



Committed to Excellence

The Department of Youth Rehabilitation Services (DYRS) Newsletter.

December 6, 2018



RESTORATIVE JUSTICE

POSITIVE YOUTH DEVELOPMENT

POSITIVE STAFF DEVELOPMENT

COMMUNITY ENGAGEMENT

FAMILY EMPOWERMENT

JERRY M. COMPLETION

Event Calendar

DEC 10 **ANCHORED IN STRENGTH**
2101 MARTIN LUTHER KING JR AVE SE
WASHINGTON, DC 20020, 12:30 PM - 2:00 PM

DEC 11 **CIRCLES - MOVIE SCREENING AT NEW BEGINNINGS**
8400 RIVER RD, LAUREL, MD 12:15 PM

DEC 17 **ANCHORED IN STRENGTH**
450 H STREET NW - WASHINGTON, DC 20001
6:30 PM - 8:00 PM

DC ONE FUND

Each One Give One

There is still time to give to your favorite local charities. The 64th Annual DC One Fund Campaign is still in effect. From now until December 14th make the Holiday's special by donating to local charities in the DMV through the DC One Fund. DC One Fund makes it easy to donate with a variety of donation options from reoccurring payroll deductions to one-time online donations. Make this holiday season special and give to those less fortunate.

For additional information or to donate now, please visit <http://www.onefund.dc.gov/> or contact Keith.Whiteing@dc.gov



Becoming Michelle

On November 25, 2018, DYRS's girls had the opportunity to hear former first lady, Michelle Obama, speak during her book tour stop in Washington, DC. This occasion served as an opportunity to expose our girls to hear firsthand the incredible life story of how Ms. Obama became the first African American to serve as First Lady in the White House.



POSITIVE YOUTH DEVELOPMENT

Holiday Round Robin

On November 28th, 2018 YSC hosted a Holiday Round Robin Basketball Game. The purpose of this event was to show that no matter what neighborhood you come from you can come together and do something positive while having fun. This event also served as an opportunity to teach sportsmanship, teamwork, and patience.

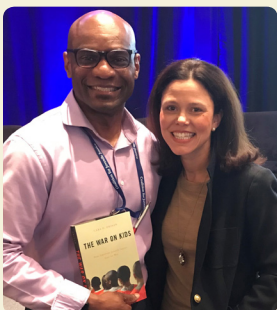
YDR Donta Smith stated the following. "This event was about the youth coming together. For one day they got to forget about the beefs they had, that they were securely detained, committed or had pending charges. We got to see them as youth in a community having fun and enjoying themselves as children, our future. This is what YSC is all about."

"This event couldn't have been done without SYDR Young who returned to work the holidays after dealing with a loss in his family. He displayed what YSC wants to teach our youth, perseverance and overcoming obstacles when life gets tough."

DYRS would like to thank YSC staff for making this event possible and brightening the holidays for the youth at YSC.



The agency would like to acknowledge the terrific work done by our Youth and Public Safety Team. As of December 3rd, 2018, and for the first time in the agency's history, the abscondence rate is approximately 1.5% - an all-time low. Keep up the great work!



YSC Deputy Superintendent of Operations Shawn Dowell attended the CJJ (Coalition for Juvenile Justice) 2018 conference at the Baltimore Marriott Waterfront. The keynote speaker was Cara H. Drinan Professor of Law at The Catholic University of America and nationally recognized expert on the Sixth Amendment right to counsel, juvenile sentencing, and criminal justice reform. She is also the author of The War on Kids: How the American Juvenile Justice System lost its way. Mr. Dowell is pictured with the professor and her new book at the conference.

Quion S. Presents

COMMUNITY 4 COMMUNITY

Roundtable

On Wednesday, November 28th, 2018 DYRS youth Quion hosted the first of a series of youth-led roundtable forums called Community 4 Community. The scope of this initiative is to give voice to young people and ensure that they have the appropriate platform to speak about their concerns with distinguished representatives of the District of Columbia.

The first forum discussion centered on issues related to dropout reduction, gentrification in the District, and gun violence. The format for the event was a question and answer session with input provided from a table of panelists. The panel consisted of DYRS Director Clinton Lacey, Office of Neighborhood Safety and Engagement, Mark Timberlake, Deputy Director of Youth and Family Services, Garine Dalce, and Good Projects Social Impact Company's Darius Baxter. The event was a huge success with over 30 guests in attendance.

Join us Saturday, January 5th from 10 AM to 2 PM at the Ivy City Smoke House located at 1356 Okie Street NE for an information session to learn the process of becoming a Foster Parent.

The Brunch serves to educate our community becoming a licensed foster parent, while changing negative perceptions about the challenges of fostering a court-involved youth.

The Brunch is open to all residents of the DC Metropolitan Area, particularly those who are interested in fostering youth under the care of DYRS.

For more information, please contact Ms. Anesha Parker at (202) 702-4570

LED BY LOVE

WITH Clinton Lacey
AND Linda Harllee Harper

Wednesdays at 6PM

ON
WPFW 89.3 FM
Jazz and Justice



On November 19th, 2018 DYRS staff teamed up with credible messengers to create Thanksgiving boxes for our youth and their families. Volunteers gathered at the SHARE Warehouse in Landover Maryland where they were given the opportunity to create Thanksgiving boxes for families in need. Each box contained Thanksgiving pantry items including turkey, vegetables, stuffing, sweet potatoes and more. Together volunteers packed over 150 boxes for and distributed them to the youth and families we serve. DYRS is proud to partner with the SHARE Warehouse to help make this holiday season special for families in need.

Did you know DYRS has a Restorative Justice Book Club? Join fellow DYRS Staff in reading and discussing books relevant to the wonderful work we do. The book we are currently reading this month is called "Writing My Wrongs: Life, Death, and Redemption in an American Prison" by Shaka Senghor. 20 copies of this book will be available at our 450 H Street, YSC, and New Beginnings Locations. Stay tuned for upcoming book discussion dates. For more information about the Restorative Justice Book Club please contact Rashida George at (202) 299-3264 or email restorative.justice@dc.gov.

The holiday season often brings unwelcome guests - stress and depression. And it's no wonder. The holidays present a dizzying array of demands - parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays.

1. Acknowledge your feelings. If you have experienced a loss or you can't be with loved ones, realize that it's normal to feel sadness and grief. You can't force yourself to be happy just because it's the holiday season.
2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship.
3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to and be open to creating new ones.
4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then, stick to your budget. Don't try to buy happiness with an avalanche of gifts.
6. Plan ahead. Set aside specific days for shopping, baking, visiting friends, and other activities. Plan your menus, and then make your shopping list. This will help prevent last-minute scrambling to buy forgotten ingredients.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt.
9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing, and restoring inner calm.
10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.