

## GEMSTONE PROGRAM

### Program Description:

The goal of Gemstone is to reduce recidivism and risk by assisting youths to successfully implement their needs assessment service plan. Staff help youths to:

- Identify available community resources and how to access them to support the youth's educational, vocational, and medical/treatment needs
- Identify community supports and identify previous skills learned
- Build skills to reduce risk on criminogenic need that are responsive and are identified in needs assessment service plan
- Practice skills that are being taught through skill practice strategies
- Meet educational needs including credit recovery and educational assessment

Youths eligible/inclusionary factors for this program include:

- Youths who are identified as moderate or high risk on the Prescreen Risk Assessment, Protective Risk Assessment (PSRA/PRA)
- Youths who are post adjudicated and are in state custody.

### Exclusionary Criteria:

Include but not be limited to active psychosis, actively suicidal, assaultive towards peers, and sexually acting out and youths who are identified as low risk on the PSRA/PRA.

#### **GEMSTONE**

*Gemstone provides residential responsive support to youths that includes education, evidence based groups, family support services and skills development for youths who are moving toward an action or maintenance stage of change.*

#### **TARGET POPULATION:**

*Female, moderate to high-risk youths, ages 14- 18, who lack the skills to function appropriately in a school setting. Eligibility and appropriateness for Gemstone will be determined screening with referring agency.*



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### Length of Stay:

Length of stay in the program is individualized for each youth and will be between 45 and 90 days.

### Programming Offered:

In addition to evidence-based programming, Gemstone provides the following programming for youths:

**Skills Based Groups:** Gemstone provides youths support to build skills in these areas: resume writing/interviewing, job applications, finances and yard care. In addition Gemstone youth can participate in the Talk Circle/Sweat Lodge, Girls Moving On, Safe Date, YWCA, and Art Journal.

**Vocational Training and Certifications:** on-site employment skills in screen printing, carpentry, computer technology and other work related areas to include: Microsoft, Serve Safe, Food Handlers, OSHA, Fire Extinguisher, Flagger, Bicycle Collective, and certification for completion of any of the Evidence-Based Groups noted here.

**Education:** will receive on-site education through Granite School District. Youths can also participate in credit recovery with North Ridge Learning, Music/Guitar with Granite School District and GED preparation with Granite School District.

**Restitution/Work:** will receive support from staff to find gainful employment to help youths save funds for needs, independent living or to pay restitution obligations.

**Clinical Support:** provides evidence-based cognitive behavioral therapy in partnership with the Local Mental Health Authority for acute and ongoing therapeutic needs as indicated by assessment or as defined by the Utah Juvenile Court.

**Family Involvement:** encourages parents and families to play an active role in treatment through Child & Family Team Meetings, weekly updates and home visits from staff.

### EVIDENCE-BASED

### APPROACHES

**Carey Guides:** helps youths resolve conflicts and effectively communicate and manage their behavior.

**Seeking Safety:** reduces the risk of substance use.

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

**Case Planning tool:** focuses on Risk, Need and Responsivity.

**Why Try:** builds social and emotional skills.

**SPARK:** teaches focus and mindfulness.

**Dialectical Behavior Therapy:** teaches emotional regulation and mindfulness skills.

