



COUNTY OF TUOLUMNE

PROBATION DEPARTMENT
Mother Lode Regional Juvenile
Detention Facility

POLICY MANUAL (SECTION VII, No. XX)

SUBJECT: Programs and Activities

TITLE: Health and Wellness

APPROVAL DATE: 04-17-2017

REVIEWED:

REVISED: NEW

AUTHORITY

Administrative Directive

PURPOSE

To establish, implement, and enforce nutritional goals and education, physical activity and education, and promote youth wellness.

POLICY

I. NUTRITIONAL GOALS:

- A. Youth housed at the Mother Lode Regional Juvenile Detention Facility shall be taught to comprehend a set of core health concepts and develop skills to apply that knowledge in their own personal behavior and environment.
- B. Proper portion sizes and eating habits will be introduced by the Living Unit Juvenile Correctional Officer (JCO) staff, and reinforced by the counseling staff.
- C. JCO, school, and counseling staff should be positive role models to the residents during meal time.
 - 1. Role modeling should include encouraging residents to try new food, as well as promoting the consumption of fresh fruits and vegetables.

II. PHYSICAL ACTIVITY:

- A. All youth shall be provided the opportunity for recreation and exercise a minimum of three hours daily during the week, and five hours daily on weekends and non-school days.
- B. Recreation and exercise shall include at least one hour of outdoor physical activity each day, weather permitting. In severe weather conditions, these activities shall be conducted in the indoor recreation area.
- C. The facility shall offer a range of activities that meet the needs, interests, and abilities of all youth wishing to participate.

- D. Physical activities shall be supervised and include orientation and coaching by the JCO in the Living Unit.

III. YOUTH WELLNESS:

- A. The facility shall provide a safe and healthy environment that supports health literacy and successful learning, as well as ensuring youth are physically and emotionally safe.
- B. All youth receive given a physical within 96 hours of admittance.
 - 1. Underweight youth may have a higher caloric diet requested.
 - 2. Overweight residents shall be counseled on proper diet and exercise to maintain a healthy weight.
- C. Residents have access to credentialed teachers, mental health clinicians, nursing staff, supervising probation officers, and group counselors who provide them with support and assistance in making healthy decisions, managing emotions, and coping with crises.

PROCEDURE

I. NUTRITIONAL EDUCATION:

- A. Credentialed teachers, JCOs, and experienced volunteers are to demonstrate ways in which they can enhance and maintain their nutrition-related health and well-being, using knowledge based on current recommendations, goal-setting skills, and decision-making skills.
- B. Youth are encouraged to explore various food, agriculture, and nutrition-related careers, as vocational options.
- C. Youth will be taught to understand and demonstrate behaviors that prevent disease and speed recovery from illness, based on concepts and self-management skills related to diet, physical activity, and safe food handling.

II. PHYSICAL EDUCATION:

- A. Physical education classes shall be taught by Gold Ridge Education Center staff on school days, and are to provide residents with the knowledge of the long-term and short-term benefits of physical activities.
- B. School and JCO staff are encouraged to participate in physical activities with the residents.
 - 1. Staff wellness should be supported by the facility so that they can serve as role models to the residents.
- C. Youth are discouraged from extended periods of inactivity (i.e. periods of two or more hours). Youth will be encouraged to stretch, walk, etc. during school and non-school hours.

III. YOUTH WELLNESS:

- A. Written orders for specific diet changes come directly from the facility physician or nurse.
 - 1. Any diet orders are then communicated to the kitchen, as well as counseling staff.
- B. School and JCO staff will help teach youth to understand and accept individual differences in growth and development, and the relationship between the human body and nutrition.

IV. ADMINISTRATIVE REVIEW:

- A. The Facility Superintendent or his/her designee shall complete a nutrition and physical activity assessment every two years to determine compliance and progress toward implementation of the adopted school wellness policy, and to set new priorities.
- B. As necessary, the wellness policy should be revised to address changes in state and federal law, as well as areas in need of improvement.