

INSIDE Out

Parent Info Link

Santa Clara County Juvenile Hall

Jan. 2008

The Art of Writing Beautifully Appreciated by Youth



Calligraphy is the ancient art of writing beautifully and it is an art revered and practiced with dedication by this generation. Bay Area Scribe and Catalyst for Youth volunteer Pam Van Dyck teaches this art form each week to interested youth at the Heart of Chaos art program in B9. Using handouts of different letter faces for the minors to look at while they are

practicing, she also gives special calligraphy pens and ink to those youth whose devotion to the art supercedes casual interest.



Calligrapher Pam demonstrates the correct way to hold the pen for writing.

The roots of calligraphy can be traced back to cave paintings and it is flourishing in this generation despite computers that can produce a myriad of different fonts. One of the minor's favorite calligraphic styles is blackletter (also called gothic or Old English) which dates to the 12th century and originated in Germany.

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Boo, a hairless cat, is the latest addition to the Furry Friends pack of friendly dogs and their enthusiastic human companions who visit with minors from several living units twice a month.

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Bishop McGrath Visits JH

Bishop Patrick Joseph McGrath, the second bishop of the Diocese of San Jose, the Catholic Church in Santa Clara County oversees a community of 600,000 Catholics, encompassing 52 parishes and missions, 29 elementary schools, 2 high schools and 3 college and university campus ministries. Yet, every year he takes time out of his busy schedule to pay a visit to the minors in Juvenile Hall letting them know they are in his thoughts and prayers and asking that they include him in their prayers. Besides conducting a mass Bishop McGrath also answers the questions posed to him by the minors about how he became a priest and what he likes about the role and its responsibilities.



Bishop McGrath visits with the young men in living unit B8



Boys and girls of the Catholic faith attended the special Mass given by the Bishop and held in the Courtroom lobby.



Winter Gardening Activities at Juvenile Hall



Catalyst volunteer Russell Waite helps boys create a greenhouse



Minors learn how to start pepper and tomato plants from seeds



When it is raining, they work on garden plaques to identify plants and personal "signature" riverstones to decorate the garden



Health Realization Program Helps Minors Discover Their Inner Health & Wisdom



Health Realization (HR) is a philosophy turned psychological teaching and powerful intervention for youth and adults alike. Practitioners of HR at JH seek to enhance the lives of the minors by teaching them the psychological principles of Mind, Thought and Consciousness and how these principles function on the inside to create what a person ends up experiencing in his/her life.

A core piece of HR is the assumption that everyone is innately healthy and wise and once in touch with this fundamental identity can live healthier and more productive lives. Understanding how they function from the inside-outside, often triggers an insight of enough magnitude to shift one's perspective to health and well-being. The minors learn it is natural to thrive and feel good, a radical concept for many, but one that resonates at a deep level with the youth.

Health Realization helps with

- Stress
- Burnout
- Conflict
- Time Management
- Change

- Relationships
- Parenting

HR insights ripple out from one's personal experience to their family and community at large. Minors report improved feelings and relationships on every level. Some even express their desire to go into the field of psychology to learn more and help others.

Health Realization is also available to parents and other adults in the community through classes and workshops. Contact the Santa Clara County Health Realization Division for more information about classes at 408.792.5237 or www.sccdad.org (click Health Realization).



In the G2 Fashion Design and Sewing class taught by Terri Travis, quilt squares with hearts of all colors were the project for the month of January in anticipation of February 14th, Valentine's Day.

Coat Donation Program Extended Through February

Donate gently used coats and jackets for the minors to use when they leave the facility for interviews and jobs. Leave at visitor's lobby or in G1.

Purse Donations Sought for Young Women

Donate new or gently used purses for a special program for our young women. Purses will be filled with essential toiletries for minors in G1 and G2. Drop in boxes in the visitor's lobby

Wish List for Catalyst for Youth Garden Program

Donate shovels and rakes, peat pots, seeds, fertilizer, mulch, stepping stones in visitor's lobby or call Joanne at 269-3356 for pick-up.

Spotlight on Chaplain Peggy Bingham



She also does a lot of pastoral counseling. "Kids can put in requests to see me or unofficially, they ask for someone to talk with. We pray and I offer counseling and try to be a support to them. Much of it is listening."

As an ordained minister in the Evangelical Covenant Church, Chaplain Peggy has a masters of divinity degree from Western Seminary and a B.A. from Westmont College in religious studies. Before coming to JH, she had been a youth pastor for 6 years and a high school English teacher for 2 years at a community day school.

"I feel very privileged to be here because I have an opportunity to listen and to love those considered to be on the fringe of our society, said the Chaplain. "There are many negative and discouraging messages that these kids are given so I want them to know they are God's beautiful creation and have been given gifts to use to benefit those around them. And I think that our kids need someone who believes in them and respects them and sees in them the qualities in them that are beautiful."

"I'm here just to love them and remind them their life has value and purpose."

Chaplain Peggy sees a lot of her ministry as a ministry of presence. "Many of our kids have felt abandoned and believe that God has forgotten about them," she explains. "So ideally we embody the presence of God and they can feel God's love, hope, and God's pleasure through relationships with us as his representatives."

One Story Out of Many

"A while ago I was asked by a counselor to visit a particular boy and when I walked into the visitor's room he was visually hardened and angry with an "I dare" you" expression. As we talked though he opened up and he told me how he felt he was addicted to violence. He enjoyed it and he and his friends use to hurt each other for fun. He also shared that he had been abused as a boy and had a lot of pain and anger over what he had endured. We talked for awhile longer and I gave him a Bible and closed the visit by praying together.

I left thinking he probably wouldn't want to talk to me again. Shortly after, he was sent to the Ranch and in two months time got involved in a fight and was returned to JH. He put in a request to see me. When I went into the visitor's room I knew immediately that something had changed. He was smiling for one thing and there was an openness and warmth to him.

He told me that during the fight at the Ranch he felt that God was speaking to him and asking him what he was doing and why. Afterward he felt God pursuing him and speaking to him. He decided that he didn't want to live this kind of life damaging himself and others through violence.

He said he wanted to know God and wanted to change and he asked me for help. So we began to meet once a week and there were a lot of beautiful changes in this boy that the staff and his family noticed too. In fact he actually got a job before getting out and was learning how to relate to customers and building relationships with the other staff. He became one of their best employees. When he was released, I prayed that he would continue to walk the path. It was an honor to be in his life that season and to witness how God reached him and was changing him from the inside out."

—Chaplain Peggy Bingham

TRUE LIFE CONFESSIONS: Collage tells personal story of one young man's descent into the hell of addictions and his resurrection and recovery.

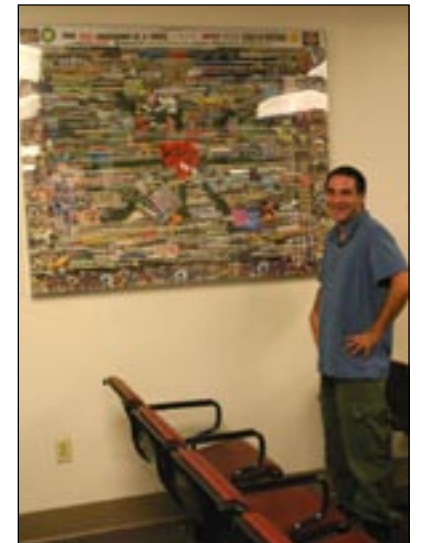
In the JH Courtroom lobby hangs a magnificent piece of art—a college entitled "True Confessions of a Junkie Leaving Behind His Legacy of Wreckage." The piece was created for an art exhibit by a young man determined to portray both the brutal world of addiction and the blinding clarity of sobriety.

Michael Denning's life was practically over, in the midst of his "second secret life of a dope fiend." He lived high-to-high. It all started with his first guzzle of alcohol at 13. In time marijuana would prove a gateway drug, leading him down the crooked path of experimentation which included brief stints with LSD, cocaine, and crack. He eventually settled on crystal meth, which crippled his life for the next decade. When his addiction finally overtook him and he hit rock bottom, he was at risk of losing everything, including his life. Somehow a shard of light managed to seep through his muddled brain and he realized that he should be dead and because he wasn't, maybe God had a plan for him. He enrolled in a 12 step program in which "I accomplished more in 18 months than I had in ten years."

After two years of sobriety, he began the collage and worked on it non stop for 3 months. His assembly process is portrayed in photos pasted around the perimeter of the collage. The art provided the healing process that let him finally bring closure to his years of addiction and begin a new life filled with the promise of never ending riches and adventures. He feels honored to have his story a permanent part of JH and celebrated his fourth year of sobriety this month.

Congratulations Michael!

"It was like doing God's work. I was really excited to be able to share the message of hope after all I had been through," said Michael.



Michael Denning's collage will be on display at the Narcotic Anonymous Convention this spring and then return to JH.



Michael is an active member of the Heart of Chaos artisan collective which offers an art program to minors in B9 and teaches the power of collage as a tool for self expression. Michael also participated in the first JH chalk art event in October.

Heart & Soul Class Helps Young Women Reconcile Their Past to Move Forward

Heart and Soul is a ten week long, hour and a half, hands-on/discussion class for ten young women in G2 led by Chaplain Peggy Bingham. Its objective is to model healthy relationships with self and others and it covers topics such as family history, grief and loss, body image and identity, guilt and shame, friendships, romantic relationships, conflict resolution, domestic violence, communication, parenting and goal setting.

Heart and Soul started two years ago and has been offered five times so far. The domestic violence discussion in particular has helped many girls realize how unhealthy their romantic relationships have been and prompted them to reach out to organizations that work with people on this issue. "We started Heart and Soul because young women are one

of the fastest growing jail populations in the country," said Chaplain Peggy. "This class is our response to prevent repeated incarceration."

At the end of the program, they meet with every girl and do exit planning, taking the topics discussed in the class and coming up with weekly and monthly goals for the first six months after release.

The last Heart and Soul class happened during winter break when the girls were out of school, so they attended for 8 straight days. It started with a personal anagram to help them look at their family history and the way in which they were shaped by it and then moved forward to setting an intention for change and transformation beyond the past.



The last Heart & Soul class used the Sankofa, a West African bird that looks back, as a theme to teach the value of learning from the past to understand oneself and to build a brighter future.

Art of Writing Beautifully continued from page 1

Today blackletter is commonly used in tattoos. In fact many tattoo artists create the letters in the traditional style, by hand. Pam, who appreciates the artistic value of many of the tattoos sported by the minors brings in examples from Miami Ink and LA Ink to inspire and engage the youth.



Tracing letters teaches the eye and hand the shape of the letterforms.

"Real calligraphy comes from deep within the artist who strives to evoke the true emotion of the meaning of the script through the letterforms they draw."



Drawing monograms is a popular project



Calligraphy is a form of art therapy, quieting the mind and strengthening focus.



David applies his skill to decorate a river stone for the garden.

SCC Probation Department's Volunteer Programs in JH

Alcoholics Anonymous: Group meetings for minors with alcohol abuse problems.

Alateen Alannon: Group meetings for minors who are related to people with alcohol abuse issues.

The Beat Within: A weekly publication of writings and artworks by minors in local JHs.

Catalyst for Youth Garden: A horticulture therapy program that revolves around planting and tending a garden within the compound of buildings that comprise the Juvenile Hall Facility.

Fashion Design: A design and sewing class for female minors implemented by Catalyst for Youth volunteers.

Flower and Feast Programs: Mother's Day, Father's Day, and Thanksgiving volunteers under the direction of Megan Williams come into assist minors with making flower arrangement for family members. On Xmas, again under Ms. Williams program, volunteers create and serve a buffet dinner in every living unit.

Foster Grandparent Programs: Volunteers over the age of 60 who provide supportive care, training, companionship and social contact with minors.

Furry Friends: Pet assisted therapy services where volunteers bring in animals for minors to interact with.

Girl Scouts: Program that targets gang prevention for females.

Hair Care: Hair cut services are provided for all minors on a rotating schedule.

Health Realization (HR): a teaching model that is used in prevention, intervention and treatment. HR teaches about how the human mind works, how an individual's experience of life is created and how much each person uses or misuses his/her ability to think. HR is taught on a weekly basis to designated living units.

Heart of Chaos Expressive Arts Program: Teaches a variety of mediums to several living units.

Narcotics Anonymous: Group meetings for minors with drug abuse problems.

Planned Parenthood: Program that targets teens who are at risk for teen pregnancy, sexually transmitted diseases and violence. Week long workshop educates minors about family life and issues surrounding intercourse.

Religious Services: An assigned Chaplain oversees all religious services provided for minors.

Santa: During the Christmas holiday, Mr. Wallau assisted by several volunteer elves pass out Christmas presents to all the minors in custody.

Zohar Dance Company: Internationally acclaimed dancer/teacher Ehud Krauss instructs minors on various forms of high energy dance.

Contacts (all numbers are in the 408 area code)

- Asian American Recovery Services 271-3900
- Asian-American for Com. Involvmnt 975-2730
- CYO: California Youth Outreach 280-0203
- Catalyst for Youth 269-3356
- FLY: Fresh Lifelines for Youth 299-7789
- Friends Outside 295-6033
- Gardner Family Care Corp. 287-6200
- MACSA 928-5820
- Juvenile Hall Visiting 278-5810
- Juvenile Hall Main 278-5820

Living Unit Supervisors

B2, B3	Omar Ventura	278-5869
B4, B6	William Moore	278-5877
B5, B12	Terrance Ugalde	278-5859
B7	Liz Alameda	278-5860
B8, B9	Alicia Garcia	278-5861
B10	Glen McMillan	278-5864
G1, G2	Dwight Richardson	278-5862

Inside Out Newsletter

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Santa Clara County Juvenile Hall Mission Statement

The Mission of Juvenile Hall as a detention facility is to provide an environment where the safety and security of the minors is our highest priority. We ensure that our youth receive the nutritional, educational, medical and mental health services as mandated by the state. While upholding the orders of the Court, we thereby contribute to the common effort of protecting the community. Further, we are committed to a standard of excellence in humane treatment.

Goals and Aspirations—With Dedication We Pledge to Strive For:

Professionalism – We act with fairness, consistency and without bias, while facing the daily challenges of working with delinquent behavior.

Positive Role Modeling – We believe it is through our actions and guidance that we make the greatest impact.

Integrity – We strive to maintain honest, ethical and moral behavior within and outside of our profession of working with delinquent behavior.

Individual Worth – We value the importance of the individual while respecting cultural diversity.

Professional Development – We recognize that continuous education and training create the most effective staff.

Enrichment in Programming – We extend our positive influence throughout the community and within our institution through the development of socially beneficial programs.

Community Involvement – We recognize the value of and utilize the community resources to side in our effort to effect positive change in our youth.



**Juvenile Hall
840 Guadalupe Parkway
San Jose, CA 95110
408-278-5820**