



Committed to Excellence

The Department of Youth Rehabilitation Services (DYRS) Biweekly Newsletter.

March 9, 2017



RESTORATIVE JUSTICE

POSITIVE YOUTH DEVELOPMENT

POSITIVE STAFF DEVELOPMENT

COMMUNITY ENGAGEMENT

FAMILY EMPOWERMENT

JERRY M. COMPLETION

Event Calendar

MAR 16 **MAR 20** **MAR 30** **PREA TRAINING, NEW BEGINNINGS**
8400 RIVER RD., LAUREL, MD
9 AM - 1 PM

MAR 17-19 **COVENANT OF PEACE, NEW BEGINNINGS**
8400 RIVER RD. LAUREL, MD 20724

APR 4 **APR 5** **APR 6** **CARE COORDINATOR (CASE MANAGEMENT) TRAINING,**
THE R.I.S.E. CENTER,
2730 MLK JR. AVE SE., 9 AM - 5 PM



POSITIVE YOUTH DEVELOPMENT

Dare to Dream

On Sunday, March 5, young people at New Beginnings Youth Development Center (NBYDC) presented “art of expression” pieces to the community at the Atlas INTERSECTIONS Festival. The Atlas INTERSECTIONS Festival, “Where the Art World and Real World Intersect,” is a multi-day festival that presents the arts in a multitude of forms that offer a kaleidoscope of perspectives on the world in which we live, bringing together artists and audiences alike. NBYDC youth received an invitation to explore this year’s festival through their offerings in the “Sound,” “Movement,” and “Story” areas of the festival, and got creative with the assistance of the Vital Alternatives for Healthy Minds Program (VAMP) project: Dare to Dream. INTERSECTIONS is a key layer in DC’s dynamic arts scene, and the excited crowd engaged with youth’s personal stories and movement performances, providing overwhelmingly positive feedback. DYRS applauds its youth for stepping out of their comfort zones to try something new!



In Transitions

On Sunday, March 5, the Transitions Unit at New Beginnings enjoyed a game truck on March 5 as the reward of for the Superintendent’s “60 Days of Peace” initiative. This challenge started more than 10 months ago, and while some units improved markedly, Transitions is the first to achieve 60 days consecutively without any incidents. Congratulations, Transitions, on raising the bar and setting a good example for your peers!



The Old College Try

On Tuesday, March 7, four scholars from New Beginnings’ Maya Angelou Academy, accompanied by facility staff, visited Morgan State University. The young men toured the campus, viewed a presentation, had lunch with other college students, and engaged in a thoughtful discussion about careers and majors with the tour guide. Providing youth with opportunities and experiences they might not otherwise receive is beneficial in the rehabilitation process; it opens their eyes to all the world can offer them as long as they work toward their goals to become productive citizens and contributing to society.

MARCH is Social Work Month!

DYRS recognizes its social workers, who confront some of the most challenging issues facing individuals, families, communities and society and forge solutions that help people reach their full potential. Thank you for all that you do!



Youth Council Activity Alert!

Community Service Hours Offered for all activities listed below.

Sunday, 3/12, 11:30am-12pm, (pick up starts at 7am)

Star Gazing Farm Animal Sanctuary

Help with farm and animal maintenance, and help create gift shop products

Saturday, 3/18 10am-1pm, (pick up starts at 8am)

We Are Family

Pack and deliver groceries to low-income seniors

Saturday, 3/25, 1-4pm (DC Warehouse), (pick up begins at 11am)

Capital Area Food Bank

Sort and pack food for people in need



Guess what all you joggers, bikers, cross-fitters, used-to-be-bballers, and of course a few winter slackers? It's that time and the second floor FITNESS CENTER is finally up and running and at your disposal should you choose to ready yourself for the shorts and t-shirt weather knocking at your door!!!

We've got a treadmill, an elliptical machine, and other amenities to prep you for that upcoming wedding...or reunion...or cruise...or date...or simply a healthier lifestyle than before. No matter what time of day or night, you can access the room, provided that you read, print, sign, and forward the "CONSENT AND WAIVER AND RELEASE OF LIABILITY FORM FOR USE OF EXERCISE EQUIPMENT AND FACILITIES" form to me. I will, in turn, forward your name to Chief Information Officer (CIO) Aki Damme for granted access to the room via key card.

The waiver is located on DYRS website. Just click on forms, then click on legal forms, and see the Gym waiver at the bottom of the list for your review and completion. At this point you're almost there, but ALL PATRONS are required to contact me to enroll in my 20 MINUTE ORIENTATION ROOKIE BOOT CAMP before your card is activated!

Rumor has it that Lisa "Fifteen thousand steps a day" Smiley, Rosa "Check out my new Nikes" Mason, Melissa "I can't be stopped" Milchman, Meghan "I can transform ya" McNeil, Allisa "No longer two-piece cause I gave up fried chicken & biscuits" Taylor, and Jose "I once rode my bike from New York to DC" DeArteaga already claimed their spaces, so make sure you beat them in the door.

The center is officially open, so make sure you keep a gym bag full of your workout goodies at the ready for impromptu sessions before work, after work, during lunchtime, in between meetings, or even to maximize a quick 10-15 minute break to boost your energy level, raise your heart rate, and tackle the next DYRS challenge. REMEMBER... THE LIFE YOU SAVE MAY BE YOUR OWN!

One you begin however, please keep in mind a **few key rules** to insure safety and cleanliness are maintained in the center at all times:

- Return all weights and equipment to their original storage space after usage
- Wipe down exercise equipment (gym wipes available in the center)
- Utilize alcohol spray dispenser for hands before and after working out
- Make sure fitness center door is closed and locked upon your departure
- Do not drop/slam the weights on floor
- Unless alone, limit your use of the cardio machines to 30 minutes per machine
- Seek assistance/instruction if unfamiliar with equipment after initial orientation
- Dress appropriately, keeping in mind that you're at work

***DYRS YOUTH ARE NOT PERMITTED TO USE THE FITNESS CENTER UNDER ANY CIRCUMSTANCES.**

Thanks again and see ya soon!

Healthily,

Wendell E.



Black History Month may be over but young people and staff are still relishing in the events of the month, and the activities and opportunities they participated in. Many youth viewed movies/films that touched upon Black history and historical figures, and further learned about their history by visiting the National African-American Museum in DC. They heightened their knowledge by studying Black history facts and participating in Black History Jeopardy. They also spent an evening in the presence of "Black Excellence and Power," engaging with native Washingtonians and listening to their powerful stories. Our young people concluded the insightful month at DYRS' second annual Poetry Slam, where the packed 450 Achievement Center spent a rainy evening expressing their thoughts on everything from politics to favorites foods as rhymes, snaps, and smiles filled the air. Truly one more chapter in our book of history was written tonight. Youth and staff alike expressed thanks to DYRS, Progressive Life Center, East of the River Clergy Police Community Partnership, and Split this Rock for arranging a wonderful array of Black History Month events and opportunities.

POSITIVE STAFF DEVELOPMENT



On Tuesday, March 7, the New Beginnings Morale Team hosted "Sip and Paint," which consisted of art classes offered by Maya Angelou Academy (MAA) Art Director Rasheed Cuffee. Youth Development Representatives (YDRs) Karen Maple and Yajaira Recinos oversaw the activities and served as hosts for each event. Each class enjoyed hors d'oeuvres and "Mock Tail" beverages. YDRs, and members of the culinary team, recreation staff, maintenance, mental health and MAA took part in this wonderful event. New Beginnings Maintenance Lead Carl Matthews reported it "a great way to relieve stress and enjoy time with coworkers."



The Cherry on Top

Did you know about "National Frozen Food Day?" The New Beginnings management team celebrated the quirky awareness day on Monday, March 6 by creating a New Beginnings Ice Cream Cart, and served youth and staff ice cream sundaes on campus. To top it all off, the managers took the opportunity to thank staff and express their appreciation for them. Kudos to New Beginnings staff for making making a conscious effort to turn an ordinary day into an extraordinary one.

Fun fact: President Ronald Reagan signed Proclamation 5157, where it said: "Now, Therefore, I, Ronald Reagan, President of the United States of America, do hereby proclaim March 6, 1984, as Frozen Food Day, and I call upon the American people to observe such day with appropriate ceremonies and activities."

PREACH OUTREACH

PREA training is under way! The PREA team reports two very successful training days and encourages all divisions to attend on one of the below dates.

MARCH 16, 20, & 30
PREA: 9am – 12pm
CRIME SCENE PRESERVATION: (MPD) 12-1pm

ALL TRAINING DATES ARE HELD AT NBYDC/ AUDITORIUM

You don't need to sign up for this training. Just show up on time, and sign in on your attending day.

Questions? Contact:
SYDR Rena Myles, PREA Compliance Manager for YSC - (202) 437-8409
SYDR Ernest Waiters, PREA Compliance Manager for NBYDC - (202) 207-7277
Nancy Fisher, DYRS PREA Coordinator - (202) 437-8755

★ ★ ★ DEPARTMENT OF YOUTH REHABILITATION SERVICES ★ ★ ★

Email Brenda Padavil at brenda.padavil@dc.gov with questions or submissions for future issues.

