

"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: Lauren Bingham

Lauren Bingham began working as a Probation Officer for Riverside Criminal Justice Agency on April 15, 2012. Prior to working for RCJA, she interned and volunteered with Hanover Community Corrections for a year. Lauren is a 2011 graduate from Virginia Commonwealth University with a major in Criminal Justice.

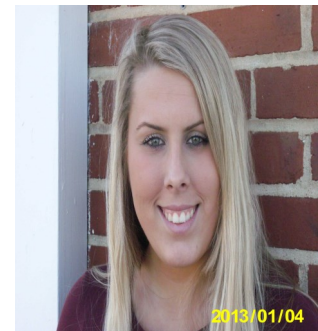
Lauren was born and raised in Richmond, Virginia. She became interested in probation because of her desire to help others. She enjoys working with a diverse population of people and that every day is

different; you always have to expect the unexpected. Lauren is the co-chair of the VCCJA Cultural Awareness Committee and also helps facilitate a job readiness course at RCJA.

In Lauren's free time, she enjoys playing with her dogs, Jax and Louie, and likes watching her brother participate in various activities. Lauren is very proud of her brother, who has cerebral palsy, as he continues to overcome all obstacles placed in front of him. She loves VCU basketball games and partic-

ularly likes to watch her brother play in the band.

In her two plus years with RCJA, Lauren has eagerly volunteered to learn new things, to engage in any team activity, and to even make pig noses and tails out of construction paper for our Halloween costumes!



~ CCJB to Attend Evidence Based Decision Making Summit ~

Members of the Riverside Community Criminal Justice Board will be attending the Evidence Based Decision Making Summit on October 7, 2014, in Richmond, VA. Brian Moran, Secretary of Public Safety and Homeland Security is undertaking this initiative to enhance Virginia's criminal justice system through increased utilization of evidence based decision making. National and state experts will present information about successful local and state evidence based decision making initiatives across the country. Criminal justice stakeholders will have the opportunity to examine and understand how utilizing data driven decision making and evidence-based practices can positively influence criminal justice outcomes and improve the safety of our citizens. The professional judgment of criminal justice decision makers is enhanced when informed by evidence-based knowledge. Every interaction within the criminal justice system offers an opportunity to contribute to harm reduction. And, systems achieve better outcomes when they operate collaboratively. The criminal justice system will continually learn and improve when professionals make decisions based on the collection, analysis, and use of data and information.

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Client Services Available at RCJA

RCJA provides a variety of evidence-based educational services to clients referred to our agency for supervision. These programs are available to any of our clients, and most services are at no cost to the participant.

- Life Skills Program; The Life Skills program is a 12 week class with modules on thinking, decision making, conflict resolution and problem solving.
- Shoplifting Prevention; "Something for Nothing" is a three session course designed to help the client focus on the effects of theft on the victim/ community.
- Employment Workshops; These two, one-day workshops focus on resume building and interviewing techniques.
- Job Readiness; This 6 week course is designed to assist the client in being a positive and responsible employee.
- Moral Reconciliation Therapy; MRT is a program designed to teach clients how to "rethink/reevaluate" the decision making and behavior to develop/build moral reasoning.

Additional programs offered at RCJA, at a small cost to the client, and are provided by the Center for Therapeutic Justice and District 19:

- Substance Abuse, Mental Health, and Anger Management Assessments.
- Community Model Probation
- Substance Abuse Education, Counseling, and Intensive Counseling
- Anger Management and Intensive Anger Management (formerly Batterer's Intervention)

* Coming Soon.....

- Thinking for Good; The focus of this short course is on reducing anti-social and criminal thinking.
- Budgeting / Financial Responsibility Workshops; These one-day programs are designed to help clients learn basic budgeting and healthy money management.
- Mentoring; We are currently looking into the development of a mentoring program to assist in reducing criminality through pro-social modeling.

2014 National Night Out



Riverside Criminal Justice Agency participated in the 2014 National Night Out; we attended the neighborhood of Country Aire for the third year in a row. This year's activities included a cookout, music and dancing, three-legged races, tug-of-war, free haircuts, a visit from Company One's fire truck, and of course the annual pickle eating contest. Director Bettina Coghill and Office Man-

ager Rachel Turner thoroughly enjoy heading out to Country Aire every year, mostly because of the heart this little community has. This largely is attributed to the event's coordinator, Kathy Martin. Kathy works tirelessly all year long to acquire donations to provide for the children of her neighborhood. She truly is committed to making this event something the children and community members enjoy.



We are looking forward to going again in 2015!

Prince George County....A global community where families thrive and businesses prosper.

Community Service Appreciation Breakfast

In honor of our community service sites and to show our sincere appreciation for their involvement with our clients, Riverside Criminal Justice Agency will be hosting an Appreciation Breakfast on September 26, 2014 at 8:30 am.

Our agency serves the localities of Prince George, Hopewell, and Surry. Our clients have performed community service hours in various positions and locations throughout these three localities. Clients have assisted with giving out food at our local food pantry, preparing and serving meals at the local Moose Lodge, grounds maintenance for our local government, and performing a variety of other tasks at local county events. From January 1st to August 31st, in excess of 4,000 hours of unpaid hours of community service have been performed.

The community services sites with whom we work frequently provide very positive feedback on the work and performance of and our clients. We have had clients over the years gain employment with the agency after the completion of the community service. We could not be a success without our sites!



Most recently, our agency has been working with our Building and Grounds Department to ensure plenty of hands to assist with scheduled county events. When clients complete minor work assignments on the county complex, this provides additional time for our maintenance staff to give to more serious tasks. We thank the staff of B & G for working with us!



Positive Six Campaign: Making small changes each month that enhance our well-being.



What you do shortly after you rise and shine can determine whether you're going to be in a positive or negative mood all day long. Make sure that you start yourself off on the right foot by taking these happiness-boosting actions first thing in the a.m. Whether it's incorporating a new habit, focusing on better sleep, trying something new, or simply taking time to breathe, little things can make a big difference!

Spring into Motion: Energize your body and mind—begin your day with a good stretch, dance to a favorite song, make a weekly walking date with a friend, or try a new sport. Even a marathon starts with a single step!

Be of Good Cheer: Plant the seeds of good cheer and nurture high spirits—create a daily gratitude journal, practice acts of kindness, embrace beauty, or create a playlist of uplifting songs. Cultivating joy bears the fruit of happiness.

Don't Sweat It: Feeling the heat inside and out this summer? Enhance your cool and calm—try breathing exercises, meditation, or practicing mindfulness to relieve stress. Chill out by setting aside 30 minutes each day to do nothing but unwind.

Get Your ZZZs: Tossing and turning all night? Try these sleep tips for a fresher, well-rested you—take an hour to make your bedroom more comfortable, go to bed and wake at the same time each day, turn off all electronics an hour before

bed, and open the curtains when you wake to let the morning light in. Good sleep habits make for better nights, and days!

Nurturing Interests: Hungry for more passion and purpose? Embrace hobbies or activities, old or new, which bring you joy—register for an online course, cook a new dish, be a tourist in your own city, take an art course, or try container gardening. At the end of the month, invite a friend to join you in the activity that you've found most enjoyable.

Building Support: Friendship is the greatest gift! Set aside time to reconnect and strengthen your relationships—do something nice and unexpected for a loved one, reconnect with an old friend, try a support group, or consider volunteering. Thoughtful attention is one of the best gifts we can give to someone, including ourselves.

In addition, something as simple as writing negative thoughts on a piece of paper and then tossing them out can do wonders for your mood. Research published in the journal *Psychological Science* found that this exercise can trick your brain into disposing of those bad thoughts. And, Believe it or not, rising earlier than you normally do may make you happier; a 2012 study published in the *Journal of Emotion* found that morning people are usually happier and more positive than night owls.

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"We do not grow absolutely, chronologically. We grow sometimes in one dimension, and not in another; unevenly. We grow partially. We are relative. We are mature in one realm, childish in another. The past, present, and future mingle and pull us backward, forward, or fix us in the present. We are made up of layers, cells, constellations."

~ Anaïs Nin ~

"Don't you understand that we need to be childish in order to understand? Only a child sees things with perfect clarity, because it hasn't developed all those filters which prevent us from seeing things that we don't expect to see."

~ Douglas Adams ~

QUOTES

"The willingness to forgive is a sign of spiritual and emotional maturity. It is one of the great virtues to which we all should aspire. Imagine a world filled with individuals willing both to apologize and to accept an apology. Is there any problem that could not be solved among people who possessed the humility and largeness of spirit and soul to do either -- or both -- when needed?"

~ Gordon B. Hinckley ~

"The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up."

~ John C. Maxwell ~

"Maturity is when your world opens up and you realize that you are not the center of it."

~ M.J. Croan ~

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

Emotional Maturity and Success in the Workplace

Maturity plays a large role in many different aspects of life. If you want to make the most of your career or work environment, you need to be mature and surround yourself with similar people. Having fun at work is completely possible and a legitimate desire for many people. However, you should not be having so much fun that your success is hindered by your actions and behaviors.

When it comes to your working life, you need to be emotionally mature and able to act professionally in every situation so that you can be viewed in this light by your managers and bosses. If you act like an immature child, management will likely see you that way, and treat you accordingly. Unless you want to sit at the same desk for the rest of your life without any chance of promotion, you need to buck up, grow up, and prove that you are emotionally mature enough to handle moving up in the company to a better position.

Keep in mind that emotional maturity isn't all about behaving and acting professional. It's also about controlling your anger and your personal feelings when something is work related, because you don't want to get the two confused. You might have a disagreement with a coworker, but that doesn't mean that you can get angry -- or worse yet, physically harm them - because they shoved you out of their

way. You simply need to let it go, relax, and focus on the task at hand, which is your work. It's always nice to make friends and interact socially in the workplace, but the best work environments are those where there aren't tangled webs of gossip and relationships that are keeping people from being productive. These things show signs of great immaturity on the entire company's part.

Emotional maturity is an expected trait in the workplace, especially when excellence is expected at work. To be mature at work is a way of bringing excellence in the workplace. To be mature means you are very self-aware of the how you feel about yourself.

This self awareness makes you conscious about your feelings and why you feel the way you feel. You put it under control or you do not feel the need to show it so openly that it affects your colleagues in the workplace. You must know the demonstration of these emotions can affect the morale of people around you.

You need to learn to be sincere with yourself before you can have a certain amount of maturity; ie. the maturity you bring to work everyday. Learn to be sincere with yourself with the kind of sincerity that disarms the dramas that feels compelled to come out and yells to the rest, "Look at me, look at me." There is no place for this sort of immaturity at work. You need to do better if this sounds like you.

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