

# MYDP NEWSLETTER

Norfolk County



2025–2026: Year 1 in Review

## Massachusetts Youth Diversion Program: *Believe in Youth's Potential*

MYDP is a free and voluntary program that provides individualized support tailored to each youth's needs, strengths, and circumstances.

As an alternative to formal court processing, successful completion of diversion will allow for a youth to avoid a criminal record, while still being held accountable and receiving support and services in the process.

### **Services Include:**

- Risk and Needs Assessment
- Case Planning
- Ongoing Case Management
- Skills-Based Interventions
- Support/Mentoring
- Referral to Resources

### **Program Goals:**

- Prevent Youth Re-Offending
- Support Positive Youth Development
- Hold Youth Accountable
- Ensure Equity in the Process

# MYDP: PROMOTING ACCOUNTABILITY AND POSITIVE YOUTH DEVELOPMENT

## Accountability

### MYDP promotes youth accountability by:

- Youth agreeing to and fulfilling diversion agreements
- Various interventions including reflection activities, letters of apology, and accountability exercises
- Youth showing up to meetings with diversion coordinator and engaging in sessions
- Youth being held accountable to the goals of diversion, check ins with diversion coordinator to assess progress

## Positive Youth Development

### MYDP promotes positive youth development by:

- Providing a positive and supportive adult mentor
- Highlighting youth's strengths and protective factors
- Encouraging and connecting youth with positive, pro-social activities and employment opportunities
- Connection to helpful resources and positive supports in the community
- Building youth's skills so that they can make positive changes in their lives

## Thinking for a Change Guided Journals

The Change Company has created a set of guided journals for adolescents that focus on topics such as relationships and communication skills, substance use, family, and building strong values. Rooted in cognitive behavioral therapy (CBT), these journals help youth understand how their thoughts and feelings impact their behaviors. These journals not only explore what brought the youth to diversion, but give them tools to make meaningful changes in their lives.

If a youth's diversion agreement includes a guided journal, the youth and diversion coordinator will complete the journal throughout interactive sessions that include discussions, exercises and journal prompts. The youth will be instructed to practice what is learned in between sessions.



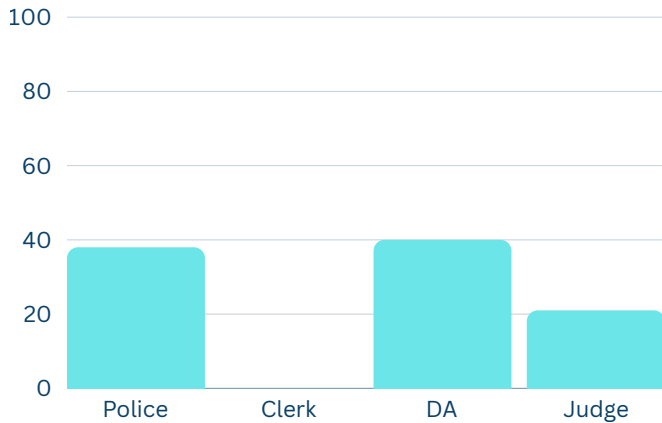
## Youth and Family Pantry

MYDP Norfolk has introduced a community pantry for our youth and families that includes food and hygiene products. The pantry also has art supplies, journals and sports equipment to encourage our youth to engage in positive, pro-social activities.

# MYDP NORFOLK YEAR ONE DATA

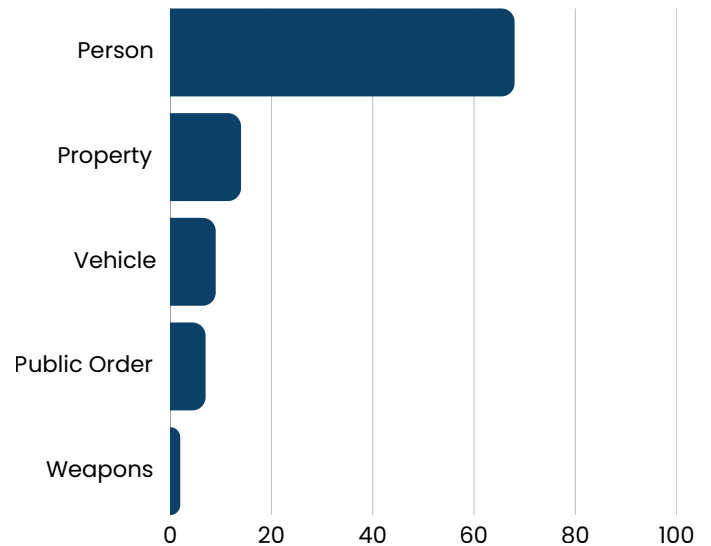
## Referrals by Source

Percentages



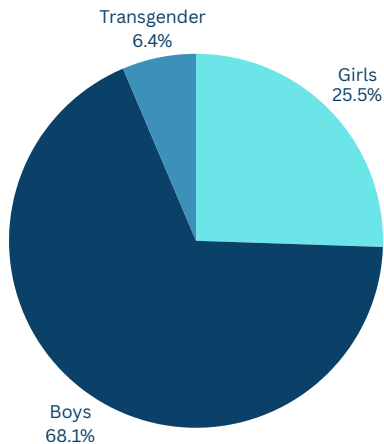
## Referrals by Charge

Percentages



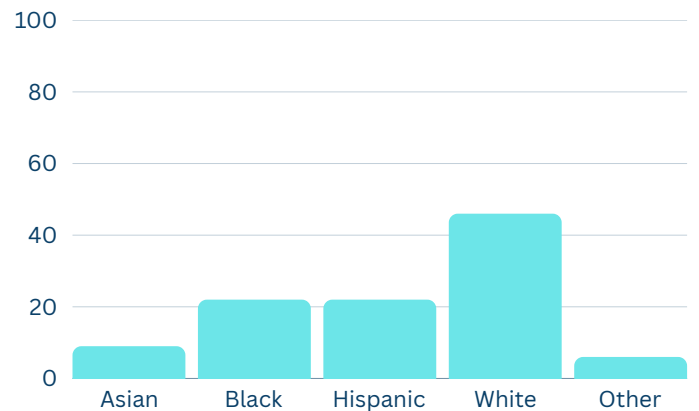
## Referrals by Gender

Percentages



## Referrals by Race

Percentages



**Black youth in Norfolk County were**

**6.6x**

**more likely to be arrested than White youth**

State rate: 4.2x

**Hispanic/Latino in Norfolk County were**

**5.8x**

**more likely to be arrested than White youth**

State rate: 2.7x

Office of Child Advocate Juvenile Justice Data Brief

# YOUTH STORIES

One youth was referred for a fight that occurred out in the community. He was able to identify that his anger and impulsivity were the main drivers of this incident. Through MYDP, this youth has done various interventions to identify his triggers and find alternative, healthier ways of coping when frustrated. He has also been referred to outpatient therapy to continue this work.

After identifying that the main drivers of a youth's behavior were from early attachment issues and trauma, MYDP was able to connect a family with the Attachment Institute for resources on healthy attachment for the youth.

An MYDP youth was supported in enrolling in night school to finish her high school education. As a single teen mom, this youth had dropped out of high school when balancing school and child care became too overwhelming. Months later, her diversion coordinator received an invitation to her night-school graduation and was able to see her walk across the stage.

Many of our youth, especially our males, are finding outpatient therapy to be beneficial, despite being hesitant at first. Our diversion coordinator has seen multiple youth grow to see the positive effects of therapy and want to continue seeing their therapist after diversion ends.

One youth in MYDP was struggling with emotional regulation and interpersonal conflicts. Having identified writing as a coping skill, her diversion coordinator assigned her a "Thinking for a Change" journal on relationships and communication skills. This youth and her diversion coordinator work on the journal during each of their sessions, and her diversion coordinator has been impressed with how thoughtful her responses are to the journal prompts.

An MYDP youth was able to identify patterns of behavior that he was modeling from his family. He worked with his diversion coordinator on setting positive goals for his future and was connected with services to break these generational patterns. This youth found he has a passion for the food service industry. He got an after-school job at a restaurant, took a culinary class at school and has even identified a culinary arts school he wants to go to for college.

# Referrals to Services

Outpatient Therapy

In-Home Family Therapy

Therapeutic Mentoring

Family Partners

School Liaison Services

Intensive Care Coordination

Expressive Arts Therapy

Attachment Institute

Recreational Activities

Young Parents Program

Healthy Relationships Class

Parent Support Groups

Department of Mental Health

Youth Villages LifeSet Program

## Request for Feedback

MYDP is looking for feedback from referral sources and community partners on how we can improve our program.

Please kindly email Colleen Tuite, [ctuite@baystatecs.org](mailto:ctuite@baystatecs.org) with any feedback you have for the program so far.

### Links:

[MYDP Website](#)

[Bay State Community Services Website](#)

[MYDP Year 3 Impact Report](#)

[MYDP Referral Form](#)

[MYDP Referrer Toolkit](#)

[Police Diversion FAQs](#)

Colleen Tuite, LCSW  
Diversion Coordinator, MYDP  
Email: [ctuite@baystatecs.org](mailto:ctuite@baystatecs.org)  
Phone: 617-595-7514