

VIDA

**Vital Intervention &
Directional Alternatives**



**Los Angeles County
Sheriff's Department**

Leroy D. Baca, Sheriff

COMPONENTS

There are seven basic components to the VIDA Program. Each is designed and structured to identify the negative influences that have resulted in an individual's referral to the program.

The VIDA Program is designed to redirect the participant's negative behavior into positive and socially acceptable behavior. VIDA helps build self-esteem, motivates toward success, and aids in breaking the cycle of criminal behavior.

ENROLLMENT

INTAKE NIGHT

COUNSELING

COMMUNITY SERVICE

PHYSICAL TRAINING

REALITY ORIENTATION

CAREER GUIDANCE



COMPONENT FUNCTIONS

ENROLLMENT: This session involves a detailed discussion of parental responsibility. Past, present, and future activities of the juvenile, and expectations for successful completion of the program are discussed.

INTAKE NIGHT: All participants and parents are brought together. Lecturers, counselors, and deputies confront the participants and discuss the harsh reality of incarceration. This session is emotional and sensitive.

COUNSELING: A community-based organization will provide ongoing counseling services to all participants and family members.

COMMUNITY SERVICE: Each participant is required to take part in various community service projects. These projects include graffiti removal, and property and community revitalization.

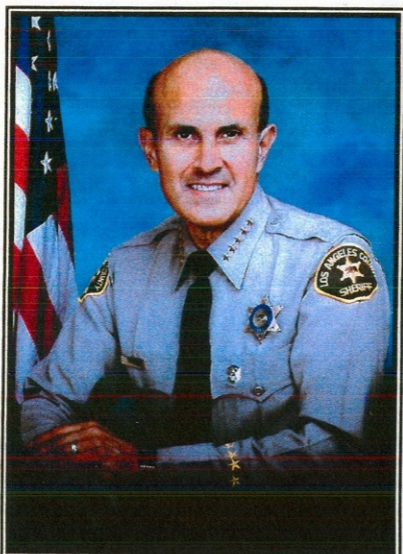
PHYSICAL TRAINING: Each participant is required to perform various physical training tasks including: sit-ups, push-ups, and light jogging.

REALITY ORIENTATION: This program is designed to "shock" the participant's conscience and awaken them to the realities of prison life. These sessions are conducted by volunteer ex-cons and facilitated by law enforcement personnel.

COMPONENT FUNCTIONS

CAREER GUIDANCE: The VIDA Program utilizes community-based organizations that will assist all participants through a self-help concept to learn job skills, interviewing techniques, and job placement.

VIDA: This program is an intensive 16 week youth and family program that has a high success rate. VIDA's success or failure depends directly on the level of commitment and application of each participant and the participant's family.



*Leroy D. Baca, Sheriff
Los Angeles County*



MESSAGE FROM THE SHERIFF

The Los Angeles County Sheriff's Department has implemented a countywide program called "VIDA" which stands for Vital Intervention and Directional Alternatives. The VIDA Program was designed by our own Los Angeles County Deputy Sheriff's from East Los Angeles Station. It is the opportunity for non-violent "at-risk" youths between the ages of 11 and 17 1/2 to learn how to make better life choices and take responsibility for planning their future.

Each week, program participants are exposed to issues dealing with choices and consequences, community service, physical training, health education, counseling for youth and family, career guidance, and life skills development. At the conclusion of the program, each participant is referred to other community based programs to continue their individual goals and careers.

The VIDA Program is another step in the logical progression of law enforcement working in conjunction with local communities and other countywide resources to serve our youth.

I am very excited about this program and its innovative approach to interacting with and positively influencing local youths and their families.

Leroy D. Baca, Sheriff
Los Angeles County Sheriff's Department

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For further information, contact:

Any Los Angeles County Sheriff's Station
or
Office of Homeland Security
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