



2023 ANNUAL REPORT

Mendocino County Probation Youth Program

PRESENTED TO MENDOCINO COUNTY PROBATION
PRESENTED BY GEO REENTRY SERVICES

EXECUTIVE SUMMARY

The Mendocino County Probation Youth Program provides evidence-based reentry programming to youth housed at the Mendocino County Juvenile Hall and those who have recently transitioned back into the community. In partnership with Mendocino County Probation, GEO Reentry Services delivers programming designed to address the unique challenges justice-involved youth face and promote long-term, successful reintegration into the community.

We are grateful for the opportunity to serve the Mendocino community and are proud to share the 2023 Annual Report for the reporting period of January 1, 2023 – December 31, 2023.

PROGRAM SUMMARY

Youth are placed in a track based on their probation status, individual needs, and circumstances.

- **Gap**, a voluntary program for in-custody youth, offers responsive programming through journaling in a group setting. The program utilizes The Change Company journals including *What Got Me Here*, *Handling Difficult Feelings*, *Family*, *Responsible Behavior*, and *Relationships and Communication*.
- **Link** is a mandated program for moderate- to high-risk in-custody youth, offering group programming (same as Gap), plus Individual Cognitive Behavioral Treatment (ICBT) sessions and the development of a Behavior Change Plan (BCP).
- **Bridge**, a mandated program for moderate- to high-risk youth who have transitioned to the community, track offers anger management, ICBT sessions, Juvenile Moral Reconation Therapy® (MRT), and the development of a BCP.

PROGRAM HIGHLIGHTS

- Collaborated with Juvenile Hall staff to create and modify program elements, including an incentive program with a monthly VIP award party.
- The program delivered 355 dosage hours to youth in Mendocino County.
- Introduced new, interactive cognitive activities to increase youth engagement.

PROGRAM COMPONENTS

At the foundation of GEO Reentry's youth program is research-based cognitive behavioral treatment. Treatment is present in all components to improve how youth think and make decisions, and to promote actions and behavior focused on changing negative relationships. Programming is delivered through group and individual sessions.

GROUP SESSIONS

Groups utilize a combination of tools to effect change such as journals, games, and role-play cards. The Change Company's *Forward Thinking Journal Series*, a cognitive behavioral series that uses evidence-based strategies to assist justice-involved youth in making positive changes to their thoughts, feelings, and behaviors. Applying the information presented in these interactive journals to their own lives helps youth achieve their goals for responsible living. Journals and curriculum used in the Mendocino County Youth program include:

- **Handling Difficult Feelings** targets chronically aggressive individuals and focuses on social skills, anger control training, and moral reasoning. Youth identify difficult feelings and how they may connect to irresponsible behaviors, and then develop a plan to work through their feelings.
- **Family** helps youth understand and improve family relationships. Youth look at their family and the traits passed on to them and consider the qualities and expectations to pass on to future generations.
- **Responsible Behavior** enables youth to focus on the link between thoughts, feelings, and behaviors. They explore the connection between situations, self-talk, and feelings and how they relate to behavior choices. In this journal, youth are introduced to the Behavior Check strategy for use throughout the treatment process.
- **Relationships and Communication** enables youth to focus on understanding and improving relationships. Communication skills are presented to help them learn to express themselves in healthy ways and as an effective tool to handle negative peer pressure.

- **What Got Me Here** enables youth to explore the consequences of past decisions and begin learning skills to control peer pressure, work with authority figures, strengthen family ties, and deal with emotional regulation.
- Juvenile MRT utilizes the **How to Escape Your Prison** curriculum from Correctional Counseling, Inc. to enhance moral reasoning and decision-making, and it aids in developing prosocial behavior. Topics include, but are not limited to, honesty, trust and acceptance, goal planning, raising awareness, and helping others.
- **Playing CBT** is a game to help youth develop an awareness of thoughts, emotions, and behaviors for improving social and coping skills, emotion regulation, self-regulation, and self-control.
- **Skill Cards** are used to practice and enhance social skills.

INDIVIDUAL SESSIONS

- **ICBT sessions** between youth and their Behavior Change Manager (BCM) target the youth's key life areas and confront distorted thinking through short role-play exercises. BCMs utilize Carey Guides to develop effective strategies and individualized treatment interventions.
- A **BCP**, created by the youth and their BCM, is an individualized road map that targets the youth's key life areas and includes a plan to address their individual needs. The BCP addresses their top three needs and leverages DRC services and local community resources to meet those needs.

PROGRAM PARTICIPATION

43 PARTICIPANTS SERVED

Youth served during the reporting period; below is the breakdown by track.

GAP	26
LINK	16
BRIDGE	1

38 UNIQUE PARTICIPANTS

Number of unique youth participants served during the reporting period; below is the breakdown by track.

GAP	22
LINK	15
BRIDGE	1

DOSAGE

355

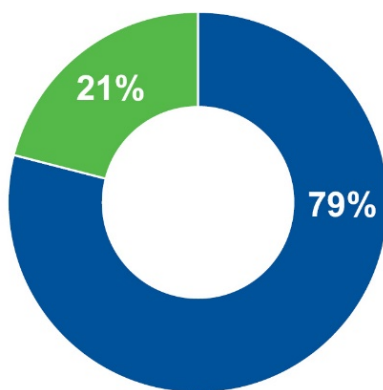
Cognitive Behavioral programming hours completed during the reporting period

359

Total activities (includes one-on-one and group interventions)

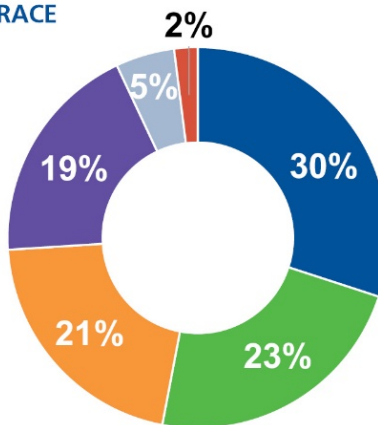
PARTICIPANT DEMOGRAPHICS

GENDER



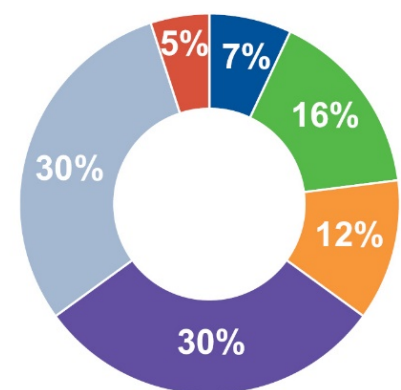
■ Male (34)
■ Female (9)

RACE



■ Hispanic (13)
■ Native American (10)
■ Caucasian (9)
■ Multi-racial (8)
■ American Indian/Alaska Native (2)
■ African American (1)

AGE



■ 13 (3)
■ 14 (7)
■ 15 (5)
■ 16 (13)
■ 17 (3)
■ 18 (2)