

Yolo County Juvenile Detention Facility Programs

Alcoholics Anonymous (AA) (Provider: Local AA Chapter)

Alcoholics Anonymous facilitators work with youth to share their strengths and weaknesses within their personal experiences to solve their common and individual problems. Youth attend the program voluntarily.

Art Groups (Provider: JDF Staff)

Youth obtain step-by-step instructions to create and customize paintings at their own work rate. Youth learn about color theory, brush stroke and paint application. Youth are taught different styles and movements of canvas painting. This program promotes creativity and tranquility with every stroke of the paintbrush.

Arts Education (Provider: YoloArts)

The Yolo Arts Program is an expressive art program that provides youth with a creative and therapeutic channel to a non-threatening, yet direct form of expression of emotions using art. This program incorporates drawing and painting utilizing various media, as well as poetry and the creation of murals to enable the expression of deeply seeded emotions. Additionally, the program provides youth with the opportunity to view problems from a new perspective and to externalize difficult or painful experiences that are often hard to express through verbal expression.

Chess Club (Provider: JDF Staff)

Through the JDF Knights Chess Club youth increase their concentration levels and memory power, while developing various skills such as logical thinking, abstract reasoning and spatial intelligence. Chess teaches youth how to win and lose and helps youth to realize the consequences of their actions. Chess is an educational tool that develops creativity, builds confidence and develops problem-solving skills while exercising the brain. Chess also helps youth to remain calm under pressure.

Commit-to-Fit (Provider: JDF Staff and Volunteers)

Commit-to-Fit is a physically intensive program, facilitated by qualified volunteers and/or JDF staff, which allows the youth to work on structured physical activities that target all muscle areas, as well as full body stretches. Physical activity allows a youth's brain to release endorphins as well as provide a healthy outlet to reduce stress, anxiety, etc.

Council for Boys and Young Men (Provider: JDF Staff)

The Council for Boys and Young Men is a strengths-based group approach that aims to promote boys' and young men's safe and healthy passage through their pre-teen and adolescent years. The Council provides youth with a structured environment for the development of strong, positive relationships to address masculine definitions and behaviors and build capacity to find their innate value and create, both individual and collective, good lives. The group meets weekly and addresses topics which include:

- Competition
- The male "box"
- Bullying
- Valuing diversity
- Safe expression of emotions
- Defining power from multiple perspectives
- Influences of mentors and role models

Yolo County Juvenile Detention Facility Programs

- Rejecting violence

Culinary Arts Program/ Yolo Munchies (Provider: YoloArts)

In this home-grown program, youth learn about kitchen safety, teamwork and organizational concepts, they develop leadership skills and they begin creating the framework for making healthier lifestyle choices. Youth are taught how to use basic kitchen utensils and small handheld tools used for food preparation. Common kitchen tasks include heating food on a hot plate or on a stove, baking, grinding, mixing, blending and measuring while staff pre-cut ingredients for safety and security purposes.

Domestic Violence & Anger Management Services (Provider: Time of Change)

Time of Change utilizes evidence-based practices to reduce recidivism and increase public safety by correcting anti-social maladaptive behaviors, addressing not just the symptoms of, but also the core traumas that activated the behavior.

General Educational Development (GED) Testing (Provider: Yolo County Office of Education)

A voluntary opportunity to receive a GED certificate is offered to youth who are out of the regular educational spectrum, such as age, and who are not currently enrolled in a school outside of the facility. A Juvenile Literacy Coordinator for the County evaluates the youth's progress while they are studying for the GED and then facilitates a test. If the minor successfully passes the final test, they receive a GED certificate and the facility provides a monetary reward of \$100 and a certificate for this achievement. Snacks for a celebration in the youth's pod of residence with their peers are provided also.

Girls Circle (Provider: JDF Staff)

Girls Circle is a structured support group for girls between the ages of 9-18 years. Girl's Circle aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within in which girls can develop caring relationships and use their authentic voices. The program is held weekly and covers topics which include:

- Trust
- Friendships
- Body image
- Goals
- Sexuality
- Drugs, alcohol, and tobacco
- Competition
- Decision-making

Grow It Gardening Program (Providers: JDF Staff and Volunteers)

The Gardening Program is a "hands-on" group and individual learning experience in which youth plant, tend and harvest food, developing a love for gardening and an appreciation for the environment, while cultivating the mind. Youth are involved through meaningful activities that encourage leadership, personal pride and responsibility. The Gardening Program educates youth about the basics of agriculture and how we depend on the earth's resources for our food. Youth also learn the concepts about nutrient cycles, food production, decomposition, water conservation and sustainable practices.

Yolo County Juvenile Detention Facility Programs

Hip Hop Dance Class (Provider: JDF Staff)

The hip hop dancing class provides a full body workout to increase overall flexibility, strength, endurance, and emotional well-being. Dancing is a way for youth to express themselves through movement with music, improve their fitness level and enhance their social skills.

Hoop Dreams (Provider: JDF Staff)

Through the game of basketball, Hoop Dreams provides youth a way to build teamwork, sportsmanship and comradery among themselves, and to build rapport with JDF staff. The youth learn how to work together in the spirit of competition to achieve victory, or work through the adversity of defeat. Youth also learn about the game of basketball and develop their skills. Along with the Commit-to-Fit program, Hoop Dreams give youth an outlet to release anxiety and reduce stress in a healthy, physical activity.

Motivating Individual Leadership Public Advancement (MILPA) (Provider: MILPA Mentors)

MILPA is a movement space designed for, and led by, formerly incarcerated and system-impacted individuals. The instructors are committed to supporting next-generation infrastructure and leadership within communities, organizations and systems. The program centers on cultural healing, racial equity and love in practices and advocacy. MILPA conducts their groups with a motivational video, a discussion of the topic and an art project that ties it all in together. The program curriculum provides a “hands on approach” in that MILPA Instructors show the youth leaders what to do, rather than telling them what to do.

Narcotics Anonymous (NA) (Provider: Local NA Chapter Volunteers)

Narcotics Anonymous provides an atmosphere to help youth and offer them an ongoing support network. Narcotics Anonymous aims to help youth pursue and maintain a drug-free lifestyle. Youth attend the program voluntarily.

Pet Therapy (Provider: Pet Partners)

This animal therapy program’s mission is to improve human health and well-being through the human-animal bond. The program helps youth in custody learn how to increase self-esteem, care for themselves, reduce anxiety, grief and isolation, and improve social skills, trust and empathy. Youth interact with a variety of species including dogs, bunnies, pigs, horse, llamas, birds and reptiles.

Power of Words Group (Provider: JDF Staff)

Power of Words is a group that focuses on coping skills and team building. The group identifies triggers to behaviors that cause people to misbehave or have hateful or negative thought patterns and tools everyone can use to overcome behaviors that can lead to a difficult path. Group activities provide opportunities for team building, such as playing a sport which requires players to work together or collectively solving puzzles relating to coping tools discussed. During group discussions, everyone has the opportunity to choose a trigger, a tool and give an example of how they are applying coping tools in their lives and making progress.

Sexual Assault & Domestic Violence Services (Provider: Empower Yolo)

Services are provided to help assure that every youth has the opportunity for a safe, nurturing and stimulating environment to develop and grow their potential. Empower Yolo partners with JDF and

Yolo County Juvenile Detention Facility Programs

Probation staff to provide support and advocacy services for youth who have been identified as having been victims of sexual abuse/sexual assault.

Spiritual Services (Provider: Volunteers)

Several church organizations facilitate faith-based services on a rotating basis for youth to voluntarily attend. A translator is provided for youth who may not have a full understanding of the English language. Each organization has a different approach to sharing their beliefs. Services may include music, videos, singing and different activities that create an environment for youth to fully participate, not just with the volunteers, but with each other in a safe and healthy environment. Current providers of spiritual services include Holy Rosary, Calvary Chapel and God Will Provide-Sacramento. Other providers and denominations are arranged upon youth request.

Ted Talk (Provider: JDF Staff)

Ted Talks inform and educate youth in an accessible way through scientists, researchers, technologists, business leaders, artists, designers and other world experts on the TED stage presenting “Ideas Worth Spreading”: valuable new knowledge and innovative research in their fields.

Therapy (Providers: CommuniCare Health Centers and County Health & Humans Services Agency)

Group Therapy is provided to assist with building leadership and decision-making skills, interpersonal adjustment, team-functioning and coping skills. Group sessions address several topics, including social skills, vocational and life skills, substance use treatment and cognitive behavior.

Individual therapy sessions are provided to the youth in custody consistent with the youth’s treatment and criminogenic needs. Counseling is provided by clinical staff to youth while in custody and by the Wraparound Team once the youth is out of custody. Counseling sessions consist of vocational and educational support, case management, study skills, social skills and/or cognitive-behavioral therapy.

The therapeutic models used in group and individual sessions include Trauma-Focused Cognitive Behavior Therapy (TF-CBT), Parent Child Interactive Therapy (PCIT), Cognitive Behavior Therapy-Substance Abuse (CBT-SA) and more. Therapy is provided according to youth needs and as treatment plans dictate.

Tutoring (Provider: Volunteers)

Youth are paired with tutors based on their need for academic support in math, English, Spanish, history, chemistry, and biology.

Writing Program (Provider: The Beat Within)

The goal of this program is to provide youth with a consistent opportunity to share their ideas and life experiences in a safe space that encourages literacy, self-expression, critical thinking skills and healthy, supportive relationships with adults and their community. Youth reflect on the different topics presented by The Beat Within and express themselves by writing or drawing. Their written and drawn art are published and distributed monthly for youth to read and see the material submitted from other youth in other facilities. Youth also have opportunity to read comments from the editor on their responses to different writing prompts.