

(2023-2024) Annual Plan

Date: 4/27/2023

County Name: San Mateo

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Instructions:

Government Code Section 30061(b)(4) and Welfare & Institution Code Section 1961(b) call for consolidation of the annual plans required for JJCPA and YOBG.

Please submit your most up-to-date consolidated plan. The following is a standardized template for a consolidated county plan. If you find it helpful to use this template, please do so. Each field must be completed before submitting your plan to the BSCC. If you have nothing to report for a field, please indicate 'N/A'. At the end of the template please press the 'Submit' button to be recorded with the BSCC. Your work will be saved each time you log in, if you need to make any edits.

Your Submission will be posted, as submitted, to the BSCC website. yalbino@smcgov.org

If you have any questions on completing your annual plan, or wish to use your own plan, please email:

JJCPA-YOBG@bscc.ca.gov

Juvenile Justice Plan

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Part I. Service Needs, Priorities & Strategy (Government Code Section 30061(b)(4)(A))

A. Assessment of Existing Services

Include here an assessment of existing law enforcement, probation, education, mental health, health, social services, drug and alcohol, and youth services resources that specifically target at-risk juveniles, juvenile offenders, and their families.

The San Mateo County Probation Department (Probation) is committed to providing at-risk and juvenile justice involved youth and their families with prevention, diversion, early intervention, culturally sensitive, trauma-informed, evidence-based and/or promising-practice programs that promote resiliency, pro-social behavior, emotional wellbeing, improved family functioning, reduced substance use, and increased engagement in the community and in school.

Deputy Probation Officers (DPOs) in Probation's Juvenile Services Division assist youth, both on formal and informal probation, to become pro-social, contributing members of their communities by strengthening key developmental assets, encouraging accountability, and providing timely and impartial information to the courts. JJCPA services and programs for youth are provided by community-based organizations (CBOs), Probation's prevention, diversion, and intervention cases, and the Family Preservation Program (FPP), as well as county partners from the Human Services Agency's Children & Family Services (CFS), and Behavioral Health and Recovery Services (BHRS). The services include counseling for youth and their families, case management, substance abuse treatment, mentoring, emotional well-being, academic skills and tutoring, law related education, parenting support program, job readiness training, and a sexual violence prevention curriculum.

In FY 2022-23, most CBOs and county partners under JJCPA/YOBG funding provided hybrid (in-person and virtual) models of delivery. To increase engagement for youth and their families who would have previously experienced transportation issues. This hybrid model will continue to be offered for some of the contracted services in the future.

In FY 2021-22, there were a total of five (5) JJCPA funded programs that served 511 unduplicated clients which is an 11% increase as compared to FY 2020-21 (n=461). The average number of service hours reported per youth increased from 15.3 to 19.6 in FY 2021-22, and the average length of time in the program decrease from 6.7 to 3.9 months in this same period. Programs provided more hours of service during a shorter period on average per client.

In FY 2021-22, there were a total of six (6) YOBG funded programs that provided services to address youth needs to 195 unduplicated youths served in the Youth Services Center-Juvenile Hall (YSC-JH) and Margaret J. Kemp Camp for Girls (Camp Kemp), with an average of 17.9

hours of service per youth and 4.2 months in the program.

In November 2022, Probation transitioned to implement the Ohio Youth Assessment System (OYAS), as a more culturally responsive risk and needs assessment tool, to identify the strengths and barriers of the youth and family. The OYAS is an individualized determination tool to assess youths at the various decision points across the juvenile justice system specific to diversion, detention, disposition, residential and reentry.

Additionally, Probation released two Request for Proposals (RFPs) for youth and family programs funded by JJCPA and youth activities funded by YOBG for contracted services for youth that align with the priorities outlined in the 2020-2025 Local Action Plan (LAP). Probation is currently in contract negotiations with responders for this RFP. Recommendations for contracted services is scheduled to be heard by the Board of Supervisors in June 2023, with new contracts slated to start on July 1, 2023, for a term of three years.

Probation's Juvenile Services Division has completed a transition from specialized caseloads to generalized caseloads with the goal of building rapport and our objective for a continuum of care with clients and contributes to a balance caseload numbers and tasks amongst DPOs.

In partnership with Applied Survey Research (ASR), an outside evaluator, Probation completed a comprehensive annual program evaluation for all JJCPA/JPCF and YOBG funded services. Individual CBO reports were presented to the Juvenile Justice Coordinating Council (JJCC) in November 2022 and published on Probation's website. The annual evaluation provided analysis and trends on youth profiles, services provided to youth and their families, criminogenic risk, youth strengths and needs and juvenile justice outcomes. In addition, and new for FY 2022-23, Probation started work on a Juvenile Justice Realignment Block Grant (JJRBG) evaluation, which it hopes to continue annually. The JJRBG provides county-based custody, care, and supervision of youth who are realigned from the state Division of Juvenile Justice (DJJ) or who were otherwise eligible for commitment to the Division of Juvenile Justice prior to its closure. More information will be included in FY 22-23 report.

Multi-Disciplinary Teams (MDTs) comprised of DPOs, Group Supervisors, Social Workers, BHRS Clinicians, and CFS Social Workers continue to work closely together to discuss and determine appropriate treatments, case plans, resources, and other supports available for the youth and their families.

Describe what approach will be used to facilitate collaboration among the organizations listed above and support the integration of services.

Collaboration and communication among Probation's contracted CBOs occur through regularly scheduled meetings. In this forum, items discussed include but are not limited to, policy updates, legislation, data collection processes, trainings, and an opportunity for open Q&A. The meetings continue to be held virtually and will likely continue in this format for the extended future. The JJCC also meet on a quarterly basis and all JJCC related information, agenda, minutes, etc. are maintained and available online on Probation's website.

B. Identifying and Prioritizing Focus Areas

Identify and prioritize the neighborhoods, schools, and other areas of the county that face the most significant public safety risk from juvenile crime.

Through the leadership of the JJCC, Probation continues to partner with ASR who developed the department's current LAP for 2020-2025. Additionally, ASR develops an annual comprehensive evaluation based on data that guides the commission's work on providing programs and services to youth and their families in San Mateo County. The LAP highlights the needs and gaps in services, which provides samples of best practices and recommends future steps for service delivery and needs to the JJCC. The current LAP identifies that families in high-needs areas experience barriers to accessing high-quality services because of financial hardship. To increase access to services, all programs offered are free of charge to youths and their families and many services are provided in school locations to minimize transportation barriers for youth as their services are provided directly on school campuses.

Probation selected service providers located in, or near, the identified high-needs cities listed below taking into consideration local transportation options for clients and their families. With the end of California's COVID-19 State of Emergency, in-person services have been reinstated by CBOs. However, some services will continue to be offered virtually to further assist with identified transportation and engagement concerns.

The LAP identified the city or residence for youth probationers and the five (5) cities with the largest concentrations of clients, as listed below in order of ranking, which demonstrates the areas in San Mateo County with the greatest needs for youth on probation and their families:

1. Redwood City
2. San Mateo
3. South San Francisco
4. Daly City
5. East Palo Alto

C. Juvenile Justice Action Strategy

Describe your county's juvenile justice action strategy. Include an explanation of your county's continuum of responses to juvenile crime and delinquency as well as a description of the approach used to ensure a collaborative and integrated approach for implementing a system of swift, certain, and graduated responses for at-risk youth and juvenile offenders.

Probation implements informed service delivery programs and prioritizes the use of evidence-based practices among its contracted service providers and maintains a collaborative approach to address the continuum of juvenile delinquency responses in the county. There are several early intervention and diversion programs and services provided to assist at-risk youth and their families both in the community and for those that are juvenile justice involved. The situations of the juvenile justice involved youth and their families served by probation are extremely complex and require collaborative and well-coordinated services from multiple agencies to achieve optimal outcomes. Meeting the needs of each youth requires a careful decision-making process and sufficient resources to enable decision-makers to select the type of resources, services, and other necessary supports that they conclude are best suited for each youth and their families. To generate best possible decisions for individual youth, MDTs consisting of a range of juvenile justice professionals which include DPOs, CFS, BHRS, CBOs, Superior Court, County Office of Education, etc. coordinate to determine individualized case plans and each provide specialized services tailored to youth's specific needs. The evaluation tools currently utilized by San Mateo County to assist in these decisions include the use of the Ohio Youth Assessment System (OYAS), a dynamic risk/needs assessment system to be used with juvenile offenders. It offers the ability to assess youths at various decision points across the juvenile justice system.

The county addresses the needs of youth and their families by providing programs and resources that improve family functioning, improve educational outcomes, increase developmental assets, pro-social and coping skills, reduce substance use as well as reentry case management and services.

This is achieved through the following:

1. Emphasis on early prevention and intervention starting in the middle schools when youth first begin to display behavioral problems or have other risk factors that may be predictive of future juvenile justice contact. Targeting youth who are showing signs of behavioral difficulties (e.g., behavioral referrals at school) through the continuum of those who are experiencing their first contact with the juvenile justice system or who are on Probation for the first time.
2. Address the needs of both youth and their families by offering parenting workshops and/or family counseling in addition to their youth-centered interventions.
3. Continue partnerships with funded programs that use a variety of solid, carefully crafted practices to respond to the needs of their clients and that those practices span the range of what

is evidence-based and/or promising practice programs.

4. Understand and address system barriers that limit accessibility and lead to increased recidivism. Programs are offered free of charge to youth and their families as well as providing services on-site at school campuses and via virtual models.

5. Address the needs of underserved groups or groups over-represented in the Juvenile Justice System by age, gender, ethnicity, and geographic areas.

6. Support a complementary set of interventions along a continuum of youth and service's needs. Most of the department's programs provide trauma-informed and developmentally appropriate programs through partnerships with CBOs and county partners who work with youth and their families on the development of behavioral skills/decision-making while providing counseling and asset development, as well as information on community resources and referrals for services. Several programs also work on an alcohol and other drugs (AOD) continuum of education, early intervention, and treatment or referrals for treatment.

7. Eligible youth to be referred to the Phoenix Reentry Program (PREP) which provides youth with the specific tools and resources needed in attaining and maintaining successful reentry to their community upon release from custody.

8. Continue to utilize the CANS assessment and provide training to contracted CBOs at no cost to them, to ensure staff understanding that lends to the fidelity of the model.

D.Comprehensive Plan RevisionsDescribe how your Plan has been updated for this year.

Alliance for HOPE

For FY 2022-23, Probation will continue its efforts to build an organizational culture of hope. All staff have received either in-person or online training (16 hours) and Hope Coaches have been identified. A Hope Advisory Board was created where Hope Coach staff meet monthly to solidify main objectives and deliverables. Hope is the belief that your future will be better than today, and you have the power to make it so. Hope centered and trauma-informed organizations intentionally engage in developing strategies that build pathways and sustain willpower. They help connect their teams to the work by routinely examining “why” the work matters (goal) and fostering collective hope. Leaders often oversee policies and programs that are established within an organization. The organization provides the place. The staff and the programs are the pathways for individuals to receive support in their journey toward meeting their goals. The leader fosters the character of the group, sets the way of thinking, and helps the group sustain mental energy. Hope centered and trauma-informed organizations examine policies and programs and their intended and unintended consequences and ask the hard question, “Do these policies and programs (rules, procedures) create and nurture hope, or do they create and communicate hopelessness?” The hope centered and trauma-informed framework will serve as a tool to support Probation in working with staff, children, families, internal and external partners, and communities. The capacity to perform this work will be made possible by the strategic use of hope navigators, who are individuals trained in the science of hope and have a strong understanding of hope. Next steps are to evaluate pre-post evaluations and produce a Phase I implementation report.

The Parent Support Group

Through collaboration with an established CBO partner, this 10-session parent support group program was developed utilizing evidence-based processes. Through interactive engagement, behavior awareness, commitments to change, goal setting and robust curriculum supports, parents can better understand and connect with their children. Clinicians and parents will explore abstract discussions on influence and control, look at characteristics and behaviors that shape their relationships with their children, and come up with some concrete tools to guide future interactions. In the last session, youth will have the opportunity to participate and openly communicate goals and hopes for their relationship(s) with their parents.

Sessions include:

- Providing psychoeducation regarding the effects of trauma on the brain
- A Cognitive Behavior Therapy (CBT) model to enable parents to better understand how their/their children’s thoughts and feelings ultimately impact and effect behaviors and actions
- An introduction on substance use as a coping mechanism and the ways drugs alter the neural pathways, thinking and decision-making processes, and how they can be managed and

overcome with mindfulness practices

- Understanding the various levels of influence in their child's everyday experience by discussing the personal, social, and macro-level spheres and the role of each.
- Exploration of:
 - oThe roots of addiction through an intergenerational lens
 - oThe intergenerational path of trauma and the connection to the societal context
 - oRelationship dynamics with parent and children in a multifamily group where children will have the opportunity to vocalize their goals and hopes for their relationship with their parents
- Discuss and make the connections between Adverse Childhood Experiences (ACE's), trauma and current behavioral manifestations.

If your Plan has not been updated this year, explain why no changes to your plan are necessary.

N/A

**Part II. Juvenile Justice Crime Prevention Act (JJCPA)
(Government Code Section 30061(b)(4))**

A. Information Sharing and Data
Describe your information systems and their ability to facilitate the sharing of data across agencies within your county. Describe the data obtained through these systems and how those data are used to measure the success of juvenile justice programs and strategies.

The following are the systems utilized by the San Mateo County Probation Department in partnership with the CBOs delivering program services:

Probation Information Management System (PIMS)

PIMS is the probation internal case management system which maintains and tracks client and case information in detail and is also utilized for data collection, reports and analysis.

E-Probation

E-Probation is the probation internal case management system that went live on March 6, 2023, which maintains and tracks client and case information in detail and is also utilized for data collection, reports and analysis. The system captures risk assessment data and case plan recommendations. This will replace PIMS in the future.

Child Adolescent Needs and Strengths (CANS)

CANS is a multi-purpose tool developed for children's services to support decision-making in determining level of care and service planning, to facilitate quality improvement initiatives, and to allow for the monitoring of outcomes.

Children's Global Assessment of Functioning (CGAF)

CGAS is a numeric scale used by mental health clinicians to provide a global measure of level of functioning in children and adolescents. The measure provides a single global rating only on scale of 0-100, with high scores indicating better functioning. In making their rating, the clinician makes use of the glossary details to determine the meaning of the points on the scale.

Developmental Asset Profile (DAP)

The DAP is a social-emotional assessment which measures the internal strengths and external supports of young people, and their growth in these key areas over time. Is built on the Developmental Assets Framework, which is a set of 40 positive supports, opportunities, and relationship qualities young people need across all aspects of their lives (called "external assets") and personal skills, social emotional strengths, self-perceptions, and values they need to make good choices, take responsibility for their action, and be independent (called "internal assets").

The Holistic Student Assessment (HSA)

The HSA is a data-driven tool to promote social-emotional development in youth in school and afterschool settings. The self-report tool provides teachers, program staff and administrators with a social-emotional “portrait” of the unique strengths and challenges of each youth.

Stakeholders Self-Assessment Survey

Youth are administered the Self-Assessment Survey biannually in the fall and spring sessions which provide data directly related to CBOs meeting their targeted performance measures within the Project-LEARN program.

Youth Self-Report Survey

Youth are administered a Self-Report Survey on the first, fourth and final sessions, which provide data directly related to CBOs meeting their targeted performance measures within the Victim Impact Awareness (VIA) program.

The Law Knowledge Survey

CBO administers this pre/post assessment of youths' understanding of the Law Program content, focusing on the most important aspects of each lesson that will help youth stay safe and reduce Juvenile Justice involvement. The survey will be completed in two (2) parts with the pre-test completed on the first day of class and the post-test on the last day of class.

The Exit Evaluation

This is a program evaluation each youth completes on the last day of the Law Program class using a Likert scale about the impact of the class on the youth’s outlook and choices. It will help determine increased in positive decision making, engagement with adults, reductions in likelihood of breaking the law, etc. as key program indicators.

San Mateo County Probation Department contracts with Applied Survey Research (ASR), a third-party evaluation service to conduct individual CBO reports and comprehensive annual reports of its programs and services funded through the JJCPA and YOBG. All the demographic and service datasets provide relevant outcome information about the characteristics of clients receiving services, their length of involvement in services and the impact of involvement of specific services. The Comprehensive Reports are presented annually to the JJCC.

B. Juvenile Justice Coordinating Councils

Does your county have a fully constituted Juvenile Justice Council (JJCC) as prescribed by Welfare & institutions Code 749.22?

yes

If no, please list the current vacancies that exist on your JJCC, when those vacancies occurred, and your plan for filling them.

N/A

C. Funded Programs, Strategies and/or System Enhancements

JJCPA Funded Program(s), Strategy and/or System Enhancement

Below are JJCPA funded programs reported by the county.

Program Name:

Victim Impact Awareness Program (VIA)

Evidence Upon Which It is Based:

VIA is an alternative dispute resolution program that is a trauma-informed and strengths-based educational program that includes interactive activities and facilitation that teaches empathy and support toward active reparation to victims.

Description:

The intervention model for VIA is a tested and proven curriculum that uses the power of teenage peer-led influence and empowerment as a tool to expand and shift youth offenders' thought and behaviors patterns away from the ones that informed the decisions that led to their arrest. The curriculum is designed to give the students a better perspective of what it's like to be a victim as well as a better understanding of why they committed the crimes they have been charged with. VIA assists youths in identifying their own capacity to learn and use their own motivation and connectedness to build viable coping skills which steer them away from further involvement in the juvenile justice program, to increase empathy and pro-social behavior, and to create new pathways for hopefulness in the future and overall well-being as important citizens in our community. Youth will gain a better perspective through various activities, videos, discussions, and speakers that come to the class. In addition, they are given the opportunity to learn about mediation and to possibly consider experiencing mediation after the class has been completed.

Program Name:

Job Readiness Training (JRT)

Evidence Upon Which It is Based:

Curriculum has melded four interrelated theoretic approaches into its service delivery to ensure an approach that is respectful, client-centered, and effective. These include Trauma-Informed Services with trained staff who understand the complex impact of trauma on their work with youth and minimize its impact wherever possible. Positive Youth Development that is strength-based, engages youth as partners in the delivery of services, and champions their capacity to succeed. Growth Mindset with trained staff who see youth as having enormous potential to contribute to succeed, rather than being limited by the circumstances of their current life. Restorative Justice which emphasizes to young people that they are an integral part of a community that needs their assistance, seeing other as having emotional needs similar to themselves, and finding opportunities to give back.

Description:

JRT is a comprehensive curriculum designed to engage jobseekers to garner skills in the areas of resume writing, interviewing, how to search for the right job using technology, conflict resolution, punctuality, fraternization/authority issues, stress management, and financial literacy using the FDIC Money Start Curriculum. Topics covered include Self Awareness, Career Exploration, Interview Skills, and Resume Writing with a “wrap up” chapter designed to allow students to discuss what they have learned and how to apply it to their lives. Built within each chapter are sub-sections that dive deeper into each topic such as career planning, barriers to employment, researching the job, interview questions, how to respond to questions about justice system involvement, resume critique, and a student evaluation. During these workshops participants can practice work maturity skills with staff who are knowledgeable of employers’ expectations. Through JRT, participants learn about community resources (transportation, One Stop centers, Department of Motor Vehicles, childcare, social services, vital document acquisition, etc.), Career Preparedness (vocational assessments, college and tech school training, SAT/ACT prep, financial aid assistance), Job Search Techniques (online application, LinkedIn Learning, electronic portfolio, creating responsible social media presences, use of email), and Presentation Skills (PowerPoint, mock interviews, guest speakers, portfolio presentations, dress for success, and more).

Program Name:

The Parent Support Group

Evidence Upon Which It is Based:

Curriculum was designed utilizing Motivational Interviewing (MI), Cognitive Behavior Therapy (CBT), Dialectical Behavior Therapy (DBT), and Mindfulness Based Therapy (MBT). At the core, CBT/DBT and MBT builds upon the principles of cognitive therapy by using techniques such as mindfulness meditation to teach people to consciously pay attention to their thoughts and feelings without placing any judgments upon them. These therapies are recognized as evidence-based practices by the Substance Abuse and Mental Health Services Administration (SAMHSA).

Description:

Through interactive engagement, behavior awareness, commitments to change, goal setting and robust curriculum supports, parents can better understand and connect with their children. Clinicians and parents will explore abstract discussions on influence and control, look at characteristics and behaviors that shape their relationships with their children, and come up with some concrete tools to guide future interactions. In the last session, youth will have the opportunity to participate and openly communicate goals and hopes for their relationship(s) with their parents.

Sessions include:

- Providing psychoeducation regarding the effects of trauma on the brain
- Cognitive Behavior Therapy (CBT) model to enable parents to better understand how their/their children's thoughts and feelings ultimately impact and effect behaviors and actions
- An introduction on substance use as a coping mechanism and the ways drugs alter the neural pathways, thinking and decision-making processes, and how they can be managed and overcome with mindfulness practices.
- Understanding the various levels of influence in their child's everyday experience by discussing the personal, social, and macro-level spheres and the role of each.
- Exploration of:
 - oThe roots of addiction through an intergenerational lens
 - oThe intergenerational path of trauma and the connection to the societal context
 - oRelationship dynamics with parent and children in a multifamily group where children will have the opportunity to vocalize their goals and hopes for their relationship with their parents.
- Discuss and make the connections between Adverse Childhood Experiences (ACE's), trauma and current behavioral manifestations.

Program Name:

Positive Parenting Program – Triple P

Evidence Upon Which It is Based:

Triple P is built on more than 35 years of program development and evaluation. The model avoids a one-size-fits-all approach by using evidence-based tailored variants and flexible delivery options (e.g., web, group, individual, over the phone, self-directed) targeting diverse groups of parents. The Centers for Disease Control funded a population study in South Carolina. Results from this study showed that in the counties where Triple P was implemented, there was a decrease in the rates of substantiated child abuse reports, outofhome placements and emergency room visits for childhood injuries.

<http://www.springerlink.com/content/a737l8k76218j7k2/fulltext.html>

In addition, the California EvidenceBased Clearinghouse for Child Welfare identified Triple P as one of only three parenting programs with a scientific rating of 1 (Well Supported by Research Evidence).

<http://www.cebc4cw.org/program/8>

Description:

Triple P – Teen is a parenting and family support system designed to prevent, as well as treat, behavioral and emotional problems in teenagers and is delivered to parents of youth ages 12 to 16 years old. The primary aim of Triple P - Teen is to assist parents to promote positive skills and abilities in their teenage children, which contributes to the prevention of more serious adolescent health-risk behavior, and delinquent or antisocial behavior. The Triple P - Teen system consists of five levels of interventions of increasing strength as shown in the table below. The availability of the multiple levels and the flexibility in service delivery method enables parents to receive the intensity and format of services that will best meet their needs.

Level/Description

- 1 Universal: Media based parenting information campaign
- 2 Selected: Information and tips for specific parenting concerns provided in 1-2 brief sessions or in large-group seminars
- 3 Primary Care: Brief consultations about specific parenting concerns provided in 3-4 sessions
- 4 Standard or Group: In-depth training in positive parenting skills, offered as 10-week sessions to individual families (Standard) or 8-week groups (Group)

5 Enhanced: Additional support for families where parenting issues is compounded by parental stress and/or relationship difficulties

5 Pathways: Additional support for families at risk for child maltreatment due to anger management and/or negative attributions about their children's behaviors

Program Name:

San Mateo County Probation Department's Juvenile Diversion Caseloads (DIV Unit)

Evidence Upon Which It is Based:

The DIV Unit utilizes the Ohio Youth Assessment System (OYAS) tool designed to assist in effectively and efficiently supervising youth in both institutional settings and in the community. The OYAS is an evidence-based individualized determination tool to assess youths at the various decision points across the juvenile justice system specific to diversion, detention, disposition, residential and reentry.

Description:

The DIV Unit provides a primary point of entry for intake and assessment of youth who are in contact with the juvenile justice system. At the DIV Unit intake, the process begins when the youths receive a multidisciplinary team risk/needs assessment, including screening for mental health, substance abuse, and other significant risk factors. Based upon the assessment findings, a recommendation that includes a balance of accountability and support/treatment services is completed and discussed with the youth's family by the assigned DPO.

Recommendations are also made to the Juvenile Court if release from custody is appropriate. Diversion-eligible youths can be referred to a range of programs and services including the Petty Theft Program, Juvenile Mediation Program, Victim Impact Awareness Program, and Traffic Court. Youths may also be placed on short-term (3 months) or long-term (6 months) supervised Probation Diversion contracts.

The DIV Unit works in collaboration with CFS and has a Memorandum of Understanding (MOU) for the Youth Outreach Program (YOP), which provides at risk youth and their families with clinical services through family counseling, crisis support, and individual clinical support as identified through an individual and family assessment. Under this MOU, clinicians also provide the Triple P-Teen parenting program, and one-on-one parenting support.

Program Name:

Insights Behavioral Health Services – Seeking Safety

Evidence Upon Which It is Based:

Seeking Safety draws upon multiple evidence-based models to improve participants' behavioral health to help individuals achieve safety from trauma experiences and/or substance abuse. Counselors use Family Skills Training, a cognitive behavioral therapy (CBT) model that provides skills to support pro-social behaviors and deal with challenging adolescent behavior and this model, which was developed in 1992 by Dr. Lisa Najavits, has proven extremely successful in directly addressing substance use and Post-Traumatic Stress Disorder (PTSD) in youth without them being retraumatized by the therapeutic process.

<https://www.cebc4cw.org/program/seeking-safety-for-adolescents/>

Description:

Established in 1994, the Insights Seeking Safety program offers early intervention and family focused individual or peer group support sessions along with case management for firsttime offenders and other atrisk youth. For youth with emerging substance abuse problems, it also offers more intensive family counseling, as appropriate. This treatment provides 12 topics from Seeking Safety's curriculum to align with the 12week duration of programming at Insights. The topics selected are those that appear most relevant to the population served, and include Safety, Detaching from Emotional Pain (Grounding), When Substances Control You, Asking for Help, Taking Good Care of Yourself, Red and Green Flags, Honesty, Commitment, Community Resources, Setting Boundaries in Relationships, Coping with Triggers, and Healthy Relationships.

Program Name:

Law and Leadership Program

Evidence Upon Which It is Based:

The Law and Leadership Program offers intervention and prevention strategies for at-risk and system-involved/probation youth grounded in evidence-based principles and focuses on building developmental assets such as motivational interviewing; cognitive behavioral based therapy; growth mindset goal management; strengths-based case management; and gang awareness training.

The Leadership Training Program intervenes more intensively with high-risk juvenile probation and at-risk populations to decrease recidivism and increase educational engagement. Youth receive one-on-one case management with a positive, non-parental adult who can provide connection, supervision, guidance, skills training, vocational support (where applicable), help youth understand/manage social norms, and establish goals to meet their full potential.

Description:

The Law-Related Education (LRE) curriculum covers topics such as: assault, theft, vandalism, hate crimes, drugs, gangs, and the Three-Strikes law. Classes meet once per week for two hours over a 12-week period running from September to December over the fall semester and from January to May over the spring semester. The topics covered capture youth interest, activate cognitive-behavioral change, and build life skills in conflict management, problem solving, empathy and resisting negative peer pressure, which in turn contributes to the youth's developmental assets. Each week youth participate in role-plays to build pro-social life skills in non-violent conflict resolution, drug refusal, problem solving, and positive leadership. Youth take a field trip to a local university where they take a campus tour, learn about the juvenile justice system, and act out a trial in a law school courtroom. Guest speakers such as lawyers, judges, police officers, and probation officers attend sessions to share their experiences. The program culminates with a recognition ceremony for youth, their families, and friends.

Program Name:

San Mateo County Probation Department's Family Preservation Program (FPP)

Evidence Upon Which It is Based:

This is a supervision unit within the San Mateo County Probation Department whose supervision guidelines are modeled after graduated responses and evidence-based risk and needs assessment tools. Research studies have found that for parents with children in intensive family services programs, the use of problem-targeted services increases the likelihood of reunification.

Description:

FPP is a family-focused program designed to assist families in crisis by improving parenting and family functioning while keeping children safe. It was developed with the intent to encourage the continuity of the family unit with a primary focus on keeping the family together based on six components: safety of the child, immediate response; specific limited time; services are homebased; small, manageable caseloads and connecting family member to the community. These youth have either been charged with low-level offenses or come from homes where the functionality of the family has been compromised (e.g., child abuse and/or neglect) and are at high risk for out-of-home placement. Probation and county partners work collaboratively, provide an array of specialized services, offer intensive case management and therapeutic interventions by mental health providers.

**Part III. Youthful Offender Block Grant (YOBG)
(Welfare & Institutions Code Section 1961(a))**

A. Strategy for Non-707(b) Offenders

Describe your county's overall strategy for dealing with non-707(b) youthful offenders who are not eligible for commitment to the Division of Juvenile Justice. Explain how this Plan relates to or supports that strategy.

The San Mateo County Probation Department (Probation) recognizes that the varied needs of non-707(b) youth require a comprehensive approach if the department is to be successful in transitioning these youth back into the social and educational mainstream. Specifically, the Probation's Juvenile Justice Local Action Plan (LAP) responds to non-707(b) offenders by employing a strategy of providing appropriate services to these offenders based on the youths' assessed needs. YOBG funds are used for community-based organization (CBO) programs and services (e.g. yoga classes, mindfulness meditation, job-readiness training, life skills, law-related education, mentoring, pre-release case management) provided within the Youth Services Center (YSC-JH) and Margaret J. Kemp Camp (Camp Kemp) as well as for supervision and aftercare/reentry needs, including, electronic monitoring in order to release youth from custody earlier, as well as providing funding for providers. Some of the CBOs follow the youth into the community where they continue to offer them services and supports.

Probation is invested in providing youth with the specific tools and resources needed in attaining and maintaining successful reentry into their community upon release from custody. The YSC-JH utilizes the Phoenix Reentry Program (PREP) which works collaboratively with San Mateo County's Behavioral Health and Recovery Services (BHRS) to provide trauma-informed, family focused, culturally responsive, gender responsive, and a holistic approach to the mental health services offered to youth and their families so that clinical services are delivered appropriately, effectively, and cohesively.

The department's goal is to take a holistic approach to the mental health services of PREP by using a trauma-informed approach, that includes family members, BHRS, Deputy Probation Officers (DPOs) and Institutions staff members, as well as other supportive services. This approach will assist the youth in managing symptoms in order to sustain long-term psychological, spiritual, and emotional wellbeing upon re-entry into the home and community. As of May 1, 2023, five youths had participated in PREP in FY 2022-23.

B. Regional Agreements

Describe any regional agreements or arrangements to be supported with YOBG funds.

N/A

YOBG Funded Program(s), Placement, Service, Strategy and/or System Enhancement

Below are YOBG funded programs reported by the county.

Program Name:

Electronic Monitoring

Evidence Upon Which It is Based:

N/A

Description:

San Mateo County anticipates using YOBG funding to support staffing costs associated with overseeing the electronic monitoring for both pre- and post-disposition youth. Electronic monitoring provides a beneficial alternative to detention that allows youth to remain at home and attend school and other sanctioned activities while on probation or going through the court process.

Program Name:

Community Supervision

Evidence Upon Which It is Based:

Juvenile DPOs provide connections to JJCPA-funded programs and services.

Description:

San Mateo County anticipates using YOBG funding to support staffing costs for DPOs who supervise youth who are home on probation, including juveniles requiring intensive supervision and more frequent visits. DPOs ensure youth are following court orders such as refraining from drugs and alcohol, attending school, obeying curfews, and following rules at home. DPOs also provide referrals to victim impact awareness programs, counseling and other resources to support the youth and their family.

Program Name:

Phoenix Reentry Program (PREP)

Evidence Upon Which It is Based:

San Mateo County works with partners to develop a comprehensive approach to rehabilitation that includes links to community resources post-release.

Description:

San Mateo County anticipates using YOBG funding to support staffing costs, services and supplies for the PREP. Launched in 2019, PREP provides enhanced reentry services for repeat offenders transitioning back to their home communities following periods of confinement. PREP provides case management, mentoring, step-down incentives and connections to outside programs and services.

Program Name:

Margaret J Kemp Camp (Camp Kemp)

Evidence Upon Which It is Based:

San Mateo County works with partners to develop a comprehensive approach to rehabilitation that includes links to community resources post-release.

Description:

San Mateo County anticipates using YOBG funding to support staffing costs, services and supplies at Camp Kemp. The facility provides a placement option for female youth in need of comprehensive gender-responsive and trauma-informed services. The camp program offers intervention services implemented through a strengths-based approach that address issues of abuse, violence, family relationships, substance abuse, and co-occurring disorders.

Program Name:

Youth Services Center-Juvenile Hall (YSC-JH)

Evidence Upon Which It is Based:

San Mateo County works with partners to develop a comprehensive approach to rehabilitation that includes links to community resources post-release.

Description:

San Mateo County anticipates using YOBG funding to support staffing costs, services and supplies at the YSC-JH. The facility employs a therapeutic detention model that combines the philosophy of secure detention with comprehensive resources that aid in the youth's rehabilitation and successful reentry. These resources include health and dental services, mental health and substance abuse treatment, education and programs from cognitive skills, job readiness to yoga and mindfulness. Resources are provided in partnership with county agencies (Health, Behavioral Health and Recovery Services, County Office of Education) and various community-based organizations (CBOs). Staff-led programs and activities include gardening and managing chicken coops, mural painting, hosting assemblies featuring inspirational guest speakers, and organizing a variety of games, activities, and art projects throughout the year. Through the use of therapeutic detention, San Mateo County is able to work with partners to develop a comprehensive approach to rehabilitation to not only treat mental health and substance abuse issues, but also provide an opportunity to learn more prosocial behaviors.

Program Name:

Urban Services YMCA of San Francisco

Evidence Upon Which It is Based:

This program is only offered within the YSC-JH and Camp Kemp.

Description:

This San Mateo County anticipates using YOBG funding to continue a sexual violence prevention group program for youth detained at the YSC-JH and Camp Kemp. The gender-responsive program is geared for youth with offenses that aren't sexual in nature, and focusses on themes of building empathy, consent, healthy relationships, restorative practices, and setting healthy boundaries. This service would be provided through a partnership with nonprofit Urban Services YMCA of San Francisco.

Program Name:

Mind Body Awareness

Evidence Upon Which It is Based:

This program is only offered within the YSC-JH and Camp Kemp.

Description:

San Mateo County anticipates using YOBG funding to continue a weekly group program for youth detained at the YSC-JH teaching mindfulness, stress reduction, and emotional regulation. This services would be provided through a partnership with nonprofit The Mind Body Awareness Project.

Program Name:

The Beat Within

Evidence Upon Which It is Based:

This program is only offered within the YSC-JH.

Description:

San Mateo County anticipates using YOBG funding to continue a weekly creative writing/magazine production program for youth detained at the YSC-JH. This services would be provided through a partnership with nonprofit The Beat Within.

Program Name:

San Mateo County Mental Health Services

Evidence Upon Which It is Based:

Behavioral Health and Recovery Services provides referrals to outside services for youth released from custody.

Description:

Probation works with BHRS to provide mental health services to youth at the county's juvenile detention facilities. The County anticipates using YOBG funds to support BHRS clinicians who will provide crisis intervention, evaluation, treatment, psychiatric medication, behavioral therapy, continuing care referrals, and other mental health services to youth detained at the YSC-JH and Camp Kemp.

Program Name:

The Art of Yoga Project

Evidence Upon Which It is Based:

This program is only offered within the YSC-JH and Camp Kemp.

Description:

San Mateo County anticipates using YOBG funding to continue a weekly yoga and creative arts program for youth detained at the YSC-JH and Camp Kemp. This services would be provided through a partnership with nonprofit The Art of Yoga Project.

Program Name:

Success Centers

Evidence Upon Which It is Based:

Youth may continue to receive employment supports from provider following their release from custody.

Description:

San Mateo County anticipates using YOBG funding to continue a job-readiness training/life skills program and one-on-one career advising services for youth detained at the YSC-JH and Camp Kemp. The program would also provide access to virtual “employer spotlights” featuring local employers. These services would be provided through a partnership with nonprofit Success Centers.

Program Name:

Fresh Lifelines for Youth

Evidence Upon Which It is Based:

Youth may continue to receive law education services from provider following their release from custody.

Description:

San Mateo County anticipates using YOBG funding to continue a law-related education classes and career navigation workshops for youth detained at the YSC-JH and Camp Kemp. In addition, funding would support mentoring and career coaching as well as reentry case management, parent meetings, advocacy, and post-release prosocial activities for youth after they return home from custody. These coordinated services would be provided through a partnership with nonprofit Fresh Lifelines for Youth.

Program Name:

Applied Survey Research

Evidence Upon Which It is Based:

San Mateo County Probation partners with Applied Survey Research to evaluate the effectiveness of CBO programs funded by JJCPA and YOBG funds.

Description:

San Mateo County will continue to use YOBG funding to partially support its contract with Applied Survey Research (ASR), a nonprofit social research firm dedicated to collecting meaningful data, facilitating information-based planning, and developing custom strategies. ASR provides ongoing and robust evaluation services to analyze and understand the effectiveness of CBO programs receiving JJCPA and YOBG funding, and works closely with Probation staff members and CBOs to collect data, provide technical assistance, and deliver analysis on performance and Juvenile Justice outcomes.