

Fort Bend County Juvenile Probation

F.I.R.S.T. Program

Families Implementing, Respect, Safety, and Trust

The F.I.R.S.T. program is designed for youths who struggle with conflict and aggression in the home. The F.I.R.S.T. program will strive to enhance family functioning by improving family system accountability, open communication, self-control skills, decision-making skills, and adolescent-parent interactions; to work toward eliminating/alleviating time in detention, prevent increased referrals to the probation department, and placement outside of the home.



F.I.R.S.T. Program Expectations

- Youth in the F.I.R.S.T. program are required to meet with a Specialized Juvenile Probation Officer twice a month at the probation office located at 12550 Emily Court #400 Sugar Land, Texas 77478. (Office visits will be conducted prior to the youth attending their counseling session).
- Youths will be visited at home and at school each month.
- The F.I.R.S.T. Juvenile Probation Officer will monitor the youth's academic progress, family dynamics, and rule compliance.
- Each youth meets monthly, with the Honorable Judge Teana Watson, Juvenile Probation Officer, Therapist, District Attorney, and their defense attorney to provide the court an update on progress and to address any concerns.
- Court is held in person, on the second Wednesday of each month in County Court at Law No. 5, located on the first floor of the Fort Bend County Justice Center.
- Youth in the F.I.R.S.T. program receive at least 12 weekly family group sessions with their parent/guardian held at 12550 Emily Court #400 Sugar Land, TX 77478 from 5:30PM-7:00PM. Group goals include the following:
 - Increase awareness, focus, and self-identity with Core Mindfulness Skills
 - Stabilize intense mood shifts and decrease depression and anxiety symptoms with Emotion Regulation Skills
 - Decrease impulsivity with Distress Tolerance Skills
 - Increase depth and quality of relationships with Interpersonal Effectiveness Skills
 - Increase ability to navigate family conflict, communicate, and compromise with Walking the Middle Path Skills

Program Eligibility

A child must be between the ages of 10 and 17, referred to the Probation Department for Assault Family Violence offenses and/or whom struggle with family dysfunction, repeated conflict in the home, and must be placed under supervision with the Probation Department.

F.I.R.S.T. Program Incentives

With the F.I.R.S.T. program, youth and their families will be provided with the tools and resources to build a healthy relationship. In addition to families gaining tools and resources, youth and their parent/guardian will receive incentives throughout the program as the child progresses through his/her program services. The F.I.R.S.T. Program incentives include the following:

- Family Game Nights (held quarterly)
- Participation in Reining Strength Therapeutic Horsemanship
- Receive gift card to restaurant upon successful completion of the F.I.R.S.T. Program
- Youth in F.I.R.S.T. will be eligible for early termination of probation (if the child has completed all counseling services successfully, complies with the rules of probation, and has completed all conditions of his/her probation subject to court approval).

Length of Program

Youth in the F.I.R.S.T. Program will be on probation for 6-9 months.

Point of Contact

Specialized Juvenile Probation Officer Rebecca Washington
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