

### Community Need Statement

This Community Project gives youth and their guardians navigating the Juvenile Justice System, tools and information.

### References

Bonds, A., & Inwood, J. (2016). *Beyond white privilege: Geographies of white supremacy and settler colonialism. Progress in Human Geography, 40(6), 715-733. https://doi.org/10.1177/0309132515613166*

### Theoretical Issues

- Cognitive Behavioral Therapy
- Indigenous Cultural Health Models, and Practices.
- Psychodynamic Theory
- Behavioral Theory
- Cognitive Theory

### Acknowledgements

- Agencies and individuals that work with our clients.
- Local Community Partner's and Agencies listed in booklet.
- Community Partner, Supervising Behavioral Health Clinician, Marian Vasilevich, LMFT.

### Credibility Statement

- Engaging with white supremacy and settler colonialism reveal the enduring social, economic, and political impacts of white supremacy as a materially grounded set of practices.
- Acknowledging one's own privilege in society is essential. One must be vigilant to check one's implicit bias in order to continuously represent oneself as a compassionate collaborator.

### Method

- This Community Project is in relational accountability to a holistic and tribal perspective in that it provides resources for sustainability that connect a youth and one's family through tools and guidance to understand and deal with one's thoughts, feelings, and behavior.

### Deliverable

- A Resource booklet.
- A collection of pertinent resources for skills and supporting agency in our local community.

## A SAMPLING OF PAGES FROM BOOKLET:

### WHAT WE DO:

Behavioral Health Staff provides clinical and rehabilitative services to youth and their families in the Juvenile Hall facility and in the community.

Treatment services include a combination of medication support, individual, group, and family counseling, alcohol/drug assessment and counseling, and skill development. Youth builds skills with anger management, moral judgment, correction of thinking errors, social skills, and victim awareness.

Land Acknowledgment: The City of Eureka acknowledges that we are located on the unceded ancestral lands of the Wiyot People.

### WHO PROVIDES SERVICES:

- The Humboldt County Probation Department is responsible for the correctional/custodial care, court reporting, and community supervision of youth in the juvenile system.
- The Humboldt County Health and Human Services Behavioral Health Branch provides behavioral health services five days a week.
- The Humboldt County Office of Education provides educational services at the Van Humboldt school in the Juvenile Hall. The services consist of year-round school with instruction from a full-time certified teacher and instructional aids.

### WHO WORKS HERE

CRISIS Behavior Health Case Managers: Humboldt County Juvenile Hall, COLLECTION OFFICERS: Phone: 707-445-7644

CRISIS Behavior Health Clinicians: 2004 Harrison Ave., Eureka, 707-445-7601

Transition Age Youth Program REEB COACH: send your mail here

CRISIS Adolescent Treatment Program Substance Abuse Counselors: Phone: 707-248-3358

Adolescent Treatment Program (ATP) 134 St., Ste 101, Eureka, 707-441-3771

WILLPATR NURSE

CHILDREN YOUTH & FAMILY SERVICES (CYPFS/PSYCHIATRY) 707-265-3900

"The Place" 2440 6th St., Eureka

### WHO WORKS HERE

Humboldt Independent Practice Association "IPA" 2315 Dean St., Eureka, 707-443-4363, https://humboldtipa.com

Humboldt County Juvenile Probation 2002 Harrison Ave., Eureka, CA 95501

Humboldt County Office of Education, Teacher's Aide: Von Humboldt 707-445-7094

Humboldt County Office of Education (OCED): 707-445-7000

The Ink People 627 9th St., Eureka, 707-442-8413

MARZ PROJECT: Media Art Production, Ages 12-26, marzproject.org or call 707-442-8413

BLBLACK HUMBLD! 525 7th St Eureka, 707-860-6643, BLACKHUMBOLDT@GMAIL.COM

### COPING SKILLS:

- Fair fighting: Remain calm, Express feelings in words, not actions, Be specific about what is bothering you, Deal with only one issue at a time, No hitting below the belt...
- Try not to generalize. Avoid words like "never" or "always".
- Avoid make believe. Stick with the facts and your honest feelings.
- Don't stoop. Try to deal with problems as they arise.
- Avoid blaming. Positive results can only be attained with two-way communication.
- Establish common ground rules.

Active Listening Skillset: Pay attention, Withhold judgment, Reflect, Clarify, Summarize, Share, Ask

The Cognitive Triangle: THOUGHTS, FEELINGS, BEHAVIOR

### COPING SKILLS Continued:

Aggression Replacement Therapy: Social Skills Training, Moral Reasoning

Anger Control: Teaches participants what not to do, helping them respond to anger in a nonaggressive manner

Restorative Practice: Is a process in which an individual acknowledges wrongdoing, takes steps to repair harm and is welcomed back into the group.

### COPING SKILLS Continued:

Tips for dealing with triggers: Create a strategy to deal with your triggers head on, Just in case, Your strategy might include coping skills, a list of trusted people you can talk to, or rehearsed phrases to help you get out of a troublesome situation.

The Four Phases of Forgiveness: Uncovering Phase, Decision Phase, Work Phase, Deepening Phase

### COPING SKILLS Continued:

Personal boundaries: Physical boundaries, Intellectual boundaries, Emotional boundaries, Sexual boundaries, Material boundaries

NUTRITION: A healthy, well-balanced diet can help us think clearly and feel more alert.

Food Sovereignty: Is the ability of communities to determine the quantity and quality of the food that they consume by controlling how their food is produced and distributed.

### COPING SKILLS Continued:

Exercise helps improve mental health: Exercise improves sleep, helps release and improve metabolism of chemicals...

How to Use Rewards: Set achievable goals, Your youth should earn their reward about 75% of the time, Give rewards regularly and consistently...

### COPING SKILLS Continued:

Breathing Technique: How to Use Deep Breathing: Sit back in a comfortable position, you can close your eyes, but it isn't necessary...

### RESOURCES Continued:

RAMI Humboldt County: NAMI, treatment for people with mental illnesses

Teen Line: Call 1-310-856-HOPE or Text TEEN to 839863

PHHS: Youth suicide prevention program

TRAVELER: Youth suicide prevention program

SUICIDE LIFELINE: 988

### RESOURCES Continued:

Children's Mobile Response Team: provides short-term mental health crisis support

Humboldt Bridges to Success: Public school intervention and support

Rami Vista: Children's Mental Health Services

Two Feathers Family Services: 1580 Betty Court Suite A, McKinlayville

### RESOURCES Continued:

BOYS & GIRLS CLUBS: Boys and Girls Club of the Redwoods Youth Center

PROJECT RESOUND: Community-based services for children and adults with developmental disabilities

TRANSITION AGE YOUTH (TAY): To prevent homelessness and secure and maintain housing for young adults aged 16 to 26 years

### RESOURCES Continued:

RECA - Redwood Community Action Agency: 904 G Street, Eureka

St. Joseph's Family Shelter: 2992 Heuberg Road, Fortuna

Choice Family 1752 107th St., Eureka

ARCATA HOUSING PARTNERSHIP: 901 9th St., Arcata

### RESOURCES Continued:

BEAR RIVER SOCIAL SERVICES: 688 Sprague Road, Ukiah

HOGGA HUMAN SERVICES: 1531 Jacobs Way, Happy Camp

KARUK SOCIAL SERVICES: 1303-149-3151

TRINIDAD RANCHERIA SOCIAL SERVICES: 1 Cher-A-Lene, Trinidad

### RESOURCES Continued:

ITEPP: Native American Center (ITEPP)

Latino@US: El Centro Académico Cultural

CENTRO: 2nd floor, Nelson Hall East 205

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### LEGAL Continued:

MIRANDA RIGHTS: Technically, no youth under the age of 17 can be questioned without the presence of an attorney.

Terms in the Juvenile Justice System: Referral, Charge, Diversion, Detention Hearing, Adjudication, Disposition, Transfer Hearing

### LEGAL Continued:

Humboldt Area Law Enforcement: Arcata Police, Bear River Band Police, California Department of Fish and Wildlife, Humboldt Sheriff's Office

LEGAL Continued: Public Defender, County Counsel, Superior Court, District Attorney

### LEGAL Continued:

TEAM COURT OFFICE: 939 Harris St, Eureka

FACEBOOK: Facebook/hctencourt

YOUTUBE: YouTube/hctencourt