

## Essex County Diversion Program Overview

All of the following programs offered through the Essex County Diversion Program are **NOW AVAILABLE** to any youth in the Windsor and Essex County area who are between the ages of 12-17 years old. Referrals are accepted by self-referrals (youth), parents/family members, schools and community partners. Please see attached referral form.

### REBOUND Life Choices Program

Rebound offers a 10 week social skills group for youth who show signs of being at-risk of dropping out of school, being in trouble with the law, or having difficulties with parent/teen interactions. These sessions are done in a very interactive group setting. Life Choices is an opportunity for the youth in our community to identify their strengths and to learn constructive tools to deal with the situations and challenges that they may encounter in their lives. Participants leave the program with a positive attitude, improved problem solving skills, a better understanding of self and others, and the realization that they are responsible for their behavior. Weekly topics include; communication skills, decision making, goal setting, teamwork, anger management, peer pressure/self-respect, drug awareness, bullying and the law and justice. Sessions start in January, April and September.

### M.E.S.S.A.G.E. & R.E.S.P.E.C.T Programs

**M.E.S.S.A.G.E STANDS FOR MOTIVATIONAL EDUCATIONAL SEXTING: SEMINARS FOR AT-RISK GIRLS EVERYWHERE**

**R.E.S.P.E.C.T STANDS FOR RELATIONSHIP EDUCATION ON SEXTING, PROMOTING ETHICAL CONDUCT IN TEENS.**

M.E.S.S.A.G.E. is designed for females and R.E.S.P.E.C.T is geared toward males

The M.E.S.S.A.G.E. and R.E.S.P.E.C.T programs are innovative programs designed to address the dangers and consequences associated with “sexting”, and to raise awareness to the seriousness of this increasingly prevalent social epidemic among our youth. The program primary goal is to reduce the incidence of “sexting” in our community, educate the public, and respond to unhealthy digital behavior among teens. The programs also address related issues such as self-exploitation, bullying, cyber bullying, harassment, and characteristics of the internet with respect to search and replication. The program explores “sexting” consequences including legal ramifications, relationship problems, loss of education and/or employment opportunities, and possible removal from education programs and activities.

### Beyond Bullying

This bullying program is an evidence based program that is designed to help teens understand the risks involved to themselves and others when it comes to bullying. Bullying behavior has been linked to other forms of anti-social behavior such as vandalism, shoplifting, skipping and dropping out of school, fighting and the use of drugs and alcohol. Many students are unaware their behaviors are bullying, the legal consequences of those behaviors and the devastating effects to everyone involved. The goal of this program is to train youth to use alternative methods to resolve problems rather than using bullying behaviors and to educate them about bullying, bias based offenses and hate crimes. Providing teens with this opportunity reduces the likelihood of them repeating their bullying behavior.

### Teen Intervene (Prevention/Early Intervention Substance Abuse Program)

Teen-Intervene helps youth identify the reasons they have chosen to use alcohol or other drugs, examine the effects of substance abuse in their lives, and learn to make healthier choices. This is a brief intervention program for mild substance use. The program can range between 2-3 sessions; the first 2 sessions are done one on one with teens followed by an optional third educational session with parents.

Please direct inquiries to Jessica Busi at 519.253.3340 ext. 222 or at [jbusi@essexcountyddiversion.com](mailto:jbusi@essexcountyddiversion.com)  
Submit referrals to the attention of the Youth Outreach Program Coordinator via fax at 519.253.6476

## Substance Abuse Program

The substance abuse program is comprised of 12 individual sessions; each session is approximately one hour in length. It utilizes a comprehensive cognitive-behavioral treatment model, including coping skills, relapse prevention, and risk factors management tools. The ultimate goal of the program is harm reduction. Topics will include exploring underlying areas of vulnerability, raising awareness of consequences of one's own behavior, building motivation to make personal changes, identifying triggers, understanding how to better understand and manage anger, anxiety and fear, relapse prevention, becoming a stronger person, coping skills for relapse prevention, healthy relationships and healthy boundaries, as well as instilling safety nets for the future. Additional sessions may be added to accommodate the youth's needs.

## L.O.S.S (Lessons on Offender Accountability Shoplifting and Stealing)

L.O.S.S is a one-time session geared towards educating young people about the consequences of shoplifting on themselves, their families, the victim(s), and the community at large. The educational session is comprised of interactive discussions and video presentations aimed at deterring youth from shoplifting in the future.

## Youth Justice Committee Forums

The Youth Justice Committee Forum is a one-time mediation session that is comprised of a trained staff, the victim, victimizer and parents of both parties if desired. The purpose of this forum is to give the victim an opportunity to repair the harms inflicted upon him/her and address the reasons for the hurt caused while holding the victimizer accountable for their actions and allowing them to witness how their actions have affected others. A Youth Justice Committee gives the victim a voice and provides them with closure to the occurrence in a safe and controlled setting. Ultimately the goal is for the victimizer to take responsibility for their actions and reduce the likelihood of future negative behaviour and/or activities. A good example of the type of issues that can be discussed in a forum is teen bullying.

