



JJAB Programs - FY18

The Los Alamos Juvenile Justice Advisory Board (JJAB) strives to help youth and families feel and be connected, valued, and recognized through community, family, and individual activities. There are approximately 30 intervention and prevention programs offered by the JJAB which focus on nurturing and improving the health of our youth, as well as strengthening families in our community (www.losalamosjjab.com).

Intervention/Prevention Programs:

Boy's Council (Elementary, Middle School, and High School):

- **Elementary:**
Evidence based 8-week class for boys 10-12, held at several Los Alamos Public School (LAPS) Elementary schools, that promotes boys' safe and healthy passage through the pre-teen and adolescent years. Council circles are guided by an adult mentor and provide a safe place to speak to the issues young men face: substance use, male stereotypes, violence, bullying, definitions of success, and family and relationship dynamics.
- **Middle and High School:**
A program which guides young men aged 13-17 in developing a positive future and the intrinsic motivation to make the healthy choices necessary to live their dreams. The program helps youth to clarify dreams and values; define and overcome challenges; identify personal assets; design a personal blueprint for success; set attainable short and long-term goals; identify people and resources that will help youth accomplish their goals; and develop positive attitudes, the courage to change, and trust that they can be successful. Separate classes are held for middle school and high school aged boys. Each class meets weekly for an hour and a half and lasts eight weeks.

Girls Circle (Elementary, Middle School, and High School):

- **Elementary:**
Evidence based 8-week class held at an LAPS Elementary school which empowers girls and young women by providing them with a supportive environment in which to focus on improving decision-making skills, self-esteem, and resilience. The class promotes girl's safe and healthy passage through the pre-teen and adolescent years. Discussion groups are guided by a trained adult mentor, who partners with the Elementary school counselor in the class.
- **Middle and High School:**
A program that empowers girls ages 13-17 by providing them with a supportive environment in which to focus on improving decision-making skills, self-esteem, and resilience. Participants talk about body image, friendship, media influence, exclusion, stereotypes, and other issues that affect the life of adolescent girls. The sessions foster trust, respect, and self-confidence. Separate classes are held for middle school and high school aged girls. Each circle meets weekly for an hour and a half and lasts eight weeks.

Life Skills: This is a highly interactive, skills-based program which is designed to promote positive health and personal development for high school youth. This program helps teens navigate the challenges of the high school years and prepares them to become independent, responsible young adults. It also helps students achieve competency in the skills that have been found to reduce and prevent substance use and violence. This program is available year-round.

Restorative Justice: The Restorative Justice Program is an alternative program to detention for juvenile offenders. The program provides a forum for offenders, victims, and community members to meet and talk openly about the impact that the offender's actions had on the individuals involved and the community at large. The program provides the victim and the community a voice in holding offenders accountable for their actions and provides opportunities for the offender to participate in community service and make restitution to the victim. This program is available year-round.

Truancy Intervention (Middle and High School): The Truancy Intervention program provides early identification, assessment, and intervention for at-risk youth. Students and parents are contacted to attempt to resolve the reasons for truancy. Youth identified by the LAPS middle or high school truancy intervention liaison as having more than three unexcused absences are referred to additional programming and services, including a Youth Resource Specialist and/or Saturday School. This program is available during the school year.

Open Door and Group Youth Counseling Services: A program that is held at the Teen Center, open door counseling provides a set time when a mental health professional will be available to speak to teens as needed. This was developed as a result of several emerging issues that were being brought to teen center staff, including suicide ideation, anxiety, self-harm and other harmful behaviors. This program is managed by Mesa Vista Wellness.

Youth and Family Resource Specialists (YRS and FRS):

- **YRS:** The Youth Resource Specialist provides case management and community resource services for youth referred by the schools, parents, peers, self-referrals, medical practitioners, the police, the JPO, and/or the community members. This program aims to establish a best practices model of centralized intake, development of individualized service plans for youth, tracking and coordination of those services, and follow-up with youth and their families. There are three youth resource specialist positions, one who focuses on middle school needs and two for high school needs.
- **FRS:** The Family Resource Specialists program provides case management and community resource services to elementary school age children and their families. They are available to help families connect to services and resources, find the support they need, and overcome any barriers to seeking or receiving services within the community. Currently, there are two resource specialists who are serving all five elementary schools in Los Alamos and White Rock.

Participatory Programs for Youth and Families:

Arts and Resiliency: A program provided at the Teen Center which provides a series of art projects that encourage both personal and group reflection regarding the issues of diversity, differences, inclusion, and acceptance. The program management is contracted to the Family YMCA.

Captain's Table: Los Alamos High School (LAHS) is partnering with the Positive Coaching Alliance (PCA) for this program. PCA is a national non-profit committed to developing "Better Athletes, Better People" through training for youth and high school sports coaches, parents, student-athletes and organizational leaders. The program provides training and insight to both adults and youth on teamwork, leadership, and sportsmanlike behavior. In addition to the monthly meetings of all sports team's captains, there will be four workshops during the year. One workshop is for coaches to focus on integrating sports and life lessons, one for parents, one for athletes and one on developing a positive coaching culture.

Families in Action: A community intervention program for youth designed to increase protective factors that prevent and reduce alcohol, tobacco, and other drug use, irresponsible sexual behavior, and violence. The program includes a parent and teen component during which parents and youth meet in separate groups and time during which all family members meet together. Modules address parent-child communication, positive behavior management, interpersonal relationships for adolescents, ways for families to have fun together, enhancement of the adolescent's self-esteem, and factors that promote school success. The program meets weekly for an hour and a half and lasts five weeks. The program is managed by Family Strengths Network (FSN).

Leaders in Training: The Leaders in Training Program is a June program that assists young people in developing life-long skills that empower them to be leaders in all aspects of their lives. The program provides opportunities to strengthen their sense of civic engagement and community while participating in LAYL and the YMCA Councilor Training programs. Training includes a high ropes course and camping retreat. The program is managed by the Family YMCA.

Link Crew: This program is held at Los Alamos High School and trains upperclassmen to mentor and provide support for high school freshman. This provides leadership development and community building while creating a welcoming, integrated, supportive student culture at LAHS. The purpose of the program is to reduce truancy, decrease the number of freshman D's and F's and reduce the dropout rate across all grades.

Mindfulness Training: Mindfulness training was identified as a strategy to address the challenges youth and families face and to help people begin to build resiliency skills to cope with these life stresses and increase their enjoyment of life. Mindfulness training and educational materials will be given to the elementary staff and classes are offered at LAHS during the lunch period. This class builds awareness of the brain, mind, and nervous system while developing attention and focus skills and the ability to manage stress.

Natural Helpers (Elementary and High School):

- **Elementary:**
The Natural Helpers program is a peer-helping, mentoring program developed in 1979. The Natural Helpers program for elementary aged students provides training for Barranca and Aspen students to be peer helpers. This program provides a foundation for other elementary schools to follow and assists in building a bridge to the middle school.
- **High School:**
Peer helpers in the program promote the norm that it's okay to seek help; they spread the word that adults are there as resources and that, in general, people care. Peer helpers develop and implement a plan to create socially positive norms. The program runs at the high school during the school year.

Parenting with Love and Logic: This course teaches proven techniques that provide loving support from parents while reinforcing the expectation for kids to be respectful and responsible. The Love and Logic method encourages parents to approach parenting in a loving and empathetic way, while emphasizing the importance of being consistent regarding consequences for behaviors. The course includes ways to help children develop their internal voice when making decisions. Participants work toward enhancing parent child relationships and developing ways to take the strain out of family life and find the joy in parenting. The program is managed by the Family Strengths Network (FSN).

Parenting Support Group (Chit Chat): Chit-Chat and Change (Diapers) seeks to provide parents and caregivers of young children with a community of support through facilitated child rearing discussions,

social groups, playgroups, field trips, family dinner events, and workshops. The program is managed by the Family Strengths Network (FSN).

Risk and Resiliency Assessment Project for Students (RAPS): Program whereby LAHS students participate in training with the UNM Prevention Research Center and the LAPS Healthy Schools Initiative Program Director in order to learn how to analyze the data in the Department of Health Youth Risk and Resiliency Survey (DOH-YRRS) and to brainstorm root causes/concerns and possible solutions to the presenting issues. The students then present findings to various resources and work with peers to understand and resolve those issues.

Saturday School (Middle and High School): Students have the opportunity to attend Saturday School to receive additional tutoring, to make up academic assignments, or to make up missed days during the school year. School staff members supervise the program which offers students the opportunity to work independently, with tutors, in small groups, or to utilize computers for their academic assignments. The expectation is for students to improve grades, attendance, make up work, and to graduate on time. Referrals are made by the school administrative staff or by parents who may make a reservation online for their student to attend Saturday School for academic support.

Summer Credit Recovery: A program that provides LAHS students access to the courseware and instructional content (NovaNET, Compass Learning, and Edgenuity) delivered on a state-of-the-art web platform during the summer months.

Teen Center Leadership Program (Includes Youth Mobilizers coordinating outreach programs of 5th Quarter and Keep Prom/HC Safe): A youth leadership program for high school students which combines the former Youth Mobilizer, Fifth Quarter and Safe Homecoming/Prom programs. With the assistance of an adult mentor, students will participate in Youth Council meetings; plan, administer and work at youth events; and address youth issues in a positive and proactive manner. The program is managed to the Family YMCA/Teen Center.

- **Youth Mobilizers:** Youth partner with adult leaders in a collaborative process of research and reflection on youth-identified issues with the goal of community change. The heart of Youth Mobilizers is a focus on student-driven projects that meet one of three goals: (1) Celebrate teens and their interests/accomplishments. (2) Further teen skills and experience in an area of teen interest. (3) Empower teens' voices in the community regarding topics that are important to teens.
- **Fifth Quarter:** A program during the school year which provides an alternative to parties and an opportunity for youth to socialize, listen to music, snack, and participate in activities in a safe, supervised environment. Past events have included dances and swimming at the aquatic center.
- **Keep Homecoming / Prom Safe:** A program which provides a safe venue offering food, movies, music, and recreation for students to continue socializing after Homecoming and Prom.

Participatory Community/School Outreach Programs:

Community Boards: Local specialists, youth, and community members gather throughout the year to discuss emerging trends and issues pertaining to today's youth. JJAB works with the LAPS Healthy Schools Initiative Director, the Community Health Council, the Basic Needs Subcommittee, the Youth

Resiliency Committee, the 100 Women who Care, the United Way Mental Health Initiatives, the Domestic Violence task force and the DWI board.

Community Forums: Funding is provided for public community forums, speakers and special events to provide information and education on youth related issues. Last year, JJAB sponsored multiple screenings of the movie *Screenagers* and partnered with the LAPS Healthy Schools Initiative Director to lead discussion groups at the end of the film.

Drug and Alcohol Prevention: Funding is provided for ongoing programs to assist in drug and alcohol prevention and education for various activities. Past activities included purchasing drunk goggles and pedal carts for the Los Alamos Police Department (LAPS), and sessions held for teens at the Teen Center to experience the goggles and carts.

Healthy Relationships: An instructor works with the high school health teacher and presents specific curriculum to 11th and 12th grade students during health class that teaches skills needed to recognize and combat emotional, physical and sexual abuse, at home (domestic violence) at school (bullying) and in relationships with peers. It further provides information about accessing resources for youth in emotional distress. The program is managed by the Family Strengths Network (FSN).

Dolly Parton's Imagination Library: Children receive a free children's book in the mail every month from birth to five years of age. The books are carefully chosen by a book committee that consists of professionals selected to lend their expert recommendations and advice. The eligibility criteria for the Imagination Library is defined by the child's age (age birth to 5 years) and residence. This program promotes and supports literacy, love of reading and learning for the youngest children in our community; adult-child involvement; appreciation of art and aesthetics; and connection to the community.

Parenting University: A series of classes and/or workshops that provide parenting support for parents. Sessions address topics of development, special education services, mindfulness, bullying and other topics as determined based on need. Each class provides a presentation by an expert, opportunities for questions and discussion with other parents and opportunities to learn about additional resources in the community. The program is managed by UNM-LA

WHO (Who Help Themselves): This program presents specific curriculum to eighth grade students during health class that teaches skills needed to recognize and combat emotional, physical and sexual abuse, at home (domestic violence) at school (bullying) and in public (predators). It further provides information about accessing resources for youth in emotional distress. The program is managed by the Family Strengths Network (FSN).

Youth Mental Health First Aid: Youth Mental Health First Aid is an evidence based, nationally recognized and accredited course that teaches adults who work with youth how to identify youth in need of mental health assistance. It covers symptoms of different types of mental illness and as with any first aid class, there is an action plan to help a youth in crisis. Trainees learn how to assess the person for risk of harm or suicide, listen non-judgmentally, give reassurance, and encourage the person to seek professional help. The program currently focuses on training all LAPS staff and those in the community who regularly work with youth.