

# “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.

## NEW BEGINNINGS; OUR FIRST EDITION

This is the first edition of our Newsletter! There are many things that happen in a day within our department, and unfortunately, many of the accomplishments go unnoticed. There are success stories with the offenders and defendants with whom we work; there are also achievements with our staff members as well. So, I'd like to introduce you to our staff. Tracey Jordan-Fotias is our Senior Probation Officer and began with us on September 1, 1999. Charles Ware is our Pretrial Investigator and commenced employment



on January 15, 2002. Diana Cardelino is a Probation Officer who started here on July 15, 2006. Leigh Romero is a Pretrial Officer and began with us on December 15, 2007. Rachel Turner, Office Manager, was hired on June 1, 2009; and Justin Gigli, Pretrial Officer,

began with us on February 1, 2010. Vernon Phelps, Probation Officer, started with us on September 1, 2010, and Lelei Narron, Office Associate, joined our department on August 1, 2011. Lauren Bingham, Probation Officer, is the last to come aboard with a start date of April 15, 2012. We truly have a dedicated, professional staff, that is a pleasure to work with! In each edition of the newsletter, a staff member or client will be featured so you can get to know what really happens each day in our department!

## Riverside Criminal Justice Agency

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## Hopewell, Prince George, Surry Drug Court News

We currently have two participants, but are glad to be accepting new participants with Judge Nathan Lee presiding. At this time both participants are doing well and remaining drug free. Our female participant has been in the program for 7 months and is moving into Phase III. She is employed and compliant

with all court requirements. She recently became a grandmother for the 6<sup>th</sup> time and is very excited in her new role living a drug free life with over 200 days clean. Our male participant has been in the program for three months and is currently in Phase I. During this time, he has secured a sponsor and is actively

looking for employment. He is a proud father of four boys and wants to continue making progress with his addiction so that he can enjoy spending time with and participating in his sons' lives. He currently has over 80 days clean. A big thank you goes out to Judge Hicks and Judge Spencer for presiding over Drug Court after Judge Campbell's retirement!

# "Correction Connection..."

## Local Probation and Pretrial Services Activities

Our Agency has been engaged with the move towards evidence-based practices with DCJS. Transforming our daily practices is a holistic and strategic approach to managing change, working collaboratively with internal and external stake holders, and using research and evidence to as your guide. Evidence-based policy and practice is focused on reducing offender risk and thereby reducing new crime and improving public safety. Several core principles stand out has proven risk reduction strat-

egies. As these principles are put into practice, in order to create sustainable change, elements were identified that need to be in place to create an evidence-based agency; organizational development, collaboration, and evidence-based practices. Our Agency was one of the twenty pilot sites that engaged in this initiative statewide for local probation. We have been preparing over the last two years for the organizational culture and climate changes. Staff are adapting very well with

the change in our daily practices. We are fortunate to have staff members that possess the necessary skills and attitude to work with the EBP Initiative. So much that we have two staff members that are certified as ECMI Trainers, two staff members certified as M/OST Trainers, and two staff members that are trained as coaches for the Case Planning. Pretrial Staff are now entering the training specified by DCJS to improve the risk assessment process for pretrial recommendations and to in-

troduce techniques to increase the success rates of supervision. Our purpose of carrying out the court ordered requirements and reporting client progress to the court does not change with the EBP Initiative; we just employ research-based techniques to work towards the rehabilitation of our clients by assisting with problems that may be related to the offending behavior. Coming to terms with this dual role is one of the greatest challenges in working with involuntary clients.

### County Participation

### Community Partnerships

### Training Events

#### ◇ Biggest Loser Challenge



- D19 Community Services Board  
~ CIT and Jail Diversion  
~ Mental Health Initiative

#### ◇ Special Olympics Polar Plunge



- Hopewell, Prince George, Surry Drug Court
- Center For Therapeutic Justice
- Riverside Community Criminal Justice Board

#### ◇ National Night Out



- John Randolph Hospital
- Riverside Regional Jail



#### January 2013

◇ PO Phelps conducted his first M/OST training at DCJS Basic Skills

#### February 2013

◇ Director and Pretrial Staff attended Strategies for Effective Pretrial Supervision or STEPS Training

◇ PO Lauren Bingham participated in a Basic Skills Focus Group with DCJS

◇ Director, Pretrial Staff, & Office Associates participated in PTCC Training for Pretrial Modifications



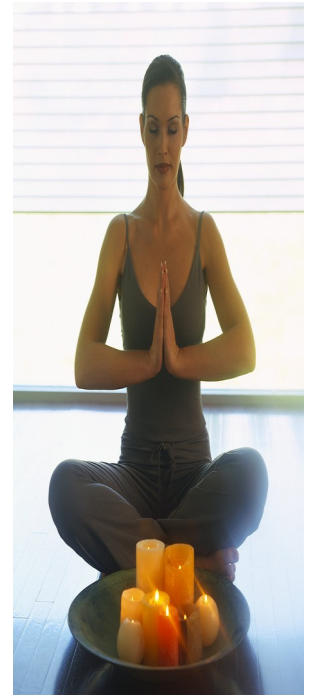
# Health News & Tips

- ◇ Don't assume healthy means low calorie which is what you need to pay attention to in order to lose weight and keep it off.
- ◇ Take the stairs instead of the elevator, park at the far end of the lot, and walk down the hall instead of emailing a co-worker. Everyone has heard these tips but did you know that six 5 minute walks a

- ◇ day translates into 10 pounds shed per year!
- ◇ Our bodies don't sense calories from liquids well. Even drinks that sound innocuous- vitamin enriched water or fruit flavored iced tea- may be deceptively high in calories.



- ◇ Chronic tension alters hormones that increase your appetite and make you store fat.
- ◇ During stressful situations is when we are likely to turn to high carb- high calorie snacks . Instead, listen to your favorite music, go outside and take a walk, or concentrate on something you are grateful for.



## Recipe Corner



### *Peachy Frozen Yogurt*

In food processor, process 1 10 oz. bag frozen sliced peaches until finely shaved. Add 2, 6oz containers low fat peach yogurt and 1 tbsp. of sugar. Process until smooth and serve immediately. 130 calories, 4 g fat, 28 g carbs

### *Spinach Dip Bread Bowl*

Ingredients: 1 cup of sour cream, ¼ cup diced sweet onion, 1 chicken bouillon cube, diced water chestnuts, and 1 pack of spinach. (remove excess water from frozen spinach). Combine and let sit overnight. Cut top off Kings Hawaiian bread & fill with dip.



## More Office News



RCJA will be starting a Life Skills group focusing on criminogenic needs of participants with materials/ concepts taken from the Carey Guides and Thinking for a Change, as well as other sources. The course will be 12 weeks and primarily focus on anti-social cognition, temperament and companions. Modules will also include healthy interpersonal relationships, job seeking/ keeping strategies, and substance abuse relapse prevention. The group will begin at the end of March and be free of charge to all participants.

Pretrial Officer, Charles Ware received certification from the National Association of Pretrial Services Agencies in July 2012, and is now one of thirty Certified Pretrial Practitioners in Virginia listed by NAPSA. Charles successfully completed a multi-hour examination of knowledge concerning legal and policy issues associated with bail practices. NAPSA has worked closely with the American Bar Association, and other organizations, to development performance standards and goals for pretrial release, in accordance with the Eighth Amendment of the U.S. Constitution.

**Congratulations Charles!**

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### IN-HOUSE

### SERVICES

- ◆ Anger Management Education and Treatment
- ◆ Intensive Anger Management Group
- ◆ Substance Abuse Education and Treatment
- ◆ Community Model Probation Group
- ◆ Mental Health Assessments and Counseling

### QUOTES

*Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.*  
-- Theodor Seuss Geisel (aka Dr. Seuss)

***"One half of knowing what you want is knowing what you must give up before you get it."***  
**Michael Pritchard**

*"Life is not measured by the number of breaths we take, but by the moments that take our breath away."*

**RCJA Staff has a 96% client satisfaction rate based on client surveys each month! GO RCJA STAFF!**

## POINTS TO PONDER...

**Why do you have to "put your two cents in"... but it's only a "penny for your thoughts"? Where's that extra penny going to?**

**Why is it that people say they "slept like a baby" when babies wake up like every two hours?**

**Why do people pay to go up tall buildings and then put money in binoculars to look at things on the ground?**

Education is what remains after one has forgotten what one has learned in school.

Albert Einstein

## SOMETHING TO TAKE AWAY

*There is the type of education we get in school, and there are life lessons we learn along the way. Both are important. The only problem is that life moves us along before we figure out what's going on, and the wisdom we hope to have gained is sometimes late in coming. Much of the time we get stressed over "stuff" that in the grand scheme of things really doesn't matter. When we allow ourselves get too caught up in it we ruin our perspective and don't take time to enjoy the moment.*

*Life can be unpredictable and throw you some curves. Just say "never" and see what happens! To avoid the jolt when life's surprises come your way, be prepared by being open-minded and maintain the positive mindset that welcomes the life lessons offered.*

*It's important to be a person of honor. Your good word and deeds inspire trust and confidence from family, friends and employers. Be the kind of person others are proud to know. It's wonderful to be self-confident and self-sufficient, however, it's not all about you. There is nothing more monotonous than hearing someone talk about themselves and their accomplishments endlessly. Being self-centered is not the same as having self-confidence. Relationships are more important than any material goods you may acquire on the road to success. Without the love and support of family and friends in life, material goods are not of much use. Setting your values and priorities can help you establish what's important.*

-Bettina W. Coghill