

Treatment and Rehabilitation for Juvenile Offenders

Name

Institution

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Juvenile crime incidents have risen at a high rate across the globe. While psychological and physiological factors contribute to this issue, social dynamics significantly contribute to manifesting juvenile delinquency (Njoka, Kariuki, & Ndegwa, 2019). Research has pinpointed that most children result in delinquency and crime due to socioeconomic, as well as other factors within the immediate environment or family. Among the main predisposing factors include drug abuse and alcohol, collapsing of traditional social structures, the emergency of the new social edict, poverty, as well as family dysfunction (Njoka, Kariuki, & Ndegwa, 2019). The criminal justice system should handle juvenile offenders differently from adult offenders (Esaaba & Dzetor, 2018).

Juvenile delinquency is a complex social issue influencing everyone and the processes of a social structure, which makes it become more of an intricate and global issue. It needs appropriate intervention since criminal behavior that starts early is likely to continue during adulthood. Rehabilitation, through treatment or various programs, purposes to stop youths from continuing to offend. Rehabilitation centers in the United States are known for offering both outpatient and inpatient services that aim to assist juvenile offenders in acquiring the best possible quality of life.

Through various rehabilitative therapies provided by these institutions, many youth offenders have recovered quickly and decreased their chances of re-experiencing physical or mental problems. Through the access of skilled therapists, juvenile lawbreakers are given individual plans that fit their needs and are guided on how they can recover fully.

Most Appropriate Programs for Juvenile Offenders

According to Young et al. (2017), many juvenile delinquents experience difficulties with communication and language skills hence had high rates of illiteracy within the population. Juveniles who fall in the category of being poor in communication and language ranged from forty to sixty-seven percent. Overall, about ninety-percent demonstrated language skills that were lower than average. Therefore, the issues mentioned above have resulted in them portraying symptoms of low self-esteem and feelings of dissatisfaction. Therefore, rehabilitation centers have played a crucial role in assisting them by being aware of such challenges that young people face communicating and expressing their confidence. Through the provision of a language and speech therapist, appropriate support and schooling are given, thus serve as an aid to effective engagement in rehabilitative interventions (Young et al. 2017). The result is that juveniles no longer risk engaging in criminal activities and can communicate what they think and feel, which increases their chances of recovering.

Through rehabilitation centers, young delinquents have been engaged in various skill-based training and education. Such activities have helped them in improving in areas such as self-belief and protected them against participating in future criminal activities. Rehabilitation institutions partner up and join vocational and employment training programs such as CRAFT that are specialized, enabling juveniles to acquire practical skills. Hence, youths who were engaged in the craft had a high chance of being employed later in life. Besides, re-offending risks decrease since the after-school program combined activities such as therapy and education sessions that kept young people busy hence reduces recidivism (Young et al. 2017).

Substance abuse is a common problem among young people and leads to their engagement in various criminal activities. Besides, substance abuse causes negative mental and

physical impacts on an individual's health. Rehabilitation facilities enable motivation interviewing, which is proving to be one of the most effective treatment methods among juvenile criminals. Group motivation interviews are a practice that has assisted many young offenders to address and overcome their weaknesses, pushing them towards personal changes. Such offenders received positive outcomes based on group motivation, where a group of young felons listen to each other's experiences and make them ready for treatment and general alteration of their lives (Young et al. 2017). Thus, juvenile felons experience greater satisfaction, which lowers recidivism rates.

Additionally, mindfulness-based interventions (MBI) are also provided by rehabilitation centers that assist young lawbreakers by relieving symptoms of stress and physical pain. The intervention is crucial because it eases the recovery of juvenile offenders, especially when they are experiencing withdrawal symptoms when they stop using drugs (Young et al. 2017).

Obstacles that the criminal justice system Faces when Attempting to Provide Juvenile Offenders with treatment and rehabilitation.

Congestion in prison facilities is one of the obstacles that hinder the effective provision of treatment and rehabilitation of juvenile offenders. Other key challenges include inadequate course options, as well as inadequate materials necessary for training (Esaaba & Dzetor, 2018). Besides, lack of support from offenders' families is also an obstacle to rehabilitation. Some of these offenders argue that regular visits and tangible support from family members would facilitate their rehabilitation (Esaaba & Dzetor, 2018).

In developing countries, research has shown that most teachers in rehabilitating centers do not receive any in-service training necessary to handle juvenile offenders. Lack of motivation and incentives for good performance are other challenges that the criminal justice system face

when rehabilitating these group of offenders (Njoka, Kariuki, & Ndegwa, 2019). Besides, teachers complain of not receiving parental support to model the learners. Also, sporadic bullying by colleagues is common in most rehabilitation centers. Other obstacles include teachers' absenteeism and missing classes. Learners have no ample time to participate in co-curricular activities.

Forces that Influence the Relative Focus on Rehabilitation and Treatment Rather than Punishment or Retribution for Juveniles

Institutionalizing juvenile offenders can have more negative compared to positive outcomes since it opens up young people to prison-like situations and more experienced criminals without the chance of personalized treatment programs. Imprisoned juveniles undergo abuse in violent, dangerous prisons that compound pre-existing issues such as school failure, mental illness, child abuse, as well as learning disabilities. The community treatment facilities would offer protection, care, as well as treatment for young people without the disgrace of imprisonment.

In 2016, President Obama passed a law that banned using of solitary imprisonment on juveniles in state prisons. The law brought the psychological problems that solitary can inflict onto young criminals to an end. Nevertheless, the practice of imprisonment continues in secure juvenile confinement facilities today. Kids are still locked away in tiny cells for hours a day with almost no interaction at all. Holding young offenders under these conditions for a long time can disturb their mental state, as well as destroying their immature minds.

Thus, juvenile confinement facilities should focus on implementing rehabilitation measures instead of employing punitive procedures like solitary incarceration in responding to violations. Hence, these detention facilities should lessen their practice of isolation as a

punishment and shift to more rehabilitative procedures like rewarding positive conduct by giving incentives, strengthening educational programs, as well as applying new disciplinary sanctions within the center to keep residents busy.

Such kind of measures will be useful in shaping the young offenders and preparing them for a productive release instead of deteriorating their mind in imprisonment. Juvenile detention facilities should use incentives to reinforce positive behaviors that will enable them to shift from punishment and retribution practices to treatment and rehabilitative practices. When juvenile offenders are kept into detention for violations, being in that isolated environment does not allow them to be responsible for their actions, as well as contemplating how they can transform.

References

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