

NEIGHBORHOOD COURT MENU OF OPTIONS

WRITING ASSIGNMENTS

Letter(s) of Apology can be helpful if the Offender does not know the victim personally, or if the panel feels it is important for the Offender to apologize to the Victim or someone else in a formal way. Letters of Apology can also help the Offender sort out his/her feelings about his/her actions, and understand the consequences of making poor choices. The agreement should specify the length of the apology by either word or page counts.

Research Papers can be helpful by educating the Offender on the impact of the incident. As part of the agreement Offenders can type a paper and provide a bibliography to cite the resources used (i.e., internet, books, periodicals, etc.) to explore the impact and consequences on both the Community and the Offender. Research papers can assist Offenders with an opportunity for further reflection concerning the harms of their actions, or help come to an understanding of various public policy reasons behind the law that was broken. The agreement should specify the length of the paper by either word or page counts.

CENTER FOR INTERVENTION (CFI) PROGRAMS (Open to Everyone)

Goal-Directed Behavior 7 hours

CFI's workbook aims to help participants understand and correct the faulty thinking and reasoning that contributed to their offense. The program teaches Offenders how to take responsibility for their behavior, realistically judge their self-worth and the worth of others, and assess the consequences of their behavior with respect to their ultimate goals. This is a good option for Offenders who are not UCD students or have committed crimes like petty theft that are not addressed by other programs.

Anger Management Component (Classroom) 7 hours

This program offers participants a basic understanding of the dynamics of anger while providing them with strategies to prevent aggressive behavior. Examples of such strategies include learning how and when to take a "time out", and ways of utilizing effective communication skills while under emotional duress. This and other classroom courses are offered once a month, if there is sufficient demand, in Fairfield, Vacaville, and Davis.

Stress Management (Classroom) 7 hours

Participants will learn how to identify their internal and external stressors, and how to recognize the difference between adaptive and maladaptive responses. They will develop a Personal Stress Management plan that will assist them in appropriately handling stressful situations.

Drug and Alcohol Component (Classroom) 2 hours

Participants will learn how different classes of drugs are identified, for example, stimulants vs. depressants, and their psycho-pharmacological effects on the individual. The participants will also learn how to differentiate between the levels of drug/alcohol usage from experimentation to addiction. Treatment options are suggested for people that fall into the latter category.

ALCOHOLICS ANONYMOUS (AA)

Alcoholics Anonymous is a fellowship of men and women who share their experiences with each other in an effort to solve their common problem and aid the recovery process. The only requirement for membership is a desire to stop drinking. The primary purpose of participation in AA is to achieve and maintain sobriety, and aid others in pursuit of the same.

AA meetings are held nightly, at a variety of times and locations in the area, including:

- 96 W. Main Street in Woodland, CA (12pm Mon-Sat, 6pm Sun, Mon, Wed-Fri)
- 1040 Soule Street in West Sacramento, CA (7pm Sat/Sun, 12pm Mon-Sat, 6pm Mon-Wed & Fri)
- 640 Hawthorn Lane in Davis, CA (Mon/Wed 6:30pm, Thur-Sat 7pm w/ Fri night youth program)
- For a complete list of locations and meeting times, please visit <http://www.aasacramento.org>

AL-ANON / ALATEEN

Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives. It is not group therapy and is not led by a counselor or therapist; this support network complements and supports professional treatment.

Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. Many Alateen groups meet at the same time and location as an Al-Anon group. Alateen meetings are open only to teenagers.

No advance notification or written referral is necessary to attend an Al-Anon or Alateen meeting. Anyone affected by someone else's drinking is welcome to attend.

MOTHERS AGAINST DRUNK DRIVING (MADD)

SMART Program

3 hours

MADD developed the Start Making a Right Turn (SMART) program, **specifically for individuals under the age of 21**. The program's primary goal is to educate teens about the dangers of underage drinking, its consequences in their development and decision-making, and its impact on their future goals as well as the lives of others. It promotes responsibility and accountability for one's actions. Pre- and Post-tests are given to determine increased knowledge and perceptions around program topics. Education is emphasized to help reduce teen recidivism. This option is ideal for underage and/or non-UCD students.

Victim Impact Panel

2 hours

MADD Victim Impact Panels (VIPs) are designed to help offenders understand the impact of their crimes on victims and communities. VIP's can provide a nonjudgmental forum for victims to speak to offenders about the physical, emotional, and financial impact of their actions. This program is aimed at increasing offenders' realization of the harms and potential harms of their actions. It can be a great tool for offenders with DUI or drunk in public priors. VIP's have been used in prisons, with parolees, in youth education programs, and treatment

YOLO COUNTY ONE-STOP CAREER CENTERS AND WORKSHOPS

One-Stop provides employment assistance, workshops, and various resources at sites in Woodland, and West Sacramento and is open to all Yolo County residents.

- **FREE Employment Center:** Employment Center Staff are available to assist participants in job search techniques and computer research. Resources include Internet access, job leads, on-site recruitments, and help wanted ads from regional newspapers. A copy/fax machine is also available for employment-related activities only.
- **FREE Career Workshops:** These fifteen-day workshops are divided into three sections. The workshop focuses on career exploration, job applications, résumés, interview techniques, and job search techniques. New fifteen-day workshop sessions begin approximately every 15 days. Participants may attend one or more of the three sections. Please register in advance.

One-Stop maintains a career center in each of Yolo County's three major cities:

- 25 N. Cottonwood Street (Woodland)
- 500-A Jefferson Blvd (West Sacramento)
- 315 E. 14th Street (Davis)

Contact: Sandy Jack @ (530) 661-2750, Ext. 4359 or email

RESTITUTION

Restitution should be awarded to Victims for their economic loss resulting from the Offender's criminal conduct and included in the agreement. An example of economic loss would be the replacement cost for a car window broken by an Offender. The cost of booking an Offender in the jail or the time it takes a police officer to conduct the investigation, write a report and transport an Offender to jail does not qualify as an economic loss.

COMMUNITY SERVICE

Community Service is appropriate when it is mutually agreed upon by the Panelists and the Offender as a contribution to the community that was harmed in order to restore the community. The work should be connected to the offense as much as possible and should not exceed twenty hours, absent some unusual circumstance. Community service must be performed in the community that was harmed. Community service is not designed to be punitive.

DAVIS OPTIONS

UCD RESOURCES (UCD Students Only)

Alcohol, Tobacco & Other Drug (ATOD): ATOD Intervention Services works to empower students to make healthy and responsible choices concerning use of alcohol, tobacco, and other drugs. The ATOD Intervention Services Coordinator provides professional assessment and intervention services for ATOD concerns. No-use and low-risk behaviors are supported while the realities of the negative consequence of high-risk use are addressed. Strategies to reduce ATOD-related barriers to academic and social success are primary intervention goals. ATOD issues, alcohol poisoning and decision-making skills are addressed. Services and referrals are provided in collaboration with Counseling and Psychological Services (CAPS) and Student Health and Counseling Services medical Staff.

- The student can expect to complete a Brief Screening and Intervention for College Students (BASICS) Assessment of his or her alcohol, marijuana, or other drug consumption patterns, history and related issues. This assessment is completed online before the student meets with the ATOD Intervention Services Coordinator and is designed to assist students in examining their drinking and other drug behavior(s) in a judgment free environment. This assessment helps the student identify his or her alcohol, tobacco, and other drug consumption patterns, history, and related issues. It is the first step to participate in the ATOD Education Groups. The assessment is completely confidential.
- Personalized feedback is provided based on assessments during a confidential one-on-one meeting with the ATOD Intervention Services Coordinator and focuses on ways the student might choose to reduce future health, social and legal risks.
- Education Groups are 90-minute sessions provided in a confidential and nonjudgmental environment for students referred from the conduct system or students who self-refer. Students will take the BASICS survey prior to attending the education group.

Counseling And Psychological Services (CAPS) Personal Counseling: Provides free individual counseling that is confidential short-term therapy available to all registered UCD students. **This program is appropriate if the student indicates that stress, depression, or some other mental health condition was a factor relating to the offense.** For example, it would be appropriate to refer a student who drinks alcohol to deal with stress to the CAPS program. The initial appointment will help clarify if short-term individual counseling is recommended, and an appointment will be made with a staff member as soon as possible. If longer term services are needed, referral to a community professional will be made.

UCD Safe Party website: Provides information on how to throw a responsible party. The site has tips for reducing the risks of alcohol-related and noise complaint problems, as well as other tips on how to keep a party from ending on a low note with law enforcement intervention.

AA/ AL-ANON/ALATEEN

- AA: Davis Young People's Group - Friday 7:00 - 8:30 PM, St. Martin's Episcopal Church, 640 Hawthorne Ln. (Off Sycamore).
- Alateen: 510 Arthur St, Davis, CA 95616, (530) 758-6907

DAVIS SHAMBHALA MEDITATION CENTER (DSMC)

Mindfulness Meditation

The Davis Shambhala Meditation Center (DSMC) offers free mindfulness meditation instruction and sitting meditation followed by community conversation over coffee, tea and light snacks weekdays (Monday through Friday) at 7AM. This activity is appropriate for individuals wanting to learn to: quiet one's mind, be more present (vs. wrapped up in discursive thoughts) and connect into the larger Davis community. Many Shambhala meditation practitioners are volunteers in Neighborhood Court and other community projects. Contacts: Gene Tashima or Bill Fell. 530.758.1440; 133 D Street, Suite H, Davis.

Yolo County One-Stop Career Centers and Workshops

315 E. 14th Street, Davis, CA 95616
Hours: Monday – Friday 8am-4pm
Open to all Yolo County residents

Volunteer sites for community service options include:

All Things Right and Relevant

Purpose: Support 10 Yolo County mental health charities from proceeds of Davis resale stores.
Duties: Stock/straighten merchandise; assist customers, staff fitting rooms in main store and workroom.
Special skills/requirements: 10hr service requirement w/ 4hr/week minimum, no referrals for weapons/theft/drug violations, initial interview/orientation and screening under Megan's Law, Present a pleasant personality and neat appearance, No special skills required.
Contact: Nadia Trauner – 530.759.7807

Davis Cemetery and Arboretum

Purpose: Strengthen cemetery as a space for remembrance, contemplation, and healing, memorialize the history of Davis, its people, and Central Valley landscape through art, architecture and design.
Duties: Landscape maintenance.
Special skills/requirements: willingness/ability to do hard physical labor, M-F 8-12pm.
Contact: Joseph Finkleman - 530.756.7807

Davis Community Meals

Purpose: Provide food/housing for individuals and families in need.

Duties: Food and dining room preparation, food service, clean up, and other duties as requested.

Special skills/requirements: TB test required for shelter volunteers, No special skills needed.

Contact Harmony Scapozzi - 530.756.4008

Elderly Nutrition Program

Purpose: Provide group meals, and home delivery to homebound seniors.

Duties: Kitchen aide at Davis Senior Center nutrition site, wash dishes, clean prep area, and load/unload food*, M-F between 9:30-1pm.

Special skills/requirements: Orientation w/ site manager required, *(if loading/unloading food) must be able to lift 50 pounds with another person, No referrals for theft violations.

Contact: Cecilia Plascencia - 530.747.5870

Tree Davis

Purpose: Expand and care for Davis' urban forest.

Duties: Plant and care for trees during work events scheduled throughout the year (esp. October-May), occasional office support.

Special skills/requirements: none.

Contact: Keith McAleer, Executive Director - 530.758.7337

Village Harvest Davis

Purpose: Harvest fruit trees for donations.

Duties: Pick fruit trees.

Special skills/requirements: none.

Contact: Joe Schwartz - 530.759.9792

Graffiti Abatement Program

Purpose: Rid the City of unsightly graffiti.

Duties: Remove graffiti using cleaning supplies and paint.

Special skills/requirements: none.

Contact: Kellie Vitaich, Volunteer Coordinator – 530.747.5419

YCSPCA Thrift Store

Purpose: To increase awareness and raise money to help fund SPCA animal rescue programs.

Duties: Processing donations, assisting the public, and/or helping with output and organization of clothes.

Special skills/requirements: Must have proof of health insurance. Shifts are self-scheduled and must be a minimum of 1hour in length. No referrals for theft or violent crimes.

Contact: Emma Kurtz, Volunteer Coordinator – thriftvolunteer.sPCA@gmail.com

WOODLAND OPTIONS

Yolo County One-Stop Career Centers and Workshops

25 North Cottonwood St., Woodland, CA 95695

Hours: Monday – Friday 8am-4pm

Open to all Yolo County residents

Volunteer sites for community service options include:

Woodland Tree Foundation: Neighborhood Shade Tree Campaign

Duties: Tree watering/mulching during the summer and fall, and tree planting in winter and spring. Most of the opportunities would be on Saturday mornings. 1-3 times during fall and winter we plant seedlings out along SR 113 between Willow Slough and I-5. We work about 2-3 hours each time we are out. In summer we weed, mulch and water trees planted during the fall and winter. We do this every other Saturday during the dry months for a couple of hours each time. We conduct 3-4 fall and winter shade tree plantings in neighborhoods, parks and schools of Woodland. We rely on volunteers working in teams, each with a team leader. Each event last about 3-4 hours.

Contact: Ken Trott, Coordinator (530) 867-3130

WEST SAC OPTIONS

Yolo County One-Stop Career Centers and Workshops

500-A Jefferson Boulevard, West Sacramento, CA 95605

Hours: Monday – Friday 8am-4pm

Open to all Yolo County residents

Volunteer sites for community service options include:

Habitat for Humanity of West Sacramento

Purpose: Habitat for Humanity “ReStore” offers quality used and surplus building materials at a fraction of normal prices. Proceeds from the sales help to fund the construction of Habitat houses within local communities.

Duties: Help process donated merchandise, clean facilities in Habitat for Humanity “ReStore”. Volunteers will not have direct interactions with customers.

Special skills/requirements: Service with the organization is conditional upon an interview with Habitat for Humanity staff.

Contact: LDEWATER@SHFH.ORG / 916-379-9734 / 916-440-1215ext 1109

Veterans of Foreign Wars Post 94981

Purpose: The VFW works closely with other national organizations, such as Boy Scouts of America, Citizen Corps, March of Dimes, and America's Promise-The Alliance for Youth, among others. USO provides VFW members with additional opportunities to volunteer in their communities and give back to our troops and their families.

Duties: Participate in community service options for various activities with the Post.

Special skills/requirements: Participants do not need to be veterans to volunteer with the VFW.

Contact: Karen – 916.371.9126; 708 Lisbon Street, West Sacramento 95605