

Wellness Policy Review Summary of Findings

The Wellness Committee at Stanislaus County Probation Juvenile Institutions conducted a review of the wellness policy for our juvenile institutions. We used the WellSAT 3.0 and the WellSAT-I, Wellness School Assessment Tools to compare our wellness policy to Federal and State guidelines. Below is a summary of findings from the assessment. The Wellness Committee will update the policy by the end of the school year and post the updated policy as soon as it becomes available. The Wellness Committee involved in this review included, Supervising Custodial Cook, Custodial Cooks, Teachers, Medical Staff, Mental Health Staff, Probation Correction Officers and Supervising Probation Officers.

Policies and Aligned Practices

Section 1 – Nutrition Education

Strengths- There are clear and specific goals listed throughout the wellness policy for each category along with examples of how the goals may be implemented. Nutrition education is integrated throughout the youths' environment as stated with a garden, posters throughout the facilities, and staff encouraged to be positive role models.

Opportunities – Add more specific details of the links between nutrition education and the food environment, agriculture, and the food system.

Section 2 – Standards for USDA Child Nutrition Programs and School Meals

Strengths - All youth in custody are our wards and have no source of income. Hence all youth receive free meals. There are no meal balances since there are no sales of food. All youth receive the same meals, except for special diets that are medically or religiously requested.

Opportunities – The policy does mention the department follows the School Nutrition Program. The policy will be updated to include more specific reference to the USDA standards. There will also be a clarification of the 20 minute minimum time to eat, stating that it is 20 minutes from the time the last youth sit down to eat their meal.

Growth – The policy will be updated to address the encouragement of obtaining local food.

Section 3 – Nutrition Standards for Competitive and Other Foods and Beverages

Strengths - Since we are an institution that is funded by the government, there are no fundraisers. The youth are not sold any items. The wellness policy does state the specifics of youths' access to water. The facility does not serve any caffeinated beverages to the youth.

Opportunities – Even though we do not sell any food, we can refine this section of the policy by adding the definition of a "school day" per the USDA standards.

Growth – The Department will examine a policy of not using food as a reward.

Section 4 – Physical Education and Physical Activity

Strengths -The wellness policy does state the specific amount of time the youth receive physical activity along with examples of what the physical activity may include. Physical activity is never used as a punishment. NASPE standards are listed within the policy.

Opportunities – The policy mentions that the Probation Correction Officers conduct the physical education, and they are educated but this is vague. More detail will be added to the policy. The only exemption from physical education is a medical reason. This is not currently mentioned in the policy and will be added. The youth receive breaks during school hours; however, this is not mentioned in the policy. This will also be added.

Growth – There is not a current physical education curriculum. Nor are there specifics about the continuing education of the Probation Officer for leading the youth in physical education. For safety and security, the facility is not open to the public. This will be explained as to why we do not open the facility for community engagement.

Section 5 – Wellness Promotion and Marketing

Strengths - The department also encourages staff wellness by offering various activities throughout the year. The policy does contain specific examples of how the Probation Department encourages the youth to make healthy choices. The Department also carries out the wellness policy with regards to encouraging employees to also make healthy choices by providing healthy opportunities as stated in the wellness policy.

Opportunities – Physical activity is not used as a punishment and is stated as such in the policy. Neither is it withheld as a punishment. Physical activity is only restricted when safety and security are at risk. This will be added to the policy as it is already in practice within the facility.

Growth – The Department does have special activity programs to use for rewarding youth who choose positive behavior such as the Basketball program. This will be added to the Wellness Policy. The Wellness Committee will also examine growing activity based rewards for the youth for positive behavior reinforcement.

Section 6 – Implementation, Evaluation & Communication

Strengths- The policy does specifically and accurately describe the Wellness Committee and the meetings. It also accurate in the explanation and documentation of reviewing and updating the policy.

Opportunities – The policy does not state where it is posted. The policy is posted on the internet as well as a physical copy is in every unit for the youth and staff to be able to easily have access to. A physical copy of the Wellness Policy is also in Unit 1 where any staff or authorized visitors may have access.

Growth – A goal to improve is to engage the youth more with the Wellness Policy. The Wellness Committee will work on strategies to encourage youth participation with the Wellness Policies.