

Juvenile Detention Center

Amazing Things Are Happening Here!

January 2023

Special Visit

A mutual friend introduced Mr. John Haake to us recently. John just retired from the United States Army where he spent much of his career as a Commanding Officer in the Green Beret Special Forces. John has an interest in helping troubled youth and offered to come in and speak to our kids about some life lessons he learned throughout his military career.

John spoke about the importance of trust; dealing with things that seemingly happen by chance; experiencing hopelessness; and lastly, mental resolve. He also shared some of his personal experiences with real life and death matters. Our kids had questions for him and he provided honest, direct answers especially when comparing real life gun battles with the video games so many people play these days and the movies and television shows they watch.

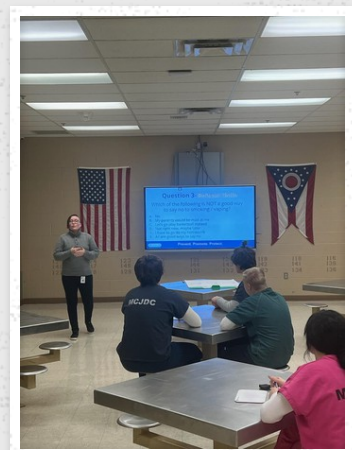
John has a Master of Arts degree in National Security Studies (America Public University); Master of Science in Military Operational Art and Science (Air University); and a Bachelor of Arts in History (University of Dayton). We look forward to having John visit again!



Get Smart About Tobacco

Did you know about one in three high school students currently uses tobacco?

Last month, Health Educator Rebecca Parkhurst, from the Medina County Health Department presented to our youth on the importance of being knowledgeable about tobacco products and the ill effects of their use. During her presentation she touched on topics such as addiction, different types of tobacco products, health effects and coping skills to name a few. According to The Centers for Disease Control and Prevention the #1 reason youth vape is due to stress.



Rebecca has also created a trivia game to help teach youth the different laws affiliated with tobacco use, "red flags" to look for, and coping skills to help with healthy outlets instead of turning to tobacco use. Below were a few of her questions.

Question: What percentage of people who try nicotine end up addicted?

Answer: 56%

Question: How many years did it take before we had enough research to show that smoking was linked to cancer?

Answer: 60 years

Question: How much money does the tobacco industry spend every hour on marketing?

Answer: \$1MILLION per hour!

We are grateful for Rebecca engaging our youth on the importance of their health and how tobacco use can affect them. To learn more about tobacco check out the Medina County Health Departments website (<https://medinahealth.org/people/nicotine-tobacco-and-vaping/>).



Snakes and Hawks

During 2020 and the height of Covid-19, while cooped up at home, Akron residents Carey and Ed Suber created a card named called Snakes and Hawks. They called us a couple of weeks ago to see if we might be interested in getting the game for our kids. This month they visited Superintendent Stollar and Assistant Superintendent Millikin to teach us their game. Carrie and Ed were interested in helping families have a positive game where they have to build a strategy and work together to win the game.



Snakes and Hawks is an easy to learn card game that is fun for ages 7+, can be played with 2-6 players, and can be played individually or with partners. The game play is easy and is very similar to trick taking card games, however unlike other popular trick taking games, your partner doesn't always have to sit across from you and your partner can change every round. Also, unlike a normal deck of cards, Snakes and Hawks is played with a 60-card deck. Winning the game takes strategy as players team up with other players, but ultimately try to reach an individual score of positive 200 or negative 100.

To find more on the game check out their website, where they share tips, tricks, strategies and videos on how to play. (<https://snakesandhawks.com>) *By the way, we purchased Snakes and Hawks for our kids!*

MyStemKits

If you have been following us for a while, you know we were able to purchase some 3D printers through an Ohio Department of Education Title I grant. As part of our 3D printer package with Boxlight, we also received a year-long subscription for MyStemKits Learning (<https://mystemkits.com/>). With MyStemKits our teachers have access to the world's largest library of 3D printable kits and curriculum designed for K-12 STEM education. This program will help our youth to experience real world, hands-on learning that promotes deep conceptual understanding.



Caring For Our Staff Members

Superintendent Stollar was at Brunswick High school recently and saw something he felt was worth "stealing". On a wall in one of the school's common areas were several cards with different aspects of mental and emotional health on them. Some of the topics included Self-affirming Statements, Guided Imagery, Journaling, Mindfulness, and Relaxing Breathing Techniques. Students are free to grab these cards and take with them at any time.

Stollar saw value in the information in these cards for not only our kids but for our staff as well. As anyone in corrections will tell you, correctional environments are inherently negative environments that come with their own unique set of problems, circumstances, and challenges. One of our goals here is to create as positive a workplace for our staff members as we reasonably can to help alleviate some of this negativity - even something as simple as having this information conveniently available to them in their breakroom.

Please note that we are also going to be incorporating the information on these cards into our kid's daily journals that our mental health clinicians work through with our kids. We will update you on that in the next month or two.



AFFIRMATIONS

- I am brilliant
- I am excellent
- I am friendly
- I am optimistic
- I am confident
- I am trustworthy
- I am a leader
- I am a good friend
- I am capable
- I am brave
- I am dependable
- I am unique
- I am known
- I am cared for
- I am loved
- I am intelligent
- I am funny
- I am consistent
- I am responsible
- I am outstanding
- I am loyal

Guided Imagery

- Think of a place that makes you happy - a place you enjoy
- Where is this place?
- If nowhere comes to mind, where would you like to go?
- Is it a place you have vacationed at with others?
- What did you pack? What your suitcase heavy or light?
- How did you get there? Drive? Fly?
- How long did it take to get there?
- Was it a relaxing trip or one of adventure?
- Do you remember smells from this place? What memories come to mind with those smells?
- Are there sounds you remember about this place? If so, were the sounds loud or soft?
- What did this place look like?
- What do you see around you?
- How would describe this place to a friend?
- What was the weather like?
- What do you see around you?
- Are you sitting, standing, laying down?
- What do want to remember most from here?

ANYWHERE STRETCHES

NECK STRETCH

- Put your right ear to your right shoulder. Put your right hand on your head for extra stretch. Then left ear to left shoulder. Left hand to head for extra stretch.

SHOULDER STRETCH

- Put your right arm across your body and hold with your left arm. Repeat on other side; put your left arm across your body and hold with your right arm.

BACK STRETCH

- Put both hands on the left side of your chair. Slowly twist your shoulders to the left. Put both hands on the right side of your chair. Slowly twist your shoulders to the right.

FEET & LEGS

- Lift your toes to the ceiling. Point your toes. Alternate pointing and flexing. Roll each ankle to the right. Roll each ankle to the left.

JOURNALING

WRITE...

- A letter to your current self
- A letter to your past self
- A letter to your future self
- A letter to someone in your family
- A letter to someone you miss
- A letter to someone special
- A note about someone you admire
- About your dream world
- About something that makes you unique
- About a happy memory
- About something fun coming up in your life
- A poem
- A rap
- A short story about something happy
- About your future
- About a problem you solved recently
- About what you are most proud of in your life

PROGRESSIVE MUSCLE RELAXATION

- Sit up straight
- Start with the top of your head and relax it
- Relax your forehead
- Let your eyebrows relax and let the tension fall away
- Are your eyes rested?
- Relax your cheeks, your jaw, your mouth
- Feel the tension leave your shoulders
- Drop your arms by your sides
- Let your hands and fingers completely drop and hold no weight
- Sit up straight again
- Notice your breath
- Feel any tension in your spine and back, and relax it
- Let your legs feel your feet in the ground
- Relax your ankles
- Feel each of your toes relax
- Breathe

POSITIVE SELF-TALK

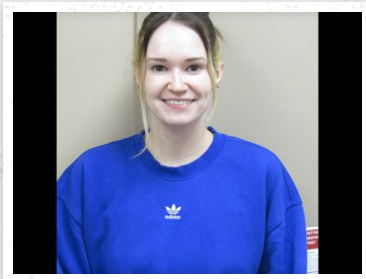
- Reframe your negative self-talk
- Re-train your automatic negative thoughts
- Speak positive affirmations to yourself
- Spend time with people who build you up, not people who tear you down
- Give out compliments to others
- Notice positive qualities about yourself that go deeper than what you look like
- Look on the bright side of things
- See the greater good
- Celebrate your small victories and congratulate yourself on them
- Take a break from social media
- Unfollow those of social media who don't add positivity to your day
- I am kind, smart, and capable!
- I am strong!

MINDFUL MEDITATION

- Pay attention to your breath
- Follow your breath in and out as you inhale and exhale
- Notice as you get distracted
- Redirect yourself back toward your breath
- Breathe in - breathe out - Your mind wants to wander - bring it back into focus
- Feel your chest rise and fall with each breath
- Feel your stomach move in and out with each breath
- Listen to your breath and what it sounds like
- Feel your heart rate slowing down with each breath
- Imagine watching your breath come into your body
- Imagine watching your breath leaving your body
- Breathe deeply

BREATHING TIPS

- Breathe through your nose
- Relax your muscles
- Inhale for a count of 4, exhale for a count of 4
- Inhale like you're smelling a flower - exhale like you're blowing out candles
- Take your right hand and trace along the outside of your left hand: every time you trace down around a finger exhale; every time up around a finger inhale
- Use a slinky and put one end in each hand. Every time you pull the slinky apart wide, inhale. Every time you put the slinky back together, exhale.
- Put your hand on your stomach as you breathe. Feel your breath with each inhale (stomach out), and exhale (stomach back in).



Meet Our New Intern

Joining us for a voluntary internship is Ashley Norris. Ashley has her Bachelor's degree in Psychology from Kent State University, and her Master's degree in Forensics from the University of North Dakota. She will spend time shadowing our corrections officers, mental health clinicians, and others so as to provide her with a comprehensive experience with us.

Ashley enjoys reading, exercise, spending time with friends and family, and is an avid Pittsburgh STEELERS fan! (As soon as Stollar found this out he knew we had a winner on our hands - there's nothing wrong with several Super Bowl championships now is there??!!)

She is Trying!

Following is a letter written to us from one of our current residents. She is 16 years old.

"I remember the first time I walked into the MCJDC. Let me tell you it was scary being alone, away from my family, and feeling like a failure to not only myself but to the people around me. I felt like I had to potential or faith in myself. Why? Because my mom went down the same path and now the last memory of have of my mom is doing meth with her two years ago. I was also into pills and was officially addicted by the age of 13.

It progressively got worse as the years went by and I first got detained when I was 15. When I got out I had no desire to change. I didn't want to go back to jail but I also didn't want to change. Then came my second time I got detained and I stayed for approximately 16 days. This time was different because I was trying to work on my sobriety by then. I had actually gotten to talk about how I was feeling, and felt a small desire to want to be sober. When I got out that time I stayed sober for six months but messed up again. I was detained again, this time for approx. 30 days. That was rough but it was also amazing because this time I really

wanted to change. I had people here at the MCJDC who were all rotting for me, giving me faith, and showing me light through a tunnel.

I finally got out again and I was genuinely trying, wanting to become a better person for myself. But then I slipped up again and ended up detained for a fourth time. That was two weeks ago. This time I came up with some initials for me. They are **P-M-D-C**. They stand for **Power, Motivation, Devotion, and Confidence**. I am still overcoming addiction but I am proud to say two things:

1. I am so grateful for every single staff member, corrections officer, and especially Superintendent Stollar.
2. This is the last time I will ever be detained.

I don't want to just try but DO. Actions speak louder than words and I am going to show myself and everyone around me that I can and will stay sober, stay out of the MCJDC, and do amazing things with my life. Again, thank you to everyone that has helped me."

We, of course, wish this young lady all the best. She has all the resources of our juvenile court (us, and others) to help her, and we all will.

What Are They Reading Now?

As many of you know, Assistant Superintendent Stollar and Assistant Superintendent Millikin include reading and studying various books on the topic of leadership as part of their job. They meet weekly to share their thoughts and opinions on what they just read, as well as share what they each learned. So what are they reading now? **THE GENERAL VS. THE PRESIDENT** by H. W. Brands. This book covers the the details of how President Harry S. Truman and General Douglas MacArthur worked through the aftermath of World War II in shaping America's future. Two leaders at odds with each other (to say the least) while much of the world believed World War III was looming large. Part of leadership is making unpopular decisions, extremely difficult decisions, decisions without all pertinent information, etc, etc, etc. This book covers it all!

Millikin and Stollar recently finished QBQ: THE QUESTION BEHIND THE QUESITON – What to Really Ask Yourself to Eliminate Blame, Complaining and Procrastination; by John G. Miller. QBQ is all about practicing personal accountability at work and in life. We have assigned this book to our sergeants to read and review for their own continued growth as leaders.

"History offers few antagonists with such dramatic contrasts,
and Brands brings these two to life." —*Los Angeles Times*

THE
GENERAL
VS. THE
PRESIDENT



MACARTHUR AND TRUMAN
AT THE BRINK OF NUCLEAR WAR

H. W. BRANDS

AUTHOR OF
TRAITOR TO HIS CLASS



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Contact Us!

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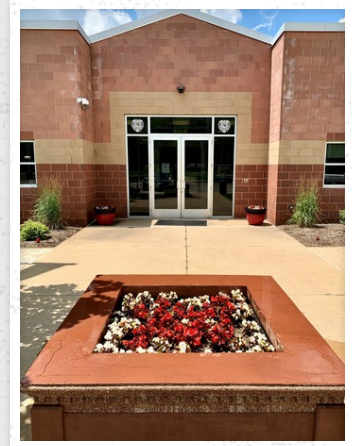
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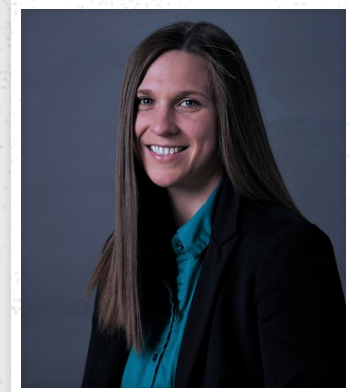
www.medinajdc.org



**Judge Kevin W.
Dunn;
Juvenile/Probate
Court**



**Ron Stollar;
Superintendent**



**Megan Millikin;
Assistant
Superintendent**

"We are making the Medina community a better place by inspiring troubled youth to become responsible, productive citizens."

