

“CORRECTION CONNECTION”

Mission Statement

The Agency provides education, training, and treatment designed to encourage positive changes and meet the rehabilitative needs of offenders. We are committed to enhancing public safety through the utilization of evidence-based practices to reduce the rate of recidivism while promoting efficiency and economy in the delivery of correctional services. We are dedicated to improving quality of life and public safety by being professional and non-judgmental with respect to individual needs; being proactive through accountability, empathy and encouragement to support offenders; and creating awareness to empower individuals to make positive changes resulting in an alternative lifestyle to live productively and lawfully.

Riverside Criminal Justice Agency

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SPOTLIGHT: *Shirlene Eaddy*



Shirlene Eaddy works as a Case Manager for District 19 Community Services Board. Shirlene has over 15 years of experience counseling individuals who have been impacted by alcohol, drugs, and have associated behavioral problems. Shirlene came to RCJA just a few months ago. She provides RCJA with individual evaluations for the

level of treatment clients need in anger management, substance abuse, and mental health. Shirlene entered the field of counseling because she enjoys helping others. Throughout the journey of life when people encounter obstacles she provides guidance, support, and helps them navigate through those obstacles. It is her life goal to assist people to reach their highest potential.

Shirlene is a retired Master Sergeant of the Army with 7 years active of duty and 18 years of Army reserve duty. She served as a behavioral science specialist and senior in

structor writer. From 1996 to 2007, she worked for the Virginia Department of Corrections as a Rehabilitative Counselor and Grievance Coordinator. From 2007 to 2014, Shirlene worked at the Petersburg Sheriff's Office as a Treatment/ Medical Supervisor.

Shirlene has two daughters, 21 and 17, whom she loves to spend time with. She enjoys reading and writing in her free time as well. She loves that her job is not the same from day to day and that not matter how much experience she gains there is always a new skill to learn, a new way to grow, or a new problem to tackle!

~ NEW EMPLOYMENT WORKSHOP ~

The new in-house Life Skills group, facilitated by local probation staff, was such a success, that beginning in June, RCJA will offer a new service to our clients. It became very clear that more was needed in helping our clients with resume writing and interviews. While this was already a component of our Life Skills group, there were many clients who needed more extensive skill building in these areas. Probation Officers, Lauren Bingham and Vernon Phelps, have been preparing for the workshops which will begin on June 11th. The first workshop will be on Resume and Application Building. The second workshop will be held on June 18th. This workshop will be on Interviewing Skills; Staff will be conducting Mock Interviews. Based on the response and feedback, additional components may be added to the workshops. The frequency and duration of the workshops will be based on client participants. For more information on the workshops, please contact Lauren Bingham or Vernon Phelps at 804-733-2760.

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RCJA'S NEWEST TEAM MEMBER

Debra West began employment with RCJA on March 1, 2014, as a Local Probation Officer. Prior to joining our team, Debra was employed with District 38 State Probation and Parole for three years where she was trained in Effective Communication and Motivational Interviewing, became a subject matter specialist, an EP-Trainer, and a SMS/ECS Facilitator. Debra also has 20 years of vast experience in the mental health field working with at risk youth in Georgia, North Carolina, New York, and Virginia.

Debra was born and raised in New York. She received her bachelor's degree in Criminal Justice from St. Leo College and has been working towards her Masters Degree in Forensic Psychology with an emphasis on sex of-



offenders. Debra says she is passionate about her job and her career field, and is interested in human behavior.

Debra says that what you see is not what you get with her; don't judge the book by the cover. She is described by her friends as a sincere, caring person who is interested in the welfare of others. Her kids would describe her as being wild!

She describes herself as being firm but fair and brutally honest. Debra is very close with her mother and father-in-law, enjoys spending time with them, and loves her time with her two children and family dog Zion. Her hobbies include working out, cooking, her children and dog.

Debra's goals include staying healthy, traveling to Israel, and making frequent trips to Jamaica. She is not a fan of any sort of wildlife, and her pet peeve is when people do not tell the truth. Nor does Debra like being in the limelight!

We are pleased that Debra has joined our team, adding another skill set to the unique and diverse staff we currently have.

Behind the Scenes with the CCJB

While many activities and events with different organizations take place, we oftentimes don't know who is working behind the scenes. The Riverside CCJB has worked for several years now behind the scenes on the mental health issues in our three localities. Great partnerships were formed with our local hospital, John Randolph Medical Center, and many others. From that first small meeting of eight, many great opportunities have presented themselves. District 19 Community Services Board was able to obtain a CIT Grant with hundreds of law enforcement officers now being trained and JRMC temporarily allowed space for a crisis assessment center, just to name a few. Now, JRMC has designated an entire building to a Behavioral Health Center that provides a fast-track for law enforcement officers with potential TDO cases, increases the number of mental health beds, and provides 40 hours per week of security for the facility. Our CCJB will now be sponsoring the First

Annual CIT Awards Breakfast in conjunction with our Annual Legislative Breakfast, and has developed the procedures for the awards nomination process. In addition, the Board is holding Mental Health First Aid Training on June 13 for all members of the local judiciary, constitutional officers, and members of the board. Our members are committed to improving the lives of the citizens that reside in our communities; that includes any experience they may have with the criminal justice system. Because of this commitment, two major priorities were identified by the CCJB; juvenile issues and returning citizens. The two top priorities, at this time, are parental and community involvement in these initiatives. The work of a few can touch the lives of many. And while the CCJB may not receive grant awards or accolades in the newspaper, you can bet they are working behind the scenes!

THE NEW FACE OF PRINCE GEORGE COUNTY

Prince George County just received an award for being one of the top 50 Workplaces in Virginia for 2014.

While a rural community of approximately 37,253 residents, local government is making great strides in keeping all citizens informed and abreast of what happens in Prince George County. So now, you obviously are wondering how this impacts community corrections! To start, each department, including community corrections, is required to submit Six Month Goals; this has become our

action plan to ensure we are providing services that correlate with our needs. It also guides our department in its growth and development. In addition, staff are required to visit other localities, similar in nature to our own, to view different styles of our positions, as well as to learn new ideas and exchange information. Furthermore, the County Government has been a huge supporter of a wellness initiative that is helping improve the well-being of employees and aid in the reduction of health insurance premiums. Nutri-

tion classes are being offered, brown bag lunch sessions with speakers are held monthly, and several challenges are ongoing such as the Biggest Loser and the STEPS Competition. The Wellness Committee sponsored our county volleyball team providing for half of the registration costs and T-Shirts. They also cover half the cost for employees to participate in run/walk events such as 5ks, the Monument 10k, the Rugged Maniac, etc. Staff are involved in many of the

committees that have been formed to accomplish the goals of our department as well as our county. The County is also providing much-needed upgrades to the technology necessary for employees to perform their job duties efficiently and effectively. Training is also whole heartedly supported; each employee must attend at least 24 hours of training per year. There are many more changes going on within Prince George County that make it a great place to work....



Simple Ways to Shape up for the Summer



Leave The Last Five Bites: You don't have to deprive yourself or diet to lose weight. Leaving behind five less bites than you normally eat at lunch and dinner could save you up to 500 calories a day, and lose a pound a week. The bottom-line with weight loss? If you consume fewer calories than you burn, you will lose weight. But there is no reason to go on a crazy fad diet or skip meals to do it. The five-bite rule can be a more realistic and manageable way to lose weight, and keep it off, in the long run.

Eat an Omelette Every Day: A study from the International Journal of Obesity found that subjects who ate eggs for breakfast lost 65 percent more weight than those who ate the same amount of calories in the form of a bagel. Whip up an omelet for a protein-rich, energy filled way to break your fast every morning. Boost your burn by adding a sprinkling of low-fat shredded cheese (dairy speeds up weight loss) and veggies like spinach and tomatoes (their fiber and density will help you feel full longer).

Go for a Daily Walk: Our bodies were designed to get around by walking, but somewhere along the way modern transportation took over for our legs. That, combined with our love of TV and computers, isn't helping us come close to burning enough calories each day. The Centers for Disease Control recommends 150 minutes of moderate intensity aerobic activity, such as brisk walking, per week. We're talking only about 21 minutes a day for weight loss and reducing risk factors for heart disease and diabetes. And it's OK to break up your walking time -- a 10-minute walk, three times a day, five days a week can be just as effective as daily sessions.

Play Like a Kid: Exercise isn't the only way to get in shape! Build sandcastles, play frisbee, ride your bike or join a volleyball game.

Children are little energy engines -- constantly moving and burning calories. Follow in their footsteps and play! Get creative with your kids (or yourself!) and get involved in as much summer fun action as you can! And, outdoor activity offers an added fat-blasting effect; the sun is a natural thermogenic. That combined with physical activity will keep the body in fat-burning mode.

Brace Yourself: Try this belly flattening technique: Stand (or sit) straight, and pull your stomach in towards your back, 'bracing' at your waist (as if someone was about to punch you in the gut). Hold for 30 seconds and then release. Not only will you be strengthening your abs, but you'll also improve your posture at the same time. Good posture and alignment also trains your abs to stay slightly engaged (translation: more flat). When we slouch the back, we also pooch the belly-- not good if you're after flat abs. For good posture, keep your ears stacked over the shoulders, and shoulders stacked over the hips. Your abs will be slightly engaged the entire time and will be 'trained' to stay pulled in.

Try Probiotics: New research shows that probiotics, such as those found naturally in foods like yogurt and sauerkraut, may aid in weight loss by helping to balance the bacteria found in our digestive system. A 2008 Stanford University study found that gastric bypass patients who consumed probiotics lost more weight after surgery than patients who did not, suggesting obesity might result, in part, from an imbalance in our digestive system. Research also shows that probiotic supplementation may aid in disease prevention by boosting your body's natural immunity. Many foods are now being fortified with probiotics (look for it on the label).



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"This above all: To thine own self be true,
and it must follow, as the night to day,
thou canst not then be false to any man."

Shakespeare

"No one can make you feel inferior without your consent."

Eleanor Roosevelt

"My philosophy is that not only are you responsible for your life, but doing the best at this moment puts you in the best place for the next moment."

Oprah Winfrey

QUOTES

"Believing in yourself is not for you; it's for every person who has touched your life in a significant way and for every person your life will touch the same way five minutes from now, or five centuries from now."

Jaye Miller

"We simply assume that the way we see things is the way they really are or the way they should be. And our attitudes and behaviors grow out of these assumptions."

Stephen Covey

POINTS TO PONDER... *Something to Take Away*

Human Behavior: the range of behaviors exhibited by humans and which are influenced by culture, attitudes, emotions, values, ethics, authority, persuasion, coercion and genetics. Is permanent change in behavior really possible? The basic picture is that human nature is:

Profoundly moral: Our behavior is shaped by value judgments, deeply held beliefs, and assertions about right and wrong;

Profoundly social: We are influenced by the behavior of those around us through shared stories, common expectations, and the need for cooperation (and competition);

Deeply emotional: Contrary to past assumptions, we reason *with* our emotions. Just imagine trying to ask someone out on a date without those important emotional cues about alertness, enthusiasm, and appeal;

Rational in context: Decisions are

made via context-based logic determined by how we understand the situations we find ourselves in;

Informed by the interplay of body, brain, and environment: All of these factors arise at the junction of bodily experience in the world where we interpret, plan, and act.

The key to behavioral change is understanding how motivation works in different environments. Consider a specific behavior of yours that you are not satisfied with, something that is causing you a certain amount of discomfort, a behavior you would like to change. Examples: keeping quiet when something really bothers me; watching too much TV; smoking cigarettes; eating fatty foods; saying yes when I really want to say no.

6 Stages of Change have been identified through research; these are the phases people go through to change their troubled behavior. People are in different stages of change naturally, and they can move through these

stages quickly. We start at precontemplation, and move through the cycle. If someone relapses, they do not have to fall back into contemplation to keep the change alive. The next time you're considering making a behavior change or you're talking with a client/friend/loved one about making a behavior change, consider what stage of change they are in. Your approach and their motivation may vary depending on what stage of the change the person is in!

