

SACRAMENTO COUNTY PROBATION DEPARTMENT OPENS MULTI-SERVICE CENTER TO BETTER SERVE PROBATION YOUTH



River-Oak Youth Development and Education Center

In order to streamline services for juveniles, and increase opportunities to engage probation youth in pro-social behaviors, the Sacramento County Probation Department collaborated with local community based organizations to provide enhanced evidence based programming and services in a centralized location. The new site, called “The River Oak Youth Development and Education Center,” opened in January 2009 in the north area of Sacramento. Programs and services offered at the site include multidimensional counseling, pro-social education, therapeutic engagement, assessments, on-site treatment, residential care and intensive community supervision. This large, modern site also includes a gymnasium, multiple classrooms, a computer lab, and activity / art rooms, which allow for enhanced educational and interactive services.



Reception lobby



The following programs are currently provided at the River Oak Youth Development and Education Center.

- Multisystemic Therapy
- Aggression Replacement Training / Teaching Pro-Social Skills
- Counseling/Psychotherapy for Juvenile Offenders
- Juvenile Education Programs
- Juvenile Behavior Modification
- Life Skills Education Programs
- Juvenile Cognitive-Behavioral Treatment
- Integrated Model for Placement, Assessment, and Case Treatment (IMPACT)

Multisystemic Therapy- Award Winning Mental Health Treatment Program

Multisystemic Therapy (MST) is a specialized treatment approach to providing services to children and youth through an Intensive In-Home Program. The goal of MST is to prevent out-of-home placements by empowering the youth's primary caregivers with the skills and resources needed to independently address difficulties that arise in raising a child with behavioral problems. MST empowers the youth and family to resolve problems that arise in multisystems such as with family, peers, at school, and/or neighborhoods. Treatment duration is generally 3-5 months, with multiple meetings of the family and therapist each week. MST places an extremely strong focus on provider accountability with built-in quality assurance measures. Therapists use interventions with immediate and powerful impact on the problem behavior by building on the strengths of the family and other community support systems.

On March 18, 2009, Sacramento's MST Team, which operates out of the River Oak Youth Development and Education Center, received the California Council on Mentally Ill Offenders (COMIO) 2009 Best Practice Award. The MST team consists of River Oak Center for Children therapists and the Probation Mental Health Unit. The award identifies and recognizes outstanding California based programs that have had a positive impact on the mentally ill offender population at the state or local level for either an institutional or community program.

Sacramento County's MST program was the only juvenile program in the state to win the 2009 award and is being recognized for its effectiveness in measuring the successful treatment of mentally ill offenders. Youth who completed MST showed significant improvements in fulfillment of probation expectations, success at maintaining appropriate relationships, and improvements in school, pro-social peer activities, problem solving and substance abuse.

During a six month period between January and June 2008:

- 90% of caregivers exhibited necessary parenting skills for handling future problems
- 87% of families improved relations
- 79% of families improved their network of social support
- 72% of cases showed an ability to sustain positive change
- 87% of MST youth were in school or working
- 83% of MST youth had no new arrests within 12 months of completing the program

Day Treatment Center

Funded by the Juvenile Justice Crime Prevention Act (JJCPA), the Day Treatment Center and school provides multi-dimensional counseling, educational services, Evidence Based Practices curriculum and intensive community supervision to youth on probation.

- The Corrections Standards Authority highlighted Sacramento's Day Treatment Center program in its Juvenile Justice Crime Prevention Act Report to the Legislature (2007)
- On average, Day Treatment Center on-site school students have raised their Grade Point Averages (GPAs) by nearly a full grade point in just 6 months (2002-2007)
- 154 Day Treatment Center on-site students improved their GPAs and behavior enough to be reintegrated into regular school district programs (2003-2007)
- 31% of participants completed court-ordered community service (2006-2007)
- 84.8% of participants had no sustained new law violations (2006-2007)
- 92.4% of participants had no new sustained felonies (2006-2007)
- Out of 230 nominated programs, Sacramento's Day Treatment Center received a Merit Award from the California State Association of Counties (2005)
- Creation of additional Day Treatment Centers was prioritized in the Sacramento County Juvenile Justice System Gap Analysis Report (2005)
- One Day Treatment Center graduate was honored with the California Youth Authority Outstanding Achievement Award (2004-2005)



Day Treatment / Classroom

Integrated Model for Placement, Assessment, Case Management and Treatment (IMPACT) program for first time placement minors

The IMPACT program is a collaborative between Quality Group Homes, Probation and Sacramento County Mental Health. IMPACT provides multi-dimensional assessments designed to determine the most appropriate placement for the youth by identifying the types of treatment and/or services that best address his/her assessed needs. Through the comprehensive assessment and case plan, the probation officer finds placement to meet the minor's treatment needs. Some minors return home under the Family and Children Community Treatment Program (FCCTP) and receive intensive in-home treatment services, while youth placed in a group home receive the appropriate services targeted at their treatment needs.

- 88.3% of participants had no sustained petitions within 12 months of completing the IMPACT program (2007)
- 3.2 times as many youth were able to be returned home (2004-2005)
- Comparison group was arrested twice as often as IMPACT participants (2000-2003)

Residential Component



The multi-service center has two 20-bed residential cottages, operated by Quality Group Homes, for both male and female placement youth. Minors are placed in the cottages prior to the assessment as part of the IMPACT program. Minors may also be placed in the cottages if the assessment determines they need emancipation and reunification services, which are offered by Quality Group Homes.

Family & Children Community Treatment Program (FCCTP)

Using the fundamentals of the Multisystemic Therapy (MST) model reduces barriers to treatment by providing post-IMPACT youth with multi-disciplinary services in their homes, schools, and neighborhoods. Probation officers supervise minors and verify they are receiving the appropriate treatment services. Results from a study conducted under prior Juvenile Justice Crime Prevention Act (JJCPA) funding included:

- Zero absconds from placement (2001-2002)
- Zero placement failures due to poor behavior (2001-2002)
- 85.7% of participants had no new arrests (2001-2002)
- No incarcerations (2001-2002)

Monarchs and Wells Fargo Do It Yourself (DIY) Teen Center



Screen Printing Station



Teen Center Day Space

The Sacramento Monarchs basketball team joined with volunteers from Wells Fargo and Maloof Sports & Entertainment to donate a Monarchs and Wells Fargo Do It Yourself (DIY) Teen Center to River Oak Youth Development and Education Center in August 2009. The DIY Teen Center provides outlets for teens to be engaged in positive activities, focusing on art, fashion, music and sports. The donation included computers, digital art workstations, a screen printing station, art tools and reading materials.