32 HOUR JUVENILE GANG INTERVENTION

This lesson-based open-group juvenile gang intervention consists of two units of 10 lessons and one unit of 12 lessons for a total of **32 hours of programming**.

It is an intensive intervention based on **cognitive-behavioral, motivational interviewing, and social learning philosophies**, and is designed to reduce the resistance to behavioral change and decrease antisocial behaviors, including gang activity.

Features:

- **Open group/open admissions model** supports flexible administration. New group members can be added at any time.
- Ideal for community programs, probation-mandated programs, community gang intervention, and alternative schools.
- Includes elements of **motivational interviewing (MI)** and **cognitive-behavioral therapy (CBT)**.
- Summary/review elements provide easy documentation of **participant progress and change**.

The program consists of 3 units:

Unit G	Core change-focused risk factors (including substance abuse) program model. Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
Unit H	Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices.
Unit J	DVD-based gang prevention/intervention resource set, with lesson plans youth worksheets, and discussion elements.

PROGRAM UNIT G (j)

Core change-focused program model. Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.

	Resource	Description
G1	Pre9j: A Starting Point	MI-based precontemplation engagement activity, focusing on importance and confidence in thinking about change and exploring options.
	FFT: A tough choice for Luis	Short activity helps evaluate the impact of life experiences on past and present choices.
G2	FFT: Benny's summer	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.1: "What's going on in my life?"	Introductory workbook helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G3	FFT: Tony's cousin	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.2: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G4	FFT: Tough choices	Short activity helps evaluate the impact of life experiences on past and present choices.
	SD11.3: "What's going on in my life?"	Helps identify feelings, issues, and risk factors, reducing resistance, and beginning the process of personal awareness and change.
G5	FFT: Tom's experience	Short activity helps evaluate the impact of life experiences on past and present choices.
	CC3: What does your future look like?	This MI resource assists in developing discrepancy, and increasing confidence in making changes.
G6	FFT: Mike's pain	Short activity helps evaluate the impact of life experiences on past and present choices.

	CC6: I have my reasons	CBT resource provides an opportunity for participants to analyze why they have been making some of the choices they have, and the costs and consequences of these choices.
G7	FFT: Marvin's dilemma	Short activity helps evaluate future choices.
	CC9: Denial	Helps identify denial issues and develop an action plan for change.
G8	RH15c: Setting yourself up	Helps evaluate risks and "set ups" in making future choices.
	CC10: Who is making your choices?	Includes elements of peer pressure and external locus of control (allowing others to make or influence your choices).
G9	FFT: The curfew	Short activity helps evaluate future choices.
	CC11: Why am I thinking about changing?	Helps identify and clarify some of the issues involved in the decision to make changes. Examines specific reasons and obstacles.
G10	FFT: Shawn's choices	Short activity helps evaluate future choices.
	TP4: Then and now - external protective factors and barriers	Examines past experiences to clarify what went wrong. Focuses on development of new - better - external protective factors, and summarizes specific action steps as well as steps to overcome barriers to effective change.
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit G		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 resource.

Also provided with this unit is a set of eight (8) resources which may be used flexibly:

WYNTK	What you need to know	Basic information about effects of specific substances and consequences of abuse, providing accurate information to counter "street" information.

PROGRAM UNIT H (j)

Resources in this general delinquency unit increase self-awareness with the specific objective of decreasing discomfort with the old choices. Specific elements are designed to increase awareness of discrepancy, a critical motivational interviewing (MI) technique. (i.e. cognitive dissonance). Ideal with clients who may be early stages of change (later precontemplation, contemplation, and preparation).

	Resource	**Description**
H1	WDYT: 6	Short group discussion activity
	Pre7: Choices	Participants explore choices, including involvement with high risk, people, places, things, and situations, as well as a range of pro-social or positive changes. Increases personal awareness on issues which may benefit from treatment.
	Activity:	Problem behavior activity #1
H2	WDYT: 21	Short group discussion activity
	Pre11: You can't change me	MI resource (specifically focused on anti-contemplation). Examines issues of importance and confidence in making life changes. Asks participants to evaluate where they stand on 13 specific areas of personal change.
	Activity:	Problem behavior activity #2
H3	WDYT: 23	Short group discussion activity
	CC1: What's been getting you in trouble?	Examines past behaviors and issues: fighting, violence, dangerous risk taking, alcohol abuse, drug use, gang activity, drug sales, and crimes like robbery, burglary, and auto theft. Helps participants understand their risk factors and to consider future choices.
	Activity:	Problem behavior activity #3
H4	WDYT: 27	Short group discussion activity
	CC2: Impact!	Victim empathy resource guides participants to consider what victims feel, and various consequences for victims.
	Activity:	Problem behavior activity #4
H5	WDYT: 108	Short group discussion activity
	CC4: Trust and distrust	Guides participants in evaluating the costs and consequences of misplaced trust.

	Activity:	Problem behavior activity #5
H6	WDYT: 94	Short group discussion activity
	CC5j: Friends and peers	Guides participants in evaluating their choice of pro-social or anti-social peers as friends. Helps assess the costs and consequences of these choices.
	Activity:	Problem behavior activity #6
H7	WDYT: 52	Short group discussion activity
	CC7j: Who do you think you are?	The way we think about ourselves helps us decide what we would, and wouldn't do. This session Increases emotional awareness and understanding self-talk and self-image.
	Activity:	Problem behavior activity #7
H8	WDYT: 41	Short group discussion activity
	TP16: I can do this	Helps participants identify key internal strengths and protective factors, and guides them to make better choices about how they will live their life in the future.
	Activity:	Problem behavior activity #8
H9	WDYT: 90	Short group discussion activity
	TP20: Burning your bridges	Builds on the decision to make changes, by removing temptations and increasing distance from critical risk factors.
	Activity:	Problem behavior activity #9
H10	WDYT: 152	Short group discussion activity
	RH17: Keeping your focus on what's important	Key MI resource for most programs. Identifies critical goals, high risk choices, and increases importance of making pro-social choices going forward.
	Activity:	Problem behavior activity #10
	Unit Summary	Summarizes the preceding unit of 10 sessions.
Checkpoint after Unit H		Assess participation, motivation, understanding, insight. Evaluate SCQ and summary documentation noted above. Assess action plan for self-care and aftercare. Options includes AODA-MI-1 resource.

PROGRAM UNIT J

DVD-Based youth gang intervention resource model (12 sessions)

DVD Title	Description
Choices	This DVD and accompanying workbook identify critical high risk situations and illustrate critical choices faced by at-risk youth. Discussion starter and program review activity.
Stories from the Streets	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented by workbook activities.
Kids at Risk	Features gang members describing 14 individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks. DVD is designed for counselors to use flexibly and to select individual risk factors for group or classroom use.
Gang issues: Choices and Consequences	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point for group discussion and the use of supplemental workbook.

	Resource	Description
J-1	WDYT: 43	Short group discussion activity
	FFT: The revolving door	Self-awareness resource, addressing patterns of criminal behavior and incarceration.
	Choices (DVD)	DVD and worksheets help identify critical high risk situations and illustrate critical choices faced by at-risk youth.
	FFT: Too late for George	Short activity helps evaluate the impact of life experiences on past and present choices.
J-2	WDYT: 37	Short group discussion activity
	Stories from the streets DVD -- film #1 Romeo's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.
	FFT Choices	Short activity helps evaluate the impact of life experiences on past and present choices.
J-3	WDYT: 27	Short group discussion activity
	DVD - Stories from the Streets - film #2 Daniel's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.

	FFT: Being locked up	Short activity helps evaluate the impact of life experiences on past and present choices.
J-4	WDYT: 26	Short group discussion activity
	DVD - Kids at Risk Risk Factors 1: intro, school, friends/peers	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: Conflict resolution	Short activity helps evaluate the impact of life experiences on past and present choices.
J-5	WDYT: 22	Short group discussion activity
	DVD - Kids at Risk Risk Factors 2: community	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: Jamal's story	Short activity helps evaluate the impact of life experiences on past and present choices.
J-6	FFT Risk factors	Short group discussion activity- family risk factors.
	DVD - Kids at Risk Risk Factors 3: family	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks
	FFT Caught in the middle	Short activity helps evaluate the impact of family experiences on past and present choices.
J-7	WDYT: 6 WDYT: 9	Short group discussion activity
	DVD - Kids at Risk Risk Factors 4: Personal 1	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.
	FFT: The curfew	Short activity helps evaluate future choices.
J-8	FFT Friendship - Skin deep	Short activity helps evaluate the impact of family experiences on past and present choices.
	DVD - Kids at Risk Risk Factors 5: Personal 2	Features gang members describing individual risk factors in their own words. Workbook activities address each risk factor and lead to action plans to minimize those risks.

	FFT: The identity activity	Short self-awareness activity.
J-9	FFT Hopelessness	Short self-awareness activity.
	DVD Stories from the Streets - film #3 Terion's Story	Life stories of young gang members who end up in prison. Members of different gangs are interviewed, and the DVD is supplemented workbook activities.
	FFT Desperation Carlos/Cassie	Short activity helps evaluate the impact of life experiences on past and present choices.
J-10	WDYT: 4	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 1- Gang association and activity)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point.
	FFT: Survival	Short self-assessment activity helps evaluate future choices.
J-11	WDYT: 2	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 2 - Consequences)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration. Interviews with youthful incarcerated gang members provide a powerful starting point.
	FFT: Walk and talk	Short activity helps evaluate future choices (high risk factors).
J-12	WDYT: 8	Short group discussion activity
	Gang issues: Choices and Consequences (Gang Issues 3 - Options)	Addresses issues such as the decision to join, violent initiations, the experience and consequences of using violence, violent initiations the consequences of drug dealing, and the experience of incarceration.
	FFT: Happily ever after	Short self-assessment activity (change-of-pace activity).
	Unit Summary (competency checklist)	Summarizes the preceding unit of 12 sessions.
Checkpoint after Unit		Assess participation, motivation, understanding, insight. Evaluate competency checklists