

# Juvenile Detention Center

==== Amazing Things Are Happening Here! ====

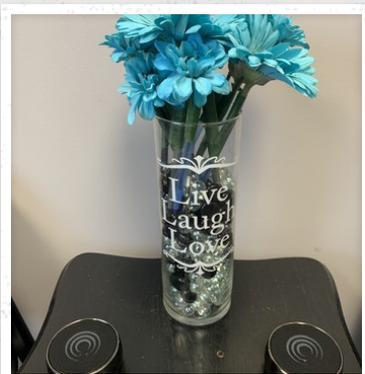
## January 2021

### My How Things Have Changed

2021! For some of us it does not seem all that long ago that we had just successfully gotten through Y2K!! Were you aware that last year the average person had more conversations with bots than with their spouse? 93% of all buying decisions are influenced by social media. Most of today's college students have never licked a postage stamp. Two of three people get their news from social media. Due to our fast-paced lifestyles the average human now has an attention span of only seven seconds.... a goldfish? Eight! More people own a mobile device than own a toothbrush!! One in three marriages begin on line. Every second, two people join LinkedIn. You get it. The change most of us have experienced in our lives has been monumental.



So yes, the world has changed a lot over these past 21 years - some for the better, some not. Juvenile corrections has not been exempt from change. We have moved (nationwide) from spending much time housing troubled youth to putting effort into helping them turn their lives around. We want you to know we will continue to do this in Medina County this year, next year, and in all the years to come. We believe in our kids!



### Tone Therapy

Say what?!! Yes, tone therapy. We recently acquired this system for our mental health clinicians to use with our kids at times when we need to set a more therapeutic environment for them during their one-on-one counseling sessions. This system is so easy to use. We simply turn each tone device on and they emit varying series of tones that serve to relax and calm one's mind. An entire "session" takes only three minutes

and establishes a calm environment for meaningful introspection and discussion. Marketed as "Yoga for Your Mind", click on the link and close your eyes to experience a sampling of tone therapy!

Below is an informational video, however, we do not endorse any specific product.

<https://www.youtube.com/watch?v=1FW6r38VFrc>

## Writers in Residence

**Writers in Residence** is an Ohio based non-profit whose mission is to teach creative writing to youth who are incarcerated, to empower their voices, and assist in their re-entry into society. Writers in Residence has already facilitated six virtual workshops at our center and they are scheduled to continue for 12 more weeks. The program director, Zachary Thomas, and all his volunteers are college students who have been effective at connecting with our residents, building their self-worth, and getting them excited to express themselves through written word. Many of our kids don't feel heard or understood in the majority of the environments in which they live. The goal of the workshops is to give them the tools and outlets they so desperately need to make their voices known.



Here are a couple of quotes from our kids who participated in this program, highlighting something that really stood out for them:

- *"Family is a gift you are given the second you are born".*
- *"I liked the workshop because I got to talk about what I want to be."*
- *"I learned about joy."*



## - Zach Thomas being interviewed by Channel Five's Taneisha Cordell

Jaclyn Balliet, our Youth Fulfilment Coordinator, and a current resident were also interviewed. To watch the segment, tune in to News Channel 5's Good Morning Cleveland on Tuesday, February 2nd!



"The family is  
Solid as a fact  
We always will  
Have respect and love for one another  
Even though our  
Music is quite different  
The honesty between us never fails  
We may fight as  
Most families do  
But at the end  
Of the day  
We help each other  
Make our dreams  
Come true  
The family is

Solid as a fact".

- written by one of our residents and read aloud on News Channel 5's Good Morning Cleveland

## Group Counseling!

Hello! My name is Ron Blue and I run the JDC's Drug and Alcohol program every Monday. I am employed by Alternative Paths and I hold an Ohio license as a Professional Clinical Counselor in addition to holding a certification as a Chemical Dependency counselor. Our program topics include "Brain Science of Addiction", "Recovery from Substance Abuse", "Short and Long Term Effects of Drug Use" and "How Drugs Impact the Body." The topics may sound a little dry/boring, but with a little preparation they are able to be presented in a relevant and effective manner to the students.



Teaching on the topic of substance abuse can be a challenging task due to the perceptions that exist in our society. Because the topic can be so controversial and complicated I have found that it's necessary to build a strong rapport with the students to foster better learning. This can be challenging in a non-pandemic environment - imagine the challenge when the program is conducted virtually through a computer screen?

Successful, evidenced-based strategies I've used in the program include allowing for personal sharing and struggles, using positive feedback and encouragement, facilitating group discussions and readings, quizzes and trivia contests, viewing current media clips on substance abuse, and processing the content. I often find myself encouraged by the students when they participate and share during this time. It is especially rewarding when students who have been through programs are able to repeat information about 'stages of change' or how 'dopamine works in the brain.' I have been reminded numerous times that despite their current circumstances, students still like to learn and engage.

- Submitted by Ron Blue, LPCC-S



## Yum!

Our kids began eating their meals this month from a new food service provider due to a change in our contracted food vendor. Trinity Services Group secured a contract with our county recently to provide all meals for not only our kids but also the Medina County jail inmates for the next two years. Our kids really like the new meals!

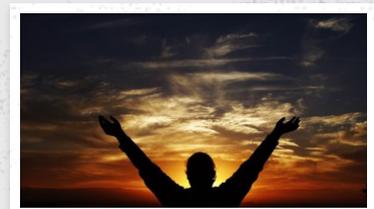
As some of you know we have the phrase, "BE A GOOD HUMAN", printed on the back of our kids' uniform shirts. We now also have a banner in front of our building with this same, simple and powerful message on it. We always encourage our kids to be good humans but this short message is also a reminder to ALL of us everyday to be good humans. Be a good human in 2021 and always!!!



**Officer Bethany Martin (left) with Sgt. Brent Foreman outside of our building!**

## **Pleasant Surprise!**

I was at an area shopping mall last month when I heard someone shouting, "Mr. Stollar, Mr. Stollar!" I turned around to be greeted a young man who had spent a significant amount of time in our building during his teen years (he is now 21). This young man shook my hand and excitedly began updating me about his life since we last saw each other in 2017. He volunteered that it was during his very last stay with us that he seriously began reflecting on his young life and resolved then to begin making sound, solid decisions. As he was talking I was reminded about the brief letter we



wrote me his final day with us where he thanked us for helping him in many different ways. (*I may share that letter with you in one of our future newsletters.*)

This former resident was always personable and had so much potential! And a good head on his shoulders even though he was not using it so well at that time. As we visited for several minutes he asked if he would be permitted to come in (after Covid) to speak with our kids. We exchanged contact information and we will be calling him as soon as we are able to get him in.

- Superintendent Stollar



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## Contact Us!

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Administrative Hours  
Monday-Friday  
8:00 a.m. to 4:30 p.m.

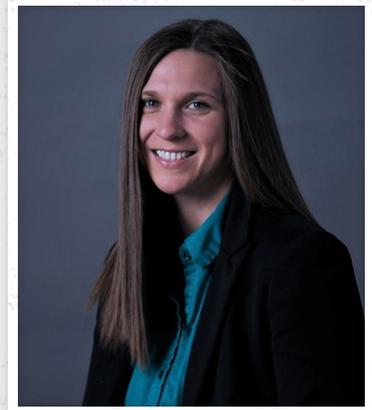
[www.medinajdc.org](http://www.medinajdc.org)



**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."*