

Juvenile Justice & Youth Services

Office of Secure Care Programs



Secure Care

Program Description:

Secure Care Facilities are long-term locked confinement facilities for serious and habitual delinquent youth. These youth require 24-hour monitoring and supervision focused on rehabilitation and community protection.

Youths are ordered to Secure Care by a Utah Juvenile Court Judge. Upon commitment, the Youth Parole Authority assumes jurisdiction.

Once committed to Secure Care, youths are assessed to determine their rehabilitative needs and to reduce their risk of reoffending. This becomes the Treatment Plan that guides a youth's progress in Secure Care.

The length of stay in Secure Care and parole dates are decided by the Youth Parole Authority. Each case is reviewed on a quarterly scheduled basis.

Youths placed in Secure Care are rated daily to determine individual progress on treatment goals and their behavior in the facility. To help promote success, youths are also provided with mental health, educational, recreational and medical/dental/optometry services. They also have the ability to participate in other classes and programs to enhance their individual talents, to become more employable, and to improve their independent living skills.

Length of Stay:

Length of stay is individualized for each youth. The suggested length of stay is determined by the Youth Parole Authority based on the youth's delinquency history and offense category. Suggested length of stay can be decreased or increased by the Youth Parole Authority as they review each case for progress made on treatment goals and the behavior in the facility.

Transition:

Once youths have completed their length of stay and have met their treatment goals with satisfactory progress, they will be granted a 0-90 day transition to Parole. At that time, they return to the community with continued services and support.

Population

High and moderate risk youth ages 12-25 years old that are ordered by the Utah Juvenile Court to Secure Care.

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

- ✓ **Skills Based Groups:**
Transition Support Services Workbook, resume writing/ interviewing, and job applications.
- ✓ **Vocational Training and Certifications:**
On-site employment skills in carpentry, Serve Safe, Food Handlers Permit, OSHA, First Aid and CPR, Fire Extinguisher, Flagger, Alive at 25, Bicycle Collective, Microsoft Office Specialist, Roots of Success, Culinary Arts Program, welding, small engine repair, automotive classes, and certification for completion of any of the evidence-based groups noted here. These services are based on local availability.
- ✓ **Education:**
is provided on-site through the local school districts. After school opportunities include, the U of U Reading Clinic, book club, music programs, and competitive sports/events. Through the Higher Education for Incarcerated Youth program, youth in secure care can take college courses and earn college credit through Utah Tech.
- ✓ **Restitution/Work:**
Secure Care youths preform work hours toward restitution and community service to repay the victims and courts of their crimes.
- ✓ **Clinical Support:**
Licensed Clinical Therapists provide individual and family therapy while in Secure Care and when youth return to the community.
- ✓ **Family Involvement:**
Secure Care encourages parents and families to play an active role in treatment through Child & Family Team Meetings, weekly updates and visitation. A 14-week program, Strengthening Families, is offered at each facility. Strengthening Families address areas such as: communication and family meetings; rules, rewards and responsibilities; problem solving; stress and anger management; drugs and alcohol; choosing good friends and values and traditions.

Evidence-Informed Approaches

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

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

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

Protective Risk Assessment:
Guides the creation of the treatment plan and address areas that increase the risk of reoffending.

Seeking Safety:
Using trauma informed care and re-duce the risk of substance use.

What Works Principles:
Provides four principles of effective interventions to increase the likelihood of reducing recidivism.

Why Try:
Focuses on resiliency and helps improve academic success.