



# What is the Orange County Bar Foundation, Inc.®?

The Orange County Bar Foundation (OCBF) is a non-profit, 501(c)(3) organization committed to keeping at-risk youth out of jail, in school, healthy and drug free through education, counseling and mentoring. The OCBF has been a leader in the field of juvenile crime diversion and citizenship education for 30 years consistently achieving positive results in the community we serve. The OCBF has provided thousands of Orange County juveniles and their families with the necessary skills to deter delinquent activity, to set goals, and to plan for a positive and productive life free of crime. Since 1990, the OCBF has provided delinquency and substance abuse prevention as well as diversion services in both English and Spanish to Orange County residents.

## Programs of the Orange County Bar Foundation, Inc.

**“WORKING TOGETHER TO PROMOTE POSITIVE YOUTH DEVELOPMENT THAT ENSURES A SAFE AND HEALTHY COMMUNITY”**



**SHORTSTOP®** is a unique juvenile crime diversion program developed in 1980 for juvenile offenders and their families. As a cost-effective alternative to prosecution, SHORTSTOP teaches the offenders to take responsibility for their actions through decision-making strategies designed to result in positive future choices. SHORTSTOP breaks the cycle that turns young people into repeat offenders by using three simple concepts: reach youth early; involve the parents; and use a graphic courtroom setting with legal professionals and actual prisoners.

Juvenile offenders, 11-17 and their parents participate in several sessions held at night in a courtroom where volunteer attorneys, legal professionals and wards from the California Youth Authority dramatically present the “legal facts of life”. SHORTSTOP teaches:

- \*Consequences of criminal behavior
- \*Family communication/conflict resolution
- \*Accountability for actions
- \*Awareness of drugs, alcohol, gangs victims
- \*Peer pressure
- \*Positive future choices
- \*Case Management & Counseling
- \*Value of freedom



**PROGRAMA SHORTSTOP®** was developed as both a language and cultural adaptation of SHORTSTOP, in response to the changing demographics in Orange County. Programa SHORTSTOP also offers monolingual Latino parents additional information on educational motivation, drug/alcohol education, and gang awareness. Bilingual, bicultural legal professionals ensure a culturally competent program.

**STOP SHORT OF ADDICTION®** was developed in 1999 in response to the rising specter of youthful drug crime in Orange County. Stop Short of Addiction is an intensive drug alcohol intervention program designed to specifically address the needs of first-time juvenile offenders who are in the early stages of substance abuse.



Stop Short of Addiction diverts juvenile offenders as well as provides education to youth and parents on the legal aspects of drug related offenses and the negative life-style consequences of substance abuse.

The program stresses family involvement by making parental participation mandatory. Parents are made aware of their child’s drug use and acquire a better understanding of the signs and symptoms of drug use as it pertains to their child. Stop Short of Addiction focuses on:

- \*Accountability for their actions
- \*Accepting consequences for their behavior
- \*Skills to make better decisions
- \*Resistance to peer pressure
- \*Knowledge of the biological & psychological affects of drugs/alcohol
- \*An understanding of addiction, its causes, and consequences
- \*Family communication and conflict resolution
- \*Understanding the laws pertaining to substance abuse
- \*Empowering families to access treatment services

Effective January 1, 2004 the Hispanic cultural adaptation (culturally competent Spanish language version) was made available. The Spanish version of Stop Short of Addiction provides up to 12 weeks of **Brief Strategic Family Therapy Services**.

**Brief Strategic Family Therapy (BSFT)** - is a structured, problem-focused, directive, and practical approach to the “treatment” of conduct problems, associations with antisocial peers, early drug use and the accompanying maladaptive family interactions (relations), all of which are recognized risk factors for substance abuse. BSFT is an evidence-based early intervention modality for indicated populations, developed at the Center for Family Studies in the University of Miami. BSFT successfully reduces problems in Hispanic adolescent and strengthens their families.

### Children

- Reductions in conduct and emotional problems
- Improvements in self-concept

### Adolescents

- Reductions in conduct problems
- Reductions in association with antisocial peers
- Reductions in drug use

### Family

- Improvements in maladaptive patterns of family interactions (family functioning)
- Improved engagement into family therapy

**Reentry Therapy Services**- are offered through the following programs:

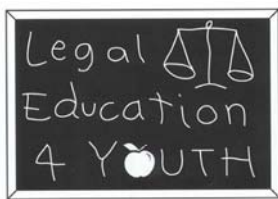
**BSFT At-Risk/Reentry Program** –provides integrated substance abuse, HIV and Hepatitis prevention services to at risk youth and/or reentry youth (youth that has been incarcerated in a county facility) that are at high risk of substance abuse, HIV and Hepatitis infection. This program includes:

- 14-16 weeks of BSFT Family Therapy
- Case Management & Referral services

**Youth Transitional Intervention Program**- provides services to incarcerated Orange County youth as they transition out of confinement and reestablish themselves in their home, school, and community environments. This **intensive one-year aftercare program** will provide both individual and family services aimed at preventing recidivism and improving pro-social behaviors, school performance, and family bonding. This program includes:

- Twice a week contact with youth while in custody at the Youth Guidance Center in Santa Ana for 6 weeks to establish rapport and assess youth and families needs prior to release.
- Twice a week of Post-Release family therapy and or individual therapy with a bilingual/bicultural MSW therapist for 6 weeks
- 9 months of intensive case management & referral services
- Monthly peer groups & Parent groups

Our therapists are registered with the Board of Behavioral Sciences as Associate Clinical Social Workers and are supervised by a Licensed Therapist. Our therapist's are guided by the National Association of Social Work Code of Conduct.



### LEGAL EDUCATION FOR

**YOUTH** is a citizen education series for young people taught by attorney volunteers. This program, available in grades K-12, is provided to Orange County

Schools at modest costs. Of particular interest to the schools has been the middle school curriculum, "When Kids Break the Law" based on the SHORTSTOP program. Curriculum can be downloaded from the OCBF web site.

## The Hermana Project

**THE HERMANA PROJECT** - educating our Latina sisters on HIV/AIDS. A HIV/AIDS Health Education program targeting young Latinas ages 15-25, who live in the city of Santa Ana. The program includes:

- Ethnic and Gender Pride
- Substance Abuse Education
- HIV/AIDS Health Education
- Risk Reduction
- Assertiveness Skills Training
- Coping Skills
- Support Group Sessions
- Referrals for Free HIV/AIDS Testing
- Behavioral Self-Management



**PROJECT SELF** is a program to provide summer jobs for youth at local law firms. In partnership with the Association of Legal Administrators, Project SELF provides a positive work experience for high school juniors. For most students, this is their first time in a professional environment.

**THE HIGHER EDUCATION MENTORING PROGRAM** is a unique program, which targets Santa Ana high school girls ages 15-17, who are interested in entering college, but need assistance due to cultural and gender barriers and limited financial resources. The girls participate in mentoring activities that guide and assist the pursuit of higher education. Students at the University of California Irvine, University of Southern California-Irvine Campus, Cal State Long Beach and Cal State Fullerton provide cultural mentoring.

\* PURSUANT TO THE CIVIL RIGHTS ACT OF 1964, SECTION 504 OF THE REHABILITATION ACT OF 1973, AND THE AGE DISCRIMINATION ACT OF 1975, THE ORANGE COUNTY BAR FOUNDATION DOES NOT DISCRIMINATE IN THE PROVISION OF SERVICES ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, DISABILITY OR AGE.

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