



TerraNova
COUNSELING | *Where People Grow*



SACRAMENTO
CHILDREN'S HOME



A Youth Diversion Program

Helping Students Make Better Choices
In Sacramento County

What is S.H.O.C.K.

- **S.H.O.C.K.** is educating “at-risk” 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 who are “at-risk” in our communities.
- **S.H.O.C.K.** is building a strong relationship between law enforcement, community based organizations schools, and families so “at-risk” 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 issues which influence their quality of life within our communities.



Brief Program Description

The S.H.O.C.K. program is an 8-week juvenile 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. These influences include drugs, gangs, teenage pregnancy, communication issues with peers and parents, and self-respect.

S.H.O.C.K. is held two nights a week for an 8-week period. The evening classes 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 S.H.O.C.K. Program Includes: (Partial Listing)



- Field trips to:
 - Prison Outreach Program (POP) to CDC&R at Solano
 - Sacramento County Courthouse
- 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 (Youth & Parent Counseling)

- **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 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 troubled teens the reality of poor decision making and negative choices. Juveniles 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 juvenile having friends and family members who have been through the jail system.

This program is not for all juveniles. It is geared toward those 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.

Criteria

- 1) Juveniles must be between 12-17 years of age.
- 2) Be a resident within the unincorporated area of Sacramento County.
- 3) Be enrolled in a school that is within Sacramento County
- 4) **No juveniles currently on formal probation or in placement**
- 5) Participation must be **VOLUNTARY***.
- 6) 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 two times per school year:

- Spring Session
- Fall Session

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
 - **Section 1: Basic Contact Information**
 - **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.
 - 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
 - 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.**



Photos courtesy of Apple Valley PAL

For More Information

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