



# COMMITTED TO EXCELLENCE



**M**arch 24, 2016

## EVENT CALENDAR

- 3/25** Secure Programs “Meet and Greet,” New Beginnings training room, 8400 River Rd., Laurel, MD, 1 p.m. - 4 p.m.
- 3/26** Brothers in Arms (Youth Focus Group), 450 H. Street NW Achievement Center, 5 p.m.
- 3/28 - 4/1** Spring Break Activities, 450 H. St. NW Achievement Center, 12 p.m. - 4 p.m. daily
- 3/28** Poetry Slam, 450 H. Street NW Achievement Center, 6 p.m.
- 4/6** FY 17 Budget Hearing, John A. Wilson Building, 1350 Pennsylvania Ave. NW, 10 a.m.
- 4/12** A Parent’s Perspective, Wards 7 & 8, MLK Achievement Center, 2101 Martin Luther King Jr. Avenue SE, 6 p.m.



## Positive Youth Development

### The Martin Luther King Achievement Center Opens in Ward 8

Mayor Muriel Bowser cut the ribbon at the grand opening of the Department of Youth Rehabilitation Services (DYRS) newest location for youth programming and support, the Martin Luther King (MLK) Achievement Center in Ward 8. The MLK Achievement Center reinforces the agency’s dedication to public safety by providing its committed youth in Wards 7 and 8 – a demographic that accounts for approximately 50 percent of the agency’s population - with services that foster education and career development, life skills and healthy living in a space close to home. DYRS opened its first Achievement Center at its headquarters in Northwest DC in 2014.

“Wherever I go across our city, I am inspired by the young people I meet,” said Mayor Muriel Bowser. “No matter who they are, or where they come from, they basically tell me the same thing – they just want a fair shot. I am proud to live in a city that believes in rehabilitation. Today, with the opening of the new DYRS Achievement Center, we are building on our commitment to young people.”

DYRS Director Clinton Lacey and a young Ward 8 resident familiar with DYRS joined Mayor Bowser in the ribbon cutting. Prior to the ceremony, District of Columbia Councilmembers LaRuby May and Kenyan McDuffie expressed their approval of the MLK Achievement Center and DYRS’ perseverance in building community capacity.

The MLK Achievement Center features a computer work lab, an instruction kitchen, a combined barber-shop and cosmetology studio, two conference rooms dedicated to programming, and a co-locating space for community collaboration, all dedicated to empowering DYRS youth in building educational skills and obtaining professional certifications. The location also includes an open space for activities and offices for the DYRS case managers and social workers that serve Wards 7 & 8.

Additionally, the center will serve as a University of the District of Columbia site for youth under DYRS’ care, their families and the community, while sister DC government agencies that include the Department of Employment Services and Department of Human Services will offer workforce development services and various family and economic services, respectively.



## Community Engagement

### Azerbaijan Delegation Visits DYRS



A delegation of justice system leaders from Azerbaijan visited DYRS on March 23. The visitors started off with a tour of New Beginnings, followed by a visit to the 450 H. Street Achievement Center, where they spoke to Director Lacey, Deputy Director of Youth and Family Programs Garine Dalce and other agency staff about the post-adjudication process at DYRS. Of particular interest were the strength-based practices and risk assessment tools DYRS utilizes in youth rehabilitation. The delegation also spoke to a youth currently committed to the agency about his experiences with agency.

## Positive Staff Development

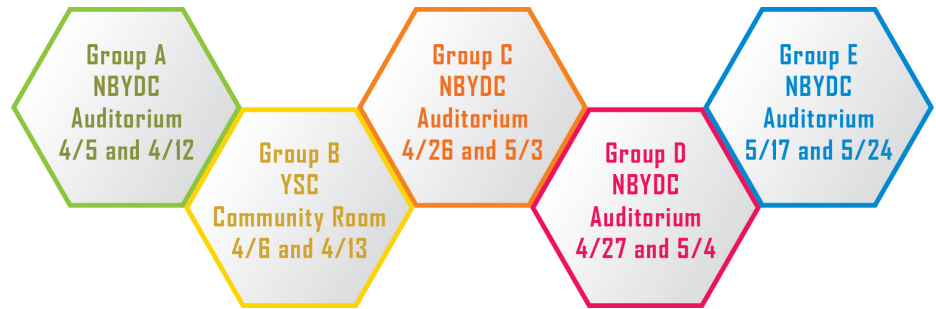
### Congratulations Supervisory Youth Development Representatives

Congratulations to DYRS Supervisory Youth Development Representative (SYDR) Shuketha Johnson, SYDR Joi Buford, YDR Tennille Benton and YDR Carlos Ray, who enrolled in a class to become Substance Abuse Counselors last September, and will graduate tonight, putting them on the road to certification. The agency is proud of your commitment to providing youth with services beyond the call of duty!



# Trauma Systems Therapy (TST) is HERE!

Susan Hansen with New York University's Child Study Center and Kelly McCauley, with KVC Health Systems, conducted a full day of preparatory trauma-informed care training at New Beginnings on March 22. The agency's ongoing transition to a trauma-informed system of care continues with training the week of April 4. Agency schedulers are putting forth an enormous effort to ensure maximum attendance to the limited number of sessions available for this critical 2-day training (schedule below).



Each session spans two weeks. The Group B session runs from 7:30 AM to 4:00 p.m. at the Youth Services Center. The remaining sessions run from 8:30 a.m to 5:00 p.m. at New Beginnings. The Training team appreciates the continued commitment and support of DYRS executive leadership throughout this transition! For scheduling, please contact Shawn Dowell at [shawn.dowell@dc.gov](mailto:shawn.dowell@dc.gov) or Damon Thompson at [damon.thompson@dc.gov](mailto:damon.thompson@dc.gov).

## March is Social Work Month!

This month honors the more than 600,000 social workers throughout the country, whose dedication, tenacity and solution-focused approach to service help others face their most challenging problems. They serve others in many capacities, including child welfare, hospital settings, schools, the legal system and as advocates for policy change. Social workers at DYRS engage youth and families in the rehabilitative process at both DYRS facilities and in the community. Bringing forth positive change is not easy, especially when youth are not entering care by choice. DYRS sincerely thanks our social workers for their support not only to DYRS youth and families, but also the agency as a whole. Your tireless efforts do not go unnoticed!

## Savor the Flavor!

The Academy of Nutrition and Dietetic is encouraging us to "Savor the Flavor of Eating Right" this March - National Nutrition Month - as a reminder to develop eating rituals that include nutritious and flavorful foods, while taking the time to enjoy them.

Enjoy these tips to help you savor the flavor!

- Turn off electronics and find a relaxed, comfortable atmosphere so you can focus on the meal and tastes.
- Eat slowly and focus on one bite at a time. This will give your stomach time to tell your brain that you are full, help you control the amount you eat.
- Pay attention to what you eat and drink by focusing on the smell, colors, textures, flavors and sound of the food.
- Find balance in what you eat by understanding the triggers of unhealthy food temptations. Practice by incorporating mindful breathing and healthy food substitution.

## Deputy Mayor for Greater Economic Opportunity Courtney Snowden Hears Parents Concerns About Employment Roadblocks

Deputy Mayor for Greater Economic Opportunities Courtney Snowden visited with parents at DYRS' "Anchored in Strength" family support group on Monday, March 21, where she discussed various education and workforce initiatives in the city designated to help low income and working class families advance to the middle class. She also received feedback from parents about challenges they experienced in trying to obtain employment in the District. Attendees appreciated Deputy Mayor Snowden's willingness to hear their concerns, and her offer to assist in connecting them to contacts who could help remove such roadblocks.

## TIPS & TOOLS: Keeping Your Mailbox Clean

The DC Governments email system is managed and operated by OCTO's Citywide Messaging Center. Each email account is initially created with a default 500mb mail "quota." If your email is close to exceeding that amount, you will receive an automated email message from citywide messaging stating you're close to exceeding your mailbox limit. When you exceed your limit, you will no longer be able to send email (however, you will continue to receive email). Outgoing email will be held in queue in your Outlook Outbox until you clean up your account and go below the quota.

Your quota is determined by the "total" mailbox sizes of your Inbox, Sent and Deleted folders. Consequently, you must clean up all three to go below your max quota. To determine your total mailbox size, right click on the "Inbox" icon and click on the button "Folder Size". Make note of the size displayed and do the same for the "Sent" and "Deleted" folders. Add up all three and you will get the sum total of your email account.

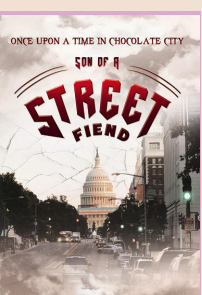
If you delete anything in your Inbox or Sent folders, it will go to your Deleted folder so don't forget to delete any items that end up there. You can also "archive" old email you want to retain. This will put old email in a special folder that is not counted against your current quota. Call the IT ServUs Helpdesk (202) 671-1566 and they will help you set up an archive account.

On a case by case basis, it may be necessary to increase your mailbox quota. If this is necessary, please contact Aki Damme and request a mailbox increase. Please include a justification for the mailbox increase in the email. Keep in mind that increasing your mailbox size also increases the risk of data corruption. If your email becomes corrupted, it is unrecoverable. In other words, ALL of your email is lost. Consequently, please try and keep below your mailbox quota first and if the quota is still too low, contact Aki for a mailbox size increase. Mailbox increases take 24 hours to take effect.

You can easily check on your current quota and how much you've used by logging into your account via webmail ([mail.dc.gov](mailto:mail.dc.gov)).

Once logged in, click on "Options" and your current mailbox quota will be displayed.

## AC SNAPSHOT



Author Maurice Pittman shared his juvenile justice and mental health story at a book signing and open mic night hosted by Capital City Youth M.O.V.E. - a youth-led organization that gives young adults and teens the opportunity to advocate for themselves, use their voices and be heard.



"COMMITTED TO EXCELLENCE" is the Department of Youth Rehabilitation Services (DYRS) Newsletter. It is published biweekly on Thursdays.

Email Brenda Padavil at [brenda.padavil@dc.gov](mailto:brenda.padavil@dc.gov) with questions or submissions for future issues.

