

# INSIDE OUT



## CPR/FIRST AID—AED

TRAINER : **KIM BENKE** OF LEWIS RIVER SAFETY TRAINING

This program started in detention as another way to help our kids develop valuable life skills. Detention officers are required to maintain their CPR/First Aid-AED certification. Lewis River Safety Training in Battleground, Washington, was willing to come into the detention center to train officers during all three shifts. The officers realized that if they were going to be trained during work hours, having the youth locked down during the training wasn't beneficial. The officers suggested being trained alongside youth to benefit everyone. Kim Benke, certification trainer, feels the more people trained the more lives can be saved. After arrangements were made, officers got started. There are currently **65** youth who now



have a 2-year CPR/AED & First Aid certification from Lewis River Safety Training. That number will continue to grow.

Kim is excited for the opportunity. She said, "This has been very rewarding. To have these youth express that they have earned their very first certification is heart warming. The youth are very eager to learn a skill that may save a life or assist in an accident. This will also help them when seeking employment."



Our teacher, Allison, understands the challenging part of teaching a group of youth who are so different in age and ability. Learning CPR/First Aid benefits the youth, their families, their communities and gives students the ownership of helping others in need.

"It is always exciting to see young people learn. To collaborate on this programming was an easy yes. Assisting in student growth has always been the goal," Allison said.

There are many times kids don't see the results in learning and to have this certification gives them an immediate sense of achievement. Certifications are a powerful tool in empowering our young people.

Currently, the program's future is unsure until a permanent funding source is secured.



**Detention School Break July 28th - September 6th**





Ping Pong is now a norm for our weekend recreation activities. Staff and youth enter bracket style tournaments with prizes for winners. Along with Ping Pong, we use our basketball hoop in B-Dorm. These options give staff the opportunity for more interactive activities.



**Our Recent Winner!**

Recent Non-Winner

Recently, detention and school staff have teamed up to run Boys' Council curriculum. Boys' Council is a strength-based program aimed at teaching maturity, empathy and pro social skills. The following is a letter written by a youth from the

Dear Little *Bro*,

This letter is very i m p o r t a n t. I probably have never told you how much I l o o k o u t f o r y o u r w e l l b e i n g.

But, as your o l d e r

b r o t h e r I want you to know that I h a v e m a d e m a n y m i s t a k e s

i n m y l i f e t h a t I a m n o t p r o u d o f. There are some things that you should know about growing up as a male such as a l o t

c a n b e e x p e c t e d o f y o u a n d i t ' s h o n e s t l y h a r d t o b e m a l e. You should also know that i f y o u c h o o s e t o e x e m p l i f y a n y t h i n g I

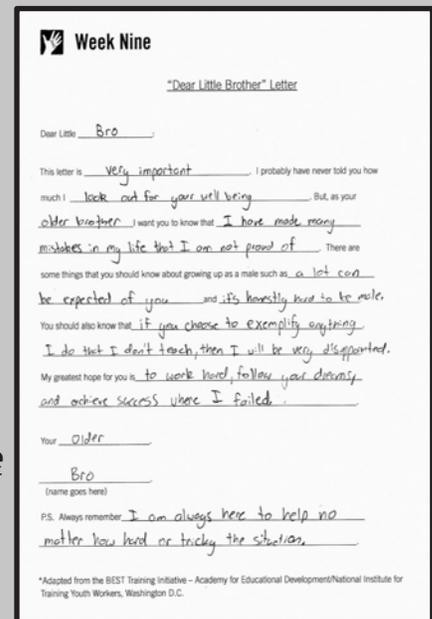
d o t h a t I d o n ' t t e a c h, t h e n I w i l l b e v e r y d i s a p p o i n t e d. My greatest hope for you is t o w o r k h a r d, f o l l o w y o u r d r e a m s

a n d a c h i e v e s u c c e s s w h e r e I f a i l e d.

Your O l d e r B r o

PS Always remember I a m a l w a y s h e r e t o h e l p n o m a t t e r

h o w h a r d o r t r i c k y t h e s i t u a t i o n.



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