

Adult Living for Transitional Achievement (ALTA)

Program Description:

The Adult Living for Transitional Achievement Program (ALTA) provides temporary housing, reentry support services, and skills development for youth in JJYS custody returning to the community following a placement in a secure facility/high risk residential placement. The goal of the program is to reduce recidivism by helping youths to successfully reintegrate into the community following out-of-home placement. Staff help youth to:

- Continue therapeutic services, such as Dialectical Behavioral Therapy, substance use treatment, and individual therapy.
- Identify available community resources to support the youth's educational, vocational, medical and treatment needs.
- Identify available community support systems to help the youth achieve stability and connectedness.
- Practice independent living skills so the youth can successfully maintain housing, employment and successful relationships.

Youth eligible for this program include:

- Youth on their trial placement/parole status from secure care and whose treatment needs exceed what can be provided in another community placement at the time of their release from secure care.
- Youth returning to the community from Secure Care as a day support and programming maintenance by increased supervision and programming support.
- Youth ordered into JJYS custody for community based placement based on their Risk, Need, and Responsivity. These cases are required to be staffed with Administration prior to approval.

Excusory Criteria include, but not limited to, active psychosis, actively suicidal, assaultive towards peers, and sexually acting out.

Length of Stay:

The length of stay in the program will be individualized for each youth, but the maximum stay can be up to 90 days. Day Service ALTA requires that youth successfully complete the program by completing 20 hours evidence-informed programming. Youth should be able to successfully complete this within 30 days. Residential Service ALTA requires the same as outlined in Day Service in addition to employment, housing and money in savings, which will be determined by the treatment team.

Target Population

Moderate to high-risk youth on transition from secure care, ages 16-20. Cases that don't meet the criteria must be screened by the Program Director for approval. Eligibility appropriateness will be determined at a Child and Family Team Meeting.



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Programming Offered: In addition to evidence-based programming, ALTA provides the following programming for youth:

- ✔ **Independent Living Skills:**
Resume writing/interviewing, job applications, finances, meal preparation, food purchasing, public transportation utilization, maintaining employment and housing applications.
- ✔ **Vocational Training and Certifications:**
Register youth to participate in school at the local vocational trade center, employment skills in computer technology and other work related areas to include: Microsoft, Serve Safe, Food Handlers, OSHA, Fire Extinguisher, Flagger, Bicycle Collective and certification for evidenceinformed groups noted here.
- ✔ **Education:**
Provided through the local school districts.
- ✔ **Restitution/Work:**
ALTA residents will receive support from ALTA staff to pay restitution obligations or find gainful employment to help youth save funds for future needs such as college, vocational trade and independent living.
- ✔ **Clinical Support:**
In partnership with a therapist employed by Juvenile Justice and Youth Services and/or the Local Mental Health Authority, ALTA provides evidenceinformed therapy in substance use disorder for acute and ongoing therapeutic needs as indicated by assessment or as defined by the Utah Juvenile Court.
- ✔ **Family Involvement:**
ALTA encourages parents and families to play an active role in treatment through Child & Family Team Meetings, weekly updates and visitation.

Evidence-Informed Approaches

Dialectical Behavioral Therapy (DBT):
skill development related to mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

Carey Guides:
helps youth resolve conflicts, effectively communicate, and manage their behavior.

Case Planning Tool:
focuses on Risk, Need and Responsibility.

Casey Life Skills:
provides youth with skills to build behaviors and competencies needed to achieve long-term goals.