

RESTORATIVE JUSTICE CHATHAM-KENT

Building positive pathways for our youth, **OUR FUTURE**

Restorative Justice Chatham-Kent was established in 2003 by a group of concerned community members and is now a thriving community-oriented, incorporated non-profit and charitable organization. (Registered Charity # 889010203RR0001)

Our Mission: *We provide alternative pathways for at-risk youth, restoring a positive connection with the community, thereby creating a safer, healthier Chatham-Kent.*

These alternative pathways are achieved through our **Extrajudicial Measures Program** (Pre-Charge Diversion, Police-referred), **Extrajudicial Sanctions** (Post-Charge Diversion, Crown Attorney-referred) and **Restorative Justice Community Conferencing**. These programs are funded by the Ministry of Children, Community & Social Services, as RJCK has been a Transfer-Payment Agency since 2005. The EJM and EJS Programs are delivered in conjunction with the Chatham-Kent Police Service and Crown Attorney, respectively, as they diligently screen and refer the appropriate youth cases to the agency. This program is only available to youth (12-17) who have come into contact with the law, and have a minor criminal offence charge pending or within the court system, under the Youth Criminal Justice Act (YCJA). Upon successful completion of either program, the charge information will be cleared from their records – giving youth a ‘second chance.’

These alternative pathways are also provided through our **Positive Strides Intervention & Educational Programs**. Funding support from the United Way of Chatham-Kent (in the past) and the Ontario Trillium Foundation allows for us to provide **FREE** individualized and one-on-one sessions through our **Positive Strides Programs**. The wide range of programs that we offer under the *Positive Strides* umbrella are available to **any child or youth** in the community who are at risk for delinquent, negative behaviours, and who may be struggling in school, at home, and/or within their social environments. Thus, each program is geared to risk management/reduction in terms of involvement in youth justice, and directly supports safe, pro-social behaviours in all environments, as well as crime prevention across Chatham-Kent. These programs are also delivered to the youth who are enrolled in the EJM and EJS Programs.

Programs are typically delivered in a one-on-one format and are tailored to the client’s particular learning styles and needs. Programming sessions are scheduled based on the youth and their family needs; if travel, transportation, or work schedules are a barrier to service, RJCK will arrange for sessions to take place at the school (where able with proper consent), or at a municipal service centre/library in the community in which they reside.

PLEASE NOTE – essentially ANY individual, educator, or member of a community agency can make a referral to a **Positive Strides Program** for a local child or youth OR to **Restorative Justice Community Conferencing** with the consent of those involved.

Programs offered under RJCK's "Positive Strides" umbrella:

Teen Intervene

A brief, evidence-based intervention program for youth aged 12-17 years who are suspected of experiencing mild or moderate problems associated with drugs and/or alcohol. Goal: to increase the youth's readiness to change and make healthier choices. This program consists of three one-hour sessions (with an optional parent component).

Substance Use Program

This evidence-based, in-depth program is rooted in cognitive behavioural therapy, and designed to assist youth aged 12-17 in achieving goals of harm reduction. Key topics can include: self-discovery, understanding dependencies, understanding risk and protective factors, and key elements of change. The program is tailored to individual needs of the youth; involvement can range from 8-12 sessions.

Managing Anger & Aggression

With 25 different lessons to choose from, this evidence-based program is structured to meet each youth's individual needs. Key topics: change talk, anger triggers, assertion and communication skills, coping skills, conflict resolution, peer pressure, and avoiding violence. This program can be tailored to youth aged 7-17; number of sessions varies based on one's specific needs.

Theft & Vandalism

This brief intervention is focused on educating youth about the greater consequences of shoplifting and vandalism, allowing them to better understand 'the ripple effect' of their actions. This program is often delivered in 2-3 sessions and aims to deter youth from shoplifting and engaging in vandalism in future.

Anti-Bullying & Harassment

This program is designed to help youth understand the risks involved with participating in bullying behaviours, while fostering positive social skills such as leadership, assertion, advocacy, and empathy for others. Goal: to educate our youth in problem resolution strategies, in order to decrease the use of bullying behaviours. Individualized sessions available for youth aged 7-17; can be tailored to both perpetrators and victims of bullying and/or harassment.

Dealing with Emotions

This program covers a wide range of issues that youth may be struggling with, such as: communication skills, low self-esteem, anxious and/or 'low,' depressive feelings, peer pressure, and goal setting. Youth are provided with tools to identify and appropriately communicate about their range of feelings, and to reach and maintain a strong level of confidence, balance, and self-worth. This program can be tailored to youth aged 7-17; number of sessions varies based one's specific needs.

Caught in the Net

Covers a wide range of issues that youth today are faced with due to ever-evolving social networking sites and apps; designed to educate on topics such as cyberbullying and sexting, along with the consequences that are associated with engaging in such behaviours online. This program is often delivered in 4-6 sessions for youth aged 10-17.

Working Through Worries

Brief 4-session 'customizable' one-on-one program for youth (7-17) that will help them to gain meaningful insight into their worries and stress, and learn new skills they can put to use right away, to tackle both! Youth will learn about the effects of stress and anxiety on the mind and body; cognitive distortions; triggers and coping skills (specific to them), and self-care practices.