

MANAGEMENT IMPROVEMENT
IMPLEMENTATION OF THE YMCA BACK ON TRACK (BOT) PROGRAM

#40 (Sent)

IMPACT

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| <ul style="list-style-type: none">• Frees up YRS probation staff to spend more time on high-risk youth | <ul style="list-style-type: none">• Provides community service resources |
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The Issues

- A small % of high risk probation youths become a major % of youth needing high cost services.
- Even low risk probation youths need supervision
- Staff time is limited
- Limited opportunities for probation youths to meet community service obligations

The Goals

- To free up more time for YRS staff to supervise and mentor high risk youth, while providing effective supervision and mentoring for low risk youth
- To provide avenues for low-risk probation youth to meet their community service obligations

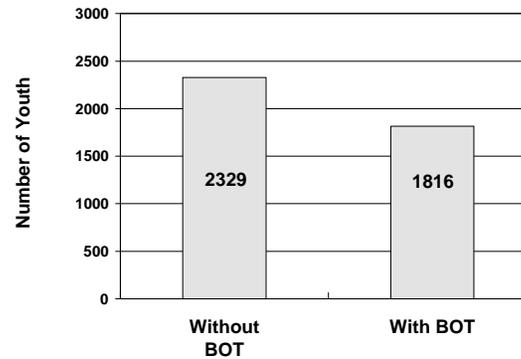
The Intervention

- Implemented a program through the YMCA to provide mentors, prevention education, peer counseling, and community service opportunities for low risk youth on probation

The Results

- BOT reduced total YRS staff caseload by 22%, while providing positive service to low risk probation youth
- The YMCA Back on Track Program supervised 611 low risk youth in FY97
- 513 of the 611 BOT youth were kept off YRS case workers' case loads
- BOT youths provided community service as a supervised group
- Most youth and parents evaluated the BOT program as "good" or "excellent"

FY97 Total Juvenile Probation Caseload Without and With BOT



Narrative Summary

BOT has achieved two goals to date: It has reduced the total probation case load by 22%, permitting YRS staff to concentrate more heavily on high risk youth; and 88% of the youth in the program and their parents gave the program high marks for effectiveness. The YMCA Back on Track program, begun in January 1997, provides weekly classes of four 2.5 hour sessions. Subjects include self-esteem, communications skills, decision-making, goal-setting, stress management, coping strategies, anger management, conflict resolution, personal violence, and alcohol/drug resistance skills. The end of the class cycle culminates in a mandatory group service project.