



# 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 sixteen. 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 two days per week, usually for a 6 to 10-week period (**schedule varies based on facility availability**), during the after-school hours (2.5 to 3.5 hours), 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.

- **PARENT SUPPORT:** Parents are required to be a part of the change they wish to see in their child. As part of the S.H.O.C.K. program, parents/caregivers shall participate in a pre-arranged parent program. These may include a course that is outside of the S.H.O.C.K. program such as Parent Project, Strengthening Families, etc., or group sessions that run concurrently with S.H.O.C.K. at the program site. This requirement can be discussed during the interview.
- A **PROGRAM FEE** of \$50 is required in order to complete the enrollment process. Please note:
  - A full refund is granted if the following conditions are met:
    - Successfully completes Phase one of the program (Cannot miss more than 2 classes and does not miss any field trips): AND
    - Maintains assigned uniform for the duration of the program—must be returned upon demand, and in good condition; AND
    - Cannot be late for drop-off/pick-up

**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, our youth advocate 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
- PEAK Adventures at CSUS

### Classes/presentations:

- Making better choices
- Consequences of being involved in the gang life
- SHOP\*
- Parent support
- Alcohol, tobacco, and other drug awareness
- Bullying awareness
- Juvenile Probation
- Importance of school attendance
- Online Intervention Courses provided by...



## SAFETY, HEALTH, OPPORTUNITIES AND PRACTICE (SHOP)

\*SCIP and the SHOCK program partner with the **Health Education Council (HEC)** to bring the **SHOP program**. SHOP is a holistic approach to address youth violence, and increase resilience. The interactive group series builds upon evidence-informed practices, and is designed for at-risk youth from underserved communities. The SHOP program integrates public health topics with conflict resolutions strategies to promote safety and well-being.

## 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.** SHOCK 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. As this is a voluntary program, students must want to make the change and parents must be involved in this transformation. We do not guarantee a behavior change but we can assure parents/caregivers that S.H.O.C.K. students will gain valuable insights about the criminal justice system and will become more aware of the potential consequences of negative behavior. Parents should understand SHOCK is not a counseling service and not every referral to the program is accepted.

## Criteria

- 1) Youth must be between 12-16 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 each program day.

**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 during the school year – typically one class in the fall and one class in the spring. 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 through SCIP'S Online Referral System**

# How to Apply to S.H.O.C.K.

1. S.H.O.C.K. candidates must be referred into the program. To trigger the referral process:

LINK: <https://sacscip.knack.com/youth-diversion-v20#online-referral-public-version/>

## o The Selection Process

- Once the Referral Form is submitted, SHOCK staff will review the information and notify you by email, if needed, to further discuss the referral and other options.
- Parents/Caregivers should expect a Pre-Enrollment letter (by email) that provides more detailed information about program requirements, expectations, etc.
  - A parent/caregiver interested in enrolling their child into the SHOCK program must acknowledge this letter.
- Parent/Caregiver must complete an online membership application (no fees are due at this time).
- Once the Pre-Enrollment Letter and the membership application are received, SHOCK staff will contact you to schedule the interview.
- The student, along with at least one caregiver, must attend this interview. This is done to maximize the potential for a successful outcome from participation in the SHOCK program.
- ALL necessary program documents will be discussed and completed at the time of the assessment interview.
- A program fee of \$50 is charged (will be fully refunded based on specific conditions mentioned on page 2)
- A membership fee of \$25 is required at the time of enrollment. This fee is non-refundable. (Fee reduction is available if the student qualifies for free/reduced meals at school.)
- After a review of 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 email if you were placed into the next SHOCK class.

### **For More Information**

[www.sacscip.org](http://www.sacscip.org) | [info@sacscip.org](mailto:info@sacscip.org)