

**Policy 4.20– Supporting Youth Wellness
Summary**

- Establishes expectations for meeting national standards regarding to youth wellness

Background:

The new policy was drafted to build upon two interim directives from 2006 regarding local wellness policies and swimming restrictions for youth. During drafting, reviews of national standards identified multiple opportunities to memorialize current practice and legal mandates regarding media access and establish guidelines for new practices that align with standards.

Policy Summary

The policy addresses equity of access to programs, including health education, and coordination with the education program at each location. The policy addresses food and meals, including USDA requirements, review of menus by a dietician, access to religious or medically necessary diets, and food as a part of canteen or incentive programs. The policy aligns physical exercise requirements with national standards, and includes limits on accessing water for swimming or wading. Expectations for recreation are addressed, including youth access to off-site recreational opportunities, and expectations for the provision of hygiene items and self-care are included. JR has a legal mandate regarding access to rated R, X or NC-17 movies or videos, which is captured in the section regarding media access. That section also address music with parental guidance warnings and access to library services. Finally, the policy includes a requirement that youth will be provided resources and opportunities to participate in religious requirements of their faith, in alignment with ACA standards.

Changes from Current Practice

- The policy clarifies expectations about how JR will provide youth wellness services and should not alter JR practice significantly.

Training Required: No

Policy Effective Date: July 27, 2018

POLICY 4.20 SUPPORTING YOUTH WELLNESS

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I. PURPOSE AND SCOPE

Juvenile Rehabilitation (JR) recognizes wellness, exercise and recreation as essential to good health and socially responsible living. Opportunities for play and creative activity, proper nutrition, and development of healthy hygiene practices are necessary for healthy child and adolescent development. Recreational programs in JR facilities provide youth opportunities to practice social skills; learn positive stress management skills; alleviate idleness and boredom; provide positive reinforcement; develop the concepts of cooperation and sportsmanship; and improve self-esteem, health and physical conditioning. Exercise, diet, and religious practice can be helpful in reducing anxiety, nervousness, manic episodes, and alleviating symptoms of depression. (NCCHC). This policy incorporates national best practices and standards in this area and provides JR with expectations for meeting standards.

All staff, contractors, volunteers, and interns working in or for Juvenile Rehabilitation (JR) are responsible for reviewing and complying with JR policies.

II. POLICY

- 1. JR requires equity of access to programs, services, and activities regardless of race, age, gender, physical or mental disability, religion or religious beliefs, sexual orientation, gender identity, nationality, or socioeconomic strata.**
- 2. Health education using an evidence-based curriculum is recommended.**

¹ 12/12/19 Technical Edit: Updated DSHS references to DCYF.

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FOOD AND MEALS**3. Breakfast, lunch, and snacks must comply with federal laws, United States Department of Agriculture (USDA) regulations and policies, and the Office of the Superintendent of Public Instruction (OSPI) requirements.**

- 3.1. Residential facilities will provide meals according to menus certified by the NutriKids or Health-E-Pro program in order to ensure the nutritional content is adequate. (ACA 4-JCF-4A-03)
- 3.2. Religious diets will be provided upon approval of the Superintendent, Regional Administrator or designee. (ACA 4-JCF-4A-07)
- 3.3. Therapeutic diets will be provided with a written prescription from a JR or community physician or health care provider in order to meet specific requirements related to clinical or medical conditions. (ACA 4-JCF-4A-06, 4-JCF-4C-18)
 - 3.3.1. Therapeutic diet manuals will be available to health care staff and to food service managers. (ACA 4-JCF-4A-06, 4-JCF-4C-18)
 - 3.3.2. Therapeutic diets will be reviewed quarterly and revised as necessary by the prescribing provider. (ACA 4-JCF-4A-06, 4-JCF-4C-18)
- 3.4. Food, including facility-provided snacks, will not be withheld as a disciplinary sanction. (ACA 4-JCF-3B-05)
 - 3.4.1. Facilities may have local policies in place regarding limits on the amount of food youth may purchase through the canteen/incentive program.
- 3.5. Canteen/Incentive purchase program offerings will provide options for foods aligned with nutritional standards.
- 3.6. Youth will be allowed access to water at all times and will be encouraged to drink water.

WATER ACCESS

- 4. Youth may swim or wade only in a public swimming pool in compliance with local or state health code requirements including those regarding ratios of lifeguards to swimmers.**
- 5. When youth are swimming in public swimming pools, staff must ensure the facility has a certified Lifeguard (Lifeguard and CPR certified) on duty.**
- 6. Staff must be aware of and comply with local restrictions on pool use.**
- 7. Swimming or wading is not allowed in natural or man-made water holding areas, e.g. ponds, lakes, rivers, irrigation ditches, etc.**
- 8. Youth may use institution pools when there is at least two staff present. One staff will serve as the supervisor and one staff will serve as a lifeguard. Staff may not supervise youth while also assuming the role of a lifeguard.**

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RECREATION

9. Institution Recreation Specialists will organize a variety of activities for youth.

9.1. Institutions who do not have a Recreation Specialist may consult with Recreation Specialists at other facilities.

10. Facilities may engage local community members as volunteers to support recreation activities.

11. Community facilities may utilize local facilities as needed for recreation.

PHYSICAL EXERCISE

12. Each program will offer a minimum of one hour of organized physical exercise per day. Youth participation will be strongly encouraged.

12.1. Physical education in school may be counted as the one hour of exercise as long as it is large muscle exercise.

12.2. Youth placed on room confinement or in isolation must have access to one hour of exercise every 24 hours.

13. Requiring physical activity will not be used as a sanction.

14. Denying physical activity will not be used as a sanction.

14.1. The required hour of activity will only be denied by staff if a youth is exhibiting behavior which may be harmful to youth, staff or others in the milieu.

14.2. If the hour is denied by staff, it will be justified and documented on an incident report.

15. Youth may refuse the offer of an hour of exercise.

15.1. If the hour is refused by the youth, the reason will be documented in the legal log.

15.2. Youth may request their hour of exercise at a different time after refusing. The program will determine if the request can be accommodated.

15.3. If the youth subsequently receives their hour of exercise after refusing the initial offer, staff will document it in the legal log.

LEISURE-TIME RECREATION ACTIVITIES

16. Youth must be offered structured leisure-time recreation activities on a daily basis, in addition to the one hour of large muscle exercise (ACA 4-JCF-5G-03). Activities may be indoor or outdoor.

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OFF-SITE RECREATIONAL ACTIVITIES

- 17. Youth at institution minimum or minimum security level (in accordance with Policy 5.20, *Assigning Security Classification Levels for JR Youth*) may participate in or attend school-related activities, including but not limited to academic events, high school athletic events, or school concerts, with approval from the Associate Superintendent or Community Facility Administrator or designee.**
- 18. Youth at minimum security level (in accordance with Policy 5.20, *Assigning Security Classification Levels for JR Youth*) may participate in educational or community service events with mentors and volunteers in accordance with the requirements for Community Involvement Passes outlined in Policy 6.40, *Managing Authorized Leaves and Community Involvement Passes*.**

HYGIENE

- 19. Each residential facility will provide youth with hygiene items at intake and as needed, and will support the development of healthy hygiene practices. (ACA 4-JCF-4B-01)**
- 19.1. Personal hygiene items include but are not limited to: soap, comb, soft round-bristle toothbrush, toothpaste, deodorant, toilet paper and, in facilities housing females, sanitary napkins and tampons. (ACA 4-JCF-4B-01)
- 19.2. Youth will be permitted to shower or bathe daily. Youth will be permitted to shower after strenuous physical activity if requested. (ACA 4-

JCF-4B-10) MOVIES, VIDEO GAMES, BOOKS AND MUSIC

- 20. The viewing of movies or videos rated R, X, NC-17 is prohibited in JR residential facilities, including off-campus activities, in accordance with RCW 13.16.100.**
- 20.1. All video games and software rated NR or M are prohibited in JR residential facilities.
- 21. Music with parental guidance or explicit lyrics is prohibited.**
- 21.1. Burned CDs are prohibited.
- 22. Youth must have access to library services supporting their needs and pro-social interests.(ACA 4-JCF-5E-02)**

RELIGIOUS PRACTICE

- 23. Youth will be provided with appropriate resources and opportunities to participate in the religious requirements of their faith according to Policy 4.11, *Accessing Religious & Spiritual Activities*². (ACA 4-JCF-5F-05)**

² 12/12/19 Technical Edit: Added reference to new Policy 4.11.

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III. DEFINITIONS

Exercise: Increased aerobic activity to stimulate and improve physical and mental health through the use of large-muscle activities including but not limited to walking, jogging, basketball, aerobics or isometrics. (NCCHC)

Health Education: Information on preventing illness and maintaining a healthy lifestyle. (NCCHC)

Heart-healthy Diet: Foods low in saturated fat, cholesterol, and sodium and high in fiber as promoted by the American Heart Association. (NCCHC)

Leisure Time: Time free from the demand of work or duty when one can rest, enjoy hobbies or sports, etc.

Medical Diet: Special diet ordered for temporary or permanent health condition restricting the type, preparation, and/or amounts of food. (NCCHC)

Water Areas: include but are not limited to the ocean, ponds, lakes or rivers, irrigation ditches, reservoirs or watershed areas.

IV. REFERENCES

USDA – Food and Nutrition Programs

Standards (ACA, NCCHC, PbS)

V. RELATED JR POLICIES

Policy 5.20 – Assigning Security
Classification Levels for JR Youth

Policy 6.40 – Managing Authorized Leaves and
Community Involvement Passes
