### **Services Offered:**

Parent Empowerment Program

Aggression Replacement Training

Equine Counseling

Observation and Evaluation

Relationships Group

Case Planning

Internet Safety

Ending Nicotine Dependency

Risk Assessments

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## **Youth Services**

# Relationships Group



WE CANNOT ALWAYS BUILD THE FUTURE FOR OUR YOUTH...
BUT, WE CAN BUILD OUR YOUTH FOR THE FUTURE

EDR

Division of Juvenile Justice Services 449 North SR 118 Richfield, Utah 84701 Phone: 435-893-2340 or 866-803-3492 Fax: 435-896-8177

#### **Relationships Group**

Relationship Group (RG) provides a safe format for youth to interact with each other under the facilitation of JJS Counselors while learning interpersonal, life, and social skills. The purpose/intent of RG is to improve family and peer relations, communication skills, frustration tolerance, and to reduce recidivism. Group is formatted as an open discussion of topics relevant to the youth

Qualifying youth are 14-17 years old with difficulty in home, school, or community functioning. Referred youth will complete a first time risk assessment, to determine appropriateness of participation in the Relationship Group. Youth with a Moderate or High risk score on the assessment will be allowed to participate.

Youth can be referred into the Relationship Group by: Juvenile Justice Services, Juvenile Court, DCFS, school, parents or guardian and outside agencies.

Youth who qualify will participate for 8 weeks. At the end of the 8 week period youth are welcome to continue attending the group.

#### **Relationships Group**

#### Topics will include but not limited to:

- Different relationship types and the youth's role in each
- Effective communication
- · Working with authority figures
- Assertiveness vs. Aggression
- Being part of a family
- Dealing with individuals in the community
- Handling yourself around negative people
- How relationships affect our goals and the things that are important to us
- The danger of making assumptions

Additional topics will include current issues/ problems youth are dealing with at home, school, or with friends.



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