In addition to individual and group counseling services provided by treatment team members, including clinical and educational psychologists, youth participate in a variety of cognitive behavioral intervention groups. These groups allow youth to identify destructive thoughts, feelings and behaviors and discover and practice positive alternatives so they can be more successful now and in the future.

- **Introduction to Treatment**
  Provides foundational information for various groups when youth first arrive at DJJ.

- **Girls...Moving On™**
  Focuses on the unique needs of young women in DJJ, including relationships, emotions and personal histories.

- **Aggression Interruption Training (AIT)**
  Improves social skill competence, anger control, and moral reasoning.

- **CounterPoint ™**
  Addresses anti-social attitudes and negative peer influences.

- **Trauma Focused Cognitive Behavioral Therapy**
  Treats youth with significant emotional and behavioral difficulties resulting from traumatic life events.

- **Cognitive Behavioral Interventions for Substance Abuse**
  Builds skills and strategies for avoiding substance abuse.

- **Advanced Practice**
  Provides youth with additional opportunities to practice skills learned in other interventions

- **Interactive Journaling®**
  An interactive writing process that focuses on topics leading youth to positive life changes.

- **Behavior Treatment Program Interventions**
  Provide youth with insight into alternative ways of thinking and behaving in order to avoid aggression and violence.

- **Sexual Behavior Treatment**
  Provides comprehensive, multimodal and cognitive behavior therapy to rehabilitate youth with sexual behavior/history/offense.

- **Skill of the Week**
  Provides practice of 52 social skills, 1 each week.

**INTERVENTIONS**

In addition to other DJJ staff, each youth has a parole agent or casework specialist that oversees the youth’s treatment plan. Non-graduates also have an education advisor. A specialist assists the youth in community re-entry. DJJ encourages family and community involvement to help us reach our goals.

May 2016
The IBTM guides all services provided to youth from arrival at DJJ to community re-entry. Upon arrival, each youth is assessed to determine needs and strengths in the following areas:

- Education & Employment
- Attitudes & Thinking
- Mental & Physical Health
- Family & Community Support & Stability
- Peer Influences
- Violence & Aggression
- Substance Use

Using that information, staff works collaboratively with each other, the youth and the youth’s family to develop and routinely update a treatment plan that helps the youth build skills for successful re-entry into the community. Positive skill building is strengthened through a comprehensive behavior management system that discourages negative behavior and uses daily, weekly and monthly rewards to recognize and encourage positive change.

Family and Community Involvement

DJJ recognizes the importance of family and community involvement. Family members and other appropriate adult influences are encouraged to help plan treatment goals, as well as participate in other activities, such as Family Council, throughout the youth’s stay.

Commitment to Quality and Safety

DJJ is committed to the safety of our youth, staff and communities. All components of the IBTM are continuously monitored to ensure fidelity to our treatment model. To ensure effectiveness, staff receive ongoing training, interventions are updated, and policies and procedures are modified.

Youth in DJJ can earn their high school diploma or GED, complete college courses to earn a community college Associate of Arts degree and participate in a variety of vocational programs. Whenever possible, they use these skills to benefit the community through service projects. Youth are also encouraged to build positive social and leadership skills through participation in groups and activities such as the Student Council, spiritual services, and events and fundraisers for victims’ rights.