

Juvenile Justice & Youth Services

Office of Community Programs



Day Skills Intervention (DSI)

Program Description:

Day Skills Intervention (DSI) provides responsive support to youth during the school day including education, evidence-based groups, family support services, and skills development for court-involved youth. The goal of (DSI) is to reduce recidivism by helping youths acquire the skills to successfully function in their homes, schools, and communities. The program help youth to:

- Access community resources that support a youth's educational, vocational, and medical/treatment needs
- Identify community supports and identify previous skills learned
- Build skills to reduce criminogenic needs that are identified in the needs assessment service plan
- User proven skill building strategies
- Meet educational needs including credit recovery and educational assessment

Youth eligible for this program include:

- Youths identified as moderate or high risk on the Prescreen Risk Assessment/Protective and Risk Assessment (PSRA/PRA)
- Youths under probation supervision with the Utah Juvenile Court, in state custody, or receiving services through the Department of Health and Human Services' High Fidelity Wrap.
- Youths who are in a home placement or in a proctor home placement

Exculsionary Criteria include, but not limited to, active psychosis, actively suicidal, assaultive towards peers, and sexually acting out, or identified as low risk on the PSRA/PRA

Length of Stay

The length of stay in the program will be individualized for each youth and will be between 30 and 120 days.

Target Population

Moderate to high-risk youth, ages 14 - 18, who lack the skills to function appropriately in a school setting. Eligibility for the Day Skills Program will be determined by screening with referring agency.

Juvenile Justice & Youth Services

Office of Community Programs

Day Skills Intervention (DSI)

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

- ✔ **Skills Based Groups:**
Resume writing/interviewing, job applications, finances, meal preparation, and food purchasing. In addition, youths can participate in other location-specific programs.
- ✔ **Vocational Training and Certifications:**
On-site employment skills including food handlers and certification for completion of any of the evidence-based groups.
- ✔ **Education:**
Provided through the local school districts.
- ✔ **Restitution/Work:**
DSI youth will receive support from staff to pay restitution obligations or find gainful employment to help youth save funds for future needs such as college and independent living.
- ✔ **Clinical Support:**
In partnership with the Local Mental Health Authority, DSI provides evidence-based 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:**
DSI encourages parents and families to play an active role in treatment through Child & Family Team Meetings, weekly updates, and home visits from our staff. We also provide referrals to Families First for ongoing evidence-based family support in the youth's home where identified.

Evidence-Based Approaches

ADAPT:

teaches youths decision making and problem solving skills.

Carey Guides:

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

Case Planning Tool:

focuses on Risk, Need and Responsivity.

Casey Life Skills:

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

Dialectical Behavioral Therapy (DBT):

skill development related to mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness.

Girls Circle:

a structured support group for girls from 9 - 18 years old. Integrates relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence.

Seeking Safety:

reduces the risk of substance use.

Why Try:

builds tolerance and emotional regulations