Adolescent Female Advocacy Network

March 2007

AFAN

State of Utah
Juvenile Justice Services
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What's New

The Juvenile Justice AFAN Task Force had its first meeting just over a year ago on February 9, 2006. Beginning the AFAN Task Force allowed for more consistent communication between programs in the division working with girls. Areas of the state that had previously had little training on female offenders were provided with opportunities for training and female responsive program implementation. The task force has been assigned the responsibility to ensure the implementation of the Division's Best Practices for female offenders. While this has been and will continue to be a challenge, the amount of attention given to the needs of our female population has increased and has become a common topic of conversation.

Over the next six months, the task force will be creating a five-year strategic plan in an effort to ensure that the motivation behind improving our division's services for girls is not lost. This effort will require input from individuals throughout the entire state. It is the hope of the task force that you will voice your opinions and needs so that they can be addressed and met to the best of our ability.

To further the effort of communication and collaboration throughout the state on behalf of the female population, the development of an AFAN website is underway. Thanks to the efforts of Vanessa Jarrell and Paul Putnam, this website will be available within the year to provide information to all facilities, families and female offenders. If you have ideas of how the website could serve your needs, please contact your task force member.

One final note, as a task force, we would like to wish Chanelle Toyn the best as she moves on from our division to further her career. She has been a valuable asset to the division, Millcreek and to this task force. Her presence will be missed.

Nanon Talley

Director's Message

I am pleased to announce that the Division has implemented a Strategic Planning Process with the purpose of improving our practices. This process will allow for various ideas to be heard and potentially implemented within the Division. The Strategic Planning Group, which is made up of various managers within the Division, will hear ideas related to division change. If deemed necessary, a committee will be formed to research the needs and possible solutions. Treatment services for female offenders has been the first topic to complete the strategic planning process. Throughout the development of the Graduated Sanctions, along with other events, the difference in opinion regarding treatment for female offenders became evident. This topic was brought to the attention of the Strategic Planning Group and a committee was formed to do an analysis of the problem and offer possible solutions. A brief will soon be available that reports findings of this strategic process. It is the hope that this process can be repeated for other issues that are important within the Division.

Dan Maldonado

Teamwork

Teamwork is the concept of people working together cooperatively.

Because Cache Valley Youth Center consists of Detention, Attention, and Observation and Assessment, teamwork is important and imparative to the success of our program.
There are several different ways that help facilitate teamwork in our facility. Staff participate in all staff meeting, which is held monthly, where staff present their questions and concerns regarding programming and youth in the facility. The purpose of this meeting is to have a general understanding of all programs and how things are running in regards to the program.

Another example of a teambuilding activity would be our "Spring Fling BBQ"and annual Christmas party, where staff and their families meet to interact. It is great at building rapport, friendships and getting to know co-workers. There are also many different opportunities to participate in, such as, horseshoe competitions, ping pong tournaments, and basketball games.

In regards to teamwork, the youth at Cache Valley Youth Center are incorporated in many different ways. There are a variety of groups that are provided that teach and instill the importance of teamwork. They also stress the importance of positive interactions and relationships, accountability, and problem solving. By learning and incorporating these skills, the youth learn to work together as a team to be more productive and positive members of society.

At Cache Valley Youth Center, we believe that there are several different social skills that are necessary for productive teamwork. They are as follows: listening to other peoples ideas, questioning and interacting with others, pursuading individuals to think and rethink their ideas, repecting others and supporting their ideas, helping coworkers and youth, sharing with the team to create a healthy environment, and its imparative that all members of the team participate. If all teammembers incorporate these skills into their lives and work environments, then the team will have nothing but success.

Holly Tuha

Programming

Dixie Area Detention Girls' Center is excited to have and use Stephanie Covington's *Voices: A Program of Self-Discovery and Empowerment for Girls* curriculum. After spending a week at "Female Responsive Services" training with Rebecca Maniglia and Paula Schaefer, as well as a follow up with Paula Schaefer at the statewide conference, I spent some time searching for information and resources that were designed for girls in the system. Paula Schaefer had recommended Stephanie Covington's work. I spent some time researching Stephanie Covington and was impressed with what I learned. Dr. Covington has recognized the great need for services and information for females (both adult and juveniles) in the system. She has authored two additional curricula *Helping Women Recover: A Program for Treating Addition*and *Beyond Trauma: A Healing Journey for Women.* Our facility was fortunate to be able to purchase the *Voices* Facilitator's Guide as well as a classroom set of participant journals that go with it. *Voices* is laid out in 4 easy to use Modules including Self, Connecting with Others, Healthy Living, and The Journey Ahead. Each Module has a number of 90 minute sessions. They each begin with a grounding/transition exercise and a checking in exercise. The sessions consist of activities that are reflective, interactive, journaling and/or creating. "It was created to address the unique needs of adolescent girls and young women. *Voices* encourages girls to seek and celebrate their `true selves' by giving them a safe space, encouragement, structure and support to embrace their important journey of self-discovery."
At Dixie Area Detention we have completed the curriculum once and are currently on our second time through it. While the sessions are designed to build on one another and support each other, they each stand on their own and are powerful. With our population varying from day to day this is especially helpful. New residents can jump right in at any session and have a meaningful learning experience.
The female residents at Dixie Area Detention have responded very positively to the *Voice*s groups. They have stated that they would rather be doing these groups than free time. Many have stated that they feel like they it covers the topics that affect them most in ways that they can relate and understand. Several residents have asked for information as to where they can purchase the journals. You can find more information at http://www.stephaniecovington.com/ if interested.

Lorilee Walters

Message From The Youth

Speaking as the voice of experience as a recent resident, I am here to tell you what works and what doesn't; what we listen to and what we ignore; what we take with us and what we throw away. With my near 60-day stay at the Female Observation and Assessment, I believe I am quite qualified to speak on the subject. So here it goes . .

What Works at O&A:
1. Advocates: Having that one person there to talk to and support you above everything else was helpful for me to get through the things I did.

2. Accountability: At our program we meet twice a day and give each other the opportunity to hold yourself accountable for things you did wrong and things you did right, and would like to be acknowledged for. Being responsible and holding yourself accountable for things that you did helped me to gain insight. It forced me to take a step back and really look at the things I'm doing and be responsible for my actions.

3. Visits: Seeing my parents allowed me to strengthen our relationship. I was able to work on our communication, and better the relationship and trust. It provided love and a sense of support for me in my stay.

4. Residents: The closeness between all the residents creates a sense of support and comfort. Living with the other girls, you learn to love them. They become a part of your family, and they are there for you.

Observation and Assessment offers many different programming that is very beneficial to the residents. A few programs are Talk Circle, and Sweat Lodge, held at the teepee of Jim Prichard behind Wasatch. Talk Circle is held on Wednesdays for an hour. During this time we talk about how we are feeling that day, and what to do with our negative feelings. Sweat Lodge is held on the second Saturday of every month. Mothers are welcome to come with their child, which can be healing to their relationship. You sit in a hut, pitch black, with hot coals in the center. Each round provides the opportunity to give and accept forgiveness, and heal your life. You come out a whole new person.

The restitution opportunities given by O&A, is well used. Every Friday and Saturday the staff takes the girls out to do community service at different places such as the Food Bank, Sharing Place, and Humane Society. Not only are some community service hours fulfilled, the girls are taught discipline, accountability to their victims, hard work, and respect for others.

What Doesn't Work at O&A:
1. Drama: Everybody is going through something. That doesn't mean you have the right to take it out on others. You live with these girls 24/7, and although there may be some conflict, you don't have to get involved. As our sign says, “Save the Drama for Your Mama!”

2. Neglecting Expectations: All the girls have the same rules and expectations. Just because you think you don't deserve to be here, you are here. That means you still have to follow the rules. Whining about it will only make you look bad, and annoy the people around you.

3. Lying: Not telling the truth about things will only hurt you. If you lie about stuff, no matter how little it is, they will find out. Being honest from the start will make it so that you have a better chance of going where you want to.

One of the most irritating and frustrating things of all is having a resident disrespect you, the staff, and the center. Every single girl in the program have to follow the same guidelines and expectations, and even one negative attitude can disrupt the entire place. The staff puts in their time and effort to create an environment that is supportive and helpful to the healing of the residents, so they can get their life back on track. Having 45 days to get away from the outside drama of the world would be welcomed with open arms by many.

Although O&A may not be the ideal place for the girls, fighting it will only make things worse. Using it to your advantage will help you. Put your heart into it, and prove to the staff and yourself that you have what it takes to turn your life around and make things better. Like the O&A slogan, “Don't count the days, Make the days count.”

So there you have it, straight from a resident herself. Now you know what works for residents, and what flops. Overall, this program is amazing. It provides the assets necessary to getting better and having a healthy relationship with your family and yourself.

C. Clark, 17

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Reflections

Reflections is a gender specific day treatment program, which provides a wide variety of services to females in the custody of Juvenile Justice Services. The reflections program, located in Davis County, has been designed to embrace six domains of treatment as a young woman transitions and reintegrates into the community. The six domains include:

- To EDUCATE in a gender safe environment
- To emphasize health in RECREATION
- To provide SPIRITUAL growth
- To promote SOCIAL interdependent relationships
- To encourage EMOTIONAL development of identity through self -acceptance
- To strive for physiological wellness based on an individual HEALTHY lifestyle

The Reflections staff have embraced a girls' circle design within the group setting to meet the needs of the young lady, their family, and the community. Some of the groups that are held at Reflections include: Being a Girl, Body Image, Expressing my Individuality, Friendship, Mind Body, and Spirit, Paths to the Future, Relationships, and Who I Am.

Within the program, Reflections has designed a way for the youth to give back to their community. The program includes tutoring autistic children, making and donating clothes to the Christmas Box House, and volunteering at the Catholic Community food bank and Desert Industry.

Reflections recently held their annual open house (pictured here). The staff demonstrated their commitment and dedication to the youth they serve. The festivities included food, fun and entertainment. The youth sang Christmas carols and invited their families and visitors.
Further information and/or referrals can be made through Sheila R. Wooten at (801) 779-6521.

Chanelle Toyn

What's New In Price

Yvette Ortiz has been working with the girl's programming in Price for the past few months. She has a goal of completing at least one girl's programming per week. The times when she has been able to do groups, she has really enjoyed. She sees a difference in how much they open up when there are no males around them. She also found that it helps the girls feel important because they are able to be separated for a time to do their own special group.

Resources

Acoca, L. (1998). Outside/inside: The violation of American girls at home, on the streets, and in the juvenile justice system. Crime and Delinquency, 44(4), 561-589.

Alderden, M. (2002).Understanding and addressing female delinquency in Illinois. Research Bulletin. Chicago: Illinois Criminal Justice Information Authority.

Amaro, H., Blake, S.M., Schwartz, P.M., & Flinchbaugh, L.J. (2001). Developing theory-based substance abuse prevention programs for young adolescent girls. Journal of Early Adolescence, 21(3), 256-293.

State Task Force Contacts

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By Facility

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Washington CYCC:	Tami Fullerton	(435) 656-6100
Iron County YC:	Misty Larsen	(435) 568-1704
Southwest Utah YC:	Jill McKinlay	(435) 867-2500
Canyonlands YC	Robynn Parker	(435) 259-3733
Castle Country YC	Tonia Turpin	(435) 636-4723
Central Utah YC	Ronni Grimlie	(435) 893-2366
Split Mountain YC	Angalee Hatch	(435) 789-2045
Box Elder:		
Cache Valley YC:	Tonya Lundahl	(435) 713-6260
Copper Springs:		

If you wish to submit anything for the next newsletter, please send it to Nanon Talley through email by June 1st. This is a great place to recognize the efforts that are being made around the state and to learn of each other's successes!