

## CP-FIT Coaches

Our coaches are community-based mentors and credible messengers who come from similar racial and socio-economic backgrounds as the youth and families most impacted by the justice system.

**Dominique Davis** is founder and CEO of Community Passageways. A long time football coach and youth mentor, Coach Dom advocates for healthy families in schools, courts and in the community.

**Lemaun Lancaster** has 20 years of experience working with youth who have mental health and substance abuse needs. He runs his own consulting company called Rain Field Counseling.

**Toyra Tate** is a Family Engagement Coach who provides support for our youth and their families. Toyra's life experience drives her to empower every youth she works with.

**Keith Hedgepeth** is a Chicago native with experience working in case management in numerous states. He is an active youth advocate and mentor at Community Passageways.



### Referrals

We are taking referrals for our Community Passageways- Family Integrated Transitions Program! To find out if the program is right for you, please reach out to us at:  
**[CPFIT@communitypassageways.org](mailto:CPFIT@communitypassageways.org)**



### Contact Us

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(206)531-0060, fax(206)299-0864  
[communitypassageways.org](http://communitypassageways.org)



# CP-FIT



### Community Passageways - Family Integrated Transitions (CP-FIT) Program Overview



## UW Medicine

## Community Passageways

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### About

Community Passageways is a 501(c)(3) not-for-profit organization with a vision for zero youth incarceration in King County. We use restorative justice principles to support local youth in becoming powerful, positive leaders by providing **mentorship, court advocacy, family & youth counseling, peacemaking & healing circles, and housing, education & employment case management** in home and community setting.

### Mission

Our approach is grounded in the belief that punishment and ostracization are ineffective deterrents to unproductive behaviors, while guidance towards meaningful opportunities are much more effective incentives to embarking on a successful path.

Our **prevention, diversion and re-entry programs** for youth in the juvenile justice system are rooted in addressing trauma, eliminating racial inequality and reducing recidivism.

## Family Integrated Transitions

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CP-FIT is an **intensive home and community-based intervention that empowers families and youth** with skills and resources that will allow them to independently address family, peer, school and neighborhood problems.

CP-FIT community-based credible messengers incorporate components of Family Integrated Transitions (FIT) in their case management and mentorship services in a way that meets the cultural values, needs and priorities of the youth and families served by Community Passageways (CP).

Family Integrated Transitions (FIT) is a **therapeutic evidence-based intervention** that addresses factors related to delinquency. It strives to promote behavior change by using the strengths of each youth's indigenous support network. By working with youth and their families, coaches provide services to alleviate behavioral health challenges that pose barriers to effective participation in school/work.

**Participation in FIT is associated with a 30% reduction in felony recidivism.**

## CP-FIT Felony Diversion

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We serve the community's highest needs youth, including those with felony-level charges.

We believe that when given hope, a voice, a chance to heal, and the acceptance and support of their community, high risk youth will reach their rehabilitative goals.

### Services

- Counseling for behavioral and substance use disorders
- Trauma-focused cognitive behavioral therapy
- Motivational interviewing
- Dialectical behavior therapy

### Goals

- Reduced anger/aggression
- Increased emotional regulation
- Increased interpersonal functioning and pro-social participation
- School completion
- Lower recidivism
- Family reunification
- Positive identity development
- Decreased homelessness