

SEVEN CHALLENGES (7C)



OVERVIEW OF THE PROGRAM

The Juvenile Justice Incentive Grant (JJIG) program is a statewide competitive grant administered by the Criminal Justice Coordinating Council (CJCC). The program offers funding and technical support for juvenile courts to implement nationally recognized community-based treatment programs appropriate for youth scoring moderate- to high-risk on the Pre-Disposition Risk Assessment (PDRA).

Evidence-based programs (EBPs) provide support and supervision to address youth needs; promote a positive relationship among the youth, their families, and their communities; and ultimately reduce out-of-home placements, associated higher costs, and recidivism while maintaining public safety.

THE IMPORTANCE OF RISK AND PROTECTIVE FACTORS

EBPs target specific risk and protective factors that influence the problem for their target population. **Risk factors** are aspects of a person or their environment that increases the likelihood they will experience a negative outcome. **Protective factors** are aspects of a person or their environment that have a positive influence and serve as a buffer against negative outcomes. The main goal for EBPs is to strengthen existing protective factors or build new ones and reverse risk factors in youth.

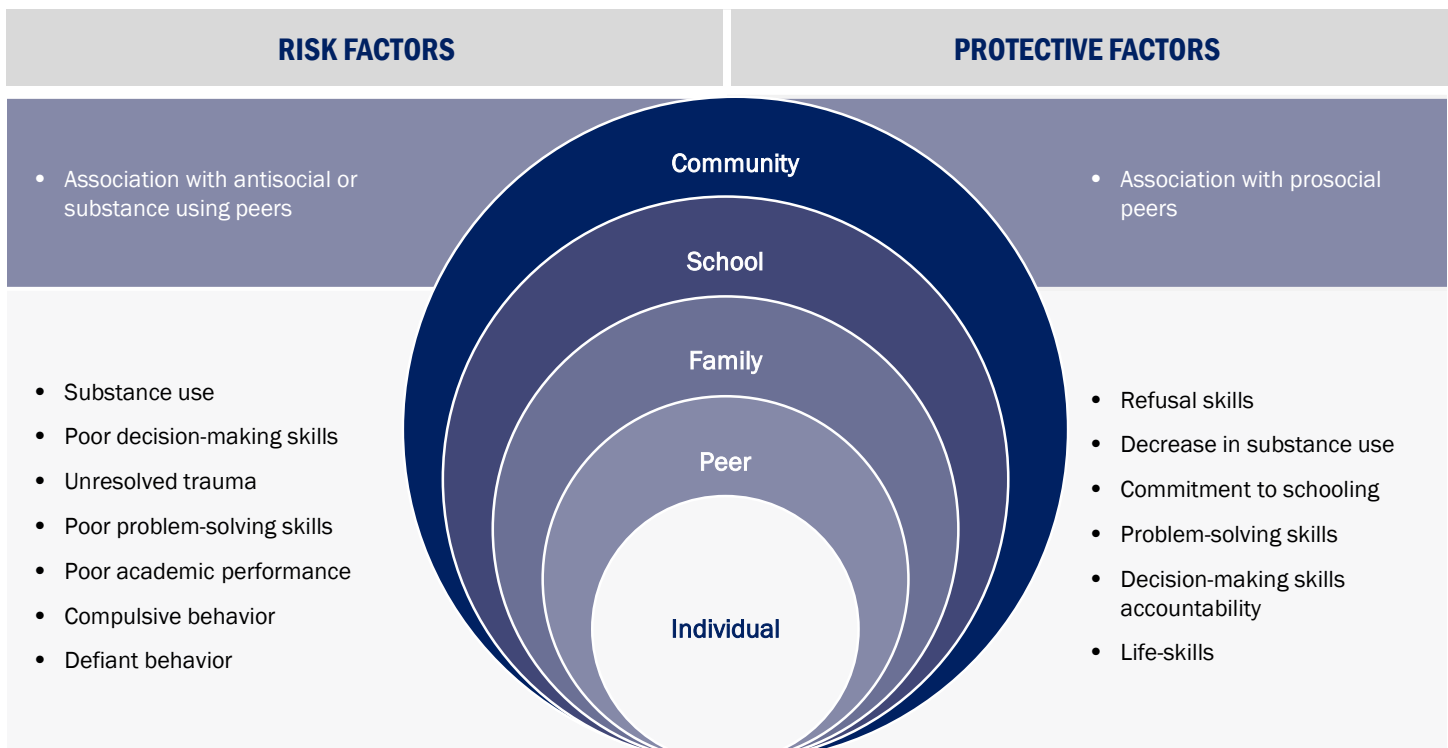


A youth with risk factors is more likely to experience more risk factors and less protective factors.

Each protective factor a youth has reduces the impact of one or more risk factors.

SEVEN CHALLENGES (7C) PROGRAM SUMMARY

Seven Challenges (7C) is a group-based intervention that addresses drug and mental health problems by improving decision-making skills.



SEVEN CHALLENGES (7C)

FREQUENTLY ASKED QUESTIONS (FAQS)

What is Seven Challenges?

- The Seven Challenges program is designed specifically for youth with substance use problems, to motivate change, and to support success in implementing changes. The program also helps with co-occurring life skill deficits, situational problems, and psychological problems. Skill building for trauma recovery on such issues as safety, trust, boundaries, and excessive self-blame are incorporated in this program.
- Seven Challenges youth sessions can be conducted in individual or group sessions. Family/multi-family sessions are integrated in a comprehensive Seven Challenges program.

What is the main goal of Seven Challenges?

- The Seven Challenges Program is designed specifically for adolescents with drug problems, to motivate a decision and commitment to change, and to support success in implementing the desired changes. The program simultaneously helps young people address their drug problems as well as their co-occurring life skill deficits, situational problems, and psychological problems.

Is Seven Challenges evidence-based?

- “Independent studies funded by The Center for Substance Abuse Treatment in Washington, D.C. and published in peer reviewed journals – one study at the University of Iowa and the other at the University of Arizona – have provided evidence that demonstrates the effectiveness of The Seven Challenges as a “co-occurring” program that significantly decreases the substance use of adolescents and greatly improves their overall mental health status. Data also show that the program has been especially effective with the large number of substance-abusing youth with trauma issues.”
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What is the target population for Seven Challenges?

- Youth and young adults ages 13 to 25 who have drug problems, co-occurring mental health issues, trauma, and family issues.
- Seven Challenges is appropriate for both males and females and all race and ethnicities.

What is the implementation process for Seven Challenges?

- The Seven Challenges provides an on-site, three-day Initial Training for counselors and clinical supervisors. Completion of this training will allow counselors to start providing the program immediately. Designated leaders chosen by the organization will attend an additional three-day Leader Training which teaches advanced skills and supervisory lessons. To maintain program fidelity, leaders participate in a quarterly support call with The Seven Challenges and are also taught how to train others in the program.

Please click [here](#) for more information on implementation.

How many counties are using Seven Challenges in Georgia?

- Through the Juvenile Justice Incentive Grant, no county is currently providing Seven Challenges.

The Seven Challenges program is designed specifically for youth with substance use problems, to motivate change, and to support success in implementing changes.

