



SHASTA COUNTY PROBATION DEPARTMENT JUVENILE REHABILITATION FACILITY

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Tracie Neal
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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 the residents. Residents in the JRF program vary in age from 12 to 19 years old. They are detained for a variety of offenses, including violations of probation and placement failures. Average length of stay in the JRF is approximately 20 days, however violent crimes and youth with repeat offenses could serve several months in custody. The Secure Track Treatment Program is a separate program housed within the JRF for youth who are 14 years and older committed to the program if the court finds a less restrictive disposition unsuitable. Youth may be housed in this program up to 25 years of age based on the seriousness of the offense. In addition, the River's Edge Academy, an in-custody treatment program within the facility, serves youth 14-17 years of age. This camp-based intensive treatment program is an alternative to out of home placement and provides participants with intensive treatment services.

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. Rehabilitative efforts are driven by a commitment to Evidence Based and Trauma Informed 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 developed 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 GROW program is a hands-on agriculture/animal husbandry program where residents, under the supervision of Juvenile Detention Officers and Service Providers, learn to grow fruit and vegetables and care for chickens and goats. This program is designed to educate residents about ecology, the growing and harvesting of healthy fruits and vegetables, and the care and feeding of farm animals.



<p><u>PHYSICAL EDUCATION:</u></p>	<p>Daily residents participate in three to five hours of recreation and exercise, including one hour of large muscle activities. Physical activities include calisthenics, basketball, volleyball, wiffleball, soccer 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>
<p><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 daily, either at the end of the night or in the morning depending on the daily schedule. Staff give instruction and teach residents the importance of proper hygiene and its relationship to living a healthy lifestyle.</p>
<p><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 all staff.</p> <p>In their interaction with the residents, Juvenile Detention Officers focus on education, work ethic, physical development, and counseling to facilitate problem solving, improve impulse control and build social skills. A primary goal is to return residents to the community as responsible, productive, law-abiding 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 classrooms that can accommodate all residents detained in the facility. Currently, our school is staffed with three full-time teachers, and three 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 higher education through a community college.</p> <p>CPR training and Food Handlers Certificates are offered to all students.</p>
<p style="text-align: center;"><u>SUBSTANCE ABUSE:</u></p>	<p>Substance abuse counseling, both group and individual, is provided.</p>
<p style="text-align: center;"><u>JUVENILE INTERACTION:</u></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, 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 style="text-align: center;"><u>DRUG FREE WORKPLACE:</u></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 style="text-align: center;"><u>NUTRITION:</u></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 style="text-align: center;"><u>NUTRITION EDUCATION:</u></p>	<p>Nutrition education is ongoing. Daily questions are asked and answered about nutrition. Many staff have nutritional understanding and 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>JOB SKILLS:</u></p>	<p>Job and life skills are taught regularly by staff. These include culinary arts, laundry, gardening, and animal husbandry. An emphasis is placed on work ethic, professionalism, teamwork, following directions, decision-making, and accountability.</p>
<p style="text-align: center;"><u>ON-SITE MEDICAL/MENTAL HEALTH:</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 daily from 0700 through 1500 hours 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>Mental health services are provided by two full-time licensed clinicians and a psychiatrist 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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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Plan Establish 4/19/16

Revised 6/22/16

Revised 8/30/18

Revised 10/4/18

Revised 08/25/21

Signed Carla Stevens Date 9-14-21
Carla Stevens, Division Director

Signed DW Date 9-24-21
Resident, Initials only



Signed Phil Mayer Date 9/23/2021
School Staff on Site

Signed Francis Cerebel Date 9/14/2021
Community Member

