

THE JJC CONNECTOR

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

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**The JJC Connector Newsletter
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Happiness is
About being
Present and
Passionate
Illuminating
Natural
Energy and
Seeking true
Serenity in life and in love.

Kelley J. Groen

Letter from the Editor: Welcome to the “JJC Connector”

Dear Readers,

This is the first issue of the “JJC Connector,” a newsletter for youth and families who are involved in the Clark County Juvenile Justice Center. It replaces the “Connections Newsletter,” which went out to youth and families in the Connections unit.

This is also the first time the newsletter has appeared on the Clark County website. We’re excited about the opportunity to broaden our readership, as well as expanding on the topics we offer. It’s exciting to be able to highlight some of the great work that’s being done in all parts of the department.

The JJC Connector is printed quarterly, in February, May, August and November.

We’ll offer articles on subjects of interest to families with teenagers, including family relationships, Internet safety, drug and alcohol use, community resources that benefit families, etc.

We have several regular columns that will remain a part of the newsletter:

- **The Table** – Our resident chef, Alan del Mundo, offers delectable recipes that get rave reviews from our readers;
- **Book Review** – Self-proclaimed bookworm, Carol Murch, reviews books on parenting and other relevant topics that are available through the Vancouver Community Library system;
- We also have a column called **Family Voice** that appears from time to time to celebrate accomplishments of youth and families.

We’ll keep you apprised of staff

changes – new hires, departures, promotions, transfers, etc. – and information about special programs within our department.

We welcome questions and comments from readers. We value your input and your ideas.

In the past, we’ve featured work done by the youth, such as poems or drawings. If you’d like to publish something, let us know. We love to show off kids’ talents, and the kids enjoy sharing their published works with family and friends.

We hope you enjoy reading our newsletter. Please feel free to contact us to let us know how we’re doing and how we can improve. If you have specific questions or topics you’d like to see in future issues, give us a call. Our contact information is listed on the front page under the Table of Contents.

Thanks for reading.

Carol Murch,

Family Assistance Specialist and Editor

Restructuring Connections: Enhanced Services

With the loss of one of our Care Coordinators in 2008 and the hiring freeze that occurred at the time, Connections made some temporary changes to compensate for the shortage of staff. Care Coordinator Dawn Young managed to oversee two teams for a year, and she did an excellent job.

When Eric Gilman became the manager of Connections, he and others within our department determined that one staff person should not take on an extra caseload indefinitely. So we reorganized the unit and came up with a more long-term solution. What resulted was a team that is still part of the Connections unit, but not a

Connections team. This team doesn't have a Care Coordinator and we don't hold wraparound meetings.

The team is called Enhanced Services. A youth doesn't need to have a mental health diagnosis to be served by Enhanced Services. Enhanced Services can work with a youth or family who simply needs more services than regular probation typically provides. A youth can be referred to Enhanced Services by his or her probation counselor or by Intake. There's a formal process that needs to be followed to do so.

Kelli Russell Presented at *Intervene* Training

On April 8, 2010, Detention Officer Kelli Russell presented information at a training called *Intervene*, aimed at addressing Domestic Minor Sex Trafficking (DMST) in our community.

In 2008, former U.S. Congresswoman Linda Smith founded Shared Hope International (SHI) to rescue minors who are forced into sex trafficking.

With the help of SHI, Kelli is working in collaboration with local law enforcement (Officer John Chapman from Vancouver Police Dept., and Deputy Duncan Hoss from Clark County Sheriff's Office, to name a few), health care professionals and social service agencies (such as DSHS, the Children's Justice Center, and the YWCA Sexual Assault pro-gram) to identify and reach out to young girls who have been lured or forced into prostitution.

The problem is more wide-spread in Clark County than most of us realized. *The Columbian* featured an article, "State Gets Tough on Child Sex Trafficking," on March 10, 2010, stating that "the I-5 Corridor between Port-land and Vancouver, B.C. is one of the nation's most heavily trafficked areas for child prostitution."

Places where young people frequently congregate, such as shopping malls, are prime places for

traffickers to recruit young girls.

Kelli's passion about this work is evident when she describes some of the experiences she's had with young victims. A few years ago she sat in a Portland hospital with a 15-year-old girl who had just given birth to her second child fathered by her pimp. The DHS worker came in to check on the baby. Kelli was frustrated that they were only interested in the welfare of the newborn, ignoring the fact that this young mother was being horribly victimized.

"A lot of people see prostitution as a choice," Kelli said, "but if they listen to the story of even one of these girls and hear what they went through, they would understand that no one would choose to go through that experience."

The average age of entry into prostitution is 12 to 14. Pimps look for girls who are vulnerable – girls in foster care or girls who don't get along with their families. They tell them they're beautiful, that they love them and will give them anything they want. They pamper them, take them shopping for clothes and take them to get their hair and nails done, all designed to make them look older. Vulnerable girls are hungry for this kind of attention. Once the girl is hooked, the pimp starts pressuring her, possibly beating her or getting her hooked on drugs, to get her to do what she's told.

Drug abuse is prevalent among teenage victims of prostitution. For some, that's the only way they can deal with the trauma they encounter on a daily basis. Kelli said she sees drug and alcohol treatment as important for the girls' recovery, but we have to be careful not to strip away a girl's only coping mechanism without giving her an alternative to deal with the trauma she's experienced. To do otherwise would be like ripping off a bandage, leaving the raw wound exposed.

When the girls return home to their families after getting involved in prostitution, they feel alienated and alone. If their family learns what

they've been doing, they often feel shocked or ashamed. All of these experiences reinforce what the pimps tell them, which is "I'm all you've got."

Kelli said people ask, "Why don't the girls just leave?" She explained that there are many barriers to escaping the world of prostitution. Traffickers exert a lot of control over the girls. They might threaten to kill them, and if that doesn't work they'll threaten their family. "Remember that day I picked you up at home? I know you have a little sister. If you don't do what I tell you to, I'll go after her." Or they might threaten to kill their parents or other family members.

Traffickers tell the girls they'll be treated as criminals if they're caught. This has been the case in the past, but that's changing now with the introduction of new legislation aimed at prosecuting the traffickers and the buyers instead of the youth. Senate Bill 6476 passed the legislature in March. At the time of this writing, it's being reviewed by Governor Gregoire.

In the meantime, Kelli is doing a lot of work to educate detention staff and probation officers to help them understand the issues.

**"You stand with the belligerent, the surly, and the badly behaved until bad behavior is recognized for the language it is: the vocabulary of the deeply wounded and of those whose burdens are more than they can bear."
Father Greg Boyle**

Girls who are involved in prostitution often come across as very angry and belligerent. They're very defensive to protect people from finding out what they're doing. As a result, people don't tend to think of them as victims. With increased awareness, staff will be better able to recognize the signs that a girl is being prostituted. Such signs include:

- Associating with older males, ranging from mid-twenties to

forties

- Presence of an older man who presents himself as a boyfriend
- Chronic running away
- Multiple contacts with law enforcement
- Prior history of abuse (physical, emotional, sexual)
- Presence of a cell phone that the parents didn't purchase, accompanied by extreme resistance to handing it over
- Changes in appearance, especially hair and nails
- New clothes, especially those that make them look older
- Girls come in well dressed but hungry (Pimps withhold basic needs as a form of control.)
- Drug/alcohol abuse, either just starting or intensifying if they've already been using
- Unexplained large amounts of cash in their possession

We'll be able to take a more understanding approach rather than a judgmental one, which only causes a girl to shut down and not disclose the horrific lifestyle she's forced to endure.

The court has a part in this process, too. It's hard enough for a girl to disclose her experience to a detention officer or a probation counselor one on one. To have to stand up before a judge in front of a courtroom full of people, and to have to walk back to detention with a group of kids who have just heard a very public description of her lifestyle, is humiliating enough to keep even the bravest person from talking. Part of treating a girl as a victim instead of a criminal includes creating a process that allows victims to request a private hearing to address issues that are not part of the criminal charges.

Once we learn to recognize that a girl is involved in prostitution, helping her get out isn't always an easy task. For reasons explained above, it's very difficult for a girl to extricate herself from prostitution. Sometimes an advocate has to talk to victims several times before they're able to leave. It's similar to domestic

violence victims who continue to return to their abusers. People who try to help them sometimes give up out of frustration because they don't understand the intense psychological hold the abuser has over the victim, and how difficult it is for her to get out of that situation.

It's very important to keep an open door policy. There might be a time when a girl has a particularly frightening experience on the streets, and that might be the time she'll ask for help.

Kelli emphasized that it's very important to remain open to helping her and following through on what we say we're going to do. If we release a girl from detention and tell her there will be an advocate waiting for her when she gets out, we better make sure that advocate is there or that girl might not ask for help again. Kelli works with a network of advocates here in Clark County and in Multnomah County. She's very sensitive to how difficult it is for girls to share their story with a lot of different people, so Kelli calls ahead to explain to the next person who will be working with a girl so that girl won't have to start from scratch explaining her whole story to everyone she meets.

Kelli is working with Emily Salisbury, Ph.D., from Portland State University to establish a data collection protocol. Through collaboration with Shared Hope International we will be adding a screening process in detention intake and probation to facilitate early identification of minor victims of sexual exploitation. By reviewing data obtained through this process, Dr. Salisbury will be instrumental in demonstrating the extent of the issue, as well as the need for programs to work with girls, to pave the way for accessing funding to pay for such work. Thousands of dollars are spent on incarcerating youth. It's much more cost effective to address the underlying causes that lead the girls to crime, and do what can be done to treat them, and to prevent this from happening in the first place.

Kelli Russell is highly motivated to do this kind of work, and we are fortunate to have her on staff to educate the rest of us about this very compelling issue. More importantly, the girls who live with this kind of trauma are fortunate to have her working on their behalf.

For more information about Domestic Minor Sex Trafficking, log onto:

Shared Hope International:
<http://www.sharedhope.org/>

The Columbian article:
<http://www.columbian.com/news/2010/mar/10/state-gets-tough-on-child-sex-trafficking/>

SB 6476:
<http://apps.leg.wa.gov/billinfo/summary.aspx?bill=6476&year=2010>

Dianne Montalvo Promoted to Probation Counselor



Dianne Montalvo was promoted from a Probation Associate to a Probation Counselor in the Connections unit. She was sworn in on Friday, April 2nd, and her father, Cesar Montalvo, was able to come up from California for the ceremony and the reception that followed.

Though Dianne misses her former team and the youth and families with whom she worked, this is an exciting opportunity for her, and she has embraced it with open arms.

Dianne has worked with the Clark County Juvenile Justice Center (JJC) for 9 years. She moved to Vancouver in 2001 from Spokane, where she worked at Martin Hall, Spokane County's juvenile detention facility. While working there, she heard about Clark County's reputation for using Balanced and Restorative Justice in our work with youth.

Dianne found Clark County JJC to be very proactive. We put our energy into building programs that are effective in helping youth change their behaviors. We hold the youth accountable, while at the same time building on their strengths.

Dianne worked as a Detention Officer at Clark County JJC for 1 ½ years; she volunteered for the Community Accountability Board <http://www.clark.wa.gov/juvenile/programs/diversion.html>; and she served as an Associate in the Connections unit for seven years.

She likes the team approach used in Connections. “It gives me different perspectives, different points of view about the kids. That helps me work more effectively with families.”

Dianne’s promotion was only one of her many recent achievements. Last December she graduated from WSU Vancouver with a Bachelors degree in Criminal Justice and Sociology. She managed a grueling schedule her last term, taking 18 credits so she could finish in one semester instead of two. All the while she maintained her responsibilities on the job, never missing a beat. The only thing she skimmed on was sleep. She learned to exist on four hours of ZZZZ a night. (Warning, kids, do not try this at home!)

When asked what else she misses about her former job as Associate, she said she misses getting out in the community as much as she used to. She’s discovered that as a PO, she has more phone calls, more paperwork and more time in the office. She misses her former team, but added that her current team is great. Carol Patterson, the Care Coordinator on her new team, echoed that sentiment about Dianne as she walked by in the hallway. “We are so happy to have her,” Carol said.

Dianne is enjoying meeting the kids and families on her new caseload. She’s excited about getting to know them better, and the chance to gain new skills as she

tackles the responsibilities of a Probation Counselor.

So what does such a high achiever do for fun? Dianne is very athletic. She enjoys soccer, snow-boarding, hiking, mountain biking, and she’s preparing for a half marathon. Apparently this young lady has energy to burn!

Laura Beecher Moves from Victim Impact Program (VIP) to Connections



Laura Beecher worked in the Victim Impact Program (VIP) for 10 years, providing services to victims of juvenile crimes and offering conflict resolution and mediation services to victims and offenders. She officially transferred to Connections, taking Dianne Montalvo’s place as Probation Associate on the team with Alan del Mundo, Nick Potter and Pat Lindemaier. She enjoys being able to spend more time in the field, meeting with youth at their schools or in their homes.

Laura graduated from the University of Phoenix last December with a Masters in Education. She did her student teaching at Covington Middle School and Heritage High School, where she taught Language Arts, Social Studies and sophomore English. Laura loves working with teenagers. She loves seeing all the changes kids go through during adolescence, all the excitement and drama they demonstrate, which makes working at Juvenile Justice the perfect spot for her.

When asked if she uses the skills she developed as a teacher with the youth on her caseload, she said the two go hand in hand. In both positions she tries to motivate the kids to

be more interested in school. She said most adults try to tell the kid what motivated them when they were in school. A lot of parents and teachers loved school and did really well in it. But each person is an individual, and what grabbed a parent when they were in school may not be the same thing that will stimulate their son or daughter. “You have to find what their hook is and focus on that.”

Rather than telling kids what we think they need to know, we need to focus on asking them about themselves, Laura advised. She tries to be open-ended with kids when she talks to them – ask, “What are your goals? What do you want out of life?” – and then sit back and listen to them without imposing her own values on their answers.

“When your child gets home from school, ask them, ‘How’d your day go?’ Most kids aren’t motivated when the first thing their parents ask is ‘Did you do your Math homework?’”

“Make it real” is a phrase that Laura used several times. “Kids can tell when an adult genuinely cares about them, she said, “and when they’re being phony.”

“Make it real” also means showing kids how school applies to their real lives. How is it useful to them in the here and now?

It’s also important to ask kids what they *don’t* like about school. Some kids report that they don’t like the work. Others say that it’s boring. Some have problems with other students. Others just say, “I don’t know.” because they aren’t able to articulate what it is that bothers them. It’s important to know what the reasons are so we know how to help them resolve the problems.

Laura said that most people readily admit that they don’t know how to communicate with their teen, and vice versa. Part of the work Laura did in conflict resolution was to help parents and teens find different words or a different style of communicating. Then they were

more successful.

Some of the ways parents show that they care for their kids are not felt as caring by the kids. Part of a parent's job is to hold kids accountable, but kids often view that as nagging. Sometimes kids' words don't come across as caring, either. Laura likes to help family members brainstorm different ways of relating to each other to help them get their true message across.

Laura does a lot of prep work with the kids before a meeting with their school or family. She asks them what they plan to say, then helps them tweak it so it comes across in a way that the adults can actually hear and accept.

Thinking back on her teaching experience, Laura said that the kids who were the most challenging are the ones she remembers the most, because she had to work harder to get through to them. She worries about the kids who are too compliant in school. They might have a lot of problems no one even suspects. Because they're so quiet, they slip under the radar.

Laura has a 4 1/2 year old son, Ben. She spends her free time with her family. They go on day trips on the weekends.

Ben has some speech issues and has been working with a speech pathologist. Ben is starting kindergarten next year, so Laura will soon be faced with the prospect of navigating the school system with a child with special needs. This will give her a chance to put into practice some of the advice she's given other parents. We all wish Laura well in her new job and in her role as a mom.

NAMI Education Meeting: Youth Suicide Prevention, with Mary Jadwisiak on May 11th

Mary Jadwisiak has been a long time advocate for mental health consumers in Clark County. She currently works for the Youth Suicide Prevention Program, www.yspp.org.

On Tuesday, May 11th, Mary will lead a workshop to educate parents, teachers and other concerned adults about the dangers, warning signs, and effective responses to the threat of youth suicide.

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 8th annual NAMI Northwest Walk will be held in SE Portland on Sunday, May 23rd at 1:00 p.m. This is NAMI's biggest fundraiser. The money raised helps NAMI offer many free classes and support groups for mental health consumers and their families. If you'd like to join a team from Clark County Juvenile, contact Carol Murch at 397-2201 Ext. 4976.

Other NAMI classes include:
Family to Family (F2F)
a free 12-week course for family and caregivers of adults with severe mental illnesses. Class materials cover the clinical diagnoses and treatment of specific disorders and teaches skills that family members need to cope effectively. Instructors are family members of mental health consumers, and have been specially trained to teach the curriculum.
NAMI Basics (formerly Visions for Tomorrow) a free 6-week education program for parents and other caregivers of children and adolescents with mental illnesses. The material discusses specific illnesses and potential treatments, resources for parents and care-givers, and teaches the skills family members can use to cope effectively.

For more information, call NAMI Clark County at (360) 695-2823
For more information about NAMI Clark County, log onto their website http://www.nami.org/MSTemplate.cfm?Section=Home244&Site=NAMI_ClarkCounty&Template=/ContentManagement/ContentDisplay.cfm&ContentID=91574 or type in NAMI Clark County WA in your search engine.



The Table

Turkey Meatballs

Spring is here and as people start to spend more time outdoors, spring-time meals with the family is a great way to have family time while enjoying the fresh air. Here is a nice snack that the family can have while watching a sports event or camping out. Add a good sauce of your choice for dipping and a supply of tooth-picks, and it will make a nice addition to any potluck or party table.

- 1 lb ground turkey
- 1 egg
- 1/2 cup seasoned bread crumbs
- 1 tsp chopped onions
- 1/4 tsp garlic powder
- 1/8 tsp black pepper
- 1 tbsp tomato paste or 2 tbsp ketchup

Preparation:

Preheat oven to 400 degrees. Combine all the ingredients and mix thoroughly. Form 1 tablespoon of the mixture into the shape of a ball. Bake 15 to 20 minutes on a lightly oiled 10 x 15 x 1 inch baking pan, or until the meatballs are no longer pink in the center.

Note: This recipe yields enough meatballs to make two batches. They're so good you might want to share them with friends or save half of the meatballs in the freezer for another meal.

"Creativity is allowing oneself to make mistakes. Art is knowing which ones to keep."

-- Scott Adams



Book Review:
Addicted to Unhappiness:
Free yourself from moods
and behaviors that under-
mine work, relationships, and
the life you want

By Martha Heineman Pieper, Ph.D. and
William J. Pierper, M.D.
(McGraw Hill, 2003)

William and Martha Pieper are therapists in private practice who work with people who seek help improving some aspect of their lives, whether it has to do with relationships, careers, weight loss or fitness program, or others.

While at first glance this may not appear to be a book on parenting, there's a lot of information in this book that is relevant to raising kids. The authors describe how children's early experiences affect them later in life. When parents are able to meet a child's emotional needs, the child grows into a secure, happy individual. When children's needs are ignored or when parents respond harshly or permissively, children grow up to be insecure and develop various behavior problems.

The basic premise of the book is that we unconsciously recreate the feelings we experienced in early childhood. We experience these feelings long before we're able to process them intellectually. That's what makes it hard for us to become consciously aware of our reactions.

We go through life seeking to maintain our emotional equilibrium. If we had a happy childhood, we tend to create experiences that continue that happiness. If feelings of joy are unfamiliar to us, then when we do experience joy, it's uncomfortable for us and we do things to cause ourselves to return to the more familiar emotional states.

The authors listed several ways

parents raise kids that lead to this outcome. If kids were punished harshly when they were growing up, they have a tendency to be very hard on themselves – and others – as adults. If they're used to not getting their needs for love and affection met, they subconsciously sabotage their own happiness. If parents had excessively high expectations of kids that they weren't able to meet, the kids may feel incompetent or unable to succeed. Parents who can't tolerate their children's unhappiness may over-compensate by trying to protect them from experiences that make them angry or sad.

The authors are careful to state that this book is not about blaming parents. Most parents don't purposely inflict pain on their children. Most of us parent our children the way we were parented, without realizing the consequences. The Piepers compare it to spreading a virus. "You may unknowingly be coming down with the flu and infect everyone at your office, but you are not to blame for their getting ill." Parents can't be blamed for doing something they didn't know they were doing.

The point of the book is to help people discover how their early childhood experiences affect their lives today, and what to do to counteract it. In particular they try to keep people from getting discouraged when their initial efforts appear to fail. It's this period of time that is most crucial. It's precisely when people are beginning to succeed that their unconscious desire to keep things as they are kicks in.

There are chapters on:

- Freeing Yourself from Painful Moods
- Conquering Your Resistance to Achieving Physical Well-Being
- Building Relationships Based on Closeness, Not Conflict
- and Choosing Happiness at Work

This book provides useful information not only about how we can change the way we raise our kids, but

also about ways we can change our own lives – which ultimately affects the way we raise our kids.

In the next issue the Bookworm will review [The Smart Love Parent : The Compassionate Alternative to Discipline](#) by the same authors.

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 **158.1 PIEPER**.

Check out the Vancouver Community Library's online newsletter at: <http://www.fvrl.org/aboutus/enews/0410.htm>

Helpful Websites for Families

The Internet is the source of a lot of useful and helpful information for families. Following are some of our favorites:

Love and Logic – Charles Fay and Jim Fay are the founders of this specific course on parenting. They provide trainings around the country, for teachers as well as parents, and provide a weekly online newsletter you can receive for free.
www.loveandlogic.com

Collaborative Problem Solving – Developed by the author of *The Explosive Child*, this organization offers information to parents on how to teach skills to kids who exhibit challenging behaviors.
<http://www.ccps.info/>

Parents – The Anti Drug – This website offers information on how to prevent drug use or recognize signs of drug use in your child. It includes information on a wide range of drug related topics, including misusing prescription drugs, smoking, etc.
www.theantidrug.com/

David Pitonyak – David is a frequent visitor to Clark County. He has worked with children and adults with severe disabilities, and offers compassionate, insightful and useful solutions to common problems for families that are experiencing behavior problems.
www.dimagine.com/