

# girls ... moving on™

A Program for Criminal Justice Involved Girls

## Girls...Moving On™

A gender-informed cognitive-behavioral program for at-risk girls between the ages of 12 to 21 years.

Girls...Moving On™ is a comprehensive program that uses a number of complementary approaches. The program draws on Relational Theory to help participants increase their capacity for engaging in mutually supportive, empathic, and healthy relationships. By building new connections, girls have the necessary support to create and realize a new vision for the future.

In addition to Relational Theory, this program incorporates Motivational Interviewing and Cognitive-Behavioral methods. These approaches serve to enhance motivation and provide girls with new skills and personal resources. Both methods have demonstrated efficacy in decreasing the risk for criminal justice involvement, increasing life satisfaction, and in giving girls healthy strategies to address issues of trauma related to abuse and neglect.

Girls...Moving On™ consists of seven modules: two are delivered on an individual basis and five are delivered in a group-based setting. We have designed the program for continuous intake, so that new participants can enter the program at the beginning of each module:

- Module 1: Orientation (Delivered 1 on 1)
- Module 2: Listening and Being Heard (Group)
- Module 3: Building Healthy Relationships (Group)
- Module 4: Expressing Emotions (Group)
- Module 5: Making Connections (Group)
- Module 6: Making Healthy Choices (Group)
- Module 7: Transitions (Delivered 1 on 1)