

SAN MATEO COUNTY

PROBATION DEPARTMENT

Comprehensive Annual YOBG and
JJRBG Evaluation Report

2024-2025



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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YOBG 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) program. This grant bolsters the capacity of local communities by effectively implementing a continuum of responses to juvenile crime and delinquency. In fiscal year (FY) 2024-25, YOBG funding supported eight contracts with community-based organizations (CBOs) to provide job-readiness training, reentry case management, law-related education, yoga sessions, mindfulness workshops, arts classes, creative writing workshops, beat making workshops, a sexual violence prevention program, and a culinary arts program for youth in custody at the Youth Services Center-Juvenile Hall (YSC-JH). The YSC-JH is a secure detention facility providing rehabilitative, therapeutic, secondary- and post-secondary education, reentry, and other services to youth in the San Mateo County juvenile justice system. Youth reside in designated housing units and participate in programs facilitated by Probation staff, CBOs, volunteers, and County partners such as Behavioral Health and Recovery Services (BHRS).

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

1. The Institutions Services Division Workload Analysis;
2. The Board of State and Community Corrections (BSCC) Juvenile Detention Survey Profile;
3. Probation Booking Logs;
4. Diversion data from the Juvenile Services Court/Diversion (JUV SVCS CRT/DIV) Unit; and
5. YOBG-funded CBO units of service, performance measures, and inventory of evidence-based practices.

SUMMARY OF FINDINGS

Eight YOBG-funded CBOs served 194 unduplicated youth in fiscal year 2024-25 with an average of 12.1 hours of service per youth over the fiscal year and 4.2 months in the program (Exhibit 1).

Exhibit 1. Key Findings: Youths and Services

YOUTHS AND SERVICES	FY 20-21	FY 21-22	FY 22-23	FY 23-24	FY 24-25
Number of Youths Served	73	195	263	194	194
Average Number of Hours Served	24.4	17.9	18.6	22.7	12.1
Average Months in the Program	10.4	4.2	4.6	6.2	4.2

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

- The average daily population of the YSC-JH was 25.
- Overall, during FY 2024-25, youths ages 15-17 saw the most population change in the second half of the fiscal year.
- Youths in custody at the YSC-JH had access to 25 unique programs. Of these programs:
 - Almost all programs were provided in person, with only one program provided virtually.
 - A little over half of the 25 programs were provided by funded CBOs, while the remaining programs were led by Probation staff or volunteers.

YOBG 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. In FY 2024-25, allocations from YOBG supported job-readiness training, reentry case management, law-related education, yoga sessions, mindfulness workshops, arts classes, creative writing workshops, beat making workshops, a sexual violence prevention program, and a culinary arts program. Funding also supported County mental health services and staff-led programming.

In FY 2024-25, eight CBOs provided services at the YSC-JH (Exhibit 2). Fresh Lifelines for Youth (FLY), Success Centers (SC), and YMCA of San Francisco (YMCASF) were also funded through the Juvenile Justice Crime Prevention Act (JJCPA) and Juvenile Probation Camp Funding (JPCF) to provide services for out-of-custody youth.

Exhibit 2. Program Descriptions of YOBG-Funded CBOs in FY 2024-25

YOBG-FUNDED CBO	SHORT NAME	DESCRIPTION
Art of Yoga Project	AYP	AYP uses a multi-dimensional approach—combining yoga, art, health education, and self-regulation practices—to help youth from traumatic backgrounds build maturity, resilience, and pro-social behaviors.
The Beat Within (A member of Intersection for the Arts)	BW	BW provides weekly creative and literary arts programming.
Fresh Lifelines for Youth	FLY	FLY provides weekly law-related education workshops, pre-release and reentry case management, reentry prosocial activities, one-on-one coaching, and career navigation workshops.
Mind Body Awareness Project	MBA	MBA provides classes focusing on mindfulness, stress and anxiety reduction, and emotion regulation.
Success Centers	SC	SC provides weekly job-readiness and life skills workshops and computer literacy training classes.
Therapeutic Beat Making, LLC	TBM	TBW provides beat making therapeutic and educational interventions to help youth express themselves and gain new skills.
University of California Cooperative Extension	UCCE	UCCE provides a weekly culinary arts program and career training around healthy cooking, food safety, and food traditions to develop skills and foster a love for cooking
YMCA of San Francisco	YMCASF	YMCASF provides Sexual Violence Prevention group classes.

CBO ASSESSMENT TOOLS

The funded agencies reported using a variety of tools in their work with youth from intake through program participation to establish and measure progress. The Art of Yoga Project (AYP) administered its semi-annual Program Feedback Form assessments. Therapeutic Beat Making (TBM) and The Beat Within (BW) administered periodic surveys. FLY used its intake and closure assessments in law-related education sessions. Mind Body Awareness Project (MBA) administered multiple assessments, including

pre- and post-intervention tests, the Perceived Stress Scale, the Health Self-Regulation Scale, the Mindful Attention Awareness Scale, the Rosenberg Self-Awareness and Self-Esteem Scales, and the Teen Conflict Survey. SC collected feedback via forms related to Job Readiness Training. YMCASF collected client satisfaction data at the end of treatment and treatment outcomes using the Partners for Change Outcome Management System tool. Lastly, the University of California Cooperative Extension (UCCE) collected program-specific feedback.

PROGRAM CHALLENGES

Seven of the YOBG-funded CBOs reported programming challenges for FY 2024-25. While staffing changes within CBOs (FLY and YMCASF) contributed to service delays, other challenges reflected the dynamic nature of operating within a secure juvenile facility. Staffing transitions at YSC-JH, along with ongoing safety, security, and youth movement needs, at times affected coordination, scheduling, and attendance. Several programs (AYP, SC, MBA, and UCCE) noted coordination challenges arising from the fast-paced operational environment. Participant engagement and program continuity were also influenced by youth mobility and short lengths of stay, and some programs (SC, TBM, and UCCE) encountered logistical constraints such as limited internet access for youth or barriers to data collection. Collectively, these factors underscore the importance of continued coordination, flexibility, and partnership between CBOs and Probation to support consistent, high-quality programming within a secure setting.

YOBG 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 eight CBOs. All funded CBOs monitor their service delivery and then report youth, service, and outcome data to Probation and 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 submitted youth-level data on demographics and service participation (Exhibit 3). These datasets provided useful information about the characteristics of youth participants and their length of involvement in services at the YSC-JH.

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 about the youth population at the YSC-JH:

- **Institutions Services Division Workload Analysis** – Monthly divisional reports that include YSC-JH average daily population data and total number of bookings, releases, and commitments.
- **Juvenile Detention Profile Survey** – The Board of State and Community Corrections (BSCC) requires all counties to complete monthly and quarterly Juvenile Detention Profile Surveys. These surveys gather pertinent data, including average daily population, charge, disposition, gender, booking, mental health, average length of stay, and age.
- **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).¹

¹ *Welfare and Institutions Code section 707(b)* offenses include crimes considered serious and violent in nature. These crimes 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.

Programs and Services Offered within the Institutions Services Division

Probation provided a list of programs and services offered within the YSC-JH. Probation further grouped the programs and services into two categories:

- Contracted programs
- Staff-initiated and volunteer 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.

YOBG Evaluation Findings

YOUTH PROFILE

In FY 2024-25, CBOs utilizing YOBG funding reported serving a combined total of 194 unduplicated youths during the fiscal year (FY). As shown in Exhibit 4, the majority of youths who accessed programs and services funded by YOBG were served by FLY (86%), followed by AYP (71%), BW (66%), and TBM (60%). CBOs UCCE, MBA, SC, and YMCASF had a smaller number of youths (<15%).

Exhibit 4. Number and Percentage of Youths Served, by Program

YOBG PROGRAMS	FY 20-21 (% OF TOTAL)	FY 21-22 (% OF TOTAL)	FY 22-23 (% OF TOTAL)	FY 23-24 (% OF TOTAL)	FY 24-25 (% OF TOTAL)
Art of Yoga Project	40 (55%)	78 (40%)	119 (45%)	129 (66%)	137 (71%)
The Beat Within	---	---	---	114 (59%)	129 (66%)
Fresh Lifelines for Youth	34 (47%)	90 (46%)	132 (50%)	141 (73%)	166 (86%)
Mind Body Awareness Project	11 (15%)	18 (9%)	24 (9%)	41 (21%)	24 (12%)
Success Centers	29 (40%)	18 (9%)	32 (12%)	1* (1%)	18 (9%)
Therapeutic Beat Making	---	---	---	103 (53%)	117 (60%)
University of California Cooperative Extension	---	---	---	---	28 (14%)
YMCA of San Francisco	---	---	---	6 (3%)	14 (7%)
ALL (Unique Youths)	73	195	263	194	194

Note: The total across YOBG programs equals 633 youths instead of the 194 listed because most youths were served by more than one program. ---Indicates program was not funded for that fiscal year.

Youth Demographics Characteristics

Race/ethnicity information was available for 81% of youths served by YOBG-funded CBOs during FY 2024-25. As shown in Exhibit 5, 66% of all youths served identified as Hispanic/Latino, followed by 12% identifying as Black/African American, 7% identifying as multi-racial/ethnic, 6% identifying as Asian/Pacific Islander, 6% identifying as another race or ethnicity, and 3% identifying as White/Caucasian.

Exhibit 5. Race/Ethnicity Profile of Youths Served, by Program

YOBG PROGRAMS	HISPANIC/ LATINO	BLACK/ AFRICAN AMERICAN	MULTI- RACIAL/ ETHNIC	ASIAN/ PACIFIC ISLANDER	ANOTHER RACE/ ETHNICITY	WHITE/ CAUCASIAN
Art of Yoga Project	79%	11%	1%	5%	2%	2%
The Beat Within	71%	13%	1%	7%	6%	2%
Fresh Lifelines for Youth	66%	8%	11%	7%	4%	4%
Mind Body Awareness Project	84%	8%	0%	4%	4%	0%
Success Centers	76%	6%	18%	0%	0%	0%
Therapeutic Beat Making	73%	11%	1%	8%	2%	5%
University of California Cooperative Extension	75%	11%	0%	4%	10%	0%
YMCA of San Francisco	57%	0%	7%	0%	29%	7%
ALL (Unique Youths)	66%	12%	7%	6%	6%	3%

Note: All N=194, AYP n=98, BW n=129, FLY n=166, MBA n=24, SC n=17, TBM n=80, UCCE n=28, YMCASF n=14. Percentages may not add to 100% due to rounding.

Probation provided data for all 194 youths reported as in custody at the facility. Nearly nine out of 10 youths identified as male (89%), and the average age of the youths was 15.7 years old (Exhibit 6). By CBO, these proportions varied slightly, most notably by gender, with some programs (most notably YMCASF) serving larger percentages of male youths.

Exhibit 6. Gender and Age Profile of Youths Served, by Program

YOBG PROGRAMS	MALE	FEMALE	TRANSGENDER/ ANOTHER GENDER	AVERAGE AGE OF YOUTH
Art of Yoga Project	92%	8%	*	16.1
The Beat Within	90%	10%	*	15.4
Fresh Lifelines for Youth	88%	12%	*	15.7
Mind Body Awareness Project	96%	4%	*	15.4
Success Centers	94%	6%	*	18.2
Therapeutic Beat Making	92%	8%	*	15.9
University of California Cooperative Extension	93%	7%	*	16.4
YMCA of San Francisco	79%	21%	*	17.0
ALL (Unique Youths)	89%	11%	*	15.7

Note: All N=194; AYP n=137 (Gender), n=98 (Age), BW n=129, FLY n=161 (Gender), n=163 (Age), MBA n=24, SC n=18 (Gender), n=17 (Age), TBM n=82 (Gender), n=80 (Age), UCCE n=28 (Gender), n=27 (Age), YMCASF n=14 (Gender), n=9 (Age). *Probation data did not include this category.

SERVICES PROVIDED

Length of Participation and Hours of Service

Exhibit 7 shows that the average length of participation reported by CBOs ranged from 1.1 months (YMCASF) to 6.0 months (FLY), and the average hours of service provided per youth over the fiscal year

ranged from 4.6 hours for TBM to 11.2 hours for MBA, reflecting differences in service dosage and participation.

Exhibit 7. Average 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
Art of Yoga Project	1.9	5.6
The Beat Within	2.2	7.6
Fresh Lifelines for Youth	6.0	10.8
Mind Body Awareness Project	2.7	11.2
Success Centers	3.1	6.3
Therapeutic Beat Making	1.3	4.6
University of California Cooperative Extension	5.3	7.0
YMCA of San Francisco	1.1	5.4
ALL (Unique Youths)	4.2	12.1

Note: All N=194, AYP n=137, BW n=129, FLY n=166, MBA n=24, SC n=18, TBM n=117, UCCE n=28, YMCASF n=14.

PROGRAM-SPECIFIC OUTCOMES FOR YOBG-FUNDED CBOS

Art of Yoga Project (AYP)

AYP exceeded its target goal of 75% for each of its performance measures for FY 2024-25 (Exhibit 8).

Exhibit 8. Program-Specific Outcomes for AYP

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who reported using tools for emotional regulation outside of class.	75%	79%
Percentage of youths who reported an improvement in interpersonal skills and pro-social behavior.	75%	78%
Percentage of youths who reported increased self-awareness and self-respect.	75%	81%

The Beat Within (BW)

BW met its target goal for each performance measure in FY 2024-25 (Exhibit 9).

Exhibit 9. Program-Specific Outcomes for BW

PROGRAM-SPECIFIC OUTCOMES	FY 23-24 TARGET	FY 23-24 RESULTS
Percentage of youths who reported increased self-esteem through Beat Within weekly workshops.	87%	87%
Percentage of youths who reported developing positive relationships with adult role models through Beat Within weekly workshops.	87%	87%
Number of times the Beat Within Magazine was distributed at the facility each year.	25	25

Fresh Lifelines for Youth (FLY)

FLY exceeded all of its five performance targets in FY 2024-25 (Exhibit 10).

Exhibit 10. Program-Specific Outcomes for FLY

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Youths reported they now have access to a positive adult role model (Law Program).	80%	96%
Youths were less likely to commit crimes and more likely to make healthy choices (Law Program).	75%	94%
Youths gained the skills to resist negative peer pressure (Law Program).	80%	96%
Youths reported school improvement in attendance or performance (Law Program).	80%	82%
Number of youths who received Reentry services	30	55

Mind Body Awareness Project (MBA)

MBA met or exceeded all three performance targets in FY 2024-25 (Exhibit 11).

Exhibit 11. Program-Specific Outcomes for MBA

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who reported improved emotional regulation, self-control, and stress reduction.	80%	100%
Percentage of staff who reported improved general behavior in the hall.	80%	80%
Percentage of youths who reported greater self-esteem, self-compassion, and empathy.	80%	100%

Success Centers (SC)

SC exceeded one goal and was not able to report out on their other two goals in FY 2024-25 (Exhibit 12).

Exhibit 12. Program-Specific Outcomes for SC

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
JRT/Life Skills participants reported enhanced knowledge about job readiness and life skills.	80%	100%
Employee Spotlight participants reported enhanced knowledge of employment opportunities.	80%	N/A
Career Advising participants reported increased knowledge about achieving career goals.	80%	N/A

Therapeutic Beat Making (TBM)

TBM exceeded its target goals for all three performance measures in FY 2024-25 (Exhibit 13).

Exhibit 13. Program-Specific Outcomes for TBM

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youth participants who reported they like making beats.	75%	99%
Percentage of youth participants who reported they learned more about making music.	75%	98%
Percentage of youth participants who reported they liked their instructor.	75%	100%

University of California Cooperative Extension (UCCE)

UCCE exceeded all of their performance measures for FY 2024-25 (Exhibit 14).

Exhibit 14. Program-Specific Outcomes for UCCE

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who reported exposure to new foods through the program.	75%	100%
Percentage of youths who reported increased knowledge of cooking techniques.	75%	83%
Percentage of youths who reported increased awareness of and/or interest in careers in cooking or cooking for self and others.	75%	83%

YMCA of San Francisco (YMCASF)

YMCASF met its performance measure using the Partners for Change Outcome Management System (PCOMS), but due to staff on leave, the collection of pre- and post-class surveys was disrupted (Exhibit 15).

Exhibit 15. Program-Specific Outcomes for YMCASF

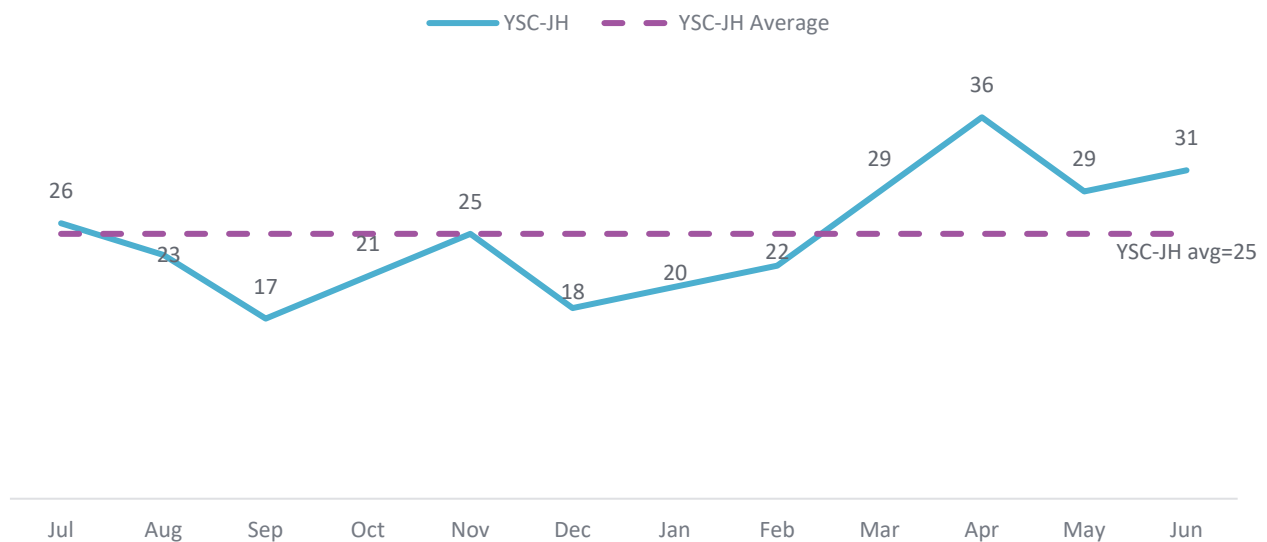
PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who attended the Sexual Violence Prevention group class who reported improved understanding of curriculum as measured by pre- and post-class surveys.	80%	N/A
Percentage of youths who attended the Sexual Violence Prevention group class who showed improvement in individual ratings of self and facilitator over the duration of the group as measured by the PCOMS Outcome Rating and Session Rating Systems.	80%	90%

POPULATION REPORTS

Average Daily Population per Month

A total of 194 youths were at the YSC-JH in FY 2024-25. The average daily population (not including youth committed to Secure Track) ranged from 17 to 36 youths per month at the YSC-JH, averaging 25 across the 12 months (Exhibit 16).

Exhibit 16. YSC-JH Average Daily Population, by Month, FY 2024-25



Source: Institutions Division Workload Analysis.

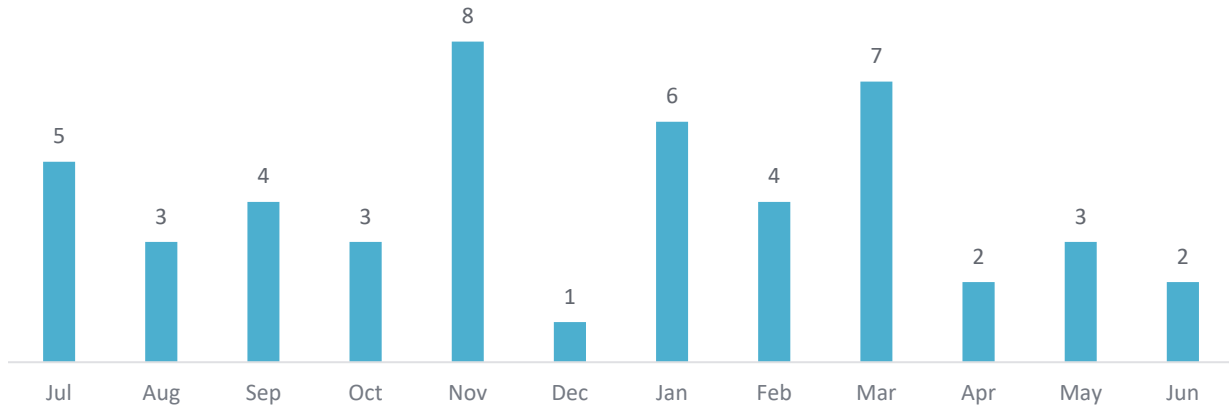
BOOKING TYPES

Probation Violation (WIC 777) Bookings

The total number of bookings for probation violations only (WIC 777 bookings) across the fiscal year was 48 (n=34 unique youths; Exhibit 17).² The highest number of bookings for probation violations only (n=8) occurred in November 2024, and the lowest number (n=1) occurred in December 2024.

² WIC 777 orders remove the youth from the custody of the parent, guardian, or relative and place them in the foster care system, private institution or county institution. <https://codes.findlaw.com/ca/welfare-and-institutions-code/wic-sect-777>

Exhibit 17. Number of Probation Violations WIC 777 Bookings, by Month, FY 2024-25

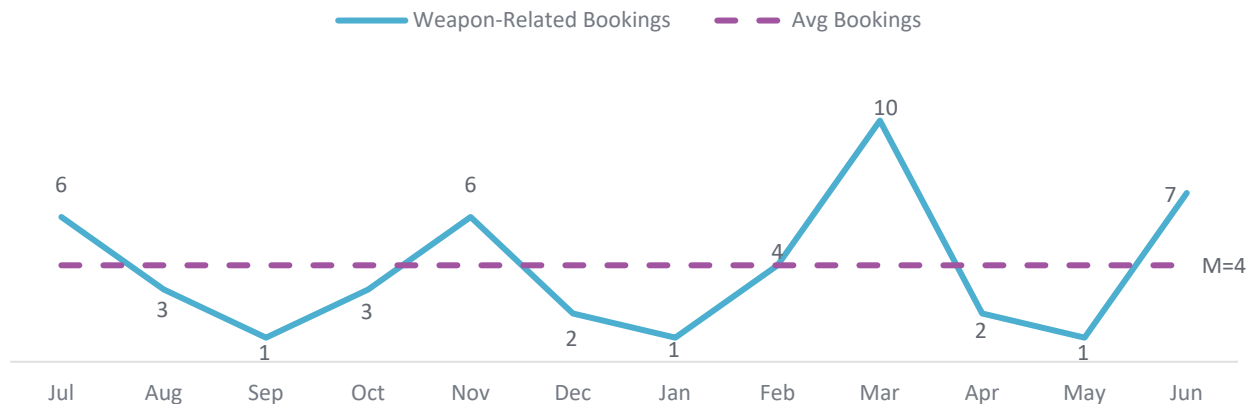


Source: BSCC Monthly Juvenile Detention Profile Survey; Probation Booking Logs.

Weapons-Related Bookings

During FY 2024-25, there were 46 bookings for weapons-related offenses (involving 43 unique youths), averaging four per month (Exhibit 18). This represents a decrease from FY 2023-24, when there were 64 such bookings involving 61 unique youths. Monthly totals in FY 2024-25 generally ranged between one and six, except in March (n=10) and June (n=7).

Exhibit 18. Number of Weapons-Related Bookings, by Month, FY 2024-25



Source: BSCC Monthly Juvenile Detention Profile Survey; Probation Booking Logs.

In-County and Out-of-County Bookings

The YSC-JH had a total of 231 bookings in FY 2024-25, involving 186 unique youths (Exhibit 19).³ Out of these bookings, 181 (78%) were for youths residing in-County, and 50 (22%) were for youths residing out-of-County.

³ This data only reflects bookings that resulted in new cases and does not include youths booked for probation violations.

Exhibit 19. Number of In-County and Out-of-County Bookings, FY 2024-25

	ALL BOOKINGS	IN-COUNTY BOOKINGS	OUT-OF-COUNTY BOOKINGS
Total Bookings	231	181	50

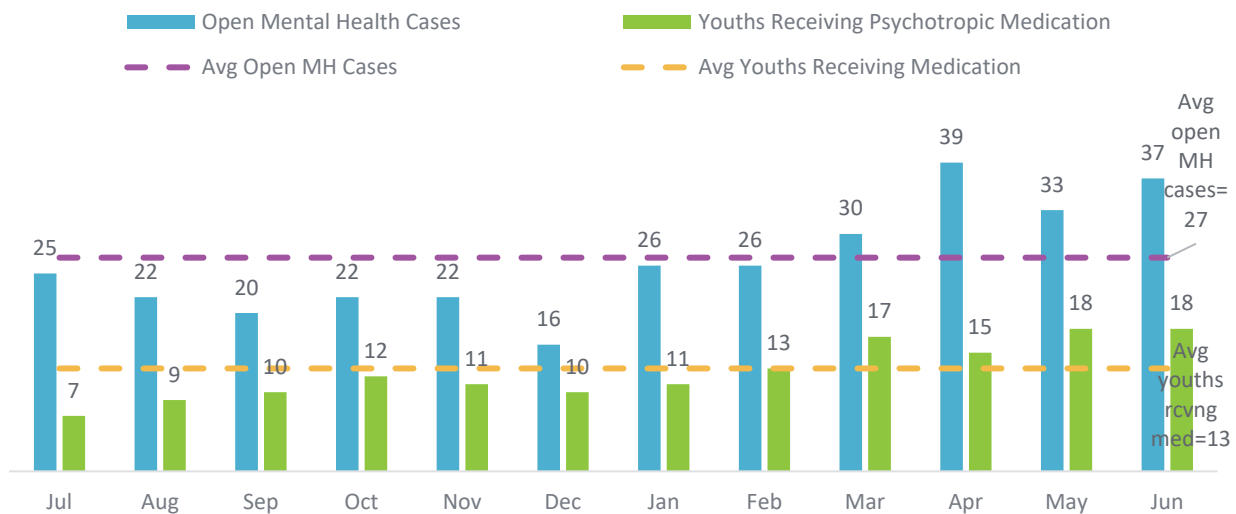
Source: Booking Logs for Juvenile Hall, Institutions Workload Analysis, Case Management System.

YOUTH MENTAL HEALTH CASES

Mental Health Cases and Use of Psychotropic Medication

In FY 2024-25, the YSC-JH had an annual average of 27 open mental health cases and 13 youths receiving psychotropic medication, based on snapshot data collected each month. Open mental health cases include youths committed to Secure Track. Just under half of youths (48%) with open mental health cases also received psychotropic medication (Exhibit 20).

Exhibit 20. Open Mental Health Cases and Youths Receiving Psychotropic Medication, FY 2024-25



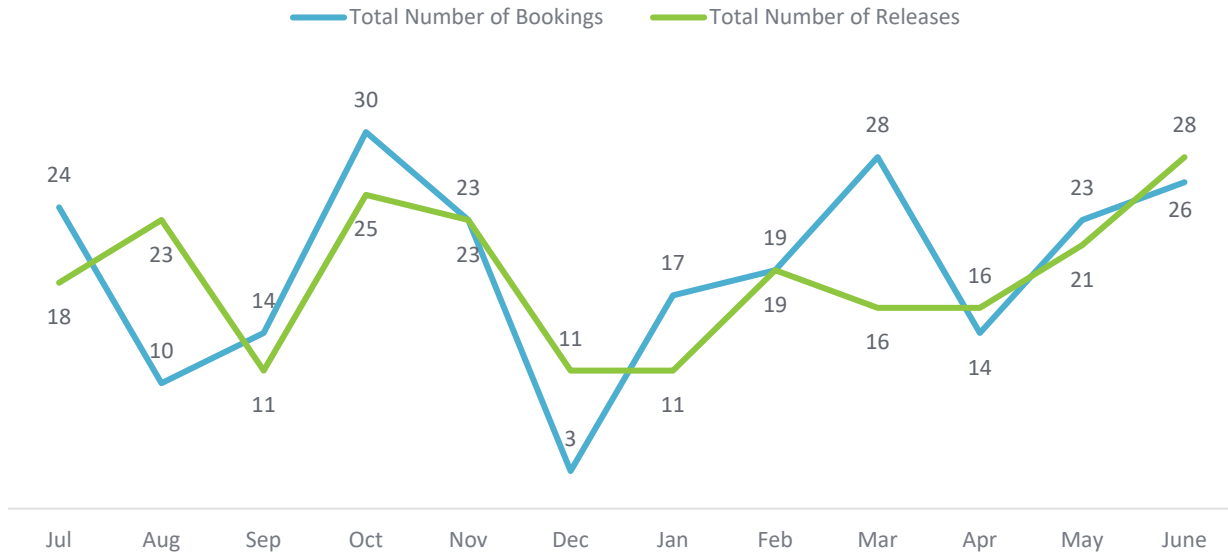
Source: Juvenile Detention Survey Profile.

YOUTHS IN THE YOUTH SERVICES CENTER-JUVENILE HALL (YSC-JH)

Total Number of Bookings and Releases

The total number of bookings at the YSC-JH for FY 2024-25 was 231, and the number of releases was 222 (Exhibit 21). The number of bookings and releases showed a mixed pattern that generally aligned through the fiscal year, both averaging 19 and over 12 months, respectively. Bookings ranged from three to 30, with the highest booking volume in October (n=30), while December recorded the lowest (n=3). Releases ranged from 11 to 28, where August, December, April, and June recorded more releases than bookings.

Exhibit 21. Juvenile Hall Total Number of Bookings and Releases per Month, FY 2024-25

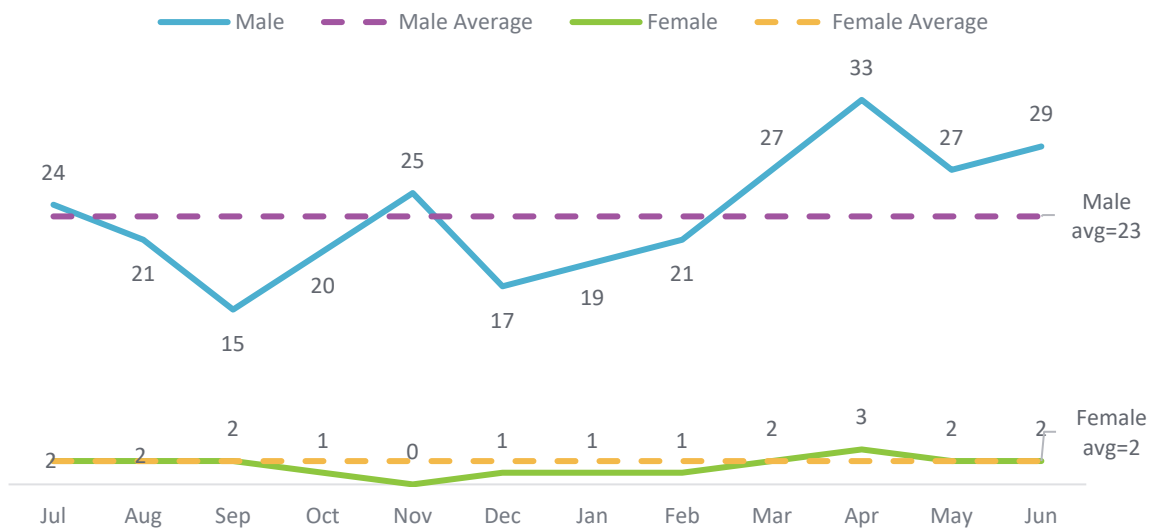


Source: Institutions Division Workload Analysis.

Juvenile Hall Average Daily Population per Month, by Gender

In FY 2024-25, the average daily population of the YSC-JH (not including youths committed to Secure Track) was 25, consisting of 23 males and two females (Exhibit 22).

Exhibit 22. Juvenile Hall Average Daily Population per Month, by Gender, FY 2024-25



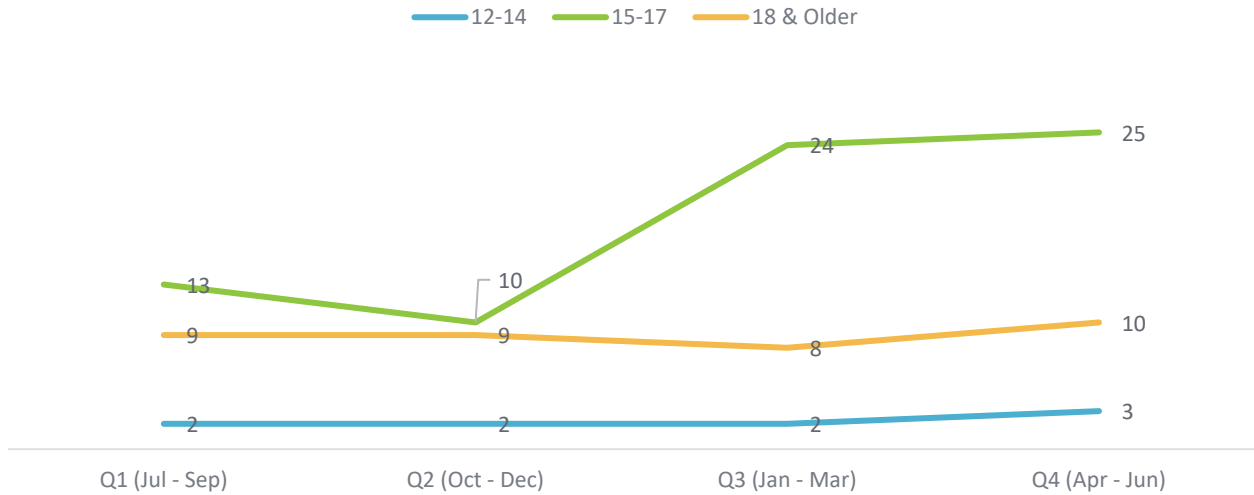
Source: Institutions Division Workload Analysis.

Age of Youths Who Received Services in Juvenile Hall, by Quarter

Across the fiscal year, the total number of unique youths per quarter (including youths committed to Secure Track) ranged from 21 to 38, with the largest increase between quarters two (n=21) and three (n=34). Youths ages 12-14 remained relatively low through the year compared to older age groups. In contrast, youths aged 15-17 saw the most change. After a slight decrease in quarter two, those ages 15-17 more than doubled in quarter three and remained steady through quarter four. Like the

youngest youths, the population of youths 18 and over remained relatively stable, showing slight fluctuations across the fiscal year (range 8-10). While each quarter’s numbers reflect unique individuals for that period, some youths remained in the institutions over multiple quarters.

Exhibit 23. Number of Youths in Juvenile Hall, by Age Each Quarter, FY 2024-25



Source: Quarterly Juvenile Detention Profile Survey.

YOBG Programs Offered in the Institutions Services Division

PROGRAMS AND SERVICES IN THE INSTITUTIONS SERVICES DIVISION

Youth services and programs take place every day of the week at YSC-JH. While youths are invited and encouraged to attend all programs, specific programming for each youth is also determined by those who are court-appointed, assigned by a Deputy Probation Officer (DPO), or selected by Institutions Services Managers (ISMs) or Group Supervisors (GSs) on the housing units based upon the individual needs of youth. Exhibit 24 provides a complete list of all youth programming in YSC-JH, broken out by those considered evidence-based programs and services that are 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 25 programs are offered at the YSC-JH (Exhibit 24). Of those programs provided during FY 2024-25, contracted services from community-based organizations provided a little over half of all programs and services (56%), while probation staff or volunteers led the remaining programs. Almost all programs were provided in person, and only one program was provided virtually.

Exhibit 24. Programs and Services in the Institutions Services Division

PROGRAM/ ORGANIZATION	DESCRIPTION	FUNDING SOURCE(S)	FORMAT	HOUSING UNITS	
				P4	F2/F3
COMMUNITY-BASED ORGANIZATIONS					
Addiction Education Society, Inc.	Added in FY 24-25 – This provides a drug and alcohol addiction-prevention class called “Neuroscience of Addiction.” This is a six-session class that will be offered to two cohorts in FY 24-25.	JRFBG	In Person	X	
Airballin’ (De Andre Drake)	These are weekly art and/or airbrushing classes promoting creative therapeutic outlets.	Juvenile Facility Improvement Funding	In Person	X	X
Alcoholics Anonymous	This program provides participants with a group of principles to help expel the obsession to drink and enable them to become happy and whole, provided by National AA organization. Services vary based on the availability of volunteers.	Outside (non-County) funding	In Person		X
Art of Yoga Project	AYP are weekly yoga and creative arts classes.	YOBG	In Person	X	X
The Beat Within	Weekly creative and literary arts programming, BW enables transition-aged youth to develop pro-social skills, including positive self-esteem building, positive social interactions and positive relationship building with instructors.	JRFBG & YOBG	In Person	X	X
Community Overcoming Relationship Abuse (CORA)	Added in FY 24-25 – CORA provides ongoing, weekly healthy relationships workshops and mental health groups tailored for different age groups, including transition-aged youth, as well as monthly workgroups for the parents of incarcerated minors/nonminors.	Probation Department Funding	In Person	X	X
Fresh Lifelines for Youth	FLY are weekly law-related education and career and education-focused workshops, plus in-custody case management and life coaching, and ongoing planning process to build out future Secure Youth Treatment Facility services.	JRFBG & YOBG	In Person	X	X
Live In Peace	Added in FY 24-25 – This program provides additional, ongoing weekly life coaching, mentoring, and job readiness services by the Live in Peace nonprofit at no cost to the County.	Outside (non-County) funding	In Person	X	
MBA	MBA are weekly mindfulness meditation workshops and one-on-one coaching.	JRFBG & YOBG	In Person	X	X
Prison Education Project	Prison Education Project provides weekly academic, cognitive, life skills, and career development programming.	Outside (non-County) funding	Virtual	X	X (F3)
Success Centers	SC provides weekly job-readiness and life skills workshops and computer literacy training classes.	JRFBG & YOBG	In Person	X	X
Therapeutic Beat Making	A weekly program led by Elliot Gann, Psy.D., that uses hip hop and electronic music production (beat making) and DJ’ing as therapeutic and educational interventions to help participants to express themselves and gain new skills.	YOBG	In Person	X	X
University of California Cooperative Extension	The Healthy Living Ambassador’s Cooking Program provides weekly education, skill building and career training around nutrition, healthy cooking, and food safety. Participants gain skills to cook for themselves and others through culturally relevant and personally meaningful recipes. Participants also gain career skills, including the opportunity to earn a food handler’s license, which enables them to work in commercial kitchens.	YOBG	In Person	X	
YMCA of San Francisco	YMCASF provides emotional regulation and other group programs, weekly, depending on availability of participants or instructors.	YOBG	In Person	X	

PROGRAM/ ORGANIZATION	DESCRIPTION	FORMAT	HOUSING UNITS	
			P4	F2/F3
STAFF-INITIATED OR VOLUNTEER PROGRAMS				
Bible Study (volunteer-led)	Bible study is a voluntary Bible study group for youth inside the juvenile hall.	In Person	X	X
Book Club	Book Club is a forum to discover new books, increase literacy, and focus on literary critique.	In Person	X	X
Career Technical Education	The Career Technical Education Program offered through the San Mateo County Office of Education engages minors/nonminors with real-world technology and problem-based, hands-on learning.	In Person	X	X
Essay Program	The Essay Program teaches critical thinking and creative writing skills.	In Person	X	X
Garden Program	The Garden Program is horticultural training in creating onsite gardens.	In Person	X	X
Large Muscle Activity	All minors/nonminors are provided the opportunity to participate in large muscle activity (i.e., structured sports, physical activities) seven days a week for at least an hour each day.	In Person	X	X
Life Skills	Resume writing and interview skills, DMV preparation, hygiene, and other life skills are taught by staff.	In Person	X	X
Omega Program	The Omega Program is a staff-led speaker series where outside speakers and credible messengers speak to minors/nonminors about changing behaviors and eradicating violence in the community.	In Person	X	X
Phoenix Reentry Program	The Phoenix Reentry Program (PREP) is a juvenile hall furlough program for youth serving long-term commitments who have demonstrated readiness and need for increased privileges and services before release. PREP allows eligible youth to temporarily leave the facility to access community-based services and structured activities that support their rehabilitation and reentry, including education, DMV and banking services, vocational training, and counseling. These opportunities help build essential skills and connections to facilitate a successful transition back into the community.	In Person	X	X
Religious Services (volunteer-led)	Religious Services are voluntary religious services, if requested, for youth inside the juvenile hall.	In Person	X	X
WhyTry	WhyTry is a social and emotional learning program that is used in education and therapeutic environments including trauma informed care and in areas that practice restorative justice.	In Person	X	X

YOBG-FUNDED CONTRACTORS AND THEIR USE OF EVIDENCE-BASED PRACTICES

Probation prioritizes using evidence-based practices (EBPs) among its contracted service providers. Beginning in 2020, all YOBG-funded CBOs were asked to list the practices and curricula of their YOBG-funded programs. ASR conducted a thorough search through evidence-based practice clearinghouses and empirical sources to verify programs as “evidence-based.”

Exhibit 25 depicts the evidence-based practices reported by YOBG-funded CBOs for FY 2024-25. For a complete list of clearinghouses used to evaluate the practices provided, please see Appendix A.

Exhibit 25. Evidence-based Practices Implemented by YOBG-funded Contractors

	Art of Yoga Project	The Beat Within*	Fresh Lifelines for Youth	Mind Body Awareness Project	Success Centers**	Therapeutic Beat Making	University of California Cooperative Extension	YMCA of San Francisco
Aggression Replacement Treatment (ART) ⁴								✓
Cognitive Behavioral Therapy (CBT) ⁵			✓					✓
Critical Time Intervention ^{6, 7}			✓					
Dialectical Behavioral Therapy (DBT) ⁸								✓
Mindfulness-Based Interventions ⁹				✓				✓
Motivational Interviewing ^{***}			✓					✓
Neuro-sequential Model of Therapeutics ¹⁰						✓		

⁴ Pennsylvania State University, EPISCenter. (n.d.). *Aggression Replacement Training (ART)*. <https://www.episcenter.psu.edu/ebp/ART>

⁵ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

⁶ Evidence-Based Practice Center (n.d.). Critical Time Intervention. <https://ebpcenter.umaryland.edu/Training-Topics/Critical-Time-Intervention/>

⁷ Social Programs that Work. (n.d.). Critical Time Intervention. <https://evidencebasedprograms.org/programs/critical-time-intervention/>

⁸ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

⁹ 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>

¹⁰ 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. <https://doi.org/10.1080/15325020903004350>

Partners for Change Outcome Management System (PCOMS) ¹¹								✓
Social- Emotional Learning ¹²			✓			✓		
Trauma-Informed Practice/Care ¹³	✓		✓			✓	✓	✓

* Utilizes only promising and non-evidence-based practices.

** Practices were not provided as of 10/7/2025.

*** Evidence-based practice according to the Center for Evidence-Based Practices.¹⁴ Elsewhere rated as research-based for children in mental health treatment¹⁵, but the Office of Justice Programs rates the use of motivational interviewing for juvenile substance abuse as having “no effect” for clients ages 14-19.¹⁶

YOUTH FEEDBACK ABOUT PROGRAMS OFFERED IN THE INSTITUTIONS SERVICES DIVISION

Twice during the fiscal year, the Institutions Services Division surveyed youths about the quality and effectiveness of services provided at the YSC-JH. The youth survey assessed youths’ experiences, learning, and satisfaction, and the staff survey asked staff to share their impressions on the degree to which programs were supporting the needs of youths.

A total of 48 surveys were completed by youths in three units: Pine 4 (P4), Forrest 2 (F2), and Forrest 3 (F3). Youths were asked to self-report on a series of questions, including, but not limited to, helpfulness of the programs, engagement/interest in each program, and overall rating of each program. Nineteen surveys were completed in February 2025, and 29 surveys were completed in June 2025. The results discussed on the following page are combined across these two time points.

Youth Ratings of Helpfulness of Programs

Exhibit 26 shows the percentage of youths who reported that a program was “very” or “extremely” helpful. UCCE and Live in Peace were reported as helpful programs by more than 90% of youths who participated in those services.

¹¹ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

¹² OJJDP Model Program Guide. (2015). Practice Profile: School-Based Social and Emotional Learning (SEL) Programs. <https://crimesolutions.ojp.gov/ratedpractices/39#pd>

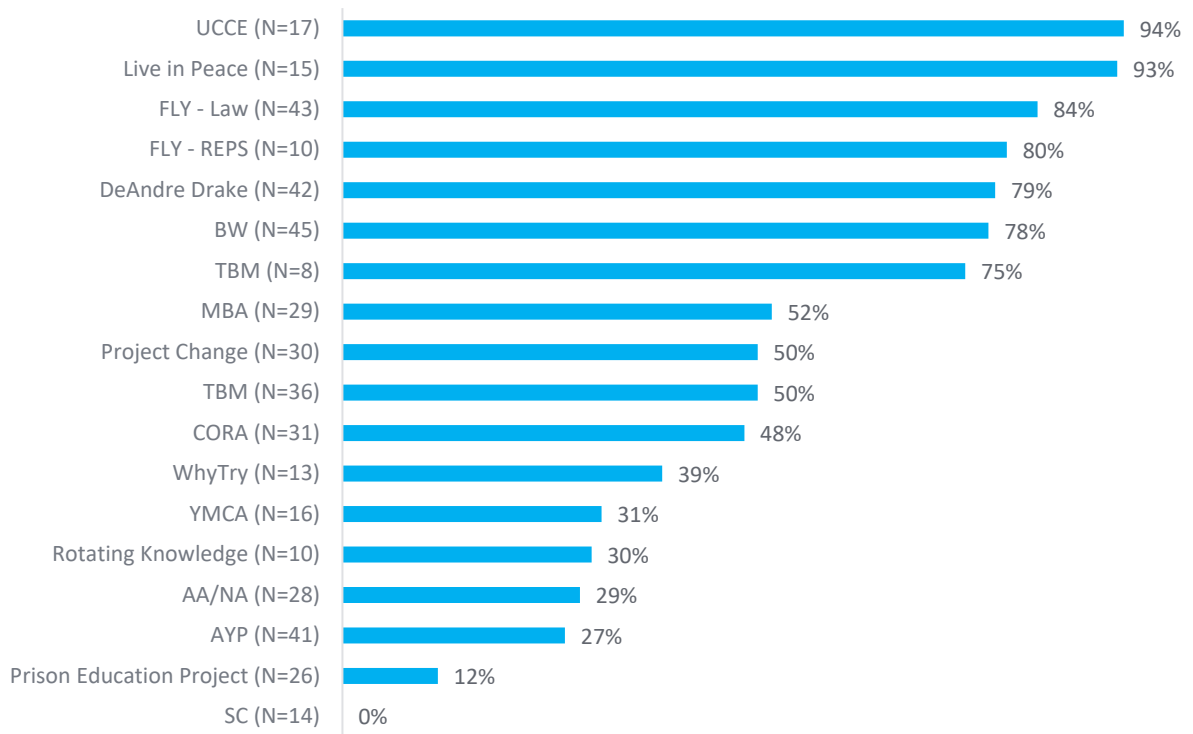
¹³ SAMHSA. (2014). SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

¹⁴ Center for Evidence-Based Practices (2018). Motivational Interviewing. Case Western Reserve University. <https://www.centerforebp.case.edu/practices/mi>

¹⁵ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

¹⁶ OJJDP Model Program Guide. (2011). Practice Profile: Motivational Interviewing (MI) for Substance Abuse Issues of Juveniles in a State Facility <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=180>

Exhibit 26. Percentage of Youths Rating Each Program as “Very” or “Extremely” Helpful



Note: Total N=48. The number of youths’ ratings per program is displayed in parentheses next to the program name. Response options included: 1=Not at All, 2=A little, 3=Somewhat, 4=Very, 5=Extremely.

CLIENT STORIES

Each year, staff at YOBG-funded programs collect client stories to help illustrate the impact of services on their clients. The following stories are two examples of client success for FY 2024-25.

Exhibit 27. Client Success Story (The Beat Within)

Name of client	Jeff (pseudonym)
Age and gender	16-year-old male
Reason for referral	Weekly service programming workshop visit
Client’s behavior, affect, and appearance when they first started in the program	When he first joined the program Jeff was engaging but as time went on and he saw his friends go home while he remained at the Institutions, the gravity of his situation began to weigh heavily on his mental health. Sometimes his overwhelming emotions caused him to stay in his room, but in those cases, staff made every effort to drop by his door to say hello.
Activity engagement and consistency	Weekly workshop visits, always participated with writing and sometimes drawing
Client’s behavior, affect, and appearance toward the end of the program	Jeff always joined the weekly workshops, seemed happy and content, and very engaged with the weekly writing.
What the client learned as a result of the program	Jeff expressed that he learned that he enjoys writing.
What the client is doing differently in their life now as a result of the program	Jeff expressed that he improved his writing and his insightfulness.
The value of the program in the client’s words	Jeff learned "to share without the fear of being judged."

Exhibit 28. Client Success Story (Mind Body Awareness Project)

Name of client	Harris
Age and gender	16-year-old male
Reason for referral	Harris joined MBA groups after hearing a presentation about MBA at the juvenile hall and being referred by an ISM.
Client’s behavior, affect, and appearance when they first started in the program	Harris was referred due to concerns related to self-harming behaviors and trauma-related responses. Upon intake, his affect was withdrawn and anxious. When he did share, his communication was often tangential or unrelated to the topic at hand. Harris demonstrated limited social skills and reported feeling isolated.
Activity engagement and consistency	In the initial phase of the program, Harris established rapport, safety, and trust with facilitators, though he was initially less open with peers. Over time and through participation in multiple cohorts, he became more connected and increasingly engaged in peer conversations, particularly those related to the curriculum.

<p>Client’s behavior, affect, and appearance toward the end of the program</p>	<p>By the end of the program, Harris demonstrated increased initiative, actively contributing to group culture and encouraging peers to implement interventions taught during sessions. Due to his growth and leadership, he was invited to return as a peer support facilitator for the next cohort.</p>
<p>What the client learned as a result of the program</p>	<p>Harris demonstrated increased ability to identify, express, and process emotions, including struggles and successes, contributing to improved emotional regulation and overall mental health. He became informed about the areas of Mindfulness, Emotional Intelligence, and Trauma Resiliency.</p>
<p>What the client is doing differently in their life now as a result of the program</p>	<p>Harris reported he has demonstrated behavioral and emotional progress. He has ceased engaging in self-harming behaviors and has shown a significant reduction in aggressive interactions with peers and staff. He exhibits increased confidence in his identity, a strengthened sense of purpose, and a hopeful outlook for his future and particularly in his expressed desire to support his family.</p>
<p>The value of the program in the client’s words</p>	<p>"Participating in MBA groups has helped me grow up and become more mature. My mental health has improved thanks to the staff and program at MBA. I now have the resources, techniques, and coping skills to handle myself. I am more aware and will take that with me on the outs. I am ready to be on the outs with this awareness and strength."</p>

JJRBG ANNUAL REPORT

JJRBG BACKGROUND

Senate Bill 823 (2020) and Senate Bill 92 (2021) directed the gradual closure of the state Division of Juvenile Justice (DJJ) and transferred the responsibility of custody, supervision, and care of juveniles to County jurisdictions. The new laws have provided resources to counties to undertake this responsibility through the Juvenile Justice Realignment Block Grant (JJRBG) program. In fiscal year 2024-25, Probation used JJRBG funds to support contracts with The Addiction Education Society (AES), The Beat Within (BW), Fresh Lifelines for Youth (FLY), Mind Body Awareness (MBA) Project, and Success Centers (SC) for the DJJ-realignment population.

SOARR Program

In response to the new laws, Probation worked with system partners to create the Success and Opportunities Aspiring Readiness for Reentry (SOARR) Program, to house and treat youth who were previously eligible to be committed to DJJ. These include youth adjudicated for 707(b)¹⁷ and 290.008¹⁸ offenses and deemed unsuitable by the court for less restrictive settings. Youth committed to the SOARR program often face longer stays than other youth being treated and housed at the YSC-JH. SOARR commitments, also referred to as Secure Track commitments, could remain in custody up to age 25, depending on the seriousness of their offense. San Mateo County anticipates one to three youth entering the SOARR program each year. The program's first commitment came in November 2022. In FY 2024-25, nine youths were served in the SOARR program, all of whom accessed JJRBG-funded programs and services.

Services Provided

In addition to serving the SOARR population, CBOs funded by JJRBG funding in FY 2024-25 also provided programs and services to non-SOARR youths in the same housing unit (Pine 4). Exhibit 29 provides program descriptions of the CBOs that received JJRBG funds from the County.

¹⁷ Welfare and Institutions Code section 707(b) offenses include crimes considered serious and violent in nature. These crimes 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.

¹⁸ California Penal Code section 290.008 refers to sexual offenses.

Exhibit 29. Program Descriptions of JJRBG-Funded CBOs in FY 2024-25

JJRBG-FUNDED CBO	SHORT NAME	DESCRIPTION
The Addiction Education Society	AES	AES provides curriculum on the Neuroscience of Addiction.
The Beat Within (A member of Intersection for the Arts)	BW	BW provides weekly creative and literary arts programming.
Fresh Lifelines for Youth	FLY	FLY provides weekly skill building and career navigation workshops and in-custody case management services.
Mind Body Awareness Project	MBA	MBA provides classes focusing on mindfulness, stress and anxiety reduction, and emotion regulation.
Success Centers	SC	SC provides weekly job-readiness, life skills workshops, and computer literacy training classes.

Note: AES provided programming for two cohorts in January and March-April 2025. Due to the short nature of the services, limited data are featured in this report.

CBO Assessment Tools

The funded agencies reported using a variety of tools in their work with youth from intake through program participation to establish and measure progress. AES collaborated with Stanford University to develop student pre- and post-surveys that measure baseline and student content retention. The Beat Within (BW) administered periodic surveys. Fresh Lifelines for Youth (FLY) administered and continued refining assessment measures related to career readiness and youth service plan goals. Mind Body Awareness (MBA) administered multiple assessments, including pre- and post-intervention tests, the Perceived Stress Scale, the Health Self-Regulation Scale, the Mindful Attention Awareness Scale, the Rosenberg Self-Awareness and Self-Esteem Scales, and the Teen Conflict Survey. Lastly, Success Centers (SC) collected feedback via forms related to tech training.

Program Challenges

Four of the five JJRBG-funded CBOs reported challenges with program implementation. While three programs cited communication difficulties with YSC-JH staff that at times delayed service delivery, these issues often reflected the operational demands and safety priorities of a secure facility. Two programs noted inconsistent youth attendance influenced by movement between units or scheduling adjustments, and one reported that limited laptop availability restricted the administration of pre- and post-surveys. These challenges underscore the need for continued coordination and flexibility between CBOs and Probation to maintain effective programming within a secure setting.

JJRBG Evaluation Plan and Methodology

FY 2024-25 was the third year youths were served in the SOARR program. In the first year of implementation (FY 2022-23), Probation and Applied Survey Research (ASR) created an evaluation plan to monitor the service delivery. The plan considered the deliverables necessary for the JJRBG program and information Probation was interested in collecting, such as client stories. ASR sought feedback from the JJRBG-funded CBOs on the data collection plan. Probation and ASR created six tracking tools: two for Probation (Institutions and Reentry) and one for each current contracted CBO (BW, FLY, MBA, and SC). Funded CBOs monitored their service delivery and then reported youth, service, and outcome data to Probation and ASR. Exhibit 30 details the demographic and service utilization data collected.

Exhibit 30. Youth and Services Data Collected, by JJRBG-Funded CBOs

DEMOGRAPHICS	SERVICE UTILIZATION
<ul style="list-style-type: none"> • Date of birth • Gender • Race/Ethnicity • 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) for in-custody and post-release • Number of service hours • Number of multi-disciplinary teams (MDTs) attended by CBO

Program-Specific Outcomes from JJRBG-funded CBOs

CBOs collected their own program-specific outcome data. Short summaries of these results are presented in this report. Client success stories were also collected to help illustrate the impact of services on their clients for FY 2024-25.

JJRBG Evaluation Findings

PROFILE OF YOUTHS SERVED

In FY 2024-25, JJRBG-funded CBOs served a combined total of 63 unduplicated youths. As shown in Exhibit 31, the majority of youths who accessed programs and services funded by JJRBG were served by BW (39%), followed by FLY (21%), AES (20%), and SC (14%). MBA had the smallest number of youths served under JJRBG (<10%).

Exhibit 31. Number and Percentage of Youths Served, by Program

JJRBG PROGRAMS	NUMBER OF YOUTHS	% OF TOTAL
Addiction Education Society	16	20%
The Beat Within	31	39%
Fresh Lifelines for Youth	17	21%
Mind Body Awareness Project	5	6%
Success Centers	11	14%
ALL (Unique Youths)	63	100%

Note: The total across JJRBG programs equals 80 youths instead of the 63 listed because some youths were served by more than one program.

Youth Demographics Characteristics

Seventy-seven percent of JJRBG-funded youths identified as Hispanic/Latino, followed by 6% identifying as Black/African American, 6% identifying as multi-racial/ethnic, 4% identifying as Asian/Pacific Islander, 4% identifying as White/Caucasian, and 2% identifying as another race or ethnicity. Nine in 10 youths served identified as male (94%), and the average age of the youths was 17.6 years old.

SERVICES PROVIDED

Length of Participation and Hours of Service

Exhibit 32 shows that the average length of participation reported by CBOs ranged from half a month for AES to 5.5 months for SC, and the average hours of service provided per youth over the fiscal year ranged from 6.0 for AES to 51.5 for FLY, reflecting differences in service dosage and participation.

Exhibit 32. Average Number of Months in Program and Average Hours of Service Received per Youth

JJRBG PROGRAMS	AVERAGE NUMBER OF MONTHS IN PROGRAM	AVERAGE HOURS OF SERVICE RECEIVED PER CLIENT
Addiction Education Society	0.5	6.0
The Beat Within	4.1	15.9
Fresh Lifelines for Youth	4.6	51.5
Mind Body Awareness Project	5.2	24.0
Success Centers	5.5	12.9
ALL (Unique Youths)	3.4	27.4

Note: All N=63, AES n=16, BW n=31, FLY n=17, MBA n=2, SC n=11.

PROGRAM-SPECIFIC OUTCOMES

Addiction Education Society, Inc. (AES)

AES exceeded its target goal of 75% for each of its performance measures for FY 2024-25 (Exhibit 33). AES did not report on punctuality.

Exhibit 33. Program-Specific Outcomes for AES

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Students in Cohort 1 who demonstrated increased knowledge of the curriculum based on pre- and post-surveys.	75%	80%
Students in Cohort 2 who demonstrated increased knowledge of the curriculum based on pre- and post-surveys.	75%	80%
Punctuality – Percentage of times instructors arrived on time prepared to teach.	100%	N/A

Note: Based on combined reporting for both cohorts, 0% were very knowledgeable at pre-survey and 80% were very knowledgeable at post-survey.

The Beat Within (BW)

BW met its target goal for each performance measure in FY 2024-25 (Exhibit 34).

Exhibit 34. Program-Specific Outcomes for BW

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who reported increased self-esteem through with Beat Within weekly workshops.	87%	87%
Percentage of youths who reported developing positive relationships with adult role models through Beat Within weekly workshops.	87%	87%
Number of times the Beat Within Magazine was distributed at the facility each year.	25	25

Fresh Lifelines for Youth (FLY)

FLY reported that they exceeded all of their performance measures, as seen in Exhibit 35.

Exhibit 35. Program-Specific Outcomes for FLY

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Youths reported they have more confidence to deal with negative peer pressure.	80%	100%
Youths reported that they are less likely to commit crimes and more likely to make healthy choices.	75%	80%
Youths reported that they have hope for the future and want to make positive changes.	80%	100%
Youths who enrolled and completed case management and achieved at least one goal from their service plan.	100%	100%

Mind Body Awareness Project (MBA)

MBA met or exceeded all three performance targets in FY 2024-25 (Exhibit 36).

Exhibit 36. Program-Specific Outcomes for MBA

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
Percentage of youths who reported improved emotional regulation, self-control, and stress reduction	80%	100%
Percentage of staff who reported improved general behavior in the hall	80%	80%
Percentage of youths who reported greater self-esteem, self-compassion, and empathy	80%	100%

Success Centers (SC)

SC did not provide performance measure outcomes in FY 2024-25 (Exhibit 37).

Exhibit 37. Program-Specific Outcomes for SC

PROGRAM-SPECIFIC OUTCOMES	FY 24-25 TARGET	FY 24-25 RESULTS
JRT/Life Skills participants reported enhanced knowledge about job readiness and life skills.	80%	---
Career Advising participants reported increased knowledge about achieving career goals.	80%	---
Code on Point participants reported increased knowledge about computer literacy and coding.	80%	---

JJRBG CONTRACTORS AND THEIR USE OF EVIDENCE-BASED PRACTICES

Probation continued to emphasize the implementation of evidence-based practices (EBPs) among its contracted service providers during FY 2024–25. All JJRBG-funded community-based organizations (CBOs) were asked to identify the practices and curricula utilized in their JJRBG-funded programs. ASR conducted a comprehensive review of established evidence-based practice clearinghouses and

relevant empirical literature to determine whether each program could be classified as “evidence-based.” Exhibit 38 presents the evidence-based practices reported by JJRBG-funded CBOs for FY 2024–25. A complete list of the clearinghouses consulted as part of this review is provided in Appendix A.

Exhibit 38. Evidence-based Practices Implemented by JJRBG-funded Contractors

	Addiction Education Society*	The Beat Within*	Fresh Lifelines for Youth	Mind Body Awareness Project	Success Centers**
Critical Time Intervention ^{19, 20}			✓		
Mindfulness-Based Interventions ²¹				✓	
Motivational Interviewing***			✓		
Social- Emotional Learning ²²			✓		
Trauma-Informed Practice/Care ²³			✓	✓	

* Utilizes only promising and non-evidence-based practices.

** Practices were not provided as of 9/30/2025.

*** Evidence-based practice according to the Center for Evidence-Based Practices.²⁴ Elsewhere rated as research-based for children in mental health treatment²⁵, but the Office of Justice Programs rates the use of motivational interviewing for juvenile substance abuse as having “no effect” for clients age 14-19.²⁶

¹⁹ Evidence-Based Practice Center (n.d.). Critical Time Intervention. <https://ebpcenter.umaryland.edu/Training-Topics/Critical-Time-Intervention/>

²⁰ Social Programs that Work. (n.d.). Critical Time Intervention. <https://evidencebasedprograms.org/programs/critical-time-intervention/>

²¹ 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>

²² OJJDP Model Program Guide. (2015). Practice Profile: School-Based Social and Emotional Learning (SEL) Programs. <https://crimesolutions.ojp.gov/ratedpractices/39#pd>

²³ SAMHSA. (2014). SAMHSA’s Concept of Trauma and Guidance for a Trauma-Informed Approach, p10. Pub ID#: SMA14-4884. <https://store.samhsa.gov/product/SAMHSA-s-Concept-of-Trauma-and-Guidance-for-a-Trauma-Informed-Approach/SMA14-4884>

²⁴ Center for Evidence-Based Practices (2018). Motivational Interviewing. Case Western Reserve University. <https://www.centerforebp.case.edu/practices/mi>

²⁵ Washington State Institute for Public Policy. (2020). Updated Inventory of Evidence-Based, Research-Based, and Promising Practices: For Prevention and Intervention Services for Children and Juveniles in the Child Welfare, Juvenile Justice, and Mental Health Systems. http://www.wsipp.wa.gov/ReportFile/1727/Wsipp_Updated-Inventory-of-Evidence-Based-Research-Based-and-Promising-Practices-For-Prevention-and-Intervention-Services-for-Children-and-Juveniles-in-the-Child-Welfare-Juvenile-Justice-and-Mental-Health-Systems_Report.pdf

²⁶ OJJDP Model Program Guide. (2011). Practice Profile: Motivational Interviewing (MI) for Substance Abuse Issues of Juveniles in a State Facility <https://www.crimesolutions.gov/ProgramDetails.aspx?ID=180>

CLIENT STORIES

The following is one example of client success in FY 2024-25. Given the small number of youths and few stories available, only one success story is featured this year.

Exhibit 39. Client Success Story (FLY)

Name of client	Antonio (pseudonym)
Age and gender	19-year-old male
Reason for referral	Antonio joined the program a few months after arrival to the YSC once he learned that he would be staying longer than anticipated. He approached FLY staff and asked if he could join because he wanted help and wanted to better himself.
Client’s behavior, affect, and appearance when they first started in the program	Antonio described himself as a lost cause. He was focused on getting back into the community to pick up old habits where he left off. He was not willing to change; he had a fixed mindset on who he wanted to be and what he wanted to do. Antonio was interested in "bad things" and saw that as his only option. He was quiet and stayed to himself because he did not trust anybody.
Activity engagement and consistency	The client joined FLY workshops where he learned about conflict resolution and understanding roles. He also began working one on one with his case manager and opened up about his upbringing, he practiced emotional awareness and gained trust in his case manager, where he then allowed himself to be more open and honest about his circumstances and areas of improvement that he needs/wants to work on. Antonio has been consistently engaged and focused on the work he is doing. He has also graduated high school and started college.
Client’s behavior, affect, and appearance toward the end of the program	Antonio showed significant improvement in his mindset, his goals, and his priorities. He was more emotionally aware and improved his relationships with others. He showed great determination to be successful and has mapped out his plans for his future. He was goal-oriented and took his work seriously. He has opened up more to his case manager. Antonio was outspoken and not afraid to speak his mind. He asked questions when he was unsure and maintained a positive relationship with his STAY case manager and FLY staff. He was respectful and courteous.
What the client learned as a result of the program	The client has learned how to be patient. He has learned that the lifestyle he was involved in prior to his incarceration would lead to only two outcomes: prison or death. He has learned that life is bigger than what he initially thought; his family needs him. Antonio has learned to work hard and give it his best. He has also learned how to communicate better with his peers.
What the client is doing differently in their life now as a result of the program	Antonio stated he is minding his business and has refrained from getting any incident reports since his time in the program. He reaches out for support and to check in with his case manager whenever he can. He is focused on work, school, and has begun preparing for his reentry.
The value of the program in the client’s words	"It gives me resources, someone to talk to, someone to care about me and genuinely want to see me do better. It's their job to push us to be better, care for us, help us and give us alternatives. You guys made me see things that I never saw before and made me see qualities in myself that I never recognized."

Appendix A: Clearinghouses for Evidence-Based Practices

CLEARINGHOUSE NAME	WEBSITE
The SAMHSA Evidence-Based Practices Resource Center	https://www.samhsa.gov/ebp-resource-center
Office of Juvenile Justice and Delinquency Prevention Model Programs Guide	https://www.ojjdp.gov/mpg/
The California Evidence-Based Clearinghouse for Child Welfare	https://www.cebc4cw.org/
Washington State Institute for Public Policy & University of Washington: Evidence Based Practice Institute	http://www.wsipp.wa.gov/