complete all steps of the program in three to six months. Participant enrollment is open at any session.

- **Thinking for a Change (T4C)** – T4C is an integrated cognitive behavioral change program which incorporates cognitive restructuring theory, social skills development, and the learning and use of problem solving skills. T4C is comprised of 25 lessons that build upon each other, and contains appendices that can be used to craft an aftercare program. Participants complete homework between each lesson. The program is designed to be provided in groups of eight to twelve and should be delivered only by trained facilitators. T4C is a closed group meaning all participants begin at lesson one and continue through completion.
- **OTHER:**
  - **Decision Points** – Decision Points is an open-group cognitive-behavioral intervention program that was published in 2012 and released nationally in 2015. Decision Points has been pilot tested and implemented with youth & adult groups in a range of correctional settings. It targets anti-social thoughts and skill deficits through an interactive cognitive-behavioral approach and is constructed of five comprehensive learner-centered lessons. Participant enrollment is open at any time. The program can be delivered by trained probation staff.
  - **National Curriculum & Training Institute (NCTI) Youth Crossroads** – Crossroads is a cognitive behavioral intervention on the following topics: *Anger Management, Cognitive Life Skills, Curfew, Drugs & Alcohol, Gang Involvement, Graffiti, High Risk Offender, Misdemeanor Offenses, Shoplifting, Traffic Safety, and Truancy*. It provides evidence-based curricula for use with justice-involved youth and offers a variety of offense-specific curricula. The program can be delivered by trained probation staff individually or in an open group.

### 3. BEHAVIORAL HEALTH:

**Specialized Assessments and Interventions** - DCJS encourages probation departments to partner with qualified professionals to schedule, conduct, and complete specialized assessments and treatment services expeditiously. This may include the co-location of professionals.

- **Mental Health** – Probation departments are encouraged to develop partnerships with mental health organizations and/or professionals to expedite mental health assessments, access crisis services, and appropriate interventions/treatment services. This may include respite services to address escalating crises or avoid detention, crisis intervention services, navigating health insurance coverage, transportation, and other identified barriers to meeting the mental health needs of justice-involved youth. This may also include partnerships between probation and OMH-licensed agencies to support co-location of services/providers, timely referral, initiation, and retention in treatment.
  - Mental health programs can be searched on the NYS Office of Mental Health website: <https://my.omh.ny.gov/bi/pd/saw.dll?PortalPages>
  - DCJS encourages probation departments to partner with the local Single Point of Access (SPOA) for assistance in identifying and coordinating mental health

services for youth and families as well as determining eligibility for higher-end services. The SPOA directory is:

[http://www.clmhd.org/contact\\_local\\_mental\\_hygiene\\_departments](http://www.clmhd.org/contact_local_mental_hygiene_departments)

- **Problematic Sexual Behaviors**

- **Cognitive Behavioral Therapy (PSB-CBT)**- PSB-CBT is a family-oriented, cognitive-behavioral, psychoeducational, and supportive treatment group designed to reduce or eliminate incidents of sexual behavior problems. PSB-CBT is structured into three age-specific models: Pre-School; School-Aged; and Adolescent. The Adolescent Age Model is conducted in 90-minute weekly sessions over the span of six to 12 months and is concurrent with youth and caregiver group sessions. Lead therapists and supervisors must be licensed mental health practitioners with previous experience treating adolescents with behavior problems and with adolescents who have been maltreated. Staff needed include a program director/supervisor and co-therapists for a group; a therapist for the caregiver / parent group; and personnel to conduct the intake assessments.

- **Substance Abuse** - Supportive services include, but are not limited to, expediting substance abuse assessments, crisis services, navigating health insurance coverage, and support for transportation or other services that will allow the youth to access interventions/treatment. This may also include partnerships between probation and OASAS licensed agencies to provide brief, educational interventions, co-location of services/providers, and retention in treatment. DCJS funds may support contracting for clinical services with OASAS licensed providers/ agencies. Search New York State Alcoholism and Substance Abuse Services (OASAS) website for service providers, and click on the following website links for information:

- **Regional Substance Use Disorder Services** (including Peer Engagement Specialist, Youth Clubhouse, Regional Addiction Resource Center (Community Coalition), Centers of Treatment Innovation (COTIs) and more) at:  
<https://www.oasas.ny.gov/CombatAddiction/RegionalSvc.cfm>
- **NYS OASAS Treatment Availability Dashboard** at [FindAddictionTreatment.ny.gov](http://FindAddictionTreatment.ny.gov)
- **NYS OASAS Website** For more information, visit <https://www.oasas.ny.gov/treatment/index.cfm>

#### 4. VOCATIONAL/EDUCATIONAL/EMPLOYMENT:

- **Career University** – Career University is a job readiness curriculum targeting justice-involved youth ages 14-24. Like **Ready, Set, Work!** this curriculum provides tools that are needed to secure gainful employment while accentuating further education and career exploration. In partnering with NYS One-Stop Career Centers, participants are also offered a variety of classes, workshops, job fairs, job clubs and informational sessions on a variety of topics. Career University is a closed group of eight-10 individuals, attending two-hours per week to complete 12-modules that are delivered

over 14 weeks. This program is delivered by trained facilitators. Probation officers who complete the 180-hour training are certified Offender Workforce Development Specialist (OWDS).

- **WhyTry** – WhyTry is a resilience education curriculum that provides simple, hands-on solutions for dropout prevention, violence prevention, truancy reduction, and increased academic success. The curriculum utilizes a series of ten visual analogies that teach important life skills (e.g., decisions have consequences; dealing with peer pressure; obeying laws and rules; plugging in to support systems). The program uses a multisensory learning approach to teach social, emotional, and leadership principles to students of all learning types. The program has been used in open and closed groups and can be facilitated by a trained probation officer.

## 5. INTENSIVE FAMILY THERAPY:

- **Brief Strategic Family Therapy (BSFT)** – BSFT is a family-based intervention designed to prevent and treat youth and adolescent behavior problems. The goal of BSFT is to improve a youth's behavior by improving family interactions, reducing risk factors and strengthening protective factors. BSFT targets children and adolescents who are displaying, or are at risk for developing, behavior problems, including substance abuse. BSFT is a short-term, problem-oriented intervention. A typical session lasts 60 to 90 minutes and is held with the adolescent and one or more other family members. The average length of treatment is 12 to 16 sessions over three to four months. For more severe cases, the average number of sessions and length of treatment may be increased. Treatment can take place in the office, home, or community settings, and is delivered by certified therapists.
- **Family Solutions Program (FSP)** – FSP is a multi-family group intervention (MFGI) program that involves the immediate and extended family of the targeted youth. It is designed to establish positive family influences on at-risk youth behavior and build social skills for youth in preparation for a successful adulthood. The goal of FSP is to help juveniles and their families find solutions, in a group setting, to family conflict and poor decision-making that will prevent repeat criminal behavior and improve personal and family well-being. FSP promotes group social support and community networking, successful parenting practices, and skill-building such as anger management and improved decision-making. FSP consists of 10 weekly two-hour sessions in a multiple-family group intervention (MFGI) format. The FSP structure is approximately six to eight families and two FSP Certified Group Co-Leaders. Leaders are required to have a college degree in a human service or social science discipline and are trained in specific group techniques on managing an MFGI including time management, negative emotion of a participant, FSP session content, and evaluation procedures.
- **Functional Family Therapy (FFT)** – FFT is a family-based prevention and intervention program for high-risk youth that addresses complex problems through clinical practice that is flexibly structured and culturally sensitive. Targeted youths generally are at risk for delinquency, violence, substance use, or other behavioral problems. FFT has five

specific phases: engagement, motivation, relational assessment, behavior change, and generalization. FFT consists of 12 sessions over three to four months. Clinicians spend an average of two and a half to three hours per family per week. This model is delivered by FFT trained therapists.

- **Multidimensional Family Therapy (MDFT)** – MDFT is a comprehensive and multi-systemic family-based program for substance-abusing adolescents, adolescents with co-occurring substance use and mental disorders, and those at high risk for continued substance abuse and other problem behaviors such as conduct disorder and delinquency. Working with the youth and his or her family, MDFT helps the youth develop more effective coping and problem-solving skills for better decision making and helps the family improve interpersonal functioning. Trained MDFT therapists conduct therapy sessions which can be delivered one to three times per week, and are usually delivered over four to six months. Therapists work on a team, with a therapist assistant delivering many of the community interventions. Sessions are typically held in the family's home.
- **Multi-systemic Therapy (MST)** – MST is a family and community-based treatment program for adolescent offenders who have exhibited serious antisocial, problem, and delinquent behaviors. MST enhances parenting skills and provides intensive family therapy to troubled and delinquent teens. It empowers youth to cope with the family, peer, school, and neighborhood problems they encounter - in ways that promote prosocial behavior while decreasing youth violence and other antisocial behaviors. MST typically uses a home-based model of service delivery to reduce barriers that keep families from accessing services. Therapists have small caseloads of four to six families; work in teams; are available 24 hours a day, seven days a week; and provide services at times convenient to the family. The average treatment occurs over approximately four months, although length can vary. Multiple therapist-family contacts occur each week. MST requires a master's degree therapists with special MST training.
- **Parenting with Love and Limits (PLL)** - PLL is a treatment that combines group therapy and family therapy for families with youths who are at risk for out-of-home placement. The primary goals of PLL are to teach families how to restore the parental hierarchy, reestablish healthy communication patterns, and restore family attachments. The PLL model is designed to move families progressively through the stages of readiness to change while keeping youth from penetrating deeper into the system, and reducing recidivism. The model uses a motivational interview process and a combination of group therapy, family therapy, and family-systems trauma treatment within one continuum of care. It includes six multifamily sessions, conducted by two facilitators, that employ group discussions, videotapes, age-specific breakout sessions, and role-play. Individual families also receive intensive one to two hour -hour therapy sessions in an outpatient or home-based setting to practice the skills learned in the group setting. The number of family therapy sessions varies from three to twenty sessions depending on problem severity. The clinician requires a master's degree in counseling or related field while a co-facilitator or case manager requires a bachelor's degree.

- **Strengthening Families Program (SFP)** – SFP is an evidence-based parenting skills, children's social skills, and family life skills training program designed for high-risk families. Parents and children participate in SFP, both separately and together. The goal of SFP is to improve parenting skills and family relationships, reduce problem behaviors, delinquency and alcohol and drug abuse in children and to improve social competencies and school performance. Facilitators must be certified trainers.

## Part 6: Ancillary Services

Additional services can be essential to helping youth achieve outcomes. These services can help address an obstacle to a youth's successful participation in an intervention or referred program.

- **Educational/Vocational Advocacy** - This may include assessment, linkage to programming, and ongoing academic retention support.
- **Interpreter Services** - This may include fee-based services to vendors (organizations and/or professionals) who can bridge a language barrier for the probation department. Departments should maintain protocols for selection and utilization of this service to ensure availability, credibility, and cultural competence of the provider.
- **Parent Advocacy / Support** - Departments should maintain protocols for selection and utilization of this service to ensure accessibility and vetting of advocates by the provider service.
- **Transportation** - This may include public transportation fares, the use of taxi/Uber/Lyft rider services, and staff-supported transportation options to allow youth to travel to the location of services.