

SAN MATEO COUNTY PROBATION DEPARTMENT

COMPREHENSIVE ANNUAL YOBC
EVALUATION REPORT

2020 - 2021



About the Researcher

Applied Survey Research (ASR) is a nonprofit social research firm dedicated to helping people build better communities by collecting meaningful data, facilitating information-based planning, and developing custom strategies. The firm was founded on the principle that community improvement, initiative sustainability, and program success are closely tied to assessment needs, evaluation of community goals, and development of appropriate responses.

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San Mateo County Probation Department Comprehensive Annual YOBG Evaluation Report

Fiscal Year 2020-2021

EXECUTIVE SUMMARY

The Board of State and Community Corrections through the State of California provides an annual allocation to the San Mateo County Probation Department (Probation) through the Youthful Offender Block Grant (YOBG) to bolster the capacity of local communities to effectively implement a continuum of response to juvenile crime and delinquency. Probation awarded three-year contracts to six community-based organizations (CBOs) to serve youth activities, mental health services, job/vocational training, reentry management, and alcohol and drug interventions to provide rehabilitative services to youthful offenders at Institutions Services Division.

Institutions Services Division operates two residential options for court-involved youths:

- **Juvenile Hall at Youth Services Center (YSC)** – Youths reside in one of the housing units (Pine 4, Pine 5, Forrest 3) and can participate in programming. Some programming is provided by outside agencies, some by volunteers, and some are led by Probation staff.
- **Camp Kemp** – The Camp is a 30-bed residential facility that provides intensive rehabilitative services and programs for girls who have committed more serious crimes and are placed on probation by the Juvenile Court of San Mateo County.

Institutions Services Division also operated another residential facility, **Camp Glenwood**, in La Honda, California, that provided intensive services and programs for boys who had committed more serious crimes. While the Glenwood facility closed in March 2019, the programming moved to the Juvenile Hall at the YSC to cater to the last youth committed to Camp Glenwood through June 2019. After the release of the last youth in June 2019, the programming also officially closed.

The report's findings are based on data from multiple sources:

- The Institutions Services Division Workload Analysis,
- The Board of State and Community Corrections (BSCC) Juvenile Detention Survey Profile,
- Youth mental health data collected by the Behavioral Health and Recovery Services (BHRS) clinician,
- Incident reports in Juvenile Hall,
- Booking logs for Juvenile Hall,
- Diversion data for Assessment Center/Investigations (ASC/INV) Unit, and
- Units of service, performance measures, and inventory of evidence-based practices utilized by the six YOBG-funded CBOs.

Summary of Findings

The six YOBG-funded CBOs provided services to address youth needs in FY 2020-21. Funded CBOs served 73 unduplicated youths with an average of 24.4 hours of service per youth and 10.4 months in the program in the same period (Exhibit 1).¹

Exhibit 1. Youths and Services

Youths and Services	FY 20-21
Number of Youths Served	73
Average Number of Hours of Service	24.4
Average Time in The Program	10.4

The following are highlights regarding the youths who receive services in the Institutions Services Division:

- Thirteen youths resided per month on average in Juvenile Hall, and four youths per month at Camp Kemp. There were more male youths in Juvenile Hall compared with female youths.
- Seventy-three percent of youths (73%) in Juvenile Hall and 90% of youths in Camp Kemp were 15 to 17 years old.
- Forty-nine mental health assessments were performed from July 2020 through June 2021, averaging four mental health assessments each month. There were no mental health assessments in September 2020.
- Ninety percent (90%) of the youths who were assessed had a primary mental health diagnosis, of which 59% had a secondary diagnosis. The most common primary mental health diagnoses among youths included trauma, depression, and unspecified anxiety.
- Marijuana and alcohol were the most highly used primary and secondary drugs by youths.
- There was a total of 43 incident reports and 76 informational reports. Thirty-three percent (33%) of incident descriptions were related to use of force or mechanical restraints, 17% to threats to staff or staff injury, 16% to property destruction, and 10% to suicidal mutilation.
- Twenty-one programs were offered to youths in the Institutions Services Division. Out of these:
 - 43% of programs were offered virtually during the COVID-19 pandemic,
 - 24% of programs were considered “evidence-based” programs,
 - 52% of programs were considered “curriculum-based” programs, and
 - 24% of programs were considered “staff-initiated” programs.

¹ The unduplicated youth count is an undercount of the actual number of youths served by programs because Art of Yoga started tracking their client service data from January 2021 and StarVista Pyramid only reported data for some housing units.

San Mateo County Probation Department Comprehensive Annual YOBG Evaluation Report

Fiscal Year 2020-21

BACKGROUND

An annual allocation to the San Mateo County Probation Department (Probation) is provided through the Youthful Offender Block Grant (YOBG) from the Board of State and Community Corrections through the State of California. The purpose of the allocation is to promote the capacity of local communities to implement an effective continuum of response to juvenile crime and delinquency. Allocations from YOBG support Probation and contracted service providers for mental health services, youth activities, job/vocational training, reentry case management, alcohol and drug interventions, and other San Mateo County departments that provide rehabilitative services.

In 2020, the JJCC awarded three-year YOBG-funded contracts to six community-based organizations (CBOs) to provide services to San Mateo County youths at the Youth Services Center (YSC) (Exhibit 2). Of the six funded CBOs, three CBOs were also funded through the Juvenile Justice Crime Prevention Act (JJCPA) and Juvenile Probation Camp Funding (JPCF). Specifically, FLY and StarVista agencies were funded under JJCPA, JPCF, and YOBG, and Success Centers was funded under JPCF and YOBG.

Exhibit 2. Program Descriptions of YOBG-Funded CBOs

YOBG-Funded CBO	Short Name	Description
Art of Yoga	AOY	Provides gender-responsive programming that combines health education, character development, yoga, breathing techniques, meditation, and creative arts and writing.
Fresh Lifelines for Youth	FLY	Provides law-related education workshops, pre-release and reentry case management, reentry prosocial activities, one-on-one coaching, and career navigation workshops.
Mind Body Awareness	MBA	Provides classes focusing on mindfulness, stress and anxiety reduction, and emotion regulation.
Rape Trauma Services	RTS	Provides crisis intervention and advocacy, regulation/coping skills group therapy, and violence prevention education.
StarVista Pyramid	StarVista	Provides mental health and substance use services, prosocial skills training, emotion regulation/coping skills training, and reentry services.



YOBG-Funded CBO	Short Name	Description
Success Centers	SC	Provides one-on-one academic mentoring and tutoring, job readiness training, and a visual arts program to help youths build upon their life skills.

EVALUATION PLAN AND METHODOLOGY

Data Collection

The following section details the process followed by Probation and Applied Survey Research (ASR) to monitor and collect data from all YOBG-funded programs provided by Probation and the six CBOs. All funded CBOs monitor their service delivery, and then report youth, service, and outcome data to Probation and to ASR. The methods and tools used to collect this information are described below.

Youth Demographics and Service Utilization from YOBG-Funded CBOs

YOBG-funded CBOs collected and entered two pieces of youth level data: demographics and service utilization (Exhibit 3). Together, the demographic and service datasets provided relevant information about the characteristics of youths receiving services and their length of involvement in services.

Exhibit 3. Youth and Services Data Collected by YOBG-Funded CBOs

Demographics	Service Utilization
<ul style="list-style-type: none">• Date of birth• Gender• Race/ethnicity• City and zip code of residence	<ul style="list-style-type: none">• Service type (e.g., group counseling, individual counseling, yoga, reentry services, etc.)• Length of time a youth was served (e.g., program entry and exit dates)• Number of service hours

Youth Data from the Institutions Services Division

In addition, several types of data, shared by Probation, provided information on the youths in the Institutions Services Division:

- **Institutions Services Division Workload Analysis** – Monthly and quarterly statistics regarding the Institutions Services Division population and workload, including bookings, releases, and commitments.
- **Juvenile Detention Survey Profile** – The Board of State and Community Corrections (BSCC) requires all counties to complete the Juvenile Detention Survey Profile. These statistics include the population within the Institutions Services Division by age and the number of different types of bookings, such as weapon-related bookings.
- **Youth Mental Health Data** – Probation collects mental health data via the BHRS clinician in the Assessment Center. Mental health data were available for youths who received a mental health assessment between July and June of FY 2020-21.
- **Incident Reports in Juvenile Hall** – Incident reports were written about youths involved in incidents this fiscal year; the reports provide an indication of the Juvenile Hall environment.

- **Booking Logs for Juvenile Hall** – Record of bookings for youths from San Mateo County or from out of the county, along with whether the offense was considered 707(b) and mandatory detention was required.²
- **Diversion Data for the Assessment Center/Investigations (ASC/INV) Unit** – Statistics indicating the successful or unsuccessful completion of 6-month or 90-day diversion contracts.

Programs and Services Offered at the Institutions Services Division

Probation provided a list of programs and services offered within Juvenile Hall and Camp Kemp. Probation further categorized the programs and services into three categories:

- evidence-based programs,
- curriculum-based programs, and
- staff-initiated programs.

Program-Specific Outcomes from YOBG-funded CBOs

CBOs collected their own program-specific outcome data. Short summaries of these results are presented in this report and in further detail in each program's individual report.

² 707(b) offenses are for minors over the age of 14 accused of the most serious crimes that get filed in the adult court. These crimes could include murder, certain arson offenses, robbery, rape, kidnapping, attempted murder, assault with a firearm, assault with force likely to produce great bodily injury, discharge of firearm, offenses in which victim is over 65 or disabled, carjacking, and various other crimes. <https://childsafety.losangelescriminallawyer.pro/>

EVALUATION FINDINGS

Youth Profile

In FY 2020-21, YOBG-funded CBOs served a combined total of 73 unduplicated youths. As shown in Exhibit 4, the majority of YOBG youths were served by AOY (55%), followed by FLY's Reentry Program (47%).³

Exhibit 4. Number and Percentage of Youths Served by Program

YOBG Programs	FY 2020-21	FY 2020-21 % of Total
AOY	40	55%
FLY	34	47%
MBA	11	15%
RTS	21	29%
StarVista	15	21%
SC	29	40%
TOTAL	73*	100%

Note: The total across YOBG programs equals 150 youths instead of the 73 listed because most youths were served by more than one program.

Youth Demographic Characteristics

Race/ethnicity information was available for 99% of youths served by YOBG-funded CBOs during FY 2020-21. As shown in Exhibit 5, 65% of youths served identified as Hispanic/Latino, 15% identified as Black/African American, 7% identified as White/Caucasian, followed by 6% who identified as Asian/Pacific Islander, and 6% who identified as Other.

Exhibit 5. Race/Ethnicity Profile

YOBG Programs	Hispanic/ Latino	White/ Caucasian	Black/ African American	Asian/ Pacific Islander	Multi-Racial/ Ethnic	Other
AOY	60%	8%	20%	10%	0%	3%
FLY	76%	9%	6%	3%	3%	3%
MBA	36%	18%	18%	18%	0%	9%
RTS	62%	14%	14%	10%	0%	0%

³The unduplicated youth count is an undercount of the actual number of youths served by programs because Art of Yoga started tracking their client service data from January 2021 and StarVista Pyramid only reported data for some housing units.

YOBG Programs	Hispanic/ Latino	White/ Caucasian	Black/ African American	Asian/ Pacific Islander	Multi-Racial/ Ethnic	Other
StarVista	67%	20%	7%	7%	0%	0%
SC	55%	3%	21%	7%	3%	10%
TOTAL	65%	7%	15%	6%	1%	6%

Note: Total n=72, AOY n= 40, FLY n=33, MBA n=11, RTS n=21, StarVista n=15, SC n=29.

The majority of youths with available data identified as males (67%), and the average age of the youths was 17.2 years old (Exhibit 6). On average, FLY served the youngest youths (16.8 years old), and SC served the oldest youths (17.5 years old).

Exhibit 6. Gender and Age Profile

YOBG Programs	Male	Female	Transgender/ Other	Average Age of Youth
AOY	70%	30%	0%	17.3
FLY	49%	52%	0%	16.8
MBA	82%	18%	0%	17.1
RTS	62%	38%	0%	17.1
StarVista	0%	100%	0%	17.1
SC	100%	0%	0%	17.5
TOTAL	67%	33%	0%	17.2

Note: Total n=72, AOY n= 40, FLY n=33, MBA n=11, RTS n=21, StarVista n=15, SC n=29.

Services Provided

Length of Participation and Hours of Service

Exhibit 7 shows the average length of participation ranged from 2.5 months (SC) to 8.4 months (StarVista), and the average hours of service provided per youth ranged from 3.5 hours for StarVista to 17.7 hours for MBA, reflecting differences in service dosage and participation.

Exhibit 7. Average Number of Months in Program and Average Hours of Service Received per Youth

YOBG Programs	Average Number of Months in Program	Average Hours of Service Received per Client
AOY	6.0	15.0
FLY	6.7	14.2
MBA	3.8	17.7
RTS	2.8	10.0
StarVista	8.4	3.5
SC	2.5	8.3

Note: AOY n= 40, FLY n=34, MBA n=11, RTS n=21, StarVista n=15, SC n=29.

Program-Specific Outcomes for YOBG-funded CBOs

AOY

AOY met the target goals for its performance measures for FY 2020-21. Eighty-five percent of youths reported using tools for emotional regulation outside of class, and 87% of youths reported improved interpersonal skills and prosocial behavior (Exhibit 8). The vast majority of youths reported increased self-awareness and self-respect (94%).

Exhibit 8. Program-Specific Outcomes for AOY

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Percent of youths who report using tools for emotional regulation outside of class.	75%	85%
Percent of youths who report an improvement in interpersonal skills and pro-social behavior.	75%	87%
Percent of youths who report increased self-awareness and self-respect.	75%	94%

FLY

FLY met its FY 2020-21 target on all performance measures. Over 90% of youths reported they have access to a positive role model (100%) and are less likely to commit crimes and more likely to make healthy choices (91%) (Exhibit 9). Approximately 80% of youths reported gaining skills to resist negative peer pressure (81%) and noted improvement in attendance or performance (83%). Thirty-four youths received reentry services. Out of these youths, 15 started the FLY program in FY 2020-21, while 19 continued from the previous fiscal year.

Exhibit 9. Program-Specific Outcomes for FLY

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Youths report they now have access to a positive adult role model.	80%	100%
Youths report they are less likely to commit crimes and more likely to make healthier choices.	75%	91%
Youths will gain the skills to resist negative peer pressure.	80%	81%
Youths will report school improvement in attendance or performance.	80%	83%
Number of youths who receive reentry services.	30	34*

*Note: *15 youth started the program during FY 2020-21, and 19 remained in the program from the prior FY, for a total of 34 youth served under YOBG in FY 2020-21.*

MBA

MBA met its target for FY 2020-21 on two out of three performance measures. Ninety percent (90%) of youths reported improved emotional regulation, self-control, and stress reduction (Exhibit 10). In addition, 85% of youths reported greater self-esteem, self-compassion, and empathy. Sixty percent (60%) of youths showed improved general behavior in Juvenile Hall, which was below the target 80%.

Exhibit 10. Program-Specific Outcomes for MBA

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Percent of youths who reported improved emotional regulation, self-control, and stress reduction.	80%	90%
Percent of staff who report improved general behavior in the hall.	80%	60%
Percent of youths who report greater self-esteem, self-compassion, and empathy.	80%	85%

RTS

RTS exceeded its performance measures target on two out of three items. Nearly all youths who received crisis intervention identified RTS as a community resource (98%), and 97% of youths who participated in Ending Cycles of Violence Prevention Education identified one trauma response from each category: acting in, acting out, and acting to heal (Exhibit 11). Ninety-five percent (95%) of youths in mindfulness group identified two coping and/or regulation skills at the end of each 12-week session.

Exhibit 11. Program-Specific Outcomes for RTS

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Percent of youths who receive crisis intervention that are able to identify RTS as a community resource.	92%	98%
Percent of mindfulness group participants that are able to identify two coping and/or regulation skills at the end of each 12-week session.	96%	95%
Percent of students who participate in Ending Cycles of Violence Prevention Education that are able to identify one trauma response from each category: acting in, acting out and acting to heal.	94%	97%

StarVista

Exhibit 12 shows that StarVista met its FY 2020-21 target on two out of three performance measures. This included 60% of youths who participated in group and/or individual therapy reported that services were helpful in improving emotional regulation ability (50% in group therapy, 75% in individual therapy), 95% of youths who participated in group and/or individual therapy reported services were helpful in reducing the need for substances (100% in group therapy, 90% in individual therapy), and 80% of youths who participated in group and/or individual therapy reported services were helpful in improving prosocial behaviors (80% in both group and individual therapy).

Exhibit 12. Program-Specific Outcomes for StarVista

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Percent of youths participating in group and/or individual therapy who report services were helpful in improving emotional regulation ability.	75%	Group: 50% Individual: 75% Mean: 60%*
Percent of youths participating in group and/or individual therapy who report services were helpful in reducing the need for substances.	70%	Group: 100% Individual: 90% Mean: 95%**
Percent of youths participating in group and/or individual therapy who report services were helpful in improving pro-social behaviors.	75%	Group: 80% Individual: 80% Mean: 80%***

*Note: *14 participants in group, 14 participants in individual therapy. **6 participants in group, 14 participants in individual therapy. ***6-8 participants in group, 6-8 participants in individual therapy.*

SC

SC met one of three performance measures—that youth reported enhanced job readiness and life skills (88%). The other two measures—better engagement in academics and enhanced appreciation for the arts—were for programs that were put on hold.

Exhibit 13. Program-Specific Outcomes for SC

Program-Specific Outcomes	FY 20-21 Target	FY 20-21 Results
Participants will report better engagement with academics.	80%	N/A*
Participants will report enhanced knowledge about job readiness and life skills.	80%	88%
Participants will report enhanced appreciation for the arts.	80%	N/A**

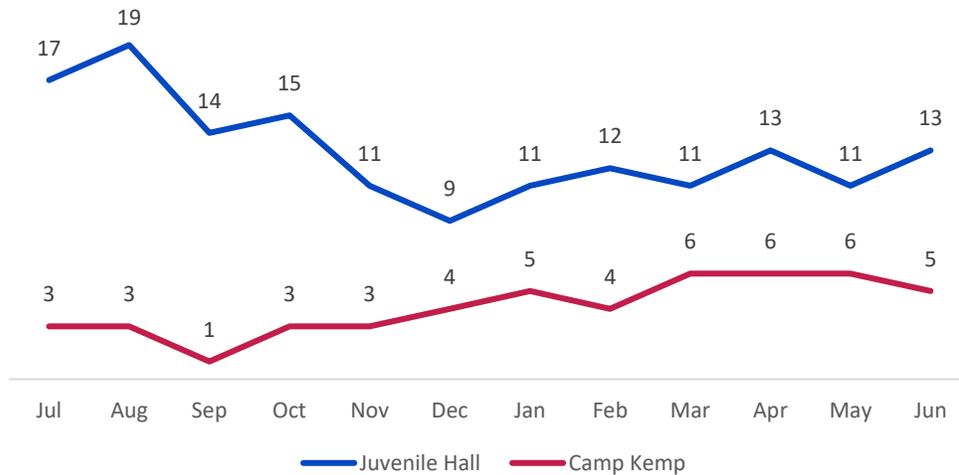
Note: *The Study Hall Program is a face-to-face model that was placed on hold due to the COVID-19 restrictions
 **The Arts Program was postponed due to the extensive restrictions put into place as a result of the COVID-19 SIP orders of March and December 2020

Population Reports

The Average Monthly Population Across FY 2020-21

In FY 2020-21, 13 youths on average per month (range of 9 to 19 youths) resided in Juvenile Hall, and four youths per month (range of 1 to 6) resided at Camp Kemp (Exhibit 14).

Exhibit 14. Average Monthly Population, FY 2020-21



Source: Institutions Division Workload Analysis

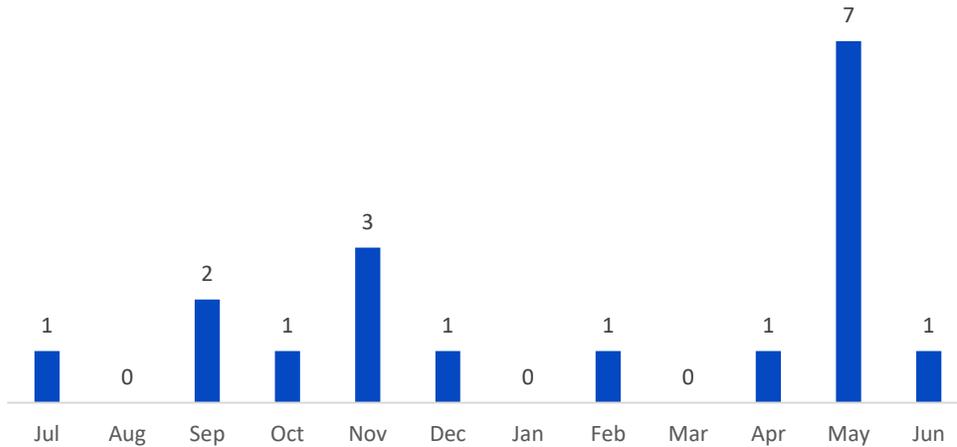
Booking Types

Probation Violations WIC 777 Bookings Across FY 2020-21

The number of 777 bookings across the fiscal year was 18 (Exhibit 15).⁴ The highest number of bookings (n = 7) was in May 2021, and a low of zero bookings in August 2020, January and March 2021.

⁴ WIC 777 is an order that removes the youth from the custody of the parent, guardian, or relative and places them in the foster care system, or private institution or county institution. <https://codes.findlaw.com/ca/welfare-and-institutions-code/wic-sect-777>

Exhibit 15. Number of Probation Violations WIC 777 Bookings, FY 2020-21

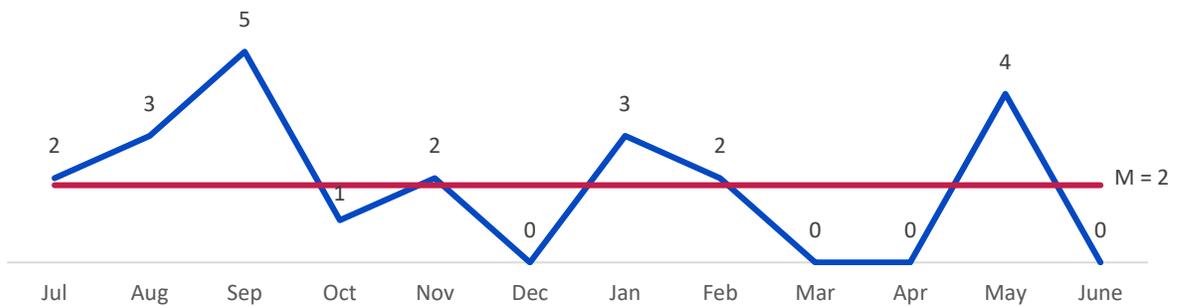


Source: Juvenile Detention Survey Profile.

Weapon-Related Bookings Across FY 2020-21

There were 22 total weapon-related bookings across the fiscal year, with an average of two weapon-related bookings per month (Exhibit 16). The number of weapon-related bookings remained between zero and three for most of the fiscal year, except in September (n=5) and May (n=4).

Exhibit 16. Number of Weapon Related Bookings, FY 2020-21



Source: Juvenile Detention Survey Profile.

In-County and Out-of-County Bookings

There were 55 Juvenile Hall bookings in FY 2020-21. Out of these, 41 were bookings of in-county youths, and 13 were considered out-of-county youths (Exhibit 17). A higher percentage of out-of-county bookings were 707(b) offenses (62%) and had mandatory detention (77%) compared with in-county bookings (41% and 66%, respectively). Overall, 24 cases were considered a 707(b) offense and required mandatory detention across in-county and out-of-county bookings. All 17 in-county bookings that were considered 707(b) offense received mandatory detention.

Exhibit 17. Number Of In-County and Out-of-County Bookings, FY 2020-21

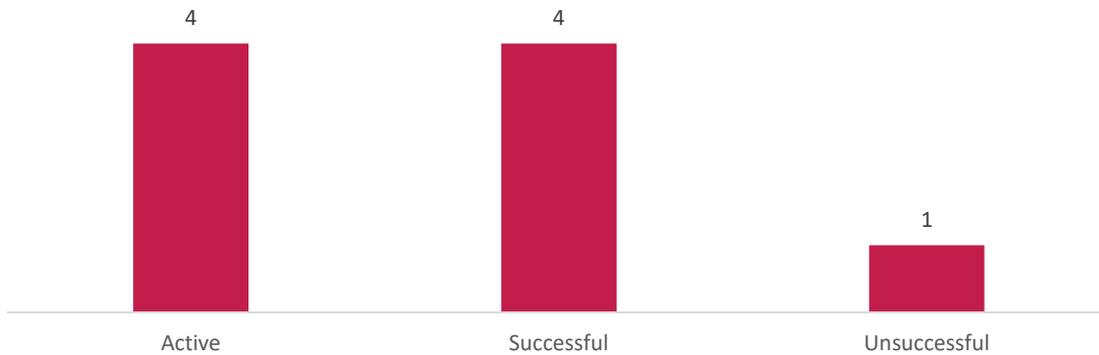
	In-County Bookings	Out-of-County Bookings
Total Bookings	41	13
707(b) Offense	17 (41%)	8 (62%)
Mandatory Detention	27 (66%)	10 (77%)
707(b) Offense and had Mandatory Detention	17	7

Source: Booking Logs for Juvenile Hall.

Diversion Contracts in the ASC/INV Unit

There were nine diversion contracts in FY 2020-21, out of which five were 6-month informal contracts and four were 90-day intervention contracts. Of the nine contracts, four were “active” contracts, another four were closed as “successful,” and one contract was closed as “unsuccessful” (Exhibit 18).

Exhibit 18. Number and Status of Diversion Contracts, FY 2020-21



Source: Diversion data from ASC/INV Unit.

While nine diversion contracts appear to be a low count, this is only one of many programs that divert youth from Juvenile Hall. Youths also are diverted through other programs such as Victim Impact Awareness (VIA), letter of reprimand, mediation, Petty Theft program, referred out of county, traffic court, and Youth Outreach program offered through Child Welfare Services.⁵

Youth Mental Health Assessments

The data in the following section include 49 of the 59 youths in the Institutional Services Division for whom data was available in FY 2020-21.⁶

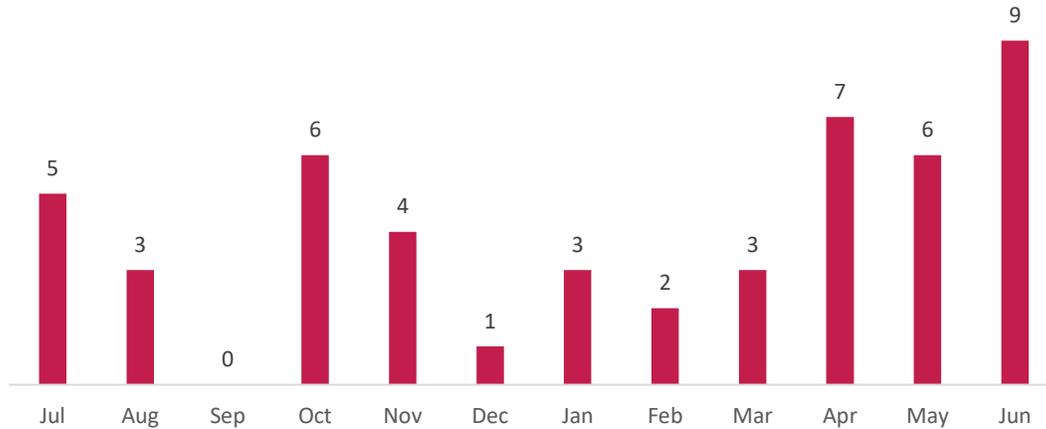
⁵ There has been a recent shift in the juvenile justice system, with fewer referrals to Probation compared to the past few years. San Mateo Police Department (SMPD) diverts cases before even getting to Probation. The referrals that get sent to Probation are more severe cases and can be sent to the District Attorney’s (DA) office based on the type of the offense.

⁶ There were 10 youths who were not assessed or refused to be assessed. Therefore, their mental health data is not included in this section.

Number of Mental Health Assessments Across FY 2020-21

There were four mental health assessments on average per month from July 2020 to June 2021 (Exhibit 19). The number of mental health assessments ranged from nine assessments in June 2021 to zero mental health assessments in September 2020.

Exhibit 19. Number of Mental Health Assessments, FY 2020-21



Source: Data was collected by a BHRS clinician in the Assessment Center.

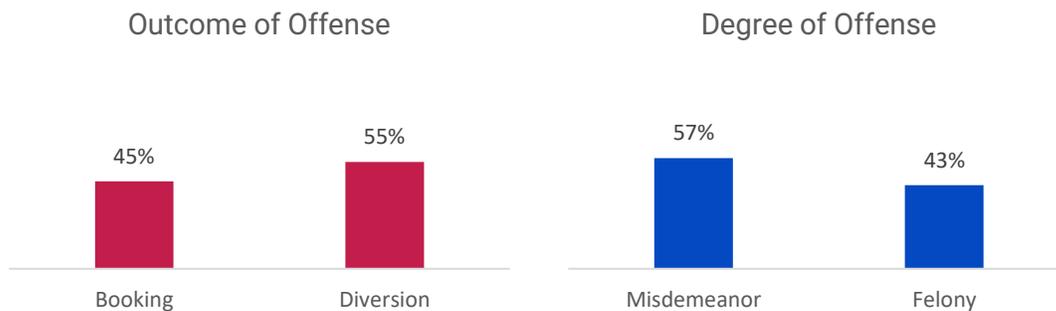
Profile of Youths with Mental Health Assessments

Youths who received a mental health assessment averaged 16 years of age, and 84% were male. The majority of youths (98%) were straight/heterosexual, and 2% were bisexual. Most youths were Hispanic/Latino (46%), 21% were White/Caucasian, 8% were Asian, and 6% were Native Hawaiian/Pacific Islander/Tongan.

Outcome and Degree of Offense of Youths with a Mental Health Assessment

Of the youths with a mental health assessment, 55% were in diversion, and 45% had been booked (Exhibit 20). Additionally, a slightly larger proportion of youths who received a mental health assessment had committed a misdemeanor (57%) rather than a felony (43%).

Exhibit 20. Proportion of Youth Who Received a Mental Health Assessment by Outcome and Degree of Offense, FY 2020-21



Source: Data was collected by a BHRS clinician in the Assessment Center. Note: Outcome of Offense (Booking & Diversion) n=49; Degree of Offense (Misdemeanor & Felony) n=49.

Patterns of Abuse or Neglect

As shown in Exhibit 21, 51% of youths with a mental health assessment reported having experienced some form of abuse or neglect; 19% reported experiencing a single form of abuse/neglect, 13% reported experiencing two forms of abuse/neglect (mainly emotional and physical), 17% reported experiencing three forms of abuse/neglect (mainly general, emotional, and physical), and 2% reported experiencing all forms of abuse/neglect (general, emotional, physical, and sexual).

Exhibit 21. Patterns of Abuse or Neglect Among Youths Who Receive a Mental Health Assessment, FY 2020-21

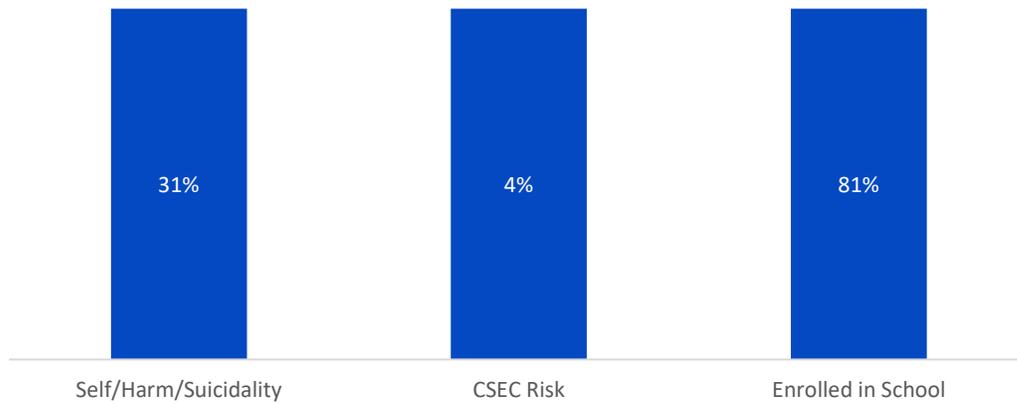
	General	Emotional	Physical	Sexual	% Diagnosed
Single Form	✓				6%
		✓			6%
			✓		6%
TOTAL SINGLE FORM					19%
Two Forms	✓	✓			2%
		✓	✓		11%
TOTAL TWO FORMS					13%
Three Forms	✓	✓	✓		11%
		✓	✓	✓	2%
	✓	✓		✓	4%
TOTAL THREE FORMS					17%
Four Forms	✓	✓	✓	✓	2%
TOTAL FOUR FORMS					2%
Any Form					51%

Source: Data was collected by a BHRS clinician in the Assessment Center. Note: n = 47.

Self-Harm/Suicidality, CSEC Risk, and School Enrollment

Among the 48 youths for whom data were available, 31% had engaged in self-harm/suicidality, and 4% were identified as having a Commercially Sexually Exploited Children (CSEC) risk; 81% were enrolled in school (Exhibit 22).

Exhibit 22. Incidence of Self-Harm/Suicidality, CSEC Risk, and School Enrollment Among Youths Who Received a Mental Health Assessment, FY 2020-21

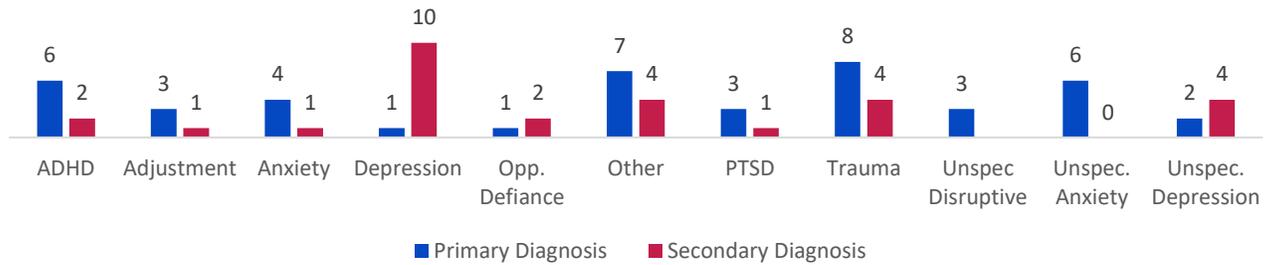


Source: Data was collected by a BHRS clinician in the Assessment Center. Note: n = 48.

Primary and Secondary Mental Health Diagnoses

Ninety percent (90%) of youths had a primary mental health diagnosis, of which 59% also had a secondary mental health diagnosis. Of those with diagnoses, six youths had a primary diagnosis of ADHD, another six had unspecified anxiety, and eight were diagnosed with trauma. Ten youths had a secondary diagnosis of depression (Exhibit 23).

Exhibit 23. Primary and Secondary Mental Health Diagnoses Among Youths with a Diagnosis Noted on a Mental Health Assessment, FY 2020-21

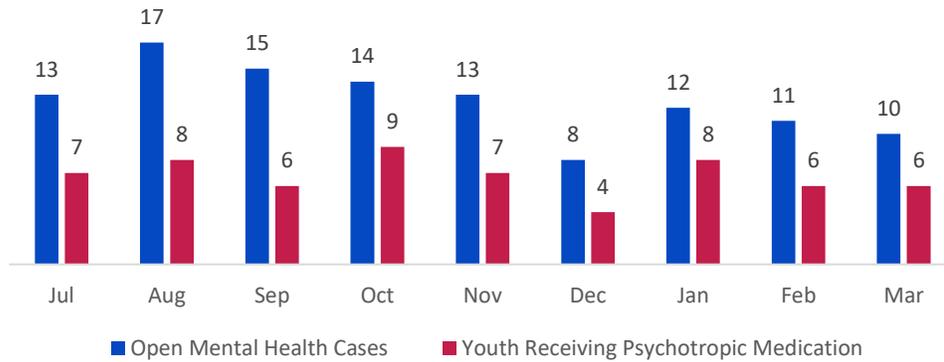


Source: Data was collected by a BHRS clinician in the Assessment Center. Note: Primary Diagnosis n=44; Secondary Diagnosis n=29.

Mental Health Cases and Use of Psychotropic Medication

Data from nine months (July 2020 to March 2021) showed an average of 13 open mental health cases per month and seven youths per month who received psychotropic medication. Thus, 53% of youths with open mental health cases per month on average were receiving psychotropic medication (Exhibit 24).

Exhibit 24. Open Mental Health Cases and Youth Receiving Psychotropic Medication, FY 2020-21



Source: Juvenile Detention Survey Profile.

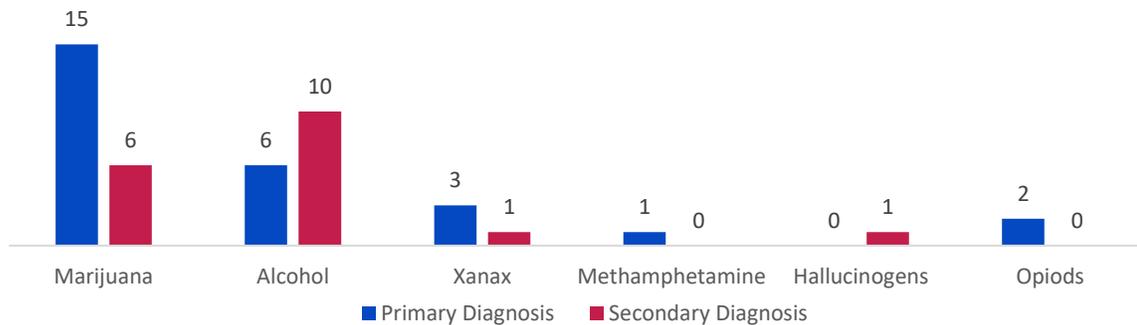
Nicotine and Tobacco Use

Among the 13 youths whose data was available in FY 2020-21, 10 youths (77%) reported vaping.

Alcohol and Other Drug (AOD) Use

Among the 27 youths who reported primary AOD use and 18 youths with secondary AOD use, most youths reported using marijuana and alcohol as their primary and secondary drugs of choice (Exhibit 25).

Exhibit 25. Primary and Secondary Alcohol and Other Drug Use Among Youth Reporting Use on a Mental Health Assessment, FY 2020-21



Source: Data was collected by a BHRS clinician in the Assessment Center. Note: Primary AOD Use n=27; Secondary AOD Use n=18.

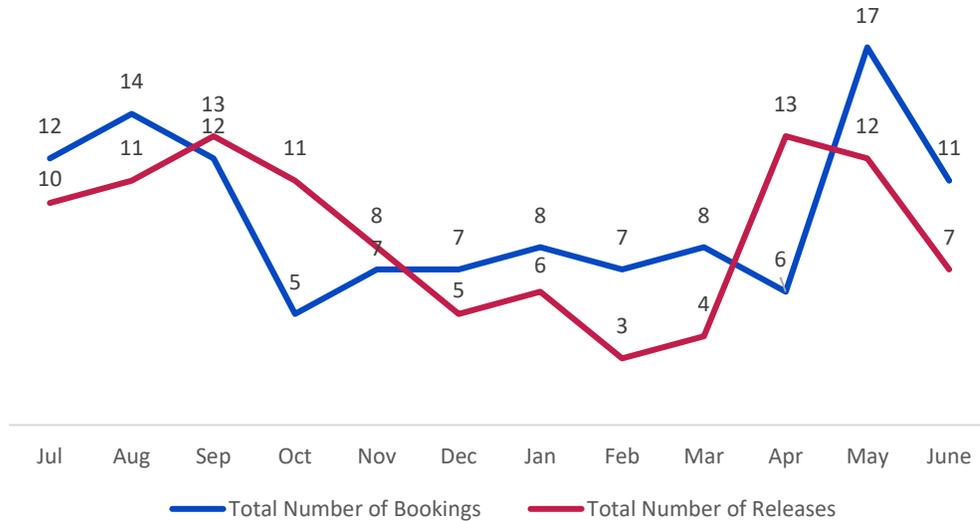
Youth in the YSC/Juvenile Hall

Total Number of Bookings and Releases Across FY 2020-21

The total number of bookings into Juvenile Hall for FY 2020-21 was 114, and the number of releases was 103. Increases in the number of bookings and the number of releases for Juvenile

Hall occurred in the first and fourth quarters of the fiscal year (Exhibit 26), with lower numbers of bookings and releases from October to March.

Exhibit 26. Juvenile Hall Total Number of Bookings and Releases per Month, FY 2020-21

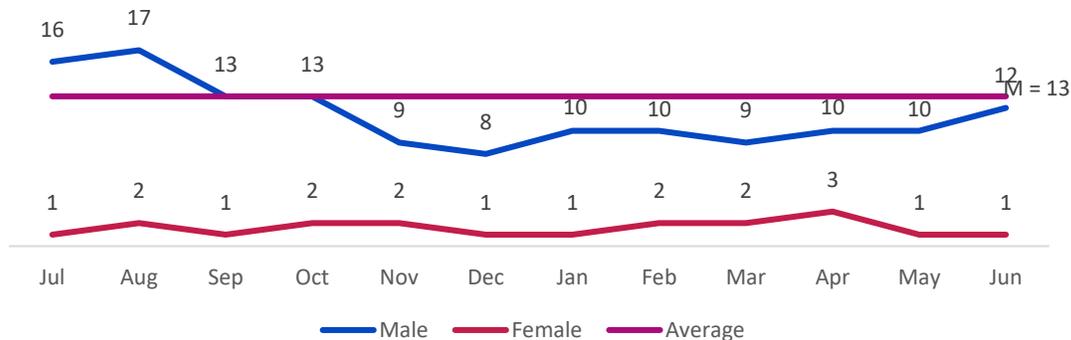


Source: Institutions Division Workload Analysis.

Juvenile Hall Average Daily Population per Month by Gender Across FY 2020-21

There were 13 youths on average per month in Juvenile Hall for the fiscal year. Male youths had a much higher average daily population in Juvenile Hall (M=11; Exhibit 27) compared with females (M=2).

Exhibit 27. Juvenile Hall Average Daily Population per Month by Gender, FY2020-21

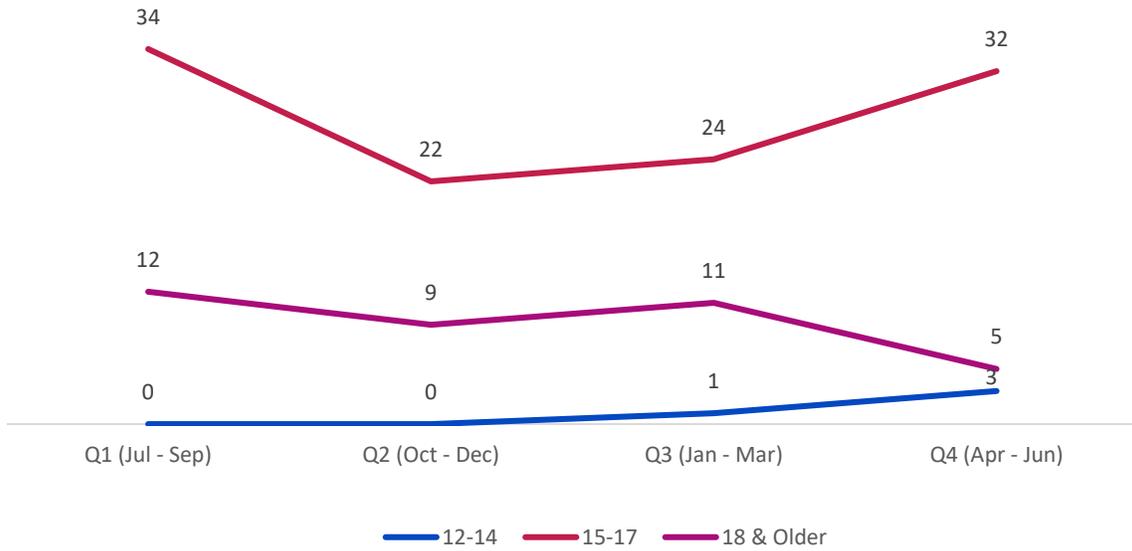


Source: Institutions Division Workload Analysis.

Age of Youths Who Received Services in Juvenile Hall by Quarter

Overall, 73% of youths in Juvenile Hall during FY 2020-21 were 15 to 17 years old, compared with the 2% of youths who were 12 to 14 years old and the 24% of youths who were 18 and older. The number of youths ages 15 to 17 declined in quarters two and three but increased in quarter 4. However, the number of youths ages 18 and older declined dramatically after the third quarter (Exhibit 28).

Exhibit 28. Number of Youths in Juvenile Hall by Age Each Quarter, FY 2020-21



Source: Institutions data provided by Probation.

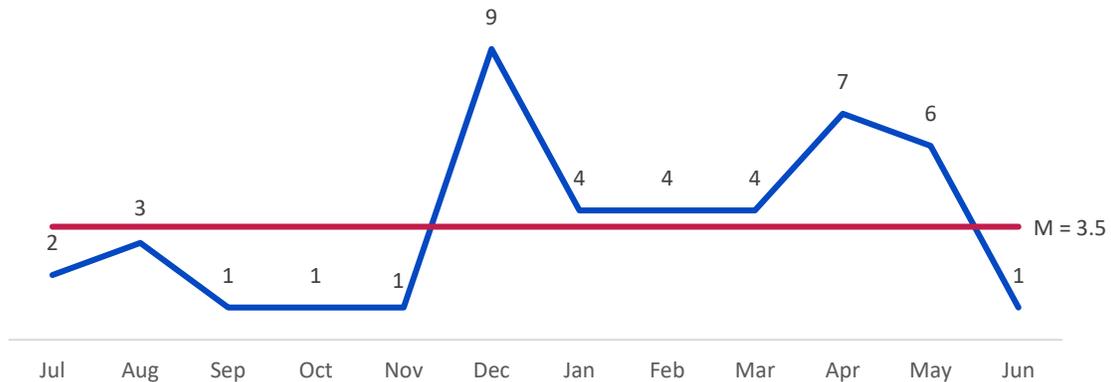
Incident Reports as an Indicator of the Juvenile Hall Environment

Incident reports in the Juvenile Hall for FY 2020-21 provided important information about the Juvenile Hall environment. Overall, there were 43 incident reports and 76 informational reports.

Trend in the Number of Unique Incidents Across FY 2020-21

An average of 3.5 incidents occurred per month in FY 2020-21. Exhibit 29 shows that the number of incidents increased sharply in December 2020 to a peak of nine incidents, followed by a decrease and a smaller peak of incidents in April and May 2021.

Exhibit 29. Number of Incidents at Juvenile Hall, FY 2020-21



Source: Incident Reports in Juvenile Hall.

Incident Descriptions as Indicators of the Juvenile Hall Environment

Exhibit 30 shows 33% of incident descriptions were related to use of force or mechanical restraints used, 17% to threats to staff or staff injury, 16% to property destruction, and 10% to suicidal mutilation.

Exhibit 30. Frequency of Incident Descriptions, FY 2020-21

Incident Description	N	%
Use of Force/Mechanical Restraints Used by Incident	19	33%
Threats to Staff or Staff	10	17%
Property Destruction	9	16%
Suicidal Mutilation	6	10%
Safety Room Placements	4	7%
Suicidal Statements	4	7%
Charges Filed	2	3%
Suicidal Attempts	2	3%
Assault Incidents between	1	2%
Assault on Staff by Youth	1	2%
Escapes or Fires	0	0%
Deaths (Suicide or Other)	0	0%
Incidents Resulting in	0	0%
Incidents with Multiple	0	0%
TOTAL	58	100%

Source: Incident Reports in the Juvenile Hall.

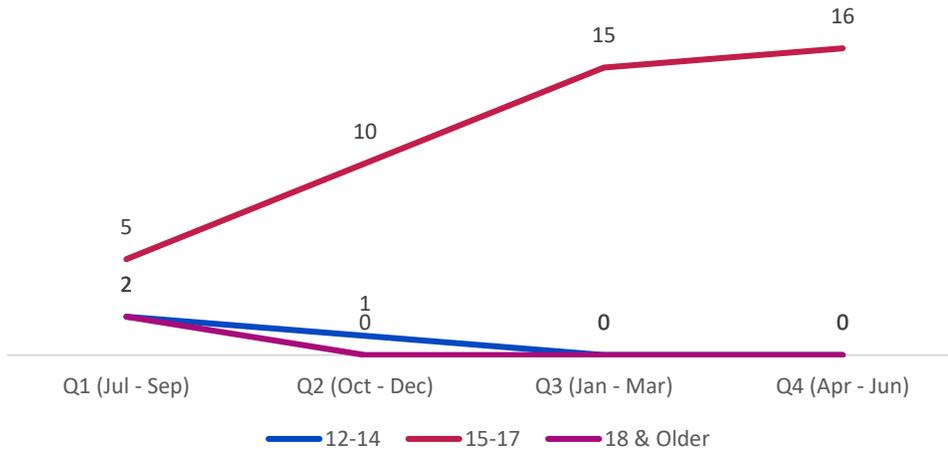
Youth in Camp Kemp

Camp Kemp is a 30-bed residential facility designed for adolescent females who are: 1) placed on probation by the Juvenile Court of San Mateo County, and 2) committed by the Court to a 180-day stay where they participate in the “Gaining Independence and Reclaiming Lives Successfully” (GIRLS) Camp Kemp program.

Age of Youths Served by Quarter Across FY 2020-21

Of the 51 girls served in Camp Kemp, 90% of girls were 15 to 17 years old, compared with the smaller proportion of girls who were 18 and older (4%) and 12 to 14 years old (6%) (Exhibit 31).

Exhibit 31. Number of Youths in Camp Kemp by Age Each Quarter, FY 2020-21

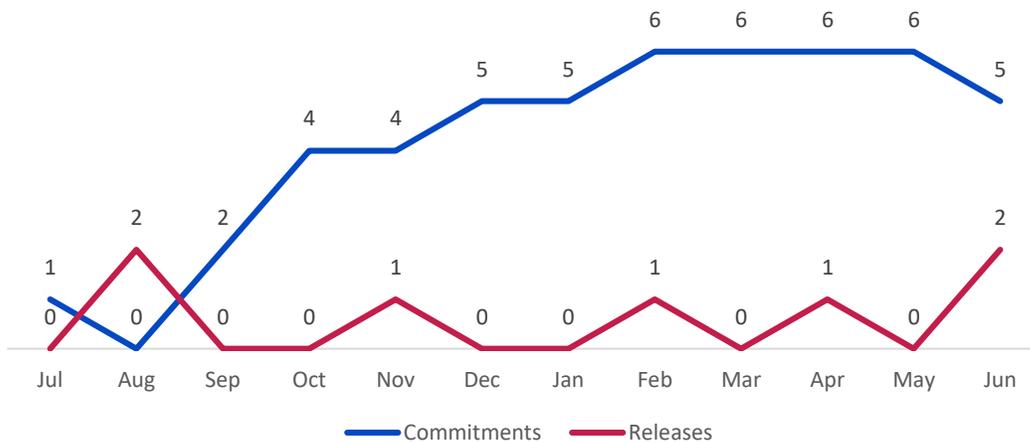


Source: Institutions data provided by Probation.

Total Number of Commitments and Releases Across FY 2020-21

Fifty girls were committed to, and seven were released from Camp Kemp during FY 2020-21 (Exhibit 32). Across the fiscal year, there was an increase from zero to six of girls committed to Camp Kemp, which remained stable, while the number of releases remained low (range of zero to two). All seven released girls went to Phase II intensive supervision services in the community after completing Phase I at Camp Kemp, which included family and individual counseling. In addition, there were three home pass AWOLS reported for the year.

Exhibit 32. Camp Kemp Total Number of Commitments and Releases, FY 2020-21



Source: Institutions Division Workload Analysis.

Partnership Highlight

In addition to girls residing in San Mateo County, Camp Kemp also houses girls from Sonoma County under a shared Memorandum of Understanding (MOU) with the County of Sonoma

Probation Department for residential treatment of Sonoma County Juveniles under the Jurisdiction of the Juvenile Court. In FY 2020-21, four girls 16 to 18 years old from Sonoma County were housed at Camp Kemp. Three of the four girls (75%) identified as Hispanic/Latina. All girls were detained for an average of 114 days (ranging from 11 to 235 days) and were on average provided 34 mental health sessions (ranging from four to 80 sessions).

PROGRAMS OFFERED IN THE INSTITUTIONS SERVICES DIVISION

Programs and Services in Institutions Services Division

Youth services and programs take place every day of the week at Juvenile Hall and Camp Kemp. While youths are invited and encouraged to attend all programs, specific programming for each youth is also determined by those that are court-appointed, assigned by a DPO (Deputy Probation Officer), or selected by Institutions Services Managers (ISMs) or Group Supervisors (GS) on the housing units based upon the individual needs of youths. Exhibit 33 provides a complete list of all youth programming in Juvenile Hall and Camp Kemp, broken out by those considered evidence-based programs and services integrating evidence-based practices (EBP), curriculum-based programs and services, and staff-initiated informal programs and services.

Based on data provided by Probation, a total of 21 programs are offered in Juvenile Hall and Camp Kemp. Of those programs:

- 24% of programs were considered “evidence-based” programs,
- 52% of programs were considered “curriculum-based” programs, and
- 24% of programs were considered “staff-initiated” programs

During the COVID-19 pandemic in FY 2020-21, 43% of those programs were offered virtually.

Exhibit 33. Programs and Services in the Institutions Services Division

Program	Description	Program Offered Virtually During COVID-19	Housing Units			Camp Kemp
			PINE 4	PINE 5	Forrest 3	
EVIDENCE-BASED PROGRAMS						
Art of Yoga	Provides gender-responsive programming that combines health education, character development, yoga, breathing techniques, meditation, creative arts, and writing.	X	X	X	X	X
Cognitive Life Skills	Helps youth overcome negative behavioral patterns.			X	X	X
Fresh Lifelines for Youth	Provides law-related education workshops, reentry case management, reentry prosocial activities, coaching, education, and career navigation workshops.	X				X
Rape Trauma Services	Services focus on crisis intervention and advocacy, group therapy, ending cycles of violence, and practice-based trauma training.	X		X		
StarVista	Provides individual counseling, mental health group counseling, substance use counseling, and reentry services.					X
CURRICULUM-BASED PROGRAMS						
A Brighter Day	Provides job training for youth.	X				X
Alcoholics Anonymous (AA)	Provides youths a group of principles to help expel the obsession to drink and enable them to become happy and whole.		X		X	X

Program	Description	Program Offered Virtually During COVID-19	Housing Units			Camp Kemp
			PINE 4	PINE 5	Forrest 3	
Arts Unity Movement	Creative arts through music and conversation.	X		X		
Bible Study	Provides youths the opportunity to participate in faith-based groups.	X		X	X	X
Book Club	Offers forum to discover new books, increase literacy, and focus on literary critique.				X	
Large Muscle Activity	Required active exercises that are planned, structured, and repetitive body movement that improves circulation and cardiovascular health.			X	X	X
Mind Body Awareness	Services focused on mindfulness, stress and anxiety reduction, and emotion regulation.	X	X	X		X
Project Change	Provides youth who have completed high school the opportunity to continue education into the community college arena.		X	X	X	X
Success Centers	Services focused on job readiness training and life skills, visual arts program, and tutoring and mentoring.	X		X		
The Beat Within	Offers writing/literature skills, quarterly newsletter, visual and performing arts workshop.	X		X	X	
Catholic Christian Services	Provides church services to youth through outside faith-based organization.				X	X

Program	Description	Program Offered Virtually During COVID-19	Housing Units			Camp Kemp
			PINE 4	PINE 5	Forrest 3	
STAFF-INITIATED PROGRAMS						
Activities Highlights Committee	Holiday-themed events and seasonal Olympic games.		X	X	X	
Cooking and Baking	Basic culinary arts.					X
Essay Program	Critical thinking and creative writing.			X	X	
Garden Program	Horticultural training in creating on-site gardens.			X	X	X
Spanish 101	Introduction to reading, writing, listening, and speaking skills in Spanish.					X

YOBG-Funded CBOs and their Use of Evidence-Based and Promising Practices

For several years, Probation has prioritized using evidence-based practices (EBPs) among its contracted service providers. As part of the ASR-led evaluation beginning in 2020, all YOBG-funded CBOs were asked to list the practices and curricula of its YOBG-funded programs implemented in FY 2020-21. ASR conducted a thorough search through evidence-based practice clearinghouses and empirical sources to verify programs as “evidence-based” or as a “promising practice.”

Exhibits 34 through 39 detail the practices reported by YOBG-funded CBOs for FY 2020-21, along with a quality rating of the supportive evidence for effectiveness. An explanation of how each practice is implemented can be found in each organization’s evaluation report.

Exhibit 34. Practices Implemented by AOY

Practice	Rating
Trauma-informed Practice	Evidence-based practice according to SAMHSA. ⁷
Wise Inside Curricula (based on Neurosequential Model of Therapeutics)	Although not recognized as evidence-based or promising practice on its own, curricula is informed by evidence-based model. ⁸

Exhibit 35. Practices Implemented by FLY

Practice	Rating
Law Related Education	Although not a nationally recognized evidence-based or promising practice on its own, it incorporates the evidence-based practice of Cognitive Behavioral Therapy.
Social-Emotional Learning (SEL)	Although not recognized as an evidence-based or promising practice on its own, many evidence-based programs and instruction feature SEL.
Trauma-Informed Care	Evidence-based practice according to SAMHSA. ⁹

⁷ SAMHSA (Substance Abuse and Mental Health Services Administration). (2014). SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

⁸ Perry, B.D. (2009). Examining child maltreatment through a neurodevelopmental lens: Clinical application of the neurosequential model of therapeutics. *Journal of Loss and Trauma*, 14, 240-255.

⁹ SAMHSA. (2014). SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

Practice	Rating
Motivational Interviewing	Evidence-based practice according to the Center for Evidence-Based Practice. ¹⁰
Critical Time Intervention	Rated as evidence-based practice according to the Evidence-Based Practice Center. ^{11,12}

Exhibit 36. Practices Implemented by MBA

Practice	Rating
Trauma-Informed Practice	Evidence-based practice according to SAMHSA. ¹³
Mindfulness-Based Interventions	Evidence-based model supported by empirical evidence. ¹⁴
Empathy-Building Exercises	Emerging practice not yet rated for evidence-base.
Emotional Intelligence	Although not recognized as an evidence-based or promising practice on its own, many promising programs for adolescents feature increasing emotional intelligence. ¹⁵
Communication Skills	Although not recognized as an evidence-based or promising practice on its own, many promising programs for anger reduction feature increasing communication skills. ¹⁶

¹⁰ Center for Evidence-Based Practices (2018). *Motivational Interviewing*. Case Western Reserve University. Retrieved from <https://www.centerforebp.case.edu/practices/mi>

¹¹ Evidence-Based Practice Center (n.d.). *Critical Time Intervention*. <https://ebpcenter.umaryland.edu/index.php/home/critical-time-intervention-cti/>

¹² Social Programs that Work. (n.d.). *Critical Time Intervention*. <https://evidencebasedprograms.org/programs/critical-time-intervention/>

¹³ SAMHSA (Substance Abuse and Mental Health Services Administration). (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed*

¹⁴ Hofmann, S. G., & Gómez, A. F. (2017). *Mindfulness-Based Interventions for Anxiety and Depression*. *The Psychiatric Clinics of North America*, 40(4), 739–749. <https://doi.org/10.1016/j.psc.2017.08.008>

¹⁵ California Evidence-Based Clearinghouse for Child Welfare. (2019, November). *keepin' it REAL (kiR)*. Retrieved from [https://www.cebc4cw.org/program/keepin-it-real-kiR/#:~:text=keepin%20it%20REAL%20\(kiR\)%20Middle%20School%20Program%20is%20a,such%20as%20drug%20refusal%20efficacy](https://www.cebc4cw.org/program/keepin-it-real-kiR/#:~:text=keepin%20it%20REAL%20(kiR)%20Middle%20School%20Program%20is%20a,such%20as%20drug%20refusal%20efficacy)

¹⁶ Reilly, P.M., & Shopshire, M.S. (2019). *Anger Management for Substance Use Disorder and Mental Health Clients: A Cognitive–Behavioral Therapy Manual*. SAMHSA Publication No. PEP19-02-01-001. https://store.samhsa.gov/sites/default/files/d7/priv/anger_management_manual_508_compliant.pdf

Exhibit 37. Practices Implemented by RTS

Practice	Rating
Crisis Intervention/Advocacy	Promising practice according to empirical evidence. ¹⁷
Prosocial Skills/Emotion Regulation/Coping Skills	Although the practice of supporting these skills incorporates the evidence-based practices of Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Mindfulness-Based Stress Reduction (MBSR), it is not a nationally recognized evidence-based or promising practice.
Ending Cycles of Violence Education	Promising practice according to empirical evidence. ¹⁸
Re-Entry with Trauma-Informed Care	Although not rated on its own, trauma-informed care is informed by evidence-based practices. ¹⁹
Practice-Based Trauma Training	Although not rated on its own, many trauma training programs are trauma-informed and trauma-responsive, which are considered to be evidence based by SAMHSA. ^{20,21}

Exhibit 38. Practices Implemented by StarVista

Practice	Rating
Cognitive Behavioral Therapy (CBT)	Evidence-based practice based on empirical evidence. ^{22,23}

¹⁷ Peterson, J., & Densley, J. (2018). Is Crisis Intervention Team (CIT) training evidence-based practice? A systematic review. *Journal of Crime and Justice*, 41(5), 521-534.

<http://www.tandfonline.com/action/showCitFormats?doi=10.1080/0735648X.2018.1484303>

¹⁸ Clearinghouse Continuum of Evidence (n.d.). *Ending Violence*. Clearinghouse for Military Family Readiness. Retrieved from https://www.continuum.militaryfamilies.psu.edu/program/fact_sheet_2453

¹⁹ SAMHSA. (2014). *SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach*, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/shin/content/SMA14-4884/SMA14-4884.pdf>

²⁰ Clearinghouse Continuum of Evidence (n.d.). *Ending Violence*. Clearinghouse for Military Family Readiness. Retrieved from https://www.continuum.militaryfamilies.psu.edu/program/fact_sheet_2453

²¹ ValorUS. (n.d.). *What We Do - Valor*. <https://www.valor.us/what-we-do/>

²² Butler AC, Chapman JE, Forman EM, et al. The empirical status of cognitive-behavioral therapy: a review of meta-analyses. *Clin Psychol Rev*. 2006;26(1):17-31.

²³ Cognitive Behavioral Therapy (CBT) | Johns Hopkins Psychiatry Guide (hopkinsguides.com).

https://www.hopkinsguides.com/hopkins/view/Johns_Hopkins_Psychiatry_Guide/Cognitive_Behavioral_Therapy__CBT

Practice	Rating
Dialectical Behavioral Therapy (DBT)	Evidence-based therapeutic modality of Borderline Personality Disorder and Substance Use Disorder according to empirical evidence. ²⁴
Social-Emotional Learning (SEL)	Although not recognized as evidence-based or promising practice on its own, many evidence-based programs and instruction feature SEL.
Client-Centered Talk Therapy/Art Projects	Although not recognized as evidence-based or promising practice on its own, many evidence-based practices feature a client-centered approach.

Exhibit 39. Practices Implemented by SC

Practice	Rating
Growth Mindset	Research-based practice based upon empirical evidence. ²⁵
Job Readiness Training	Not yet rated. Informed by employment and training-related programs that are research-based or promising.
Life Skills Training	Not yet rated. Informed by skill-building training and curricula that are research-based or promising.
Motivational Interviewing	An evidence-based practice, according to the Center for Evidence-Based Practices. ²⁶

²⁴ Chapman, A. L. (2006). *Dialectical Behavior Therapy: Current Indications and Unique Elements*. *Psychiatry (Edgmont)*, 3(9), 62–68. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2963469/pdf/PE_3_9_62.pdf

²⁵ Mueller, C. M., & Dweck, C. S. (1998). Praise for intelligence can undermine children's motivation and performance. *Journal of Personality and Social Psychology*, 75(1), 33-52. <http://dx.doi.org/10.1037/0022-3514.75.1.33>. <http://psycnet.apa.org/record/1998-04530-003>.

²⁶ Center for Evidence-Based Practices (2018). *Motivational Interviewing*. Case Western Reserve University. Retrieved from <https://www.centerforebp.case.edu/practices/mi>

Youth Feedback About Programs Offered in Institutions Services Division

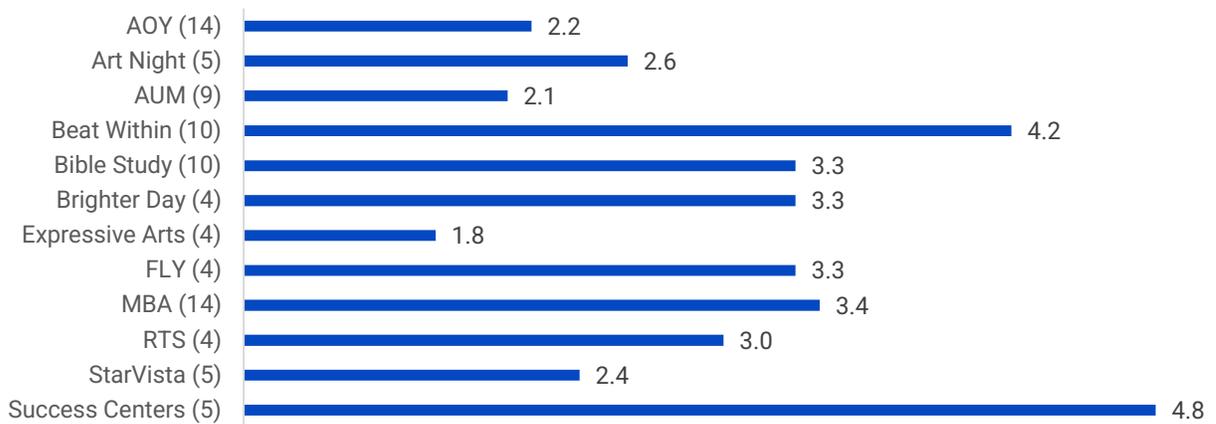
In January 2021, ASR, in partnership with the Institutions Services Division, asked youths about services provided virtually at the YSC and Camp Kemp to understand the degree to which the virtual services served the youths' needs at the YSC and Camp Kemp. The survey assessed youths' experiences, learning, and satisfaction.

A total of 16 youths completed the survey in three units, Camp Kemp (n = 4), Pine 4 (n = 7), and Pine 5 (n = 5), and rated the following programs: **AOY, Arts Unity Movement (AUM), Brighter Day, Expressive Arts, FLY, MBA, Beat Within, Bible Study, Art Night, RTS, StarVista, and SC**. The survey asked youths to self-report on a series of questions including, but not limited to, helpfulness of online learning, ease of attending online classes, engagement/interest in each program, overall rating of each program.

Helpfulness of Online Programs

Exhibit 40 shows that youths found Beat Within (4.2) and Success Centers (4.8) programs to be very helpful. AUM and Expressive Arts received an average rating of 2.1 and 1.8, respectively.

Exhibit 40. Average Rating of Helpfulness by Program

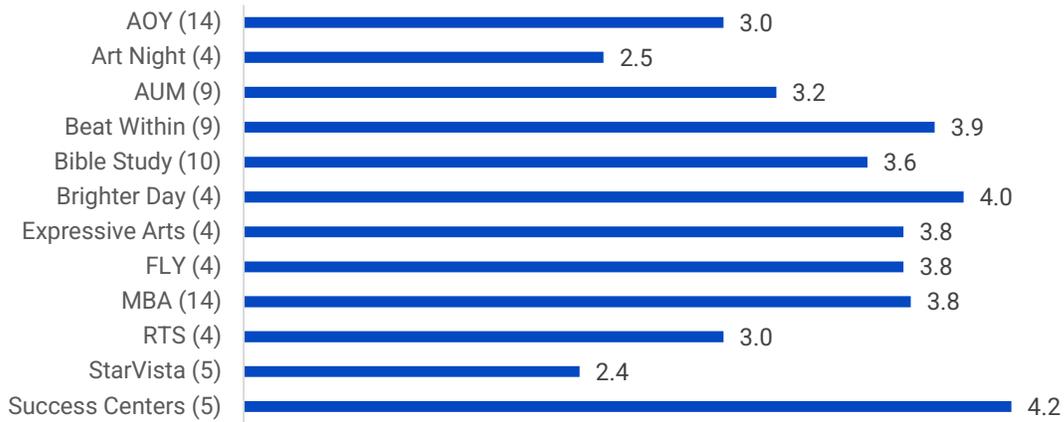


Note: The number of youth ratings per program are displayed in parentheses next to the program name. Response options included: 1=Not at All, 2=A little, 3=Somewhat, 4=Very, 5=Extremely.

Ease of Attending Online Programs

Overall, youths rated Success Centers (4.2) and Brighter Day (4.0) as very easy to access. StarVista and Art Night were rated as 2.4 and 2.5, respectively (Exhibit 41).

Exhibit 41. Average Rating for Ease of Attendance by Program

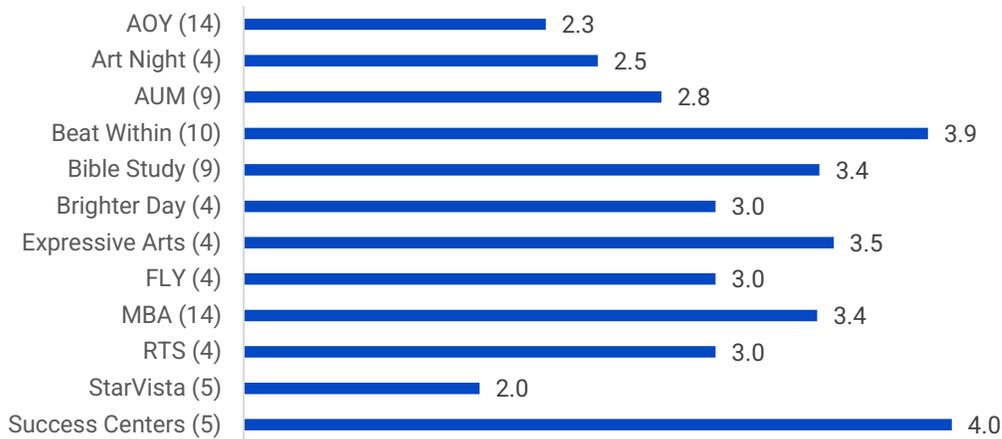


Note: The number of youth ratings per program are displayed in parentheses next to the program name. Response options included: 1=Not at All, 2=A little, 3=Somewhat, 4=Very, 5=Extremely.

Engaged or Interested in the Activities

Youths reported being highly “engaged” and “interested” in Success Centers (4.0) and Beat Within (3.9) programming (Exhibit 42). Youths rated StarVista and Art of Yoga as 2.0 and 2.3, respectively.

Exhibit 42. Average Rating of Engagement/Interest by Program

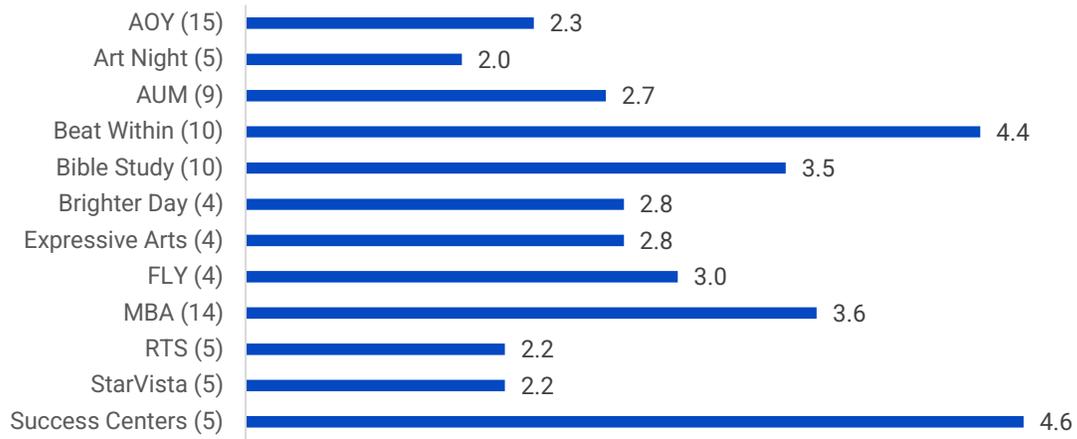


Note: The number of youth ratings per program are displayed in parentheses next to the program name. Response options included: 1=None of the time, 2=Some of the time, 3=Half of the time, 4=Most of the time, 5=All of the time.

Overall Ratings

Success Centers (4.6) and Beat Within (4.4) received the highest average ratings of overall satisfaction (Exhibit 43).

Exhibit 43. Average Overall Rating by Program



Note: The number of youth ratings per program are displayed in parentheses next to the program name. Response options included: 1=Poor, 2=Just OK, 3=Good, 4=Very Good, 5=Excellent.