

# Adolescent Assessment & Resource Center



## General Program Information

The Adolescent Assessment & Resource Center (AARC) is a program aimed at providing screening, assessment, referral and resources for families seeking assistance and youth perceived or determined to be at-risk. We service youth of all ages depending on the needs of the family. It is a non-profit grant-funded program providing prevention services sponsored by the Eighth Judicial District Community Corrections. Program services can be accessed in various ways including: Self-Referral, Phone Referrals, Professional Referrals, E-Mail, Walk-Ins, and by appointment.

### Mission Statement

The mission of the Adolescent Assessment & Resource Center is to utilize specialized training and skills to assist youth and families, while aiding in maintaining a safer community.

## Program Services

**Resource Referrals:** It is sometimes hard to know where to go or who to call when help is needed. AARC staff has collected a wealth of information about resources in our communities available to the public. Once it is determined what is wanted and needed, AARC staff can refer youth and families to the resource or give the information to access the services themselves.

**Risk/Strength Assessments:** AARC staff interviews youth and their parents and administers a questionnaire (POSIT/POSIP) to assess the strengths and challenges of the youth and family, identifying possible barriers to the youth's overall success and productivity. Based on the information gathered from the interview and assessment, the staff will develop a plan for success.

**JIAS Follow-Up:** Following an arrest or law enforcement contact, youth are brought in and an intake questionnaire is completed. Several things can happen with the youth including: release back to the parent or guardian, police protective custody, or detention center placement. AARC staff attempt to contact youth and their families within a short period of time after an intake to offer services to the family with the goal of preventing additional future contact.

**Parent Requested Drug Screening:** An on-site urine drug screen will be provided free of charge by trained and certified staff. All results are confidential and will be released only to the parents requesting the drug screen. Youth must not be under any type of court ordered supervision including diversion, court services, and/or community corrections. If the youth feels that they may need help with substance abuse issues, the staff at AARC will assist the family in finding the community resource needed.

**Truancy Prevention:** This service is for youth having problems with their school attendance. We work with youth and their families to determine what is needed to better a truant student's attendance record. AARC will also collaborate with the school districts to assist truant youth and their families in an effort to avoid court action being taken.

**Mentoring:** Our program targets youth who are not involved in the Juvenile Justice System, but who exhibit at-risk behavior. The program also assists youth who are having issues with the law, but is mostly aimed at being proactive rather than reactive. Research shows that at-risk children who have mentors exhibit fewer problem behaviors, show greater academic achievement, have less marijuana use, less non violent delinquency, and lower levels of anxiety and depression. Our main objective is to develop a relationship with the clients, who are met with on a weekly basis.

**Life Skills Classes:** Life skills classes are designed to help teach new skills and address many areas of concern for the youth and their families. The staff has been trained to facilitate and implement cognitive behavior classes, which are designed to help youth change their thinking and behavior. The curriculum includes written lessons, homework, role-play, and an opportunity to practice new skills. Classes will be established to meet the needs of youth based on the information gathered during the initial screening and assessment phase of the program. All classes are set up, advertised, and posted by program staff to allow time for referrals to be scheduled.