

Juvenile Detention Center

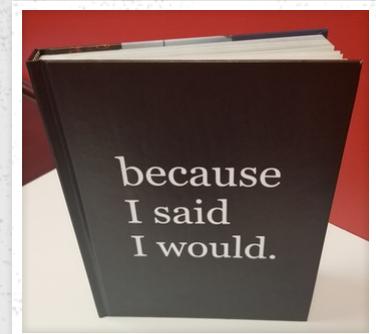
==== Amazing Things Are Happening Here! ====

November 2019

We hope you have a most enjoyable Thanksgiving!

Because I Said I Would

Alex Sheen, founder of *because I said I would*, made his third visit to our facility recently to deliver, in person, his powerful message about keeping one's promises. Twenty-two youth and several guests heard Alex talk about how his nonprofit social movement is dedicated to the betterment of humanity through promises made and kept. To date, more than 11 million of his promise cards have been distributed around the globe. Alex always connects with our kids and we SO appreciate him taking time out of his busy schedule to encourage them. Check out the cool PROMISE sign our assistant superintendent made and gifted to Alex!!



Alex promised each of our kids one of his *because I said I would* hoodies, and guess what? They got'em! Thank you, Alex!! If you want to learn more about Alex check out this link; <https://becauseisaidiwould.org/> (By the way, if you ever have the opportunity to work with any of his staff, you will be delighted with how great they are to work with!)



Books, Books, BOOKS!

Did you know we have over 3,000 books in our detention library? I'm sure you could agree organizing that many books would be overwhelming. Thanks to Officers Nicole Barone, Austin Clemens and Regina Hogg, they did just that. Starting in October, they took on the task of organizing all the books by genres and creating labels for each section. This will make it easier for our youth to find and return books. It has been quite an undertaking and they have gone above and beyond to find time during their demanding shifts to put their energy into bettering the reading experience for our youth. *(Pictured below from right to left, Regina Hogg, Austin Clemens and Nicole Barone.)*



Kent State Visit

Recently, Superintendent Stollar had the opportunity to speak with Kent State's Graduate School Psychology Program class at our detention center where they also received a tour. The students enjoyed learning about the work and operations as it helps them see youth in a non-traditional setting and learn about how they, as future school psychologists can assist them in alternative settings. They also learned a lot about positive behavioral supports and were very excited to learn about our positive behavioral strategies with our kids. One of them commented; *"It was such an inspiring day to see all of the amazing people who work so hard to help kids."*



Testimonial Blues

Rev. John McClure and Rev. Kirk Stamper spent a Saturday afternoon with us here at the Juvenile Detention Center rocking the Blues and spreading the Word! John shared the story of his complicated past, riddled with drug abuse and crime, and how he found his way out of it. Both John and Kirk travel to different prisons and jails throughout the state offering their music and support to adults and juveniles who are open to hearing what they have to share. The kids listened to the reverends' Blues performance and learned how different decisions can create different paths along our journeys in life! *(Pictured below is Rev. McClure and Rev. Stamper presenting to our youth.)*





Mindfulness

What is mindfulness and what are we doing with it at our detention center? It is the ability to be fully present in the moment rather than dwelling on the past or anticipating the future. Mindfulness is used to increase levels of focus, increase happiness, and to decrease stress, anxiety and sadness.

Is there a difference between mindfulness and meditation? Yes. In short, mindfulness is the awareness of *some-thing*, while meditation is the awareness of *no-thing*. Over just a couple of months of consistent practice, mindfulness can actually rewire our brain toward more positive thoughts and emotions.

Mental health clinician, Alexis Lee, teaches our residents mindfulness every Monday so that they can practice it throughout the week when they are angry, upset, etc. Our residents have been learning techniques such as deep breathing, visualization and **30 Seconds to Mindfulness** (credit to Phil Boissiere's TED Talk). The 30 seconds to mindfulness technique that the residents are learning involves three steps;

1. Identify a tangible object,
2. Verbally label that object,
3. Stare at that object while taking deep breaths and repeating the labeled object's name.

The purpose of the residents learning this skill is to fill their toolbox with techniques they can use inside or outside of the detention center to regulate their emotions toward a happier, more rewarding life.



Guardian Guidance

Let your child know that you'll always be there for them by being responsive to the child's signals and sensitive to their needs. Support and accept your child as an individual. Be a warm, safe haven for your child to explore from.

- Alexis Lee (LISW)

New Interactive Smart Board

Thank you to Medina City Schools for purchasing (through grant money) an 84" interactive smart board for us to help teach our kids! This board is used for math and reading, science presentations, and when we have special presenters as a visual aid. We plan to have live webcasts with the Smithsonian Institution in the future. Pictured below are two of our staff members playing a game with some of our kids.



Nicest Room in our Building!

This is a shot of our gymnasium. As you can see, it is quite nice! Our youth use it for at least one hour every day of the year. Some days it gets more use. We have a variety of games and activities our kids can engage in, which is a great way for them to work off energy, anxiety, anger or stress, plus it gives them a nice break from their day. It measures approximately 65' x 88'.

At the far end you can see our Promise Wall where our kids can post promises they've made to others as they go through our *because I said I would* curriculum. Pardon our bias but we think it's kind of cool. :-)



New Officers!

We welcomed two new Corrections Officers to our facility recently. Nikolas Spillman and Claudia Judele. Nikolas joined us from auto sales, and Claudia came to us from the Medina County Emergency Management Agency.

Nikolas likes to travel, hunt, fish, and go to the gym.

Claudia was born in Romania and is a certified rescue scuba diver, and enjoys camping and jet skiing.



**Officer Claudia
Judele**



**Officer Nikolas
Spillman**

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Contact Us!

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Administrative Hours

Monday-Friday



8:00 a.m. to 4:30 p.m.

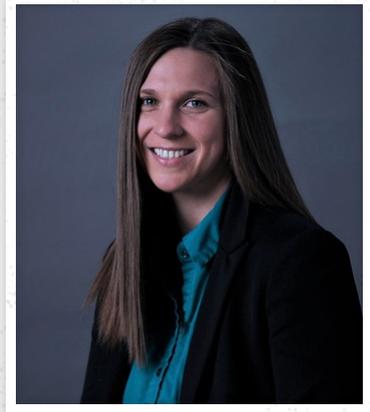
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**Judge Kevin W.
Dunn - Juvenile
Court**



**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."