

Sebastian County Juvenile Wellness Policy

This facility will provide the following items to ensure the well being of the juveniles housed here by:

1. Providing nutritious meals only using whole wheat grain breads instead of white. One of the primary nutritional differences between whole-wheat and white flour is the food's fiber content. Dietary fiber has a number of health benefits -- it prevents constipation, lowers blood cholesterol and might help you lose weight. Provide fresh fruits instead of canned to cut down the amount of sugar intake. Meals come with skim or 1% milk. Meals also include red/orange vegetables and collard greens to promote nutrition.
2. Providing a safe environment. All juveniles are constantly monitored by staff to insure their safety. Health inspectors and building inspectors do regular facility inspections to make sure everything is up to state regulations.
3. Providing the best education possible. This facility has 2 full time teachers and 1 para-professional that educate the juveniles every week of the year. Some of the instructional methods used for teaching are the pace program and Khan academy.
4. Providing physical activity. This facility has an outdoor recreational area where the juveniles can play sports and exercise. Some sports include basketball and soccer. There is also a workout bench for muscle strengthening and exercise.
5. Providing counseling by a licensed counselor. The Juvenile Detention Center has a contract with Valley Behavioral Health and provide a mobile health assessor to evaluate all juveniles that may be having mental distress. Valley also provides a weekly counselor that talks to the juveniles.
6. Providing mutual respect for all juveniles. This facility does not discriminate against any sex, race or religion and tries to develop the juveniles to do the same.

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7. Providing a clean environment. The facility is cleaned daily and nightly with safe cleaning solutions that are non-toxic and laundry detergent that is hypo allergenic.
8. Providing a grievance and complaint process. Every juvenile has access to a grievance form that they may fill out if they have a complaint. All grievances will be investigated by the detention center administration or the sheriff's department if needed.
9. Providing medical attention. The facility employs a licensed practical nurse that completes physical and mental assessments on all juveniles. The LPN also distributes medication that has been prescribed by a doctor to the juveniles. Maintains and keeps records of medication distribution, medical issues and assessments. The nurse also records the weight of the juvenile to see if there is weight loss or gain during the time in the facility.
10. Providing services for religious beliefs. Pastors and chaplains of different dominations speak to the juveniles on a weekly basis.
11. Providing special mentors, speakers and programs to develop and educate juveniles behavior, skills and ability to function properly in society.
12. Providing an at-youth risk program to educate youth on the consequences of poor behavior, building team working skills and helping non-charitable organization and working with them to make the community better.
13. Not participating in the selling of beverages and snacks at the facility to promote better dietary goals.
14. Due to this facility being a correctional facility, we do not participate in smart snacks and therefore do not market or advertise those products.
15. Having a group of participants develop and review this policy on an annual basis to see what can be improved or added to make this policy better and more efficient and to help the needs of the children. Participants that help develop this policy vary from staff, administrators, teachers, and law enforcement officers.
16. This policy was last revised 04/04/2019
17. Copies of this policy can be obtained by contacting the Sebastian County Juvenile Detention Center or by going online to www.sebastiancountyar.gov.