

## ***Our Mission***

**The Long Beach Bar Foundation is a nonprofit 501 (C) (3) charitable organization dedicated to strengthening the youth of the greater Long Beach community through juvenile crime prevention and intervention, scholarships, legal education and other charitable programs.**

The Long Beach Bar Foundation raises funds to do its work through grants, donations and program fees. Families are charged \$125 for SHORTSTOP.

A sliding scale fee is available if applicable for the SHORTSTOP Program so no one is turned away for an inability to pay.

## ***Who We Are***

Since its inception in 1994, the Long Beach Bar Foundation has operated the highly successful **SHORTSTOP** Program. Based on the simple premise of holding young people accountable and making them aware of the consequences of their actions before they become hardened criminals, **SHORTSTOP** diverts non-violent youth at-risk, ages 10–17, away from the juvenile justice system through legal education for juveniles and their parents/guardians.

Each year, **SHORTSTOP** serves over 300 culturally and economically diverse at-risk youth and their families, giving youth a second chance to learn new behaviors and stop short of crime.

*Program statistics show that over 80 % of the juveniles successfully completing **SHORTSTOP** did not re-offend in the following 12 months.*

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**Se Habla Español.**

## **Long Beach Bar Foundation**

- **SHORTSTOP**
- **COUNSELING**
- **JUVENILE ANGER MANAGEMENT**



Building a foundation for youth through juvenile crime diversion, anger management, counseling and legal education programs.

## **How SHORTSTOP Works**

The SHORTSTOP program is an ongoing annual Program where first-time juvenile offenders between the ages 10-17 and their parents attend two intensive, highly interactive 3-hour sessions in the realistic setting of a Long Beach courtroom. Classes are taught primarily by volunteer attorneys who are trained in the SHORTSTOP program model and by paid professional program staff.

During session one, the focus is on the circumstances that brought the young person to the program. Participants also hear from previously detained adult volunteers who choose to give back by sharing their stories of redemption. During session two, parents and youth are reunited for a graduation ceremony that highlights the positives in their family relationships and in the juveniles themselves.

Program Fee: \$125

## **How Our Counseling Programs Work**

Using best practices such as Cognitive Therapy, Cognitive Restructuring and Reality Therapy, our counselors are dedicated to helping young people develop positive relationships, enhance their level of confidence, build self-esteem and better control and manage their behavior. By offering our family counseling services, SHORTSTOP can help those families that need better coping skills and help to create a healthier family environment.

The counseling sessions take place at the Long Beach Bar Foundation Office. Students who participate in this program will benefit from being given a second chance to avoid a juvenile record, learning the consequences of delinquent behavior, gain positive decision-making skills; improve their self-image, self-esteem and most importantly families will have the opportunity to build a stronger family unit.

Program Fee: \$50

## **How JEM Works**

The Juvenile Emotional Management Program (JEM) is specifically designed to teach at-risk and underserved youth how to recognize anger and express it appropriately, therefore eliminating a root cause of youth violence.

By providing mindful anger management skills and secular stretching as a coping method, JAM is positioned to prevent youth violence rather than responding to it, to empower youth to model non-violent means of self-expression for siblings and peers, and to ultimately grow into peaceful leaders of their own families and communities.

As a supplement to JEM, the Why Try Curriculum (WT) teaches youth how to build and maintain resiliency in the face of obstacles such as poverty, difficult family situations and learning disabilities.

Program Fee: \$50 (student),  
\$80 (student and parent)