# Juvenile Justice Case Study

**Organization:** Prison Families Aftercare, Auburn, CA  
**URL:** [www.prisonfamilies.org](http://www.prisonfamilies.org)

**Program Name:** Prison Families/Love Notes  
**Funding:** Subcontract from CA National Guard Challenge Program, private donors, and Parkside Church in Auburn, CA

**What problem is being solved?** Healthy coping mechanisms. Emotion regulation. Trauma information. Identifying healthy vs. toxic relationships for youth affected by mass incarceration.

**Curricula used:** Love Notes v2.1 Classic  
**Curricula benefits:** Relationship education for at risk/high risk youth  
**Target Audience:** At-risk and high risk youth whose parents have been incarcerated.  
**Audience Demographics:** Males and females 16-18 years. 90% Latino with ACE scores 5 or above.

**Class size:** 20-30  
**Program setting:** Classroom  
**Location of instruction:** Setting is a military boarding school residential program 5 ½ months in length located at Camp San Luis Obispo Army Bas

**Length of instruction (number of sessions and hours per session):** Either five 2 hour sessions over 5 months or two 5 hour sessions over 5 months.

**Instructors:** MFT interns & clinical supervisor, pastors and special guests  
**Instructor Training Protocol:** MFTs are trained by the Program Director who was trained by Dibble.  
**Student workbooks:** Provided at the first session.

**Incentives to teachers and students:** MFT interns can complete required hours for licensing and build relationships with students. Students get specialized attention.
<table>
<thead>
<tr>
<th>Observable outcomes:</th>
<th>By the end of the program, most students seek to rebuild broken relationships and learn how to identify toxic relationships and end them safely. Build trusted adult connections.</th>
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<tbody>
<tr>
<td>Challenges:</td>
<td>Finding enough time to teach all the sections we would want.</td>
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<tr>
<td>Tips:</td>
<td>Take <em>Love Notes</em> and apply specific lessons to your target audience when you cannot do the whole thing.</td>
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