



COMMITTED TO EXCELLENCE



September 8, 2016

EVENT CALENDAR

9/27 Grand Opening Event for "Journey" unit - New Beginnings, 8400 River Road, Laurel, MD

9/29 "Southeast 67" Film Showing, The Miracle Theatre, 535 8th Street SE, 6 p.m.

MORE TO COME...



★ **LABOR** **DAYS**



On the heels of Labor Day, meet Timothy Traylor, the new DYRS Labor Relations Specialist. Tim will serve as the liaison between DYRS and all labor unions, and is the agency contact for staff's union-related questions. He joins the agency from the DC Department of Disability Services. Please welcome him as he advocates for the best interest of all employees! He may be reached at timothy.traylor@dc.gov.

Positive Youth Development

YSC Back to School Activities



On Tuesday, August 16, young people at the Youth Services Center (YSC) culminated the beginning of the school year by enjoying a cookout-style lunch (compliments of YSC's amazing culinary staff), and a confection-filled carnival complete with cotton candy, snow cones, popcorn and funnel cakes. They expended their energy participating in various activities including a relay race, basketball, and dancing to the sounds of the DC Go-Go High Quality Band. Youth and staff alike appreciated the opportunity to bask in the last days of summer before the beginning of the school year.

Different Strokes



As part of the Restorative Justice practices implemented by DYRS, young people at New Beginnings are drawing upon art to find forgiveness and healing. In painting and gifting a mural to the same community they found themselves at odds with, this project will be a powerful visual conversation of what acceptance, understanding and breaking down barriers looks like today.



Once again, it's your friendly, neighborhood Wellness Coordinator coming to you from the 6th floor of DYRS' 450 H Street "Stress Free" headquarters to encourage an approach that rids you of harmful energies, situations, and reactions that will assuredly jeopardize your mental, emotional, physical, and spiritual health should you not equip yourself with the necessary tools to thwart them.

Have no doubt that STRESS really is the silent killer that can permeate our thoughts and cells to the point of irreversible damage because the bills won't stop coming, eight extra hours in the day just won't happen, the kids will continue to develop minds of their own, and DYRS will keep the bar raised as expectations remain higher than ever for staff and youth alike. So what do you do? Well, let's keep it simple and consider the following short list of items for preventive, daily maintenance. These may offer us the fantastic quality of life we seek for ourselves and our families:

1. Go for a long walk.
2. Write in your journal.
3. Get a massage.
4. Watch a comedy.
5. Play with your pet.
6. Take a long bath or a hot shower.
7. Play a competitive game of tennis or racquetball.
8. Curl up with a good book.
9. Light scented candles.
10. Eat more nutritious, balanced meals, throughout the day.
11. Sleep adequately enough to fuel your body and mind.
12. Work in your garden.
13. Reframe your problems to find a positive twist.
14. Learn to forgive.

If you've come to define stress as a constant recurrence in your home and/or work life, then trust and believe it's due time to redefine, realign, and combine healthier coping mechanisms and methodologies for enduring peace and tranquility.



Positive Staff Development

Welcome and Congrats...

to DYRS employees who are new to the agency or transitioned into different positions this week!



Robert Hobson, Youth Development Representative (YDR); Bridget Hooper, YDR; Roy Jordan, YDR; Gregory Muhammad, YDR; Mark Timberlake, YDR; Samuel Weaks, YDR; Tiffany Tatum, YDR; Anthony Harris, YDR; Charles Dotson, Supervisory Workforce Development Specialist; Vanessa Weatherington, Supervisory Workforce Development Specialist; Lindsey Nisbett, Mental Health Specialist; and Merline Hector, Mental Health Specialist.

If you happen to see these faces around our locations, please say hello!

Community Engagement

Bridging the Gap



On Sunday, August 21, community activist and author Tony Lewis Jr. hosted "Bridging the Gap," an event to promote unity in the Ward 5 community at Taft Playground in Northeast DC. Residents came out to enjoy good food and music, free haircuts and a little friendly competition as Ward 5 DC Councilmember Kenyan McDuffie and Councilmember Elect Robert White coached football and kickball. DYRS, S.O.N.G., Woodridge Warriors, ICCDC, and The Museum co-sponsored the festivities.

Left to right: DYRS Program Manager Dana McDaniel, community activist and author Tony Lewis Jr., MPD Assistant Police Chief Diane Groomes, Ward 5 DC Councilmember Kenyan McDuffie.

DEFENDING CHILDHOOD PROTECT HEAL THRIVE

Webinar:

Understanding Trauma in the Context of Juvenile Justice Systems

On September 16, from 3:30 to 4:30 p.m., the National Center for Mental Health and Juvenile Justice, in partnership with the Office of Juvenile Justice and Delinquency Prevention, will present "Understanding Trauma in the Context of Juvenile Justice Systems." Nearly all youth who enter the juvenile justice system have experienced trauma – often as a result of exposure to violence. Building practitioner skills to understand the impact of trauma on youth and to structure systems that support youth is critical for successful outcomes. This webinar will define trauma and traumatic stress reactions, identify how routine juvenile justice practices can function as triggers for youth, provide real-life examples of youth behavior resulting from experiences of trauma, and offer strategies for the juvenile justice system to address traumatic stress reactions. This webinar will be presented as part of the Defending Childhood State Policy Initiative. To register, go to: <http://tinyurl.com/z86uwc>



"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 with questions or submissions for future issues.

