A Youth Diversion Program
Helping Sacramento County Youth Make Better Choices
What is S.H.O.C.K.

- S.H.O.C.K. is educating youth regarding their choices and consequences for those choices.
- S.H.O.C.K. is law enforcement taking a leadership role by partnering with community based organizations reaching out to make a difference with youth in our communities.
- S.H.O.C.K. is building a strong relationship between law enforcement, community based organizations schools, and families so youth can make positive choices.
- S.H.O.C.K. is prevention through intervention and education in an effort to break a cycle that has no future.
- S.H.O.C.K. is changing the perceptions youth have toward themselves, parents, law enforcement, and the community, by working with them one-on-one to foster positive relationships.
- S.H.O.C.K. is informing today’s youth that we care and are addressing the challenges which influence their quality of life within our communities.

Brief Program Description

The Intensive S.H.O.C.K. program is a 24-week intervention program for youth between the ages of twelve and seventeen. S.H.O.C.K. was designed to combat the negative influences facing today’s youth. Some of these influences include drugs, gangs, teenage pregnancy, communication issues with peers and parents, self-respect, bullying, etc.

The Intensive program includes two phases for students AND a support program for parents:

**Phase One** is held three nights a week for a 10-week period. The classes on Tuesdays/Wednesdays are from 4:00-7:00pm and consist of approximately one and a half hours of physical activity (close order drill / physical fitness) and one and a half hours of classroom instruction. The physical activity is designed to promote teamwork and improve impulse control. The classroom portion is taught by S.H.O.C.K. staff and guest speakers from the community. The class on Thursday includes study/organizational skills development, homework tutoring. This portion of the class will be facilitated by a credentialed educator.

**Parent Support:** Parents are automatically enrolled into a powerful and proven program called Parent Project (www.parentproject.com). This class will be held during phase one at the same time/location as the homework tutoring program on Thursday evenings (between 6:00 and 9:00pm). Parent Project is designed for parents raising difficult or out of control adolescent children. This program provides concrete, no-nonsense solutions to even the most destructive of adolescent behaviors. (Note: Enrollment fee (ranging from $20-$125/per person, is waived for all SHOCK parents)
**Phase Two** is 14-weeks long and is also known as the Follow-Up Phase. While this phase is less formal than phase one, S.H.O.C.K. staff and counselors will continue to check in with the students, provide mentoring and assist the students with individualized support. If it is determined by the SHOCK counselors that a more intense treatment plan is needed, the counselors will facilitate the referral process for the most appropriate therapy. We have found this portion of the S.H.O.C.K. program to be of great benefit to both the youth and his/her family.

**The S.H.O.C.K. Program Includes:** (Partial Listing)

- **Field trips to:**
  - Prison Outreach Program (POP) to CDC&R at Solano
  - Sacramento County Courthouse
  - PEAK Adventures at CSUS

- **Classes/presentations:**
  - Making better choices
  - Consequences of being involved in the gang life
  - eVIBE curriculum*
  - Parent support
  - Alcohol, tobacco, and other drug awareness
  - Bullying awareness
  - Juvenile Probation
  - Importance of school attendance

**Program Support (Intervention, Youth & Parent Counseling)**

- **3rd Millennium Classrooms**

SCIP and 3rd Millennium Classrooms offers online alcohol, marijuana, and theft education courses that are widely used by courts, colleges, and high schools across the nation. 3rd Millennium Classrooms partnership with San Diego State University Research Foundation allows them to employ the strongest research available to develop the most effective evidence-based interventions. Each intervention maximizes the “teachable moment” that violators experience to initiate a change in attitude and reduce high-risk behavior.

Parents/caregivers suspecting their child may be “experimenting” with marijuana and/or alcohol are encouraged to immediately seek out professional help in order to increase the likelihood of a successful intervention. SCIP’S partnership with 3rd Millennium Classrooms allows us to provide an additional level of intervention for Sacramento County youth that can be used concurrently with other professional services.
**Sacramento Children’s Home (SCH)**

*SCIP and the S.H.O.C.K. program work with the SCH to provide an early violence intervention program called Early Violence Intervention Begins with Education (eVIBE). This unique prevention and early intervention program is designed to teach social skills, violence prevention, and conflict management skills for youth and families. Parents, as well as S.H.O.C.K. students, will participate in the class concurrently with the goal to support youth and families in having healthy and safe peer and family relationships.*

**Terra Nova Counseling**

Trained therapists and community workers will be present weekly to provide counseling and education to support the participants and their families in achieving the program goals. Terra Nova Counseling provides a variety of professional services that support youth and families. Services include:

- Individual and couples counseling
- Family counseling
- Group therapy
- Children’s therapy (MediCal & Private Pay)
- Parent counseling and education
- Anger management

S.H.O.C.K. staff can make referrals at any time and will recommend counseling services as needed in order to provide the most comprehensive prevention and intervention program possible.

**Goals**

The S.H.O.C.K. program was designed to show our youth the reality of poor decision making and negative choices. Youth see incidents such as police pursuits, gang violence and drive-by shootings and do not realize the consequences of criminal behavior. Today’s youth have developed a respect for criminals and the misconception that life in the criminal justice system is glamorous. This misconception commonly has been delivered by television or results from the youth having friends and family members who have been through the jail system.

This program is not for all youth. It is geared toward those youth who have begun a negative lifestyle or are on the verge of heading down the wrong path, such as chronic absenteeism, continuous disruption to classroom learning, alcohol, drugs, and gangs. Students must want to make the change and parents must be involved in this transformation (including participating in the Parent Project program).
Criteria

1) Youth must be between 12-17 years of age.
2) Be a resident within Sacramento County.
3) Be enrolled in a school that is within Sacramento County.
4) Cases where the youth is currently on formal probation or in placement will be handled on a case-by-case basis.
5) The participant must have a parent or legal guardian who is capable and willing to attend.

Note: Participation in the SHOCK program is by application/interview process. Referrals can be made by anyone and the SHOCK program can be offered to a youthful offender in lieu of formal punishment at the school district and/or juvenile justice levels. SHOCK staff will evaluate each referral on a case-by-case basis.

This Program is Designed to

1) Re-direct negative behavior.
2) Provide partnership with law enforcement, the community and schools.
3) Increase understanding of the criminal justice system.
4) Emphasize the legal consequences of violating the law.

Who Benefits?

1) Communities observe a reduction in crime within their neighborhoods and schools.
2) Court system increases its efficiency, and obtains a reduction in caseload resulting in lower court costs.
3) Families obtain law enforcement support, additional resources, and relationships with their children improve.
4) Youth learn the consequences of delinquent behavior, overall obtain improved lifestyles, and become better community members.

S.H.O.C.K. Academy

The S.H.O.C.K. Academy is conducted once per school year and begins in the Fall semester. Information about specific dates/days/times/location, are announced at the time you receive your letter of acceptance into the S.H.O.C.K. Academy.

Students must be referred to the S.H.O.C.K. program. Referrals are accepted any time of the year.
How to Apply to S.H.O.C.K.

☐ Complete a S.H.O.C.K. Referral Form
  o **Section 1: Basic Contact Information**
  o **Section 2: Student Evaluation Form** – Complete this portion of the Referral Form. A parent/guardian, law enforcement officer, probation officer, counselor, teacher, school administrator, may complete this form.

  o Once the above two sections are completed you may drop off or mail to:
    SHOCK PROGRAM
    2350 Northrop Avenue
    Sacramento, CA  95825
    Office Hours for Drop Off:  9:00am to 4:00pm

  o The Selection Process
    ▪ Once the Referral Form is submitted, SHOCK staff will review the information and notify you by mail/phone call if you/your child will continue to the next step.
    ▪ The student, along with at least one caregiver, must attend an assessment interview. This is done to maximize the successful outcome from participation in the SHOCK program.
    ▪ After a review of the evaluation forms and the results from the assessment interview, the SHOCK staff may contact school staff, neighbors, etc., to obtain additional information on the student.
    ▪ You/your child will be notified by mail/phone call and placed in the most appropriate SHOCK class.
    ▪ You/your child will be advised of the mandatory orientation meeting. At this meeting you will be provided with additional documents to complete. **Failure to attend this meeting will result in being removed from the class enrollment list.**

For More Information

333-6464 ext. 3106

www.sacscip.org

Deputy Mike Saigeon:  msaigeon@sacscip.org

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