

SAVVY Sisters

The SAVVY Sisters program is based on the Girl Matters philosophy which focuses on having a gender responsive culture by aligning gender responsive theories with the life experiences of girls. The focus areas are based on findings in current research, gender responsive theory, and practical experience with girls and young women. The core building blocks are safety matters, communication matters, relationship matters, emotion matters, trauma and drama matters, and identity matters which then translate into the programming building blocks of brain matters, body matters, sex matters, spiritual matters, living environment matters, social support matters, care and vocational matters, and motherhood/parenting matters.

These classes are held on a rotating basis once a week at the Evening Reporting Center. They are coordinated by a Deputy Juvenile Officer and facilitated by a Deputy Juvenile Officer and/or Program Assistant. Girls are referred by their Deputy Juvenile Officer and can attend a varying number of classes based on their needs. Deputy Juvenile Officer's can also provide individual assignments to girls on their caseloads regarding the material.

Shoplifter Education

The Shoplifter Education program is a one-time program offered at the Evening Reporting Center and is designed to educate juveniles about the consequences and impact of stealing. Many of the juveniles attending the class are first-time offenders, but juveniles under supervision may also be assigned to attend. The class is not limited to juveniles with stealing as their offense, but the typical participant has committed a misdemeanor theft. The 60-minute class includes discussion with a Deputy Juvenile Officer and an officer from the Columbia Police Department. Juveniles view a short video and complete a quiz about the information provided. The quiz also includes a section that requires juveniles to write apology letters to their victims.

Sex Education

The Sex Education program is offered at the Evening Reporting center. The program is facilitated by a Deputy Juvenile Officer and health care professional through the Boone County Health Department and is for juveniles over the age of 12. Issues addressed include sexually transmitted diseases, teen pregnancy, and statistics.

Tobacco Education

The Tobacco Education program is a one-time program offered at the Evening Reporting Center. The program is facilitated by a Deputy Juvenile Officer and health care professional through the Boone County Health Department and is for juveniles between the ages of 13-17 years old. The juveniles watch a video, participate in group discussion and a variety of activities to clearly educate them on the effects of tobacco use.

Victim Impact Panel

The Victim Impact Panel is a one-time program offered at the Evening Reporting Center. The program is facilitated by a Deputy Juvenile Officer and Victim Advocate. The program was developed to help juveniles understand the impact that their crime and the crimes of others have on victims, increase empathy on the part of the juvenile for victims of crime, and prevent juveniles from committing further criminal acts. Juveniles watch a video with real victim accounts of crime and information about the effects that crime has on victims. There is discussion in the class and juveniles complete an assignment.

For more information on services and access to forms, please visit:
<http://www.courts.mo.gov/hosted/circuit13/court/offices/juvdivhome.htm>



**FAMILY COURT SERVICES
13TH JUDICIAL CIRCUIT COURT
BOONE COUNTY JUVENILE OFFICE**

PROGRAMS

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Cognitive Behavioral Intervention Programs (CBI)

The Boone County Juvenile Office has developed Cognitive Behavioral Intervention Programs which target three areas: cognitive restructuring, anger management, and substance abuse use. These programs are designed around Cognitive Behavioral theory which is designed to help juveniles recognize risky thoughts, feelings, attitudes, and beliefs and replace these with more pro-social thoughts and beliefs to help solve their problems. Each program is four weeks long and consists of two Deputy Juvenile Officers who facilitate and monitor the program. Juveniles are required to conduct role-plays, various in class assignments, and group discussion to learn and master the concepts.

The skills presented in these programs can be properly taught in a group or individual setting. We prefer a group setting based on the belief that peers influence each other.

Thinking for a Change

There are three cognitive perspectives represented in the program: cognitive restructuring, problem solving, and social skills. The idea behind the course is that we can learn to take charge of our lives—and lead more productive and more effective lives—by taking control over the thoughts and feeling that go on inside us. This idea—that thinking is behind the way we feel and the way we act and everything that we do—is the basic idea of the program. And because our thinking controls so much about us, we can learn to control our own lives by learning how to take control of our thinking.

Options to Anger

This program is designed to help the juvenile develop positive ways in dealing with his/her anger. The juvenile will be introduced to a variety of

alternatives to anger and then the child will be expected to demonstrate the skills he/she has learned in his/her daily life in the community, and school. It is important for parents to speak with their child after each session so they have an understanding as to what their child is learning. Our goal is to have people leave our program with more pro-social skills than they came in with.

Why Can't Stop

This program is designed to help the juvenile overcome his/her addiction. By exploring the components of the addictive process, high risk situations, and how to cope with cravings, this program will provide the juvenile with the tools to help guide him/her towards positive alternatives. The child will be introduced to a variety of skills to help overcome his/her addiction and will be expected to use these skills in his/her daily life. We want the juvenile to leave our program knowing how to effectively change his/her addictive habits, as well as with the understanding of how his/her addiction negatively affects himself/herself and other people.

Other Programs

I Beat the Odds

This program is based on the book *I Beat the Odds* by Michael Oher who is a professional football player for the Baltimore Ravens. Michael Oher was in the foster care system as a child due to his mother's substance abuse and he wrote the book to clarify truth from fiction in *The Blind Side*, a movie based on his life story. Oher wanted to reach out to children in the foster care system by telling of the lessons he learned through his life and giving hope to the children in the foster care system and the individuals that are trying to help those children.

The I Beat the Odds Program is targeted towards children currently in the foster care system that are of

high school age. The program is run like a book club, and the program participants are provided with the book and assigned chapters to read weekly. The program meets once a week for an hour and half for six weeks. Each week the chapters that were assigned to be read the previous week are discussed in relation to the participants' lives and their experiences. Guest speakers come to talk with the participants of the program about their experiences in the foster care system and abuse and/or neglect that they endured.

The goals and objectives of the program are to reach out to the older youth in the foster care system especially to the youth that are cross-over youth in the system. Michael Oher stresses in the book for the youth to make positive decisions, work hard, develop goals, associate with positive individuals, and find mentors. He tells the youth they are the ones in control of their future and they can succeed even if they have to find a way to do so on their own.

The program is facilitated by Deputy Juvenile Officers in the Abuse/Neglect Unit and meets weekly for 6 weeks.

It's Your Life

This program is designed for juveniles who have been referred to the Juvenile Office for an alcohol and/or drug offense while operating or riding in a vehicle. This program is held at the Evening Reporting Center. The program is coordinated by a Deputy Juvenile Officer and facilitated by an Officer from the Missouri State Highway Patrol Troop F. The program is intended to educate juveniles about the dangers of operating or riding in a vehicle while under the influence and the many consequences that can occur as a result of these decisions as well as discussions about safe/attentive driving, Abuse and Lose laws, and consequences of substance usage while driving. Juveniles watch a video and power point presentation, as well as a hands-on "beer goggles" experiment.