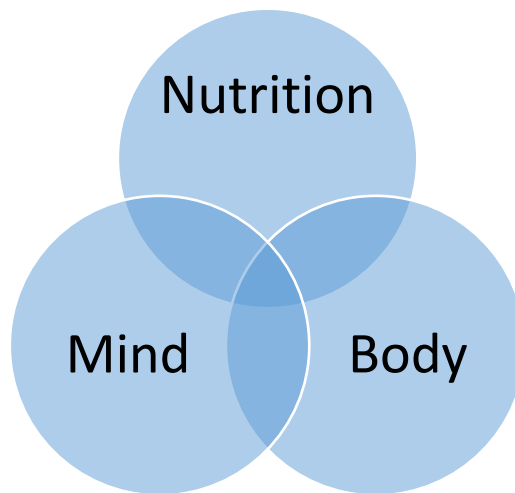


Wellness Program
For
Guilford County Juvenile Detention Center
Academic Year 2023 – 2024



GUILFORD COUNTY JUVENILE DETENTION CENTER

WELLNESS PROGRAM

MISSION:

The Guilford County Juvenile Detention Center is committed to teaching the youth we serve the importance of a healthy, well-balanced lifestyle. We are dedicated to developing the physical and mental health for the youth to improve proper growth and body conditioning; along with re-conditioning of the mindset in ways that promote healthy lifestyles through proper eating habits and exercising.

OBJECTIVE:

The goal of the Guilford County Juvenile Detention Center's Wellness Program is to promote a healthy lifestyle for every youth in the center. We are committed to developing the "total child" which would ultimately assist our youth as they strive to become productive young men and women in our society.

PLANNING:

The Guilford County Juvenile Detention Center offers programs and services that incorporate educational classes that target nutrition, healthy eating and large muscle activities with the goal of increasing physical strength and conditioning. The youth are provided a minimum of one-hour per day of large muscle recreation as mandated by statute, seven days a week. In addition, special programs are offered during the school year and our enrichment program is carried out during the Summer months. The programs offered are:

Health and Wellness Education/Group Counseling:

The health and wellness classes/groups teach the juveniles about making appropriate decisions about what they put in their bodies. In addition, this course teaches the youth the positive effects of exercising and maintaining a healthy lifestyle.

Nutrition:

The nutrition class incorporates basic math skills which allow the youth to learn how to count calories and monitor fat gram intake. The class also teaches how to read labels and become knowledgeable of different ingredients utilized in foods.

Foundation Fitness Class:

The foundation fitness class incorporates aerobic movements, yoga, high intensity stationary movements and cool-down techniques to develop muscle growth and strength. The youth are taught how to utilize everyday items at home to develop a healthy lifestyle without having access to a gym or training facility.

Therapeutic Art Groups:

Arts and Craft sessions are conducted by GCS Teachers, staff members and volunteers. Art therapy is a mental health activity that allows juveniles to pull from their creative processes, which can ultimately build self-awareness and self-esteem.

Karma Garden:

The benefits of learning how to grow, nurture and prepare the foods that we eat is a valuable lesson. Our juvenile population takes great pride in learning and actively growing fruits and vegetables. We have four garden beds that have produced a variety of fruits and vegetables over the years.

Human Trafficking Class:

Kimberly Wheeler with the Phoenix Alliance comes in twice weekly to present information to our female juvenile population about making healthy choices with their bodies. The curriculum incorporates a trauma-informed approach that provides common-sense guidance for protection from trafficking as well as other forms of exploitation.

Making Proud Choices:

This program is facilitated by Director Ted Sikes. Mr. Sikes presents a five-week course for male juveniles. The program works to lower the incidence of STD/HIV risk-associated with sexual behavior among youth, by instilling a sense of pride and responsibility among its participants, providing them with the knowledge and skills they need and motivating them to make a difference in their lives.

Music Lessons:

The Greensboro Symphony continues to offer educational sessions to our juvenile population throughout the academic school year. Juveniles are treated to small ensemble performances and they take part in group hand drumming sessions.

WELLNESS PROGRAM COMMITTEE MEMBERS

Doug Logan – JDC Director

Teresa Cuthbertson – JDC Program Manager

Emilia Caldwell – JDC Administrative Officer

Genesta Perry – JDC Supervisor

Elizabeth Harville – JDC Supervisor

Karsheena Olukera – JDC Supervisor

Aaron Lang – JDC Supervisor

Siddiqua Grier – Human Services Coordinator

Kierra Bracey – JDC Juvenile Counselor Technician

Brandon Merritt – JDC Juvenile Counselor Technician

Chedrick Marshall – JDC Juvenile Counselor Technician

WELLNESS PROGRAM CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NUTRITION My Plate 1 HOUR	NUTRITION Eating for Exercise & Sports 1 HOUR	FOUNDATION FITNESS Aerobic Movement 1 HOUR	MIND BODY SOUL Yoga 1 HOUR	FOUNDATION FITNESS Circuit Training 1 HOUR	NUTRITION Reading Labels 1 HOUR	MIND BODY SOUL Meditation 1 HOUR
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND BODY SOUL Emotional Awareness 1 HOUR	NUTRITION Healthy Eating 1 HOUR	FOUNDATION FITNESS Basketball Drills 1 HOUR	MIND BODY SOUL Meditation 1 HOUR	FOUNDATION FITNESS Aerobic Movement 1 HOUR	NUTRITION Water, Hydration and Health 1 HOUR	MIND BODY SOUL Meditation 1 HOUR
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MIND BODY SOUL Body Image 1 HOUR	NUTRITION Heart Health 1 HOUR	FOUNDATION FITNESS Circuit Training 1 HOUR	NUTRITION Strategies for Success 1 HOUR	FOUNDATION FITNESS Yoga 1 HOUR	MIND BODY SOUL Mindfulness 1 HOUR	NUTRITION Healthy Blood Pressure 1 HOUR
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NUTRITION The Impact of Sugar 1 HOUR	NUTRITION Reading Labels 1 HOUR	FOUNDATION FITNESS Aerobic Movement 1 HOUR	MIND BODY SOUL Power Eating 1 HOUR	FOUNDATION FITNESS Basketball Drills 1 HOUR	MIND BODY SOUL Benefits of Vegetables 1 HOUR	NUTRITION My Plate 1 HOUR

Guilford County Juvenile Detention Center

Wellness Program – Group Activity Tracker

Date of the Group/Activity: _____

Group Presenter(s): _____

Number of Participants: _____

Group Topic(s): _____

Pod Assigned - Outline of the Presentation:

Responses from the group:

ART & POETRY EXHIBIT







“KARMA GARDEN”



PHYSICAL EXERCISE









MUSIC LESSONS



