

# What Is Shortstop?



The Long Beach Bar Foundation (LBBF) was established in 1994 and has provided high quality social service programs for low-income, underserved, and at-risk youth and their parents for over 20 years. The mission and goal of LBBF is "to strengthen the youth of the greater Long Beach community through juvenile crime prevention, intervention, law-related education, and scholarship programs." LBBF's core program is the Shortstop Juvenile Crime Diversion Program, or Shortstop. LBBF has operated the Shortstop program since the organization's inception. Shortstop's objective is to intervene in the lives of at-risk youth at a critical point in their lives when violence or crime have already led them to an encounter with the court system, but before they break the law as adults.

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 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. Parents/guardians are required to attend. Participants also hear from volunteers who have recently been released from juvenile hall, camps or the Juvenile Justice System. Back in the courtroom, the attorneys, in front of the group, ask each juvenile about the specifics that brought him/her into the program.

## What Is The Counseling Program?

The Long Beach Bar Foundation understands that delinquent behavior in many cases can be prevented if parents possess the proper skills needed to address the frustration behind delinquent behavior. 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 affordable 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.

## What Is JEM?

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. Even when not culminating in violence, a lack of emotional management can create life-altering consequences, such as expulsion from school or college, loss of employment, or isolation from family and friends. By teaching emotional management skills to youth, JEM 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.

**For more information, contact LBBF at (562) 981-7525 or visit online at [longbeachbarfoundation.org](http://longbeachbarfoundation.org).**