

Mentoring Program

Sutter County Probation is offering a new program, mentoring for probation youth. The program is a six month commitment for mentors and mentees, with the option to extend an additional six months. This program offers mentors the opportunity to make a positive impact in an adolescent's life, as well as learn and enhance leadership skills, and gain a personal sense of satisfaction in knowing they have helped someone.

*Mentor Qualifications:

- 21 years old or older
- Resides in Yuba-Sutter area
- Agrees to six-month volunteer term
- Agrees to weekly contact w/mentee
- Agrees to attend training sessions
- Good communication skills
- Has reliable transportation
- Meets criminal history qualifications

*Other qualifications may apply

*Mentee Qualifications:

- Agrees to six-month term
- Agrees to weekly contact w/mentor
- Positive attitude with mentor

*Other qualifications may apply

MENTOR support

* Ongoing trainings with other Mentors at no cost.

* Mentoring Staff and Probation Officers are available to support mentors and the mentee while in the program.



Call with any questions!
(530) 822-4371

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**Sutter County
Probation**



**Juvenile
Services**

▶ **Helping
individuals and
families...**

Tel: (530) 822-4371

Cognitive Behavioral Therapy

Cognitive Behavioral Therapy (CBT) is offered to adolescents referred through the probation department who are in need of substance abuse counseling. CBT is based on the principal that our thoughts cause our feelings and behaviors, and thus we can change the way we think to feel and/or act in a more positive way even if the situation we are in remains the same. CBT is a brief and time-limited therapy with the average amount of sessions being 16. CBT is a structured therapy using homework to "practice" skills learned in sessions. CBT is collaborative effort between the CBT Practitioner and the Client to achieve the Client's goals.

Seeking Safety

When a person has both active substance abuse and Post Traumatic Stress Disorder, the most urgent clinical need is to establish safety. This is done by discontinuing substance use, reducing suicidality, minimizing exposure to HIV risk, letting go of dangerous relationships, gaining control over extreme symptoms, and stopping self-harm behaviors. Many of these are self-destructive behaviors that reenact trauma, particularly for victims of childhood abuse. And even though that trauma may have occurred long ago, clients treat themselves in ways that repeat it. "Seeking Safety" refers to helping clients free themselves from such negative behaviors to move forward to freeing themselves from trauma at an emotional level. We are currently offering SS groups on an individual basis.

Forward Thinking

This cognitive-behavioral series uses evidence-based strategies to assist youth involved in the criminal justice system in making positive changes to their thoughts, feelings and behaviors. Applying the information presented in the Interactive Journals to their own lives helps minors achieve their goals of responsible living. The Forward Thinking Series provides high-risk youth with an opportunity to identify and target risk/need areas. This series focuses not only on education, but also on guiding juvenile high-risk populations in taking ownership of the choices and actions that lead to positive change. This program is currently offered on an individual basis.

Topics include:

- ◆ What Got Me Here?
- ◆ Individual Change Plan
- ◆ Responsible Behavior
- ◆ Handling Difficult Feelings
- ◆ Relationships & Communication
- ◆ Victim Awareness
- ◆ Reentry Planning
- ◆ Substance Using Behaviors
- ◆ Family
- ◆ Behavior Check Pad

Parent Project

The Parent Project® is a parent-training program designed SPECIFICALLY for parents raising difficult or out-of-control adolescent children. Because the Project directly addresses the most destructive of adolescent behaviors, it is also used extensively by law enforcement, schools, mental health professionals and child welfare advocates, nationally. The primary Goals of the Parent Project® are to reduce family conflict, reduce juvenile crime, reduce recidivism and improve both school performance and attendance, the number one indicator of juvenile delinquency.

G.R.E.A.T.

Gang Resistance Education And Training (G.R.E.A.T.) is an evidence-based and effective gang and violence prevention program built around school-based, law enforcement officer-instructed classroom curricula. The Program is intended as an immunization against delinquency, youth violence, and gang membership for children in the years immediately before the prime ages for introduction into gangs and delinquent behavior.