

## DAY SKILLS INTERVENTION (DSI) PROGRAM

### Program Description:

The goal of Day Skills Intervention is to reduce recidivism by helping youths acquire the skills to successfully function in their homes, schools and communities. The program helps 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
- Use proven skill building strategies
- Meet educational needs including credit recovery and educational assessment.

### Eligibility Criteria:

- 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 Department of Human Services' System of Care
- Youths who are in a home placement or in a proctor home placement

### Exclusionary Criteria:

Include but not limited to active psychosis, actively suicidal, assaultive towards peers and sexually acting out or identified as low risk on the PRSA/PRA.

#### **DSI**

*DSI provides responsive support to youth during the school day, includes education, evidence based groups, family support services and skills development for court-involved youth.*

#### **TARGET POPULATION:**

*Moderate to high-risk youths, 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.*



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### Successful Completion/Length of Stay:

Length of stay in the program is individualized for each youth and will be based on completion of 100 hours minimum of dosage, reduction of risk and demonstration of skills learned.

### Programming Offered:

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

**Skills Based Groups:** are provided so you can practice skills learned in a safe place and receive feedback.

**Vocational Training and Certifications:** on-site employment skills may include: Microsoft, Serve Safe, Food Handlers, OSHA, Fire Extinguisher, Flagger, and certification for completion of any of the evidence-based groups noted here. *Note: Other locations will also offer screen printing, carpentry, the bicycle collective and computer technical skills.*

**Education:** is provided on-site through the local school districts.

**Restitution/Work:** DSI youth will receive support from staff to pay restitution obligations.

**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.

### EVIDENCE-BASED

#### APPROACHES

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

**Substance abuse treatment:** provided by local mental health for those youth clinically indicated.

**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 tolerance and emotional regulation.

#### Dialectical Behavioral

**Therapy (DBT):** Teaches emotional regulation and mindfulness skills.

