



## SHASTA COUNTY PROBATION DEPARTMENT JUVENILE REHABILITATION FACILITY

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### HEALTH & WELLNESS PLAN

The Shasta County Probation Department operates the Juvenile Rehabilitation Facility (JRF), which is a 90 bed institution focused on providing a safe and controlled environment for detained residents. Residents vary in age from 12 to 18 years old. They are detained for a variety of offenses, including violations of probation and placement failures. Average length of stay is about 20 days, however violent crimes being prosecuted in adult court and the occasional repeat offender could serve several months in custody.

Title 15 of the California Code of Regulations provides the Minimum Standards for Juvenile Facilities. These guidelines govern the care, treatment, nutrition and wellness of residents held in our facility. Internal policies and procedures further define the daily programs and activities in which the residents participate. In addition, rehabilitative efforts are driven by a commitment to Evidence Based Practices, by which we utilize validated assessments to identify the individual needs of each resident. Working closely with assigned Deputy Probation Officers, a rehabilitative plan is then crafted that includes offered rehabilitative programs that target the identified needs of the resident.

Finally, programs designed to increase various social and job skills are available. The JRF maintains a garden and chicken farming project, paid for by grant funding, called the GROW program. This program is designed to educate our residents about ecology, the growing and harvesting of healthy fruits and vegetables, the care and feeding of chickens, and to provide exposure to the benefits associated with caring for pets.

#### PHYSICAL EDUCATION:

On a daily basis, residents participate in three to five hours of recreation and exercise, including one hour of large muscle activities. Physical activities include calisthenics, basketball, cardio dance, cross fit, and other sports related activities. They also participate in P.E. as part of their school day, which includes a wide range of activities to foster positive social interaction and teamwork.



<p style="text-align: center;"><u>PERSONAL HYGIENE:</u></p>	<p>Personal hygiene consists of showering, shaving, brushing teeth, and haircuts. Residents are expected to wash their hands after use of the restroom and encouraged to brush their teeth after each meal. Showers and shaving are completed nightly, at the end of the day's physical activities. Staff give instruction and teach residents the importance of proper hygiene and its relationship to living a healthy lifestyle.</p>
<p style="text-align: center;"><u>STAFF:</u></p>	<p>Juvenile Detention Officers provide the bulk of youth supervision within the facility. These peace officers are responsible for maintaining a positive and safe environment for the residents, volunteers, community resource providers, and themselves. In their interaction with the residents in their care, Juvenile Detention Officers focus on education, work ethic, physical development, and counseling to facilitate personal awareness and self-esteem. A primary goal for staff is to return residents to the community as responsible, productive, chemical-free citizens.</p>
<p style="text-align: center;"><u>SCHOOL:</u></p>	<p>The Shasta County Office of Education provides for the educational rights of our residents. Each pod has two classrooms that can accommodate all residents detained in the facility. Currently, our school is staffed with two full-time teachers, one part-time special education teacher and two para-educators. Additional teachers and personnel may be brought in based on increases in resident population or the special needs of individual residents.</p> <p>Residents who have already graduated high school may have the opportunity to enroll in correspondence courses through Lassen Community College.</p>



<p><b><u>SUBSTANCE ABUSE:</u></b></p>	<p>Substance abuse counseling, both group and individual, is provided.</p>
<p><b><u>JUVENILE INTERACTION:</u></b></p>	<p>Residents have a case plan created by their deputy probation officer and the youth are expected to actively participate in JRF programs which may include school, culinary arts training, rehabilitative programming, group counseling, and physical exercise. Teamwork, positive interaction, and social skills are major focuses. The residents are continually encouraged to offer constructive feedback regarding the value of the programs offered.</p>
<p><b><u>DRUG FREE WORKPLACE:</u></b></p>	<p>The JRF is designated a drug-free workplace. This includes restrictions on tobacco, which can only be used by staff in designated areas outside the building.</p>
<p><b><u>NUTRITION:</u></b></p>	<p>Good nutrition is vital to the residents in our care. They receive three nutritionally-balanced meals a day, plus an evening snack. A nutritionist assures that all minimum nutrition standards are met. There are no carbonated beverages or soda served in the facility. Milk, 100% juice, and water are the only beverages offered. Specialized diets are available for those in need.</p>
<p><b><u>NUTRITION EDUCATION:</u></b></p>	<p>Nutrition education is ongoing. Daily questions are asked and answered about nutrition. Many staff have nutritional understanding and are able to explain the advantages of eating healthy foods. Youth learn about healthy nutrition in the GROW Program. The Juvenile Court School offers the Food Handlers Card certification program twice per year to residents.</p>



<p style="text-align: center;"><u><b>JOB SKILLS:</b></u></p>	<p>Job and life skills are taught regularly by staff. These include culinary arts, laundry, gardening, and raising chickens. An emphasis is placed on work ethic, professionalism, teamwork, following direction, decision-making, and accountability.</p>
<p style="text-align: center;"><u><b>ON-SITE MEDICAL:</b></u></p>	<p>The Juvenile Detention Officers responsible for the resident's safety and security are trained in basic first aid and CPR. A nurse is on-site from 0700 through 1500 hours, Monday through Friday of every week to assess, examine and provide needed care. In addition, the physician provided by the contract medical provider maintains office hours within the facility that vary from week to week. After hours, medical care is provided by physicians who are on call.</p> <p>Additionally, mental health services are provided by a LMFT who visits several days per week, and a psychologist who meets with residents via remote video/audio</p>

The above health and wellness plan will be assessed every three years by the Supervising Probation Officer assigned to the JRF in charge of Policy and Procedures.

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