

THE JJC CONNECTOR

The Clark County Juvenile Justice Center Newsletter – Summer 2010, Volume 1, Issue 2

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The JJC Connector Newsletter
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The JJC Connector can be found on:

<http://www.clark.wa.gov/juvenile/index.html>

"Always demanding the best of oneself, living with honor, devoting one's talents and gifts to the benefits of others - these are the measures of success that endure when material things have passed away."

Gerald Ford

What's happening in Juvenile Recovery Court!?!

By Denise McCullough



The Clark County Youth Commission presented the 12th Annual Youth Achievement Awards on May 23, 2010 at the Skyview High School auditorium. Seven Juvenile Recovery Court (JRC) youth were nominated in categories such as Inspiration, Personal Achievement, and Tolerance, for which they received certificates and pins commemorating the event.

The Youth Commission is a youth-driven advisory board established by the Clark County Board of Commissioners in April 1998. Youth can be nominated by peers, parents, counselors, or themselves. All seven JRC nominees were present for the event along with their family members and members of the JRC team.

On May 14th five JRC youth joined over 130 youth from all over Clark County at "TC2: Teens Care Too, Youth Substance Abuse Prevention and Leadership Summit" at Clark College. All five youth helped facilitate a workshop about JRC and shared personal stories of recovery in the juvenile justice system. They received high praise from peers and adults! They were fantastic and represented JRC well in the community.

Juvenile Recovery Court celebrated its first Annual End of the (School) Year Awards Celebration on June 24th. The event, which was held at ESD 112, was attended by participants, families, stakeholders and members of the community at large. The purpose of the event was to recognize the accomplishments of Recovery Court participants and graduates during the 2009-2010 school year. Some of the honors include:

- 7 high school graduates
- 4 completed GEDs
- 10 JRC graduates
- 7 Youth Achievement Award recipients
- 5 youth currently attending college

Other awards were given for academic improvement, employment, treatment-related successes, and personal growth. Judge James Rulli, Commissioner Mark Boldt, and many JRC participants spoke about the value and impact of Therapeutic Specialty Courts at the ceremony.

This summer, the Juvenile Recovery Court is emphasizing job readiness skills. We're offering a series of classes to teach youth about applications, resumes, and job interviews. Youth will be able to access Food Handler's Cards and CPR/First Aid certifications. Recovery Court is also taking participants to visit post secondary options such as Clark College and WSUV.

For further information, contact Denise McCullough at 397-2201 Ext. 4093 or e-mail her at denise.mccullough@clark.wa.gov



Detention Officer Shares His Love of the Great Outdoors

By Jim Riggins

What I do in our group is meet with kids while they are here in detention and talk to them about fishing. I show them everything from simple knots to why it's important to catch and release, and everything in between. I brought my personal fishing rods and take kids to our gym, set up hula hoops and have them practice casting into them. I have even improvised the basketball shooting game called "HORSE" into a casting game, but we call it "JAIL." The more points they score the more snacks they win. We have also cut out felt letters. I spread them around the gym and with a small piece of Velcro attached to our line they spell out their name, their mother's name, and so on.

I've done this for several years off and on. Recently I got approval to meet with some of the kids who participated in my group while in custody "on the outs," as they say. This is a reward to the kids for meeting goals set up with their probation officer, like not missing school, passing their UA's, things like that.

We've had guest speakers, like people from the Washington State Fisheries Dept., talk to the kids

about rules and laws and what happens if they break them and get caught. Joel Sandberg, another detention officer, demonstrates fly tying and how important it is to imitate bugs living on the lakes and streams and why we now use barbless hooks.

Juvenile Court has programs where the kids go out in the community and do community service. I try to have my group get involved in projects like stream restoration projects. We work with other volunteers for a few hours. I buy them lunch. I talk about the importance of what we just did and how much more needs to be done so our wild fish population comes back so there will be wild fish for my grandkids and theirs. Then we fish at local lakes or fish for steelhead on the Lewis River or some other river.

Most of the time the kids say they get in trouble because they're bored. Then we talk about what a great place the Pacific Northwest is to live in. I remind them that they live within bike riding distance from some of the best fishing areas in our nation, by legendary rivers like the Columbia, Lewis, Kalama, and so on. Getting out in nature and taking it all in can clear their heads. I'm trying to tell them that it's pretty hard getting into trouble carrying a fishing pole and a can of worms or a pocket full of flies. It's easier getting into trouble with a can of spray paint damaging someone's personal property,

Since I got approval to go out fishing with the kids I'm trying to put together some fishing outfits for the kids to use. Several fishing supply shops have donated fishing line, backing, leaders and tippet, fishing videos, spinning combos, boots, tackle boxes, assorted hooks, sinkers and bobbers. One shop donated 3 nice new fly rods, a 9' 5wt. rod, a 9'7wt rod and a 9'10wt rod. The kids seem to gravitate to my fly rods when I bring them out, so I would like to add fly fishing to our arsenal.

Tim Rajeff donated all the fishing line for my group. This is no small donation. Each reel uses about \$50 worth of line. Tim also donated some practice micro rods the kids can use in the gym to practice fly casting. Tim Rajeff is the World Champion long distance fly caster and tours the world putting on shows and clinics.

Detention officers, Denton Sackett, Joel Sandberg, and Scott Moore agreed to go with me when I take the kids fishing.

I've been here for 12 years and plan to be here for another 10. I'll be teaching kids good fishing skills and ethics and introducing them to the love of the great outdoors. If I can save 1 or 2 kids from a life in prison in the next few years then I'm doing my job.

For more information, call Jim at 397-2201 Ext. 5156 or e-mail him at: jim.riggins@clark.wa.gov

**"If nature were not beautiful,
it would not be worth
knowing, and if nature were
not worth knowing,
life would not be worth
living."**

Henri Poincare

Compassion Vancouver Free Health Care for the Uninsured or Underinsured

On Saturday, August 7, 2010 from 9:00 a.m. to 3:00 p.m. health care providers will offer basic health care for the uninsured or underinsured:

- Basic medical exams
- Basic dental cleaning and emergency treatment
- Basic chiropractic exams
- Basic eye exams
- Social service fair
- Children's activities
- Free haircuts
- Free lunch
- Other services

The services will be offered at Washington Elementary, 2908 "S" Street (30th and S).

www.compassionvancouver.com



Dressing for Success in the Courtroom

The phrase “Dress for success” takes on a whole new meaning in the courtroom. Appearances do matter when appearing before a judge.

With warm summer days finally arriving, we’ve seen some outfits that definitely don’t make a positive impression on the judges who have decision-making authority over the outcome of a hearing. While tank tops, cut-offs or sagging pants might be acceptable at the beach or the park, they have no place in a formal setting like a courtroom. It’s a sign of disrespect to come to court dressed in overly revealing clothes. In fact, such attire can influence the way a defendant is treated in court. Judges have been known to hold a hearing until the end of court or even over to the next day if the defendant isn’t dressed properly. Nobody likes spending more time in court than they have to, so make sure you dress modestly when you come to court.

A rule of thumb is to dress as if you’re going to a job interview, sort of “business casual.”

While we’re on the subject of proper etiquette in the courtroom, remember to turn off cell phones before entering the courtroom, and chewing gum is not allowed.

ReStore – Clothing and Hygiene Supplies

In honor of JJC’s Restorative Justice model, we named our clothing closet ReStore. JJC staff donates good, usable clothing for youth on probation and their family members. If someone in your family needs clothes in good condition, ask your child’s probation counselor about ReStore.

NAMI Education Meeting

On Tuesday, August 10th, Connie Mom-Chhing from the Clark County Regional Support Network (RSN) will share information about the changes taking place in evaluation and treatment services provided by local community mental health agencies.

The monthly NAMI educational meetings are held on the 2nd Tuesday of the month from 7:00 to 8:30 p.m. at the NAMI office, 2801 Ft. Vancouver Way (near the IGA Food Center). For more information call 695-2823.

The Family to Family classes and NAMI Basics are not being held in the summer but will resume in the fall. Please call the NAMI office if you’re interested in taking these classes.

For more information on these and other services, call NAMI Clark County at (360) 695-2823 or log onto their website:

<http://www.nami.org/MSTemplate.cfm?MicrositeID=237>



The Table

Now that summer is here, there is a little more time in the day. This recipe has flavors and ingredients you may not know about, but that’s part of the adventure of cooking. The ingredients can be found at the new Fred Meyer at 2201 Grand Boulevard.

Nihon Saltimbocca

- 4 boneless, skinless organic chicken breasts
- ½ cup minced shrimp meat
- ¼ cup ground pork
- 4 pieces finely sliced prosciutto de parma
- ½ cup San-J Premium Reduced Sodium Tamari
- 1 bottle San-J Tamari Peanut Salad Dressing
- ¼ Tbs. honey
- 2 Tbs. fish sauce

- 1 Tbs. oyster sauce
- 1 teaspoon sesame oil
- 2 to 3 stalks fresh lemongrass (4 tablespoons minced)
- 3 cloves garlic, minced
- ½ cup fresh basil, julienne cut
- 3 Shiitake mushrooms, medium fine cut
- 1 green onion, minced
- 1 teaspoon minced ginger
- 1 teaspoon granulated sugar
- white pepper to taste.

Prepare the chicken breasts by washing and drying them appropriately. Butterfly cut the chicken breasts and place them in a re-sealable plastic freezer bag. Add ¼ cup of San-J Premium Reduced Sodium Tamari. Add white pepper and 1 teaspoon rice wine. Move the chicken breasts around in the bag to distribute the ingredients. Push out all the air and seal. Place in the refrigerator for at least 2 hours.

Trim the green leaves and root end off the lemongrass stalk and strip off the outside leaves. What remains will be a greenish cream-colored core 4 to 5 inches long and 1/4 to 1/2 inch thick. Mince the core finely: You’ll need about 2 tablespoons.

Blend shrimp meat and pork meat with lemongrass and mushrooms. Add remaining rice wine, honey, fish sauce, oyster sauce, sesame oil, garlic, basil, green onion, ginger, sugar, and white pepper. Blend well, almost to a paste-like consistency, preferably with a food processor. Place in refrigerator covered with plastic wrap for at least 1 hour.

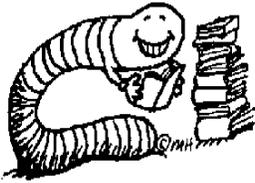
Preheat oven to 375 degrees. Take chicken breasts and place on assembly area. Divide filling into eight portions. Spread filling on each inner side of the chicken breasts. Place the prosciutto on top of the filling and fold the chicken breast enclosing the filling and prosciutto within. Close the open side with a toothpick.

In a skillet with oil to cover the bottom, cook the stuffed chicken over a medium heat until browned on both sides. Place aluminum foil over the chicken and place in the oven for 10-15 minutes or until the internal temperature reaches 160 degrees. Move to a plate and let rest for 2-3 minutes covered with aluminum foil. Remove toothpicks and serve.

Serve with San-J Tamari Peanut Salad Dressing

Serves 4 as an entrée. Serves 8 if cut into smaller portions with toothpicks inserted into the middle.

Alternate cooking method: After placing prosciutto on chicken and filling, cut in half, place on a plate and steam in a multilevel bamboo or metal steamer for 5-10 minutes. Remove from steamer, being careful with the hot plates, and serve.



<http://school.discoveryeducation.com/cliptart/category/lang.html>

Book Review: The Smart Love Parent : The Compassionate Alternative to Discipline

By Martha Heineman Pieper, Ph.D.
and William J. Pierper, M.D.
(Innova Publishing, 2004)

William and Martha Pieper are therapists in private practice who work with people who seek help improving some aspect of their lives. In The Smart Love Parent, they strive to offer a happy medium between being overly permissive and excessively harsh parents. They explain how positive, supportive parenting throughout childhood can build a child's ability to handle disappointment without being devastated by it. When children are raised in a way that establishes a secure attachment, they develop a sense of *primary happiness* that isn't shaken by the ordinary ups and downs of life. *Secondary happiness* is the pleasure derived through activities such as playing with their favorite toys or eating their favorite foods. This stage begins during the second year of life and isn't completed until the end of adolescence. Assuming children have parents who provide love and support for their children, as the children mature they learn that their secondary happiness depends on the kinds of choices they make, and they learn to make better ones.

The authors don't believe the theory that children are unhappy because of their innate temperament. Their

premise is that children become unhappy because they are punished and criticized for their inevitable mistakes. "[W]hen they are regularly made to feel unhappy or their unhappiness is not responded to with understanding and caring" unhappiness becomes the norm. Human beings tend to seek a sort of homeostasis that maintains feelings that are familiar to them. If unhappiness is prevalent in their emotional experience throughout their lives, they will unconsciously seek experiences that lead to the familiar feelings of unhappiness.

The authors offer chapters on each stage of childhood. Since most of the youth we have on probation are teenagers, this review will focus on Chapter 8, using Smart Love parenting with teenagers. They offer tips on such issues as:

- How to help your adolescent attain genuine independence
- How to respond to the teen who "knows everything"
- When it's okay to let your child learn from natural consequences and when it isn't
- How to choose appropriate rules and regulations for adolescents
- Avoiding both rewards and punishments
- Helping the teen who wants to become sexually active
- Chores
- Dealing with an adolescent's self-destructive behavior
- Why smart love is more effective than tough love

The last chapter focuses on special circumstances, such as adopted kids, non-traditional families, learning disabilities, and brain-altering medications.

"A child will have achieved the true goal of childhood development when her inner well-being becomes entirely independent of experiences of success or failure and is sustained by the reservoir of loving closeness with her parents and by the pleasure of making good choices and pursuing them well

and without conflict." Such an individual "will not react to disappointment with withdrawal, depression, self-criticism, or rage at others." A person who has a secure sense of self won't behave irrationally toward others when they don't get their way. A person whose needs have been adequately met will feel "sad, but not bad."

This book is available at the Ft. Vancouver Regional Library District. You can check out or reserve a copy at your local library branch, or online at <http://66.96.75.5/>. The call number is **649.64 PIEPER**.

Helpful Websites for Families

HealthyPlace.com offers highly informative articles on a wide array of mental health issues. Billed as America's Mental Health Channel, their motto is: "When you're at HealthyPlace.com, you're never alone." You can subscribe to their free online newsletter. [Navigating the Social World for Young Adults with Social Anxiety](#) was offered in the June 2010 issue. HealthyPlace.com recently added a section for Dr. Steven Richfield, the Parent Coach. <http://www.healthyplace.com/parenting/the-parent-coach/the-parent-coach-a-site-for-proactive-parents/menu-id-2143/>

MyMoney.gov

The Financial Literacy and Education Commission (FLEC) launched a new website to increase the U.S. public's skills in managing personal finances. The site offers interactive tools such as a savings calculator, budgets, and financial topics from birth to death. It offers specialized information for specific populations: youth, parents, teachers, military personnel, retirees. <http://www.mymoney.gov/>

The Search Institute is the organization that brought us the 40 Developmental Assets that contribute to healthy environments for children and young people. One of the features of their website is a collection of newsletters for parents, teachers and others who care about children. To subscribe to their newsletters, log onto <http://www.search-institute.org/youthsense>
Thanks to Dawn Young for sharing.