

About U-Turn 180

U-Turn 180 is a prevention program targeted to respond to trauma and the prevention of continued behavior that results in law enforcement involvement.

This program was developed in response to the need for prevention of continued criminal behavior for justice-involved individuals who have experienced trauma.

The U-Turn 180 program provides a seamless continuum of care to the person sentenced to ILC (Intervention in-lieu of Conviction) supervision, in efforts to reduce revocations and future criminal involvement.

U-Turn 180's goal is to help individuals learn how trauma effects our thoughts and behaviors, to address the issues on addiction (not just substance abuse), and learn more about ourselves in order to become our BEST self.



U-Turn 180

A Program of Family Services
Optimizing Individual Level Performance

Family Services of Dayton

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Any language barriers can be accommodated

Family Services is an Equal
Opportunity Employer & Service
Provider



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Partners in Strengthening Families & Communities

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What is Trauma?

Trauma is an emotional response to a terrible event(s), such as childhood abuse, domestic/sexual violence, an accident, or natural disaster. Sometimes, one can experience traumatic emotional responses when witnessing something terrible.

It is important to know that ALL individuals cope with traumatic events DIFFERENTLY, much like grief. Because trauma results from a terrible event, trauma itself can not be treated, BUT the symptoms that result from the trauma CAN BE!!

Trauma can impact our brain in three different locations. All three locations play a huge role in how we problem solve, think, and react to fear.

Traumatic Symptoms often include:
Disbelief, denial
Confusion, difficulty concentrating
Anger, mood swings, irritability
Anxiety, fear
Guilty, shame, self-blame
Withdrawing from others
Feelings of sadness or hopelessness
Feelings of disconnected or numb
Reoccurring memories, thoughts
Nightmares of the event(s)
Intrusive or unwanted memories

Phases of U-Turn 180

1) Reflection Phase:

In depth assessments into the person's:

- Mental wellness– trauma history
- Personality traits
- Strengths
- Current needs
- Support services from Peer Advocates
- Referrals as needed

2) Mandatory Core Enhancer Phase:

10- 90 minute classes on:

- What are Core Beliefs,
- The Addictive Cycle- Beyond Alcohol and Drugs
- Mindfulness- How to Remain in Present Time.

3) Additional Enhancer Phase:

Weekly/Monthly classes/groups determined by the U-Turn 180 Participate and Peer Advocates, ILC supervision officer, and others who may be involved:

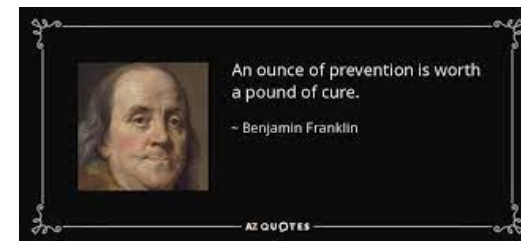
- Communication Building,
- “Now What” Support Group
- Cognitive Distortion,
- Anger Management,
- Trauma Informed Care,
- Coping/Life Skills
- Parenting,
- Many other topics.

3) Social Integration Phase:

Preparation for independently operation of self upon being released from ILC supervision:

- Social “Assignments”,
- Life Skills Assimilation,
- Different Experiential Activities
- Processing the application of skills

Why Prevention?



Preventative actions can positively impact the risk factors from “something” happening, such as thoughts/actions that lead to law enforcement involvement, smoking, good physical health, etc.

Prevention is IMPORTANT!!

It is easier to prevent than to treat. It is easier to prevent future criminal justice involvement than to go through the criminal justice system AGAIN!

