POSITIVE YOUTH INITIATIVES

Waukesha County

Presentation Goal:

Waukesha County Youth Justice staff will provide an overview of several restorative justice programs being offered through the Adolescent & Family Division in Waukesha. Many of these programs had been previously called *Alternatives to Sanctions*, but they were rebranded as *Positive Youth Initiatives* (PYI) in 2017. The PYI re-branding reflected a change in philosophy as well as an expansion of programming. While traditional programs like Teen Court, Community Service and Mediation remain, their emphasis was shifted toward increasing youth's ownership and pride as they "give back to the community". New programs were created to emphasize health and wellness with a goal of creating new hobbies, developing pro-social behavior and increasing self-sufficiency. These programs include Teen Cuisine, Hiking/Walking, Zumba, Running and the Youth Garden. Several other programs such as Teen Life Skills and Healthy Boundaries will be highlighted in this presentation as well.

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

Adolescent and Family Division Units

Family Services

Provide family-focused, strength-based services to assist children and their families in addressing parent-child conflict, which may take the form of school truancy, child runaway or other behaviors that jeopardize the child and family's well-being and stability. Specialized treatment services are also provided to children who come to the attention of the Juvenile Court for sexual offenses.

Waukesha County Juvenile Center

Provide short-term, secure custody services for males who cannot successfully remain in their homes. Female secure detention services, and male and female non-secure shelter care services are provided through contracts with community providers.

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

Adolescent & Family Mission Statement

- Promote the protection and safety of the community from delinquent acts of juveniles.
- Promote the protection and safety of children from the abusive and neglectful acts of adults and other children.
- Promote the development of responsible and pro-social behaviors in children and their families.
- Promote the development of skills and competencies toward self-sufficiency in children and their families.
- Promote the strengths of the family unit as the foundation of a strong community.

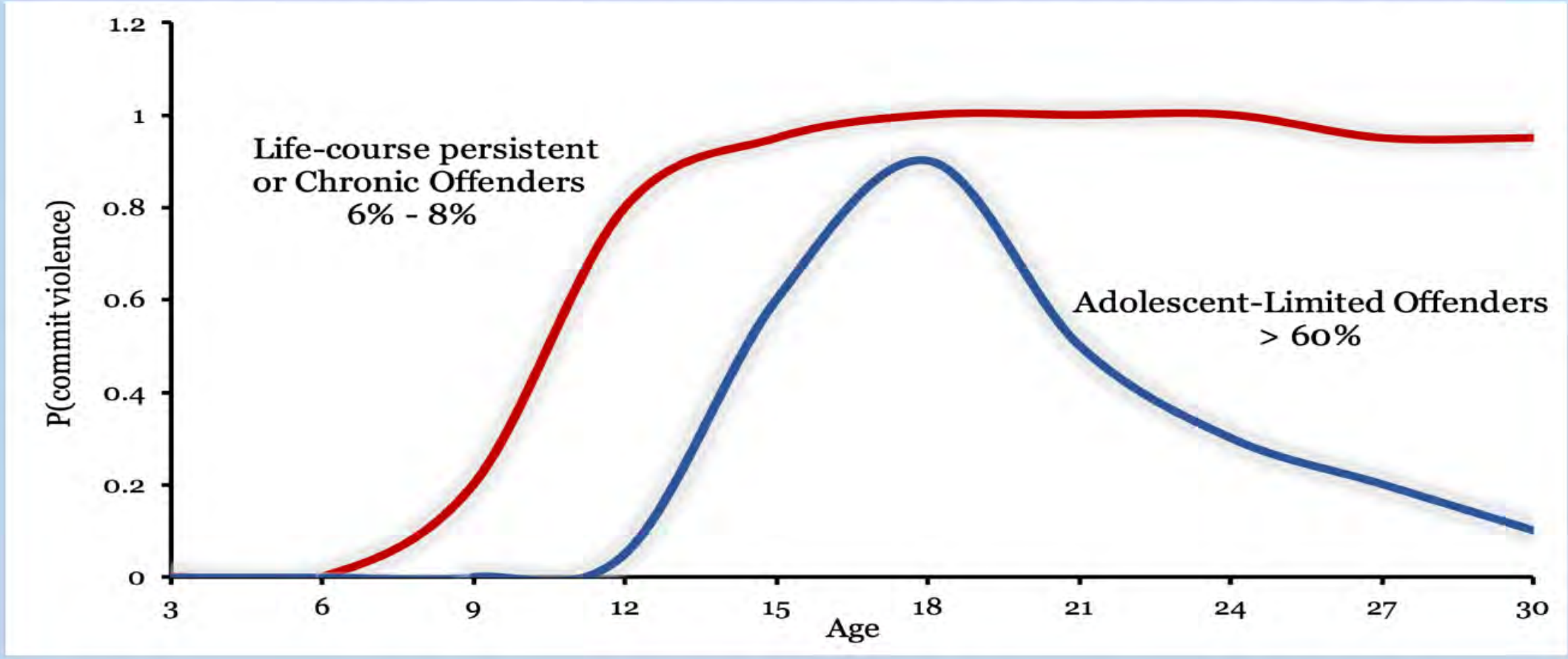
WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

POSITIVE YOUTH INITIATIVES → POSITIVE YOUTH OUTCOMES

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

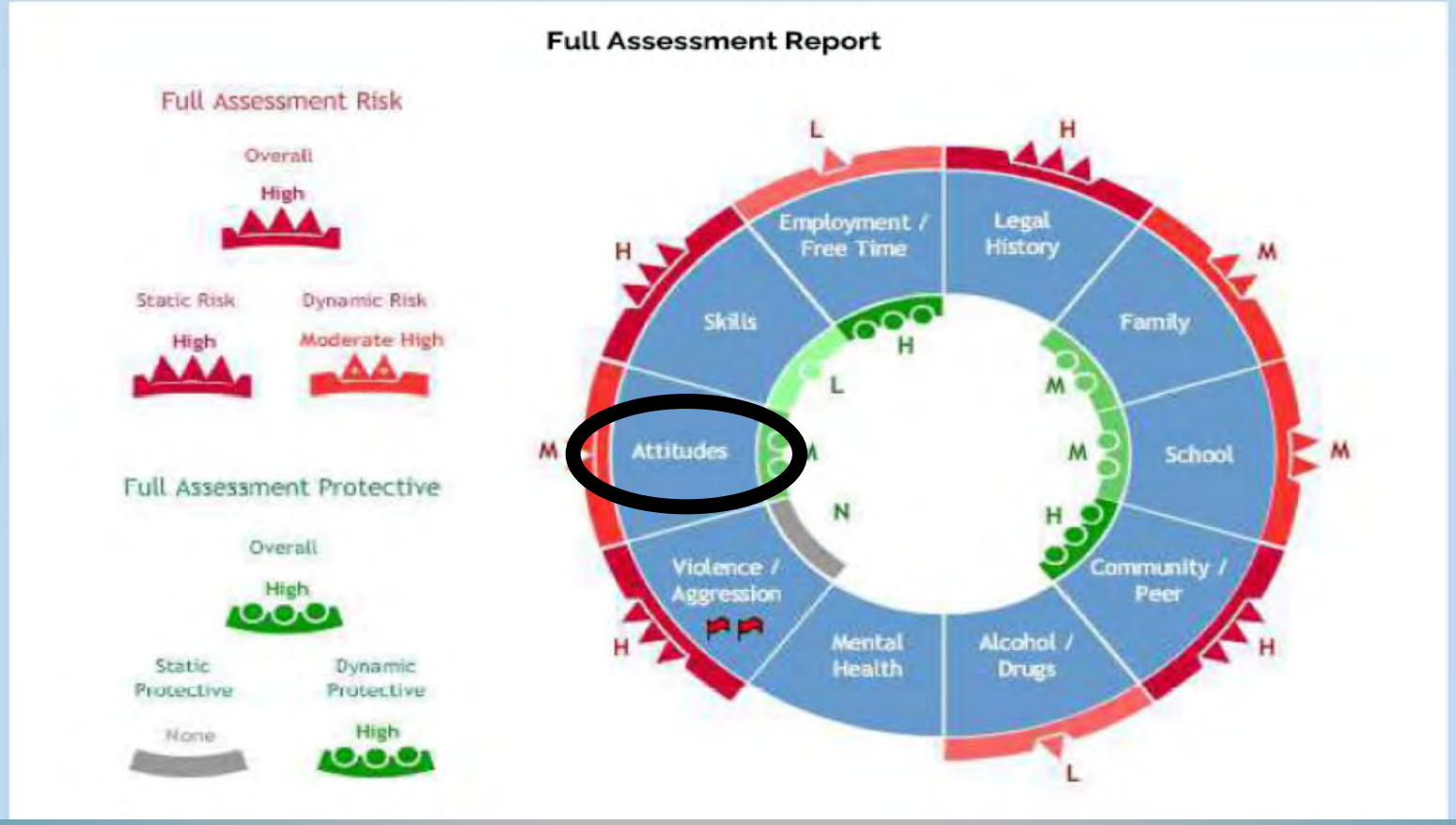
Offending Desists for Most Adolescents in Young Adulthood

(Community males; Farrington, 1995; Loeber et al., 1991 Moffitt, 1993, Moffitt & Caspi, 2001)



Full Assessment Results

Additional 55 items for 88 total



- Waukesha County Youth Garden
- Teen Court
- Community Service
- Mediation / Youth Accountability Panel
- Healthy Boundaries
- Walking / Hiking
- Running
- Zumba
- Teen Cuisine
- Recognizing Outstanding Kids (ROKS)
- Teen Life Skills

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

YOUTH GARDEN

Primary goals for the program include improving community conduct or school attendance and/or overcoming anxiety, social anxiety or depression of the adolescent youth participants. At the end of each session, youth are asked to reflect and write about the impact the program is having on making better decisions, choosing positive activities, and initiating positive interactions with others. At the same time, social workers in attendance documented their observations of each youth's level of participation and interactions with others.

Waukesha County UW-Extension Horticulture and Nutrition Educators provided hands-on education at each session. A healthy cooking component is offered in each session. Social workers from Waukesha County Health and Human Services Department were also in attendance.

PARTNERS

- Waukesha County UW-Extension Horticulture and Nutrition Education
- Waukesha County Health and Human Services Department
- Waukesha County Juvenile Court
- Waukesha County Corporation Counsel
- Waukesha County Bar Association Juvenile Law Section
- Wisconsin State Public Defenders Office
- St. Anthony's on the Lake - Giving Tree Project

Pounds of Produce Harvested:

1,122.5 pounds (2018); 295 (2019)

Number of Program Participants: ~25 per year

Program Structure: Class meet Monday and Wednesdays from 3:30-5 pm June through August.

Length of Program: Most participants completed 18 hours of service

WAUKESHA COUNTY HEALTH & HUMAN SERVICES

TEEN COURT

Waukesha Teen Court was started in 2006. The goal of Waukesha County Teen court is to encourage youth to learn new perspectives, help them find meaningful ways to make amends for damages in the community, and reparation of relationships.

Wrote and received a Juvenile Justice grant to produce Waukesha County Teen Court video: https://www.youtube.com/watch?v=i5wrx0FBEBM

Examples of Waukesha County-Specific Sentences:

- Essays or apology letters to the victims or the offender's parent(s)
- Community service
- Serve on future teen court panels

Participation in alternative to sanction programs (i.e., Positive Youth Initiatives) such as

1 of the 25 participants in 2015 re-offended (4%)

1 of the 16 participants in 2016 re-offended (6.25%)

1 of the 12 participants in 2017 re-offended (8.3%)

7 of the 26 participants in 2018 re-offended (27%)

General Information: www.waukeshacounty.gov/TeenCourt

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

COMMUNITY SERVICE

Staff supervised Community Service. Started in July 2018. Offered 20 community service opportunities involving 31 youth participants.

Highlights:

- We cleaned up the fairgrounds upon conclusion of Waukesha County Fair in 2018.
- We cleaned up Frame Park following conclusion of Oktoberfest in 2018.
- We cleaned up two parks and the bike route in preparation for the Carl Zach Cycling Classic in 2019.
- We participated with 2019 Earth Day.
- We cleaned up the Trailbreaker Marathon in 2019.
- We helped decorate Cutler Park in preparation for a 9/11 Tuesday Tribute Concert in 2018.
- We helped set up/clean up the Candlelight Hike at Minooka Park in 2019.
- We helped remove invasive plants species in multiple County Parks.
- We adopted three county parks and three county trails, (Combination of City of Waukesha and Waukesha County)and we can work all six sites at our discretion.

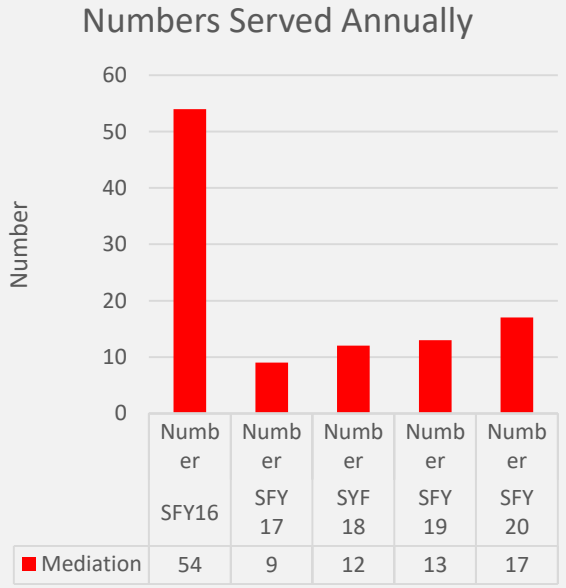
WAUKESHA COUNTY HEALTH & HUMAN SERVICES

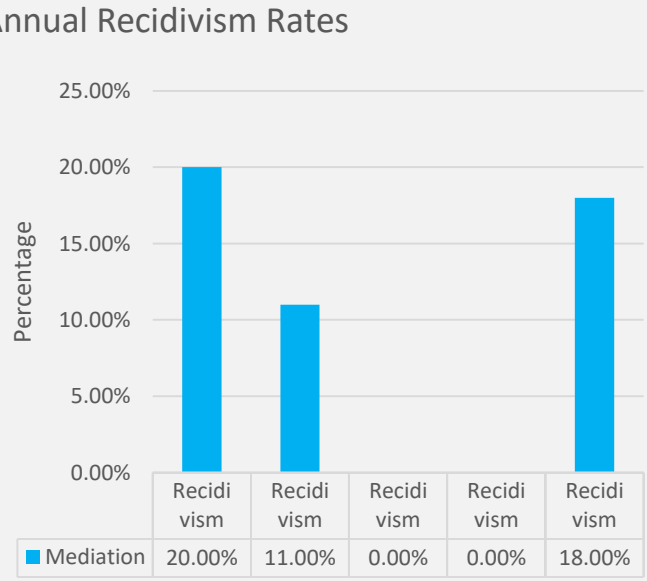
YOUTH ACCOUNTABILITY PANEL / MEDIATION

MEDIATION AND RESTORATIVE JUSTICE CENTER

Partnership with Wisconsin Community Services

The Youth Accountability Panel is an impact panel where juvenile offenders hear from community victims of crime. Youth listen to and respond to a crime victim who shares their story and the effect the crime had on the victim's life. Youth participants work with volunteer mentors to process group exercises that assist the youth in learning about the effects their behavior had on their victim and the community. The goal is to develop victim empathy.





WAUKESHA COUNTY HEALTH & HUMAN SERVICES

HEALTHY BOUNDARIES

The Healthy Boundaries program at Waukesha County Department of Health & Human Services (HHS) provides case management, intervention, referral and monitoring for youth who have been referred to HHS for sexual acting out behavior.

Multi-disciplinary program that wraps individual, family and group-based supports around a youth and their family.

Curriculum covers:

- Laws
- Consent
- Character
- Values / Attitudes
- Communication Styles
- Healthy relationships
- Different types of relationships (parent-child vs. boyfriend-girlfriend)
- Thinking errors
- Taking Responsibility
- Sexting
- Empathy / taking another's perspective
- Apologies

During the pandemic, we have been offering the "group" curriculum in a one-on-one format.

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

HIKING

Project Description

The purpose of the Waukesha County Youth Hiking Program is to provide an alternative to traditional approaches of court intervention to assist juveniles in the development of higher levels of achievement, self confidence, social and emotional functioning and empowerment through the process of stimulating interest in physical activity and mindfulness in youth served by the Waukesha County Juvenile Court System.

8-10 youth; 12-17 years old

1 Hour hike; nature guided

Evidenced Based Findings

Research conducted on youth that participate in outdoor activities suggests that contact with the natural environment facilitates children's development of cognitive , emotional and social connections to the social and biophysical environments around them. Studies have shown that children involved in programming have demonstrated increased physical health, mental health, emotional functioning and social relationships. Studies further suggest that children improve problem-solving abilities, their ability to respond to changing contexts; as well as participation in group decision-making.

Facilitator

- CPR/First Aid Certified
- Twenty Years experience in hiking, backpacking, and outdoor survival skills

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

RUNNING / WALKING

Project Description

The purpose of the Waukesha County Youth Running Program is to provide an alternative to traditional approaches of court intervention to assist juveniles in the development of higher levels of achievement, self confidence, social and emotional functioning and empowerment through the process of stimulating interest in physical activity and mindfulness in youth served by the Waukesha County Juvenile Court System.

8-10 participants

Ages 12-17

Evidenced Based Findings

Research conducted on youth that participate in physical activity suggests that the benefits of exercise benefits the reduction of stress, improved physical and mental health. The release of endorphins has been proven to decrease anxiety and depression, improves children's self-esteem and self-image. Various studies have shown that cardiovascular exercise improves overall decision making, learning, and increase memory. Lastly the release of dopamine can be an effective coping mechanism for children that struggle with addiction.

Facilitator

- CPR/First Aid Certified
- 8 marathons

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

ZUMBA ©

Program Description: Youth participants will engage in 45 minute, six week weekly session of exercise programming. Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun?

5-8 participants per session

13-17 year old

Evidence Based Findings: Research conducted on youth that participate in physical activity suggests that the benefits of exercise benefits the reduction of stress, improved physical and mental health. The release of endorphins has been proven to decrease anxiety and depression, improves children's self-esteem and self-image. Various studies have shown that cardiovascular exercise improves overall decision making, learning, and increase memory. Lastly the release of dopamine can be an effective coping mechanism for children that struggle with addiction.

Lead Facilitator

10 years teaching experience as a Zumba Instructor

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

TEEN CUISINE

FOOD WISE
Extension
UNIVERSITY OF WISCONSIN-MADISON
WAUKESHA COUNTY
515 W. Moreland Blvd., Administration Center Rm G22
Waukesha WI 53188
Phone: 262-548-7877 Fax: 262-548-7787
Para más información en español comuníquese con: 262-548-7882
www.waukeshacounty.gov/uwex

What is Teen Cuisine:

A fun, curriculum-based cooking program that is offered in partnership with the UW Extension. Teen Cuisine, is a teen-centered curriculum that teaches life skills through healthy food preparation, it is a successful way to improve teens' nutritional habits and skills so that they will be healthier as they transition to adulthood.

A 6- week series, that teaches youth: basic knife skills (with careful supervision), nutrition, how advertisements attempt to influence our decision making around the foods and drinks we consume. Hands on activities involve Name the Grain and an activity in which the youth have to line the various drinks up by the amount of sugar in each of them (water, 100% juice, juice cocktails, milk, chocolate milk, mountain dew, etc.).

- How to plan healthy meals and snacks based on MyPlate
- Cooking and measuring skills to prepare recipes
- How to read food labels to choose healthy foods
- How to handle food safely

Several recipes are shared with the participants for future use. The youth enjoy preparing food samples such as scrambled eggs, smoothies, fruit salad, egg salad, stir fry and guacamole.

According to pre/post surveys, nearly 100% of Teen Cuisine participants report making positive changes to their eating habits; the most frequent being increased fruit, whole grain, and veggie intake after participating in the group.

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

RECOGNIZING OUTSTANDING KIDS (ROKS)

What is ROKs:

Recognizing Outstanding Kids (ROKs) Art Show was started to provide the opportunity for our client youth to express themselves in creative ways using a variety of artistic media.

ROKs Annual Art Show:

Youth are encouraged to submit art pieces they would like displayed at the Annual Art Show. Any and all types of media are encouraged and welcomed at the art show. This is a significant event for the youth as their talents and accomplishments will be recognized with a reception and an award presentation. For the past two years, the County Executive and the Director of HHS have handed out awards.

VIRTUAL Show in 2020

We invited children and youth to express themselves artistically during this shared global experience/challenge of COVID19 and Social Injustice, and to promote emotional well-being and creative expression.

All submissions were scanned into a slide show. Social workers watch the slide show with their youth and present them with an award.

www.waukeshacounty.gov/ArtShow

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

TEEN LIFE SKILLS

Group-based program that teaches employment, nutrition, consumer skills, housing, transportation and automobile insurance, health/STIs, & community resources! The goal of this group is to provide teens with information that will help them be successful at living on their own when the time is right!

We complete a Budget Simulation on a weekly basis where the kids have to choose a job, an apartment and their utilities. They then receive biweekly paychecks and have to pay their bills from that.

Upon completing the course, the teens will walk away with a file folder of documents to help them as they prepare to live on their own.

Open to 16-18 year old clients

- **Job Skills & Consumer Skills –** Learn tips for obtaining & maintaining a job. *Speaker: Human Resources Manager
- **Apartment Life** – Learn how to look for apartments, learn about housing costs, leases, security deposits, check-in/check-out sheets, & dealing with roommates. *Speaker: Landlord
- **Health/Safe Sex & Community Resources –** Learn how to take care of yourself, the services Waukesha County Public Health provides & the various resources in our community to meet your needs as an adult. *Speaker: Public Health Educator
- **Transportation & Consumer Skills -** Learn the terms of automobile insurance and ways to lower your automobile insurance. Learn to be a "wise buyer" & the advantages and disadvantages of credit cards.
- **Legal Issues** – Learn about your rights as an adult. *Speaker: Waukesha County Sheriff & Adam S.
- **Graduation Celebration** – Prepare and enjoy a meal and play "Life Skills Jeopardy"

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

General Information:
Positive Youth Initiative

- Run by HHS staff
- Often in partnership with county or city staff
- Limited or no funding for most programs
- Offered evenings and weekends
- Staff develop or find curriculum
- Staff recruit participants
- Human Services Support Specialist position created to lend assistance

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

PYI Emergency Plan

- A folder with program participant's consent form and emergency contact information will be with the facilitator at all times during the activity.
- A first aid kit is on site during all activities.
- Facilitator carries a cell phone.
- Facilitator will have Supervisor and Juvenile Center contact information.
- At least one supervisor will be aware of when and where activities are taking place.

WAUKESHA COUNTY
HEALTH & HUMAN SERVICES

Q&A

Contact Information

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- 262-548-7226

Barb Girman

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Webpage

- https://www.waukeshacounty.gov/HealthAndHumanServices/adolescent-and-family-services/

WAUKESHA COUNTY HEALTH & HUMAN SERVICES