

## BRIEF COMMUNITY INTERVENTION

### Program Description:

The goal of the program is to implement research-based approaches to decrease criminogenic risk factors, improve positive youth development and keep the community safe. Youths will attend after school and some Saturdays. The program will:

- Teach youths skills to reduce risk on criminogenic needs that are identified in the service plan
- Use proven skill-building strategies
- Provide extra supervision, monitoring and accountability

Youths eligible for this program include:

- Youths identified as moderate or high risk on the Prescreen Risk Assessment, Protective Risk Assessment (PSRA/PRA)
- Youths demonstrating ongoing problematic behavior and identified by the school as Tier 3
- Youths who have social and behavioral skill deficiencies
- Youths who are on their second or third non-judicial referral
- Youths involved with the Department of Human Services with a history of delinquency

### Exclusionary Criteria:

Includes, but not limited to, active psychosis, actively suicidal, assaultive towards peers and sexually acting out or identified as low risk on the PRSA/PRA.

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*The Brief Community Intervention Program provides after school programming for moderate to high risk youth involved, or at risk of being involved, in Utah's juvenile justice system.*

### ***TARGET POPULATION:***

*Moderate to high-risk youths, ages 12-18; DCFS youths with delinquency; youths on 2nd or 3rd non-judicial referral; youths with gang involvement; youths with behavioral issues and skill deficits and youths with a need for increased community supervision.*



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### Length of Stay:

Length of stay in the program will be 60 days.

### Programming Offered:

In addition to evidence-based programming, Brief Community Intervention provides the following programming for youth:

**Clinical Support:** In partnership with the Local Mental Health Authority, Brief Community Intervention provides evidence-based therapy in substance use disorder for acute and ongoing therapeutic needs as indicated by assessment or as ordered by the Utah Juvenile Court.

**Family Involvement:** Brief Community Intervention encourages parents and families to play an active role in treatment through Child & Family Team Meetings, weekly updates and home visits from staff.

The following additional programming may be offered based on the local program:

- Community activities or projects
- Monthly family activities
- Volunteer groups or activities
- Saturday sports teams
- Skill based groups

### *EVIDENCE-BASED*

### *APPROACHES*

**Carey Guides Bits:** helps youths resolve conflicts, and effectively communicate and manage noncompliant behavior.

**Strengthening Families:** Improves family communication and relationships.

**ADAPT:** teaches youth decision making and problem solving skills.

**Why Try:** focuses on resiliency and helps improve academic success.

### **Dialectical Behavioral**

**Therapy:** Teaches emotional regulation, and mindfulness skills.

