

	<i>MONTGOMERY COUNTY JUVENILE DETENTION CENTER MCJC</i>
Chapter 10: Food Service Subject: Wellness Policy	Policy: 10.5 Pages: 18
ACA Standard: JDF 1A-31, JDF 1D-01, JDF 2A-03, JDF 3C-02, JDF 3C-03, JDF 3D-02, JDF 3D-03, JDF- 3D-04-1, JDF 3D-06, JDF 3D-07, JDF 3D-08, JDF-4A-04, JDF 4B-12, JDF 4B-13, JDF 4C-09, JDF 5B-01-1, JDF 5C-01, JDF 5E-02, JDF 5F-03, JDF 5G-04	Other Related Standards: OAC 37-06 (A) 1, OAC 37-08 (A) 3, OAC 37-11 (A)1, OAC 37-12 (A) 1, OAC 37-13 (A), OAC37-13 (B), OAC 37-14 (A) 1, OAC 37-15 (A), OAC 37-15 (A) 5, OAC 37-15 (B), OAC 37-16 (A), OAC 37-18 (A) 6, OAC 37-19 (A) 2, OAC 37-19 (B) 7, OAC 37-19 (B) 9 JDAI-I-C-6a,b,c,d,e, JDAI-I-C-6n, JDAI-III-A-2, JDAI-III-A-3, JDAI-III-C-1, JDAI-III D-1,2,3,6, JDAI-I-C-6k, JDAI-V-C-2, JDAI-V-C-4a, JDAI-V-E-3, JDAI-VI-B-5, JDAI-VII-D-3
Effective Date: 6/1/15	Revision Dates: 3/01/18
Evaluation Component: Y/N: No	Evaluation by: Director
Approval: Bruce Graham, Director	Review Date: 4/13/16, 5/02/17, 3/01/18, 7/23/19, 6/1/20, 10/15/20, 8/20/21, 8/30/22

I. Policy:

The Montgomery County Juvenile Justice Center shall identify goals for nutritional education, physical activity, and other education-based activities that are designed to promote youth wellness and foster lifelong habits of healthy eating and physical activity. The MCJC shall follow all U.S. Department of Agriculture and Ohio Department of Education guidelines. The Wellness Policy shall be made available to staff and youth by placing a copy of it in the Operations Manual and classroom. MCJC is committed to the optimal development of every youth. The belief is that for youth to have the opportunity to achieve personal, academic, developmental and social

PAGE	SUBJECT	POLICY
2 of 18	Wellness Policy	10.5

success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year.

Two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive youth outcomes. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among youth. In addition, youth who are physically active through physical activity breaks, high-quality physical education and extracurricular activities do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance.

This policy outlines MCJC's approach to ensuring environments and opportunities for all youth to practice healthy eating and physical activity behaviors throughout the school day. Specifically, this policy establishes goals and procedures to ensure that:

- Youth have access to healthy foods throughout the school day in accordance with Federal and State nutrition standards.
- Youth receive quality nutrition education that helps them develop lifelong healthy eating behaviors.
- Youth have opportunities to be physically active before, during and after school.
- The Educational Program engages in nutrition and physical activity promotion and other activities that promote youth wellness.
- Education staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of school.
- MCJC establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

II. Definitions:

Extended School Day: the time during, before and after school.

Health Education: the instructional program that provides the opportunity to motivate and assist all youth to maintain and improve their health, prevent disease and reduce health-related risk behaviors. It allows youth to develop and demonstrate increasingly sophisticated health-related knowledge, attitudes, skills and practice.

PAGE	SUBJECT	POLICY
3 of 18	Wellness Policy	10.5

Health Services: provides coordinated, accessible health and mental health services for youth.

Healthy and Safe Environment: supports a total learning experience that promotes personal growth, healthy interpersonal relationships, wellness and freedom from discrimination and abuse.

National School Lunch Program: ensures healthy eating for youth at breakfast and lunch meals during school hours.

Nutrition: programs that provide access to a variety of nutritious and appealing meals that accommodate the health and nutritious needs of all youth. The goal is to promote the role of nutrition in academic performance and quality of life.

Nutrition Education: teaches, encourages, and supports healthy eating by youth. Nutrition education and healthy eating will allow for proper physical growth, brain development, ability to learn, emotional balance, a sense of well-being, obesity prevention and the ability to resist disease.

Physical Activity and Physical Education: provides the opportunity for all youth to learn and develop the skills, knowledge and attitudes necessary to be physically fit and active for a lifetime.

School Day: the time between midnight the night before to 30 minutes after the end of the instructional day.

Social and Emotional Wellbeing: collaborate with youth, parents, staff and community to influence youth success by building awareness and promoting strategies to maintain and/or improve youth's mental health.

Staff Wellness: promote activities for staff that are designed to promote the physical, emotional and mental health of school employees as well as to prevent disease and disability.

Triennial: recurring every three years.

PAGE	SUBJECT	POLICY
4 of 18	Wellness Policy	10.5

III. Procedures:

MCJC shall develop a committee to establish goals for and oversee school health and safety policies and programs, including development, implementation and periodic review and update of the facility Wellness Policy. The committee will consist of the Program Manager responsible for facility support, Facility Support Supervisor, Lead Teacher, Detention Nurse, and Community Partners.

Leadership: The Detention Director or designee(s) will convene the committee and facilitate development of and updates to the Wellness Policy, and will ensure compliance with the policy. The Program Manager responsible for facility support will act as the Wellness Policy coordinator, who will ensure compliance with the policy. A letter will be sent to the school community via email and will be posted in a central area in all school buildings inviting members of the community to join the wellness committee. Parents, students, representatives of the school food authority, PE teachers, school health professionals, the school board, school administrators, and the general public will be included in the development, implementation, review, and update of the wellness policy.

The Wellness Committee shall meet quarterly during the school year to review nutrition and physical activity policies and to develop an action plan for the coming year as necessary. The components of the Wellness Policy will be as follows:

- Nutrition Education
- Physical Activity and Physical Education
- Health Education
- Healthy and Safe Environment
- Staff Wellness and Health Promotion
- Social and Emotional Well Being

A. Nutrition Education:

Nutrition promotion and education positively influence lifelong eating behaviors by using evidence-based techniques and nutrition messages, and by creating food environments that encourage healthy nutrition choices and encourage participation in school meal programs. Nutrition lessons are integrated into the curriculum and the health education program. Nutrition education will provide the knowledge and skills necessary to promote health. Nutrition topics shall be integrated with the comprehensive health education curriculum and taught at

PAGE	SUBJECT	POLICY
5 of 18	Wellness Policy	10.5

every grade level. Nutrition education will be integrated into the broader curriculum, where appropriate. Youth and staff will receive consistent nutrition messages throughout units, classrooms, and gymnasium.

Nutritional education is an important component of programming at the Montgomery County Juvenile Detention Center. The MCJC Physical Education teacher shall provide monthly nutrition education on various topics.

The Facility Support staff will receive mandatory annual training in basic nutrition and will be encouraged to attend/complete one other training in the area of nutrition/food science.

All school nutrition program directors, manager, and staff will meet hiring and annual continuing education/training requirements in the USDA Professional Standards for Child Nutrition Professionals. All personnel will refer to USDA's Professional standards for School Nutrition Standards website to search for training that meets their learning needs.

MCJC shall promote and support healthy eating by its youth.

Goals:

- Provide a nutrition class, at least monthly, which teaches youth skills to make healthy eating choices.
- Conduct classes with the children when security issues allow, providing hands-on training regarding food preparation, reading recipes, proper sanitation, etc.
- Promote whole grains, low/no fat dairy, and increase quantity and variety of fruits and vegetables
- Display nutrition and health posters in various areas of the facility such as units, classroom, and medical room.
- All staff that eat with the youth will consume the same meals and act as role models for the youth while also providing supervision.
- Never withhold meals or snacks as punishment.
- Ensuring of foods and beverages promoted to youth meet the USDA Smart Snacks in School nutrition standards.
- Teach, model, encourage and support healthy eating by all youth.
- The entire school environment, not just the classroom, shall be aligned with healthy school goals to positively influence a

PAGE	SUBJECT	POLICY
6 of 16	Wellness Policy	10.5

student's understanding, beliefs, and habits as they relate to good nutrition and regular physical activity.

- Food rewards, including candy, are prohibited in the classroom and teachers are provided with a list of alternative ideas, such as Roscoe rewards. Staff are to use physical activity as a reward when feasible.

The health education curriculum will include a minimum of 12 of the following essential topics on healthy eating:

- Relationship between healthy eating and personal health and disease prevention.
- Food guidance from MyPlate.
- Reading and using FDA's nutrition fact labels.
- Eating a variety of foods every day.
- Balancing food intake and physical activity.
- Eating more fruits, vegetables and whole grain products.
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat.
- Choosing foods and beverages with little added sugars.
- Eating more calcium-rich foods.
- Preparing healthy meals and snacks.
- Risks of unhealthy weight control practices.
- Accepting body size differences.
- Food safety.
- Importance of water consumption.
- Importance of eating breakfast.
- Making healthy choices when eating at restaurants.
- Eating disorders.
- The Dietary Guidelines for Americans.
- Reducing sodium intake.
- Social influences on healthy eating, including media, family, peers and culture.
- How to find valid information or services related to nutrition and dietary behavior.
- How to develop a plan and track progress toward achieving a personal goal to eat healthfully.
- Resisting peer pressure related to unhealthy dietary behavior.

PAGE	SUBJECT	POLICY
7 of 18	Wellness Policy	10.5

- Influencing, supporting, or advocating for others' healthy dietary behavior.
- School gardens and nutrition instruction are encouraged as part of the academic curriculum.

MCJC is committed to serving healthy meals to youth, with plenty of fruits, vegetables, whole grains, and fat-free and low-fat milk; that are moderate in sodium, low in saturated fat, and have zero grams trans-fat per serving (nutrition label or manufacturer's specification); and to meeting the nutrition needs of youth within their calorie requirements. Vendors are encouraged to make available locally grown produce available. The meal program aims to improve the diet and health of youth, help mitigate childhood obesity, model healthy eating to support the development of lifelong healthy eating patterns and support healthy choices while accommodating cultural food preferences and special dietary needs.

MCJC participates in USDA child nutrition programs, including the National School Lunch Program (NSLP), the School Breakfast Program (SBP), and the School Snack Program (SNP). Meals served shall comply with the NSLP and SBP standards for meal patterns, nutrition levels, and caloric requirements for the ages/grades served, as specified in 7 CFR 210.10 or 220.8 as applicable. (working links provided) Breakfast will be provided through the USDA School Breakfast Program. MCJC is committed to offering school meals through the NSLP and SBP programs, and other applicable Federal child nutrition programs, that:

- Are accessible to all youth.
- Are appealing and attractive to youth.
- Are served in clean and pleasant settings.
- Meet or exceed current nutrition requirements established by local, state, and Federal statutes and regulations. (MCJC offers reimbursable school meals that meet USDA nutrition standards.)
- The USDA's Smarter Lunchroom tools will be used in addition to other resources available on the USDA website.
- Promote healthy food and beverage.
- Menus will be posted on the MCJC website.
- Menus will be created/reviewed by a Registered Dietitian or other certified nutrition professional.

PAGE	SUBJECT	POLICY
8 of 18	Wellness Policy	10.5

- The MCJC child nutrition program will accommodate youth with special dietary needs.
- Detention is in compliance with all federal and state nutrition standards for all food served.
- The complete Smart Snack standards are included here:
- Evening snacks are served via the Child and Adult Care Food Program and meet the requirements of that program.
- Youth will be allowed at least 10 minutes to eat breakfast and at least 20 minutes to eat lunch, counting from the time they have received their meal and are seated.
- Youth are served lunch at a reasonable and appropriate time of day.
- Water pitchers and cups will be present in the cafeteria and supervisory staff will allow youth to access water throughout the meals period.
- To promote hydration, free, safe, unflavored drinking water will be available to all youth throughout the school day.
- Only water, milk, and 100% juice shall be served to students during the school day.
- MCJC will make free drinking water available where school meals are served during mealtimes and throughout the school day.
- All water sources and containers will be maintained on a regular basis to ensure good hygiene and health safety standards. Such sources and containers may include drinking fountains, water jugs, water pitchers and other methods for delivering drinking water.

B. Physical Activity and Physical Education:

MCJC will ensure that its facilities are safe and that equipment is available to youth to be active, will conduct necessary inspections and repairs, will ensure that inventories of physical activity supplies and equipment are known and, when necessary, will work with community partners to ensure sufficient quantities of equipment are available to encourage physical activity. All physical education

PAGE	SUBJECT	POLICY
9 of 18	Wellness Policy	10.5

classes are taught by licensed teachers who are certified or endorsed to teach physical activity and will be provided annual professional development opportunities that are focused on physical education/physical activity topics and competencies specifically for physical education teachers.

MCJC will provide all youth with daily physical education, using an age-appropriate, sequential physical education curriculum consistent with national and state standards for physical education. The physical education curriculum will promote the benefits of a physically active lifestyle and will help youth develop skills to engage in lifelong healthy habits, as well as incorporate essential health education concepts. The curriculum will support the essential components of physical education. A combination of aerobic, stretching, and muscle building activities will be rotated to ensure that work-outs are varied.

All youth will be provided equal opportunity to participate in physical education classes. MCJC will make appropriate accommodations to allow for equitable participation for all youth and will adapt physical education classes and equipment as necessary. Accommodations will be made for those children that are on limited and no activities, such as asthma, traumatic injury (broken bones, sprains, etc.), neuromuscular disease, etc.

MCJC's comprehensive, standards-based physical education curriculum identifies the progression of skill development in all grades. Physical education curriculum revision will follow a formally established periodic review cycle congruent to other academic subjects. It will be aligned with established state physical education standards. It will also focus on personal fitness.

All youth will receive 200 minutes per week of physical education instruction throughout the school year which will include moderate to vigorous activity for at least 50% of class time during most or all physical education class sessions. Youth must have a twenty minute mid-morning break each day for physical activity opportunities.

Physical activity during the school day will not be withheld as punishment for any reason for poor behavior or incomplete classwork. MCJC follows Juvenile Detention Alternatives Initiative (JDAI) standards for alternative ways to

PAGE	SUBJECT	POLICY
10 of 18	Wellness Policy	10.5

discipline youth. Youth may not be allowed to be exempt for required physical education class time or credit and there will be no substitution allowed for the physical education time requirement. Youth will be provided the opportunity for physical activity before and after school such as Large Muscle Exercise, Free Gym, Volleyball Tournament, etc.

Youth will not be required to engage in physical activity as punishment. For example, youth may not be singled out to run extra laps, or perform any other physical activities that the entire class is not engaged in, as a behavioral consequence.

C. Health Education:

Health education will be required for all youth. This will include the following essential topics on physical activity:

- The physical, psychological, or social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How physical activity can contribute to the academic learning process
- How an inactive lifestyle contributes to chronic disease
- Health-related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility, and body composition
- Differences between physical activity, exercise and fitness
- Phases of an exercise session, that is, warm up, workout and cool down
- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Opportunities for physical activity in the community
- Preventing injury during physical activity
- Weather-related safety, for example, avoiding heat stroke, hypothermia and sunburn while being physically active
- How much physical activity is enough, that is, determining frequency, intensity, time and type of physical activity
- Developing an individualized physical activity and fitness plan.
- Monitoring progress toward reaching goals in an individualized physical activity plan

PAGE	SUBJECT	POLICY
11 of 18	Wellness Policy	10.5

- Dangers of using performance-enhancing drugs, such as steroids
- Social influences on physical activity, including media, family, peers and culture
- How to find valid information or services related to physical activity and fitness
- How to influence, support, or advocate for others to engage in physical activity
- How to resist peer pressure that discourages physical activity.

MCJC recognizes that youth are more attentive and ready to learn if provided with periodic breaks when they can be physically active or stretch. Thus, youth will be offered periodic opportunities to be active or to stretch throughout the day on all or most days during a typical school week.

Teachers will incorporate movement and kinesthetic learning approaches into “core” subject instruction when possible (e.g., science, math, language arts, social studies and others) and do their part to limit sedentary behavior during the school day. MCJC will support classroom teachers incorporating physical activity and employing kinesthetic learning approaches into core subjects by providing annual professional development opportunities and resources, including information on leading activities, activity options, as well as making available background material on the connections between learning and movement. Teachers will serve as role models by being physically active alongside the youth whenever feasible.

MCJC offers opportunities for youth to participate in physical activity after the school day through a variety of methods. MCJC will encourage youth to be physically active after school.

D. Healthy and Safe Environment:

All youth have rights and responsibilities that must be recognized. These are clearly defined and both youth and staff are to be familiar with them. Complaints of abridgement of the rights set forth below will be subject to the grievance process and youth who do not accept those responsibilities, which would result in rule violation, are subject to disciplinary process. **OAC 37-15 (A), JDF [1A-31](#), JDF [3D-08](#), JDAI-V-C-4a**

Youth are not subjected to discrimination based on race, religion, national origin, sexual orientation (LGBTQI) or handicap. **JDF [3D-03](#), JDF 3D-04-1**

PAGE	SUBJECT	POLICY
12 of 18	Wellness Policy	10.5

- All youth have the right to expect that they will be treated respectfully, impartially and fairly, and will be addressed by name in a dignified conversational form.
- All youth have the right to be informed of the rules, procedures and schedules concerning the facility. **OAC 37-16 (A)**, JDF [3C-02](#), JDF [3D-03](#), JDAI-I-C-6a,b,c,d,e
- All youth have the right to freedom from personal abuse, personal injury, disease, property damage, corporal punishment, harassment, intimidation, threats, harm, assault, humiliation or interference with the normal bodily functions of eating, sleeping or bathroom functions by any other youth or staff person. They will be under the supervision and control of trained staff and/or trained volunteers only. **OAC 27-11 (A) 1**, JDF [3D-06](#), JDAI-I-C-6n
- Youth have the right to not be discriminated against because of race, national origin, color, creed, sexual orientation (LGBTQI), religion or physical handicap and will have the same access to all services, programs and housing needs. JDF [3D-03](#), JDF 3D-04-1, JDF 5B-01-1
- Youth have the right to participate in religious services and religious counseling on a voluntary basis, subject only to the limitations necessary to maintain order and security. They will have access to clergy, spiritual advisors, publications and related services, which allow them to adhere to their religious practices. **OAC 37-18 (A) 6**, JDF [5F-03](#)
- Youth have the right to nutritious meals, proper bedding and clean clothing, daily showers, toilet facilities, adequate lighting, proper ventilation for warmth and fresh air and an overall safe environment maintained in compliance with state and local fire and safety laws and regulations. **OAC 37-08 (A) 3**, **OAC 37-12 (A) 1**, **OAC 37-13 (A)**, JDF [2A-03](#), JDF [4A-03](#), JDF [4B-12](#), JDF [4B-13](#)
- Youth have the right to appropriate medical and dental treatment. **OAC 37-14 (A) 1**, JDF [4C-09](#)

PAGE	SUBJECT	POLICY
13 of 18	Wellness Policy	10.5

- Youth have the right to have regular visits with family, clergy and attorneys and they right to send and receive mail from these individuals. Youth also have a right to uncensored and un-inspected outgoing mail. Staff will check incoming packages in their presence and any limitations imposed will be to maintain order and security. **OAC 37-19 (A) 2, OAC 37-19 (B) 7, OAC 37-19 (B) 9, JDF [5G-04](#), JDAI-III-A-2,3, JDAI-III-C-1**
- Youth have the right to call, write and meet with their legal representative while in the facility. All court correspondence is privileged information. **OAC 37-15 (B), JDF 3D-02, JDAI-III D-1,2,3,6**
- Youth have the right to personal grooming as long as their appearance does not conflict with the facilities requirements of safety, security, identification and hygiene. **OAC 37-13 (B), JDF [3D-07](#)**
- Youth have the right to participate or not participate in programs in the facility, subject to state and local laws concerning education. **OAC 37-15 (A)5, JDF [5C-01](#)**
- Youth have the right to both indoor and outdoor recreational opportunities and equipment. **OAC 37-15 (A) 5, JDF [5E-02](#), JDAI-I-C-6k,**
- Youth have the right to not participate in uncompensated work assignments unless the work is related to housekeeping or maintenance of facility or personal hygienic needs or an approved training or community service program. **JDAI-VI-B-5**
- Youth are not permitted to perform any work prohibited by state and federal regulations and statutes pertaining to child labor. **JDAI-VI-B-5**
- Youth have the right to report any problems or complaints they have while in the facility without any fear of punishment. **JDAI-V-E-3**

PAGE	SUBJECT	POLICY
14 of 18	Wellness Policy	10.5

- Youth have the right to be free from sexual abuse and sexual harassment. All instances of child abuse and/or neglect will be reported consistent with appropriate state or local laws. Youth have the right to be free from retaliation for reporting sexual abuse and sexual harassment. **JDAI-I-C-6n**
- Youth have the right to appeal any disciplinary measure taken against them for the violation of a facility rule and have the right to have a response to the appeal in accordance with the appeal procedures. **JDAI-VII-D-3**

E. Staff Wellness and Health Promotion:

Montgomery County and MCJC will have a staff wellness subcommittee that focuses on staff wellness issues, identifies and disseminates wellness resources and performs other functions that support staff wellness in coordination with human resources staff.

MCJC will implement strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors. MCJC promotes staff member participation in health promotion programs and will support programs for staff members on healthy eating/weight management that are accessible and free or low-cost. MCJC will have a comprehensive school physical activity program which allows staff to participate in or lead physical activity opportunities throughout the school day. The Montgomery County Wellness Program will meet the unique wellness needs of staff.

MCJC offers annual professional learning opportunities and resources for staff to increase knowledge and skills about promoting healthy behaviors in the classroom and school (e.g., increasing the use of kinesthetic teaching approaches or incorporating nutrition lessons into math class). Professional learning will help MCJC staff understand the connections between academics and health and the ways in which health and wellness are integrated into ongoing district reform or academic improvement plans/efforts. **OAC 37-06 (A) 1, JDF [1D-01](#), JDAI-V-C-2**

F. Social and Emotional Well Being:

MCJC will integrate wellness activities across the entire facility. MCJC will coordinate and integrate other initiatives related to physical activity, physical

PAGE	SUBJECT	POLICY
15 of 18	Wellness Policy	10.5

education, nutrition and other wellness components so all efforts are complementary, not duplicative, and work towards the same set of goals and objectives promoting youth well-being, optimal development and strong educational outcomes. MCJC uses joint-use agreements with community partners in order to expand physical activity opportunities for all youth and community members.

MCJC's programming will help to address the social, mental and physical health and needs of the youth while also working to reduce the number of detention days and impact long-term youth success. MCJC will partner with The University of Cincinnati Corrections Institute, Wright State University Boonshoft School of Medicine, South Community Inc. and Sunlight Village, Inc.

Programming is from the evidence based practices of Aggression Replacement Training (ART), Adolescent Skill Streaming, the Youth Wellness Recovery Action Plan (WRAP) Program and the Wellness Training from the Substance Abuse and Mental Health Services Administration's (SAMHSA) Wellness Wheel.

The programming helps youth transition to their families and communities upon release by providing skills and information transferrable to their daily lives. The purpose is to improve the overall health and well-being of youth involved with the Juvenile Court System by enhancing existing programs and services.

Sunlight Village, Inc. will provide quality assurance and frequent monitoring of the Wellness Program, a role the Detention Medical Director and contracted registered nurse will also support. Wright State University will help in

documenting the benefits of the programming and with implementing services in Detention. South Community Inc. will help in supporting the expansion of the

(ART) Program and by continuing to provide assessment screenings through Caring for Kids.

All youth entering the facility receives the Behavior Health Screen (BHS) by Caring for Kids, a program administered through contracted mental health provider South Community Inc. A second tool, the MAYSI-2 (Massachusetts Youth Screening Instrument), is administered during Detention orientation by an

PAGE	SUBJECT	POLICY
16 of 18	Wellness Policy	10.5

assigned Detention Youth Specialist. The MAYSI's range of questions probe for traumatic events in a youth's life. A high score triggers a youth to be referred back to Caring for Kids for a follow-up assessment. If Caring for Kids identifies a need for further assessment, a diagnostic assessment is completed and youth may be referred for ongoing treatment in the community and linked to services upon release.

WRAP can be done alone, with another person, or in groups. Sunlight Village, Inc. will conduct the groups in weekly, two hour sessions in combination with the Wellness Wheel training (detailed below). Personnel will evaluate the youth participants after finishing the program and will continue to support youth upon their release.

MCJC's current wellness programming is provided by experienced community partners and volunteers who present topics including substance abuse, sexual health, domestic violence, nutrition, parenting and gun violence.

MCJC has enhanced the ability to meet the JDAI Health and Mental Health standards by expanding current services through the use of the Wellness Wheel programming. The Wellness Wheel is a visual guide to better understand the eight areas of an individual's life that make up their health. These dimensions include common characteristics, identities and behaviors. Assessing needs in the eight areas can help youth prevent future health problems and consequences by making healthier choices a habit and part of their everyday lives.

With support of trained professionals through Sunlight Village, Inc., the youth will be able to learn about the eight dimensions of wellness offered through the Wellness Wheel. Dr. Weston from Wright State School of Medicine will provide assistance in implementing the ART program and in documenting its benefits to the youth by collecting the data listed above. The contracted

registered nurse will work collaboratively with all of the contracted service providers in tracking data, addressing program issues and implementing change.

South Community also provides services in the facility through the Caring for Kids program by providing assessments and linking youth to services. South Community additionally provides licensed therapists, administers Seven Challenges groups and provides other behavioral health services. South Community will also support the expansion of the ART program.

PAGE	SUBJECT	POLICY
17 of 18	Wellness Policy	10.5

IV. Recordkeeping:

MCJC will retain records to document compliance with the requirements of the Wellness Policy on the Juvenile Court network. Documentation maintained in this location will include but will not be limited to:

- The written wellness policy.
- Documentation demonstrating that the policy has been made available to the public.
- Documentation of efforts to review and update the Wellness Policy.
- Documentation to demonstrate compliance with the annual public notification requirements.
- Documentation demonstrating the most recent assessment on the implementation of the Local School Wellness Policy has been made available to the public.

The Superintendent or designee will ensure compliance with established nutrition and physical activity policies. The position/person responsible for managing the triennial assessment and contact information is the Program Manager responsible for facility support.

The Advisory Council will conduct a quantitative assessment of policy implementation every three years using the Wellness School Assessment Tool-Implementation (WellSAT-I) or the School Health Index. MCJC will update or modify the wellness policy based on the results of the triennial assessments and/or as facility's priorities change; community needs change; wellness goals are met; new health science, information, and technology emerges; and new Federal or state guidance or standards are issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment. The wellness committee will review the latest national recommendations pertaining to school health and will update the wellness policy accordingly. MCJC will notify the public about the content of or any updates to the Wellness Policy.

MCJC is committed to being responsive to community input, which begins with awareness of the wellness policy. MCJC will also inform parents of the

PAGE	SUBJECT	POLICY
18 of 18	Wellness Policy	10.5

improvements that have been made to school meals and compliance with school meal standards, availability of child nutrition programs and how to apply, and a description of and compliance with Smart Snacks in School nutrition standards by using electronic mechanisms, such as displaying notices on the Court's website.

MCJC will promote the local wellness policy to faculty, staff, parents and youth. This wellness policy and the progress reports can be found at: www.mcjcoho.org. The triennial progress report will include an assessment on compliance, the extent to which our wellness policy compares to model wellness policies, and progress made in achieving those goals.