

# INSIDE Out

Parent Info Link

Santa Clara County Juvenile Hall

MAY, 2008

## Donated Perfect Push-Ups Build Strong Bodies



Supervising Group Counselor Omar Ventura contacted Will Garrett from BodyRev.com to inquire about getting a few “Perfect Push-Ups” for the boys in living units B2 and B3. The device was developed using the latest advances in biomechanics to help the user achieve better results in less time. The unique rotating handles that allow your arms to rotate naturally when you do pushups accelerates results by engaging more muscles. It also helps reduce strain on wrists and elbows, and helps to stabilize and strengthen the shoulder joint. Since it works for



Minors share the Perfect Push Ups with several living units.

all fitness levels, the minors loved the workout. And Garrett donated 24 Push Ups to JH! Thank You!

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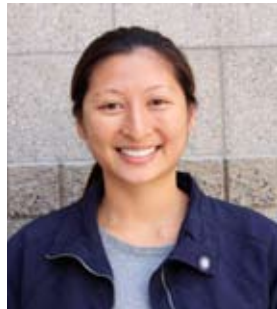
LAST CHANCE TO MAKE A PLEDGE  
AND HELP SUPPORT OUR JH GARDEN

# PEOPLE PADDLE

For Catalyst for Youth's Juvenile Hall Garden Program  
HELP CURTIS And TINA Raise Money For This Horticulture Therapy Program



Curtis Manzano, former at risk youth who benefited from Catalyst for Youth will be kayaking to raise money for our Juvenile Hall Garden Program.



Juvenile Hall Group Counselor Tina Clark will be kayaking to raise money for the garden program. Please support her by pledging today.

**Sunday June 15, 2008, Foster City -10am to 1pm**

**Remember a \$10-\$20 pledge from everyone in the probation dept. will make a big difference in our program!**

To make a pledge go to: <http://www.peoplepaddle.com> or give a check made out to Catalyst for Youth (or cash) to Liz Alameda, MAAC program supervisor and she will make the pledge.

You can also mail a pledge check directly to Catalyst for Youth  
1724 Alberta Ave. San Jose, CA 95125

For more info contact Joanne Hobbs, Catalyst for Youth Director at 408 269-3356 or email her at [joanne@catalystforyouth.org](mailto:joanne@catalystforyouth.org) or contact Liz Alameda at 408 278-5961

*Minors Learn How to Train the Garden's Grapevines and Plant a Fruit Tree*



Happy Graduation in B2!!



SPOTLIGHT on Supervising Group Counselor Omar Ventura



As a 17 year old student at San Jose State, Omar Ventura was undecided about a major until he met a few people who were working in the probation department.

“They were down to earth and genuine and once I got to know them, I was interested in where they worked,” recalls Ventura.

But since you have to be 21 to be hired, Ventura gathered the necessary information about the requirements he would need to be hired and filled his time with other employment.

He worked for a high tech security company, as a personal trainer at a 24 hour fitness place and as an assistant track and field coach at Yerba Buena High School—but he never lost sight of his goal. He wanted to work with kids; he wanted to help others. He applied for a job at Juvenile Hall when he was just short of 21. And the rest is history.

Ventura started as part time extra help and ten months later became

full time, working with the young boys in the original B5 living unit.

“I loved coming to work,” said Ventura. “I worked with Anthony Griffin, Scott Murray and other experienced counselors. We all got to effectively interact with the kids and show them that we cared about them. We were role models.”

Then Ventura was moved to B9 for two years and realized the enormous benefit to the minors of consistency and structure. A year in B6, a unit of minors who have failed their program, working with Nick Birchard, Rich Vega and Andrew Flores was also beneficial.

When he was transferred to the Alternate Placement Academy he got to work closely with the P.O.s “I loved that position too. You see all shades of grey and that breaks you out of the habit of seeing things as black or white.

“I meet each minor with consistency. I’m picky about what I eat, what I say, and where I focus my thoughts. The kids really respond to that consistency. They get it.”

He also had a strong interest in physical fitness and health. That interest in turn led him to competitive body building in 2001 when he was 24 years old.

He competed and won a few shows and got up to the national level where he picked up a sponsor: Nutrixx, a leading research-driven company that develops innovative products aimed at improving health and quality of life.

Shortly after Muscle and Fitness magazine approached him to do

several layouts for them. (See pics at right)

“I don’t preach to the young people at the hall but whenever they ask, I tell them how important their health is and how to choose a life style that promotes physical and mental health.

Recently he took the Health Realization training offered at JH and really connected with its premise that we are innately healthy and meant to



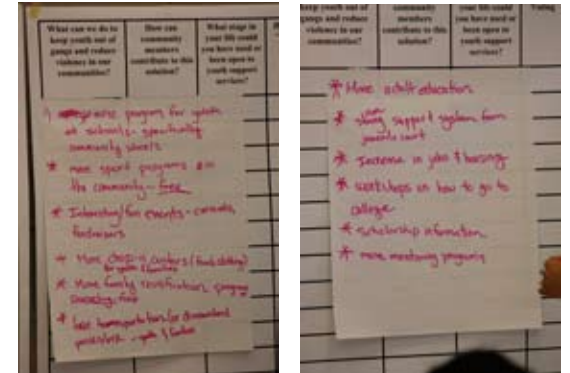
thrive. When asked what he thought was the best thing about working at JH, he answered, “Being a role model for the at risk youth. Dedication to them is what I have.”

Mayor’s Gang Awareness Task Force Solicits Information from Minors to Improve Services



The Mayor’s Gang Awareness Task Force asked the girls in living unit G2 what the city and mayor could do to keep youth out of gangs and reduce violence in the community. Some of the suggestions for keeping youth out of gangs and out of trouble included:

- more community centers to hang out at
- more job centers and help for homeless and run-away teens.
- More opportunities for community service
- Help people with clothes, food and transitional housing.
- More drop in centers for living assistance
- Day care centers and baby care items
- Financial management
- Classes and services to get families back together as well as free family counseling.
- Bus passes and light rail passes
- More programs like CYO where ex gang members speak about their experiences
- More mentoring programs & positive groups
- Free art and sports programs as well as carnivals, field trips, water skiing, car washes, and kid driven fundraisers
- More adult education and tutoring



The minors were eagerly sharing their ideas with the Mayor’s Task Force.

- Lawyers who support the individual not the system & a support system in the court
- College scholarships and help with the college application process including financial aid

Chaplaincy Program Meets Spiritual Needs of the Minors by Chaplain P. Bingham

Great things are happening this spring in the Chaplaincy program at JH as we seek to meet the spiritual needs of the kids here. Each month, 63 worship services are offered throughout the facility that are optional for the girls and guys to attend. Approximately 70 volunteers come in each week to help the Chaplain provide these special times of worship, study and prayer. This month, a talented guitar player and worship leader named Reggie Coates blessed many of the kids in B8, B9 and G1 by offering a concert in these units. It was an uplifting event and those who came were encouraged through the music.

If you would like your child to receive a visit from a religious leader of any faith (Jewish, Christian, Muslim, Sikh, Hindu, Mormon, Jehovah Witness etc.), please call Chaplain Peggy Bingham and she will arrange this for you. Religious leaders may come in for a one hour visit once a week for as long as your child is in custody. If you would like Chaplain Bingham to visit your child or provide them with religious literature, please call her at 408-278-5868.

Care Behind Bars—Health Education a Priority



Teen Pregnancy Committee Chair: Eve, Pharmacist: Zoe, Nurse Mgr: Chia, Sleep Disorder and skin problem Committee Chair: Kerry

Little girls always said, "When I grow up, I wanted to be a nurse," but very seldom did you hear anyone say they wanted to work in a jail when they became a nurse. Regardless where we practice though, we in the health care profession all share a common goal, which is to provide the best nursing care for our patients.

Behind the bars in Juvenile Hall is an ideal place to promote preventive medicine. The kids who run away from home without a stable life, minors with asthma sniffing cocaine or methamphetamine, kids with diabetes getting high on PCP without eating for days, heroin IV abusers, heroin addicted children or homeless teen girls without any knowledge of contraceptives are the types of "nursing opportunities" and challenges we faced daily. Where can a nurse find a better place to provide health education than Juvenile Hall? How about the girl whose boyfriend "promised" that he would not get her pregnant, but had two abortions, the asthmatic wondering why he/she could not run for a mile, the diabetic girl who eats a whole chocolate cake during "out-time" or the girl whose STD test results are always positive after each booking?

The medical clinic in our Juvenile Hall initiated ten educational committees three years ago. Each nurse would select an area of interest and educate themselves to become a resource per-

son in their respected field.

The American Lung Association also helps us in our training and as a result, three of our nurses became certified smoke cessation trainers. Two other nurses shadowed a Valley Medical Center Diabetic educator to learn more about teaching diabetic children. A nurse practitioner from an asthma clinic walked us through the office based lung function test laptop "Ko Ko spirometer." Nurses spent days in the OB/GYN clinic, learning helpful tips in dealing with teen pregnancy. Calls were made to Planned Parenthood to establish and coordinate follow up care. Our nurses attended Childhood Obesity conferences in San Francisco, Diabetic conference in San Jose Convention Center, and Fetal Alcohol syndrome classes. And our quest for learning and training doesn't stop here. Everyone worked toward providing the best health education to the kids in Juvenile Hall.

We assess the health educational needs of the minors the day they get incarcerated and get them connected to the resources they need. In the clinic's waiting area we play short DVDs about STD prevention, dating safety, HIV prevention and safe sex. We continue to experiment and implement methods to lead kids into the world of health education.

by Chia-Chen Lee  
(to be continued next month)

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 arrangements 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.

**Next Door Solutions:** Program that raises awareness about domestic violence and dating violence.

**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. Involvement 975-2730
- CYO: California Youth Outreach 280-0203
- Catalyst for Youth/Heart of Chaos 269-3356
- FLY: Fresh Lifelines for Youth 299-7789
- Friends Outside 295-6033
- Gardner Family Care Corp. 287-6200
- MACSA 928-5820
- Next Door Solutions 279-2962
- Juvenile Hall Visiting 278-5810
- Juvenile Hall Main 278-5820

**Living Unit Supervisors**

B2, B3	Omar Ventura	278-5869
B4	William Moore	278-5877
B5, B6	Jim Tarshis	278-5863
B7	Dwight Richardson	278-5860
B8, B9	Alicia Garcia	278-5861
G1, G2	Kris Leisten	278-5862
B11, B12	Elsa Jennings	278.5859

**Inside Out** Newsletter

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 Contributing Writers: Chaplain Peggy Bingham, Chia Chen  
 Publisher: Liz Alameda, MAAC & Programs 278-5961

## 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**