

# **Individual Alternative Choice Training (i-ACT)**

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## **Benton County Juvenile Justice**

The Benton County Juvenile Justice Center offers i-ACT to those qualifying youth on Diversion and Community Supervision. Youth receive one on one attention as they explore; self-control strategies, social skills, and how to identify and solve problems. The cognitive behavioral approach helps youth identify how to achieve positive outcomes from difficult situations.

Probation staff will assess and determine eligibility based on the Juvenile Court's Case Management Assessment Tool. Once eligible, youth who are ready, willing and able will be referred to the program to begin.

The average length of the program depends upon the youth's schedule. On average, youth complete the program successfully in 4-5 months. Youth may earn incentives such as; gift cards, community service hours, and snacks for their participation!

The majority of Juvenile Courts in Washington State offer i-ACT. The program operates under quality assurance measures to ensure superior delivery and implementation. Staff are assessed annually to maintain competency and fidelity. Benton County currently holds superior ratings on all staff facilitating i-ACT.

THOUGHTS + EMOTIONS + BEHAVIORS = OUTCOME