

What is the VIDA program?

Vital Intervention, Directional Alternatives (VIDA) is a structured 16-week educational, intervention program utilizing Department personnel, volunteers, and community based organizations to provide an opportunity for non-violent “at-risk” youth to learn how to make better life choices and take responsibility for planning their future. Participants are exposed to, and learn the importance of: Choices and Consequences; Community Service; Physical Training and Health Education; Counseling for the Participants and their Families; Career Guidance; and Life Skills Development. Staff members provide drug testing and substance abuse counseling, crisis intervention, conduct mental health assessments, develop case-management plans, conduct home and school checks, and provide family guidance counseling and parenting classes. The program requires participants to attend eight-hour Saturday sessions which focuses on cognitive approaches to addressing criminogenic behavior issues. Each week, the participants and their parents attend 90-minute mid-week, counseling group classes, which focus on family issues and parenting tools and techniques.

