

Connections for Families

PROGRAMS

APPENDIX C

SFY 2017-2018



Connections for Families Programs

PROGRAMS

Connection for Families programs consist of evidence-based programs and are aimed to serve at-risk children and youth who have been identified through the SRT and TDM. The children and youth may also be referred to a program through an application process. Each participating organization will offer funding and/or staffing for the program.

1.1 RURAL INTERVENTION SPECIALIZED CASE MANAGEMENT

RISC is an early intervention process designed to meet community needs (parents, teachers and/or community member) which are focused on the needs of the child(ren)/youth before proceeding with the juvenile court system; this may include but not limited to therapeutic, mentoring, family, and/or school support. RISC works with children/youth from age 10-17 years of age that may include one or all for the following concerns: school issues, disruptive/defiant behavior, homicidal/suicidal thoughts, mental health, family and/or substance abuse. The RISC case manager provides an assessment in which the child(ren)/youth are then referred to SRT.

1.2 ALLIANCE AFTER SCHOOL SUPPORT

Alliance is an after school support for at-risk children and youth ranging from 10-year-olds to 17 years of age, referrals come through the SRT/TDM process, schools, and community agencies. In collaboration with Centennial Mental Health, Advocates for Children, Connections for Families and RISC, it strives to meet the needs of each student by offering homework support, mentorship, and group activities. The group activities include but not limited to therapeutic needs, life skills, self-esteem workshops and building peer relationships.

1.3 ALLIANCE SUMMER PROGRAM

Alliance offers a summer program 2 days a week in June and July for three hours a day. The referrals come through the SRT/TDM process, schools, and community agencies. This program is geared to children from 10 years to 17 years of age. In collaboration with Centennial Mental Health, Advocates for Children CASA, Connections for Families, RISC and SB94 the summer program offers summer activities and outings. For an hour each day, the children/youth will participate in an activity that helps with their self-esteem, life skills, building positive and healthy relationships. The Alliance program will also offer education opportunities for substance abuse.

1.4 SIX BIG ONES

6 Big Ones is an evidence-based program facilitated by Centennial Mental Health on decision-making program for teens from 13-year-old and up. This program offers 6 workshops with hand on demonstrations, video, and interactive discussion that will address the 6 “Big” areas of a teen's life: school, friends, parents, dating and sex, addictions, and self-worth. Referrals for this program will come from SRT/TDM, RISC and schools. Connections for Families will offer an incentive for completing the 6-week program, the youth will receive a \$50 gift card.

1.5 BRAIN WISE

Connections for Families in collaboration with RISC will be providing the Brain-Wise Program to children/youth, this program is designed for students that are elementary, middle and high school. This evidenced based program will serve multi-system children/youth. The curriculum is focused on helping the child/youth possess the critical thinking and decision-making skills necessary to analyze and respond to ever-more complex situations and to recognize, understand, and appropriately manage their emotions. The program teaches the child/youth how the brain works and uses approaches that combine positive self-development, life-skills, training, social and emotional learning, and critical thinking skills. It will help the child/youth learn how to control impulsive behavior, accurately identify choices, assess to consequences of actions, and make responsible decisions. This program may be used as a requirement or a prevented program.

1.6 N-O-T (NOT ON TOBACCO)

Connections for Families will facilitate the N-O-T prevention program twice a year in collaboration with RISC and Centennial Mental Health. This program is conducted in a group setting scheduled for once a week for 10 weeks. The program is delivered in a small group setting to students ages 14 to 19 years old are considering to stop smoking. The sessions included 1) orientation, 2) motivation issues, 3) stress management, 4) smoking history and nicotine addiction, 5) physical, psychological and social effects of smoking, 6) preparing to quit, urges, cravings and relapse prevention, 7) stress management and healing, 8) dealing with family and peer pressure, 9) volunteerism and recognizing social, cultural and media ploys and 10) renewing smoke-free pledges and accessing resources and support. This prevention program serves multi-system youth. Referrals come through the SRT/TDM process, schools, and community agencies.

1.7 SECOND CHANCE

Connections for Families will have oversight with the Second Chance program which is a web-based tobacco education program for middle and high school youth who have violated a tobacco policy at school or who has been ticketed in the community by law enforcement. This program is an interactive, and self-directed program intended to be used as an alternative to suspension. The program may also be helpful for teens that are experimenting with tobacco but have not violated tobacco policy. Second Chance is an educational program designed to help students think about the role that tobacco plays in their lives and move them towards quitting. Referrals come through the SRT/TDM process, schools, RISC, law enforcement and municipal courts.

1.8 GIRL SMART -LEADERSHIP SKILLS

Smart-Girl is a prevention and enrichment program designed to engage girls in activities that develop their social-emotional skills. Smart-Girl gives girls the chance to think about and discuss the challenges they encounter and to formulate and practice appropriate and productive responses. Through this process, Smart-Girl nurtures girls' social-emotional intelligence and critical thinking skills – qualities proved to lead to success in life. Each session focuses on a specific topic such as 1) Communication, 2) Leadership, 3) Critical thinking, 4) Assertiveness and refusal skills, 5) Anti-bullying, 6) Healthy decision making, 7) Smart media usage. This program will be offered at the Elizabeth High School for the 17-18 school year. Connections for Families will have oversight of the program with the assistance of the school counselor facilitating this program and will offer it once a week in 90-minute sessions after school. This program is targeted at youth that is at risk or in need of extra support. The referral process comes through Connections for Families and/ or the SRT/TDM process. The facilitator will submit a quarterly report to Connections for Families that describes participation and process of those involved in the program. The facilitator will reach out to the RISC Case Manager for any additional support needed for individual participants.

1.9 LEGACY PROJECT

Legacy Project mission is giving teens the life skills that provide educational advantages, connections to their community, and valuable knowledge that can be used throughout their lives. The program serves multi-system youth from 10-17 years of age by educating, supporting and helping them to be successful in, budgeting, resume building, banking, nutrition, healthy relationships, employment, leadership opportunities, cooking, community service. Legacy Project also offers opportunities to participate in focus groups, attend field trips and sporting events. Youth that participates in Legacy Project will gain many benefits such as building positive peer support, learning independent life skills, building healthy adult connections, learning how to advocate for oneself appropriately, connecting with community agencies to meet individual needs, identifying short term and long term goals, one-on-one guidance by CASA staff and volunteers, educational support, applying life skills to everyday situations, learning the importance of community service. Referrals come through the SRT/TDM process, schools, courts, and community agencies.