

THE JJC CONNECTOR

The Clark County Juvenile Justice Center Newsletter – Summer 2011, Volume 2, Issue 3

In this issue:

1	Farewell and Thank You to Psychology Interns
2	New Department Information Systems Coordinator (DISC)
3	New Detention Officers
4	New DMST Probation Counselor
5	Helpful Websites: Recovery Help Line, Teen Line, Club Drugs
6	The Boy in the Bear Suit
7	The Difference Between Helping and Enabling

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Psychology Students Complete Internships at Clark County JJC

As their year of doctorate level internships with the Clark County Juvenile Justice Center (JJC) nears an end, our four psychology interns prepare to move on to complete their doctoral degrees in other programs. All four have done great work with our youth and they've learned a lot in the process.

Jennifer Ulmer, who hails from George Fox University, said the highlight of her internship was the collaboration with lawyers, probation counselors, Connections teams, supervisors, detention staff, and others. She said she learned a lot from Dr. Shirley Shen and Dr. Christine Krause,



Left to right: Dr. Christine Krause with students Derrin Fukuda, Kimberly Rideout, Jennifer Ulmer, Kelly Maynes

who job share to fill one full-time position. Working for two very different supervisors offered her a unique learning opportunity.

“Working with adolescents has been a lot of fun,” Ulmer said. “They were figuring out who they were in the process of me trying to find out who they were.” Some of the kids told her that no one had asked them the questions she was asking them before.

Jennifer has wanted to be a psychologist for a long time. She has a natural tendency to want to find out what makes people tick. She's always had an interest in learning about others and caring about them. Even as a youth she was the one to whom her friends turned for advice and support.

In her spare time, Jennifer enjoys reading, watching movies and listening to rock music.

Jennifer will complete her 5-year doctoral program at Portland State University. Her long-term goal is to work in a prison setting or a residential hospital. Working in the Juven-

ile Justice system was the first step in learning about the criminal justice field. She sees herself working with adults, but said working with adolescents has given her a good background in understanding human psychology.

Derrin Fukuda wanted to work with teenagers all along. He said he likes working with someone who can talk back to him. He likes the challenge of working with teenagers because they make him think hard and work hard. They keep him on his toes. Adolescence is an age when kids can think about what they do to impact the world.

Derrin likes the interdisciplinary aspect of the work. Different people have different jobs and they're all working for the same purpose.

Darrin, who is from Hawaii, explained his cultural perspective on his work here. “For me, success is measured in the relationships I've formed.”

Derrin said he heard from other students that the supervision at

Clark County JJC is superior. He felt comfortable coming to Dr. Shen and Dr. Krause for help. He was impressed with the respect he was shown here. "I'm still a student and they respected me. I felt heard. That made me want to do so much more and work so much better."

Classmates also said JJC is a difficult place to work. The learning curve is steep. It's going to be really hard, really tough. But Derrin said tough isn't necessarily bad. "Dr. Shen and Dr. Krause pushed us to make decisions. Then they challenged our decisions. They ask for more, which means we grow more, become more competent. They ask a lot of their students, and they give a lot in return. They have been so supportive of us."

Derrin doesn't know yet where he'll do his fifth year placement, but that isn't the most important thing on his mind right now. The next step in his personal development is the undertaking of a new role – that of being a dad. He and his wife are expecting their first child, a boy, at the end of July. Derrin is very excited about welcoming his son into his life. That will be his most important role of all.

Kelly Maynes attends Pacific University. She'd also heard good things about JJC from her classmates. She's had experience working with adolescents in residential treatment centers, such as St. Mary's Home for Boys in Beaverton and group homes in Albany, New York. Kelly is from Long Island, New York. Her long-term goal is to work with youth. She's drawn to that population. She especially likes working with people who are experiencing some kind of adversity.

Most days Kelly feels like she's done something meaningful and

contributed in some way. She learns something new each time she works with a client. She also values the supervision she's received here. She felt very welcomed here and says she's treated with respect. She likes working as part of an interdisciplinary team and said it's easier to work on a team when people listen to and respect each other.

"I have yet to find anyone, however exalted their station, who did not do better work and put forth greater effort under a spirit of approval than under a spirit of criticism."

Charles M. Schwab

A typical day for Kelly includes spending her morning in detention meeting individually with kids, reviewing client safety with detention staff, and facilitating groups. She's worked with one client on an out-patient basis. She's done some psychological testing, including a full psychological evaluation on one youth. She enjoys the challenge of testing to get a full picture of a client and then sharing the results with the staff and family. It's been a rewarding experience working for JJC. There's something different every day.

Kimberly Rideout also attends Pacific University. Kim has an avid interest in forensic psychology, which she described as the intersection between psychology and the legal system. It involves doing risk assessments to determine an inmate's risk of reoffending, assessing risk of future violent behavior, etc. She's doing her dissertation on psychopathy (aka psychopathology). Historically psychopathy was thought to have been caused by factors in the environment, such as poverty or abuse and neglect. Later researchers believed there's a genetic link. Now they recognize that the person is influenced by a combination of the two. People may be genetically

predisposed to certain behavior traits, but problems experienced in childhood can trigger behaviors that otherwise may not have developed. It doesn't mean they'll definitely become psychopaths, but it increases the potential. Kim is more interested in the research rather than treatment of people with psychopathic tendencies.

Interning at the Juvenile Justice Center has given Kim good experience in working with teenagers. She said people seem to experience a lot more hope when working with kids than they do with adults. Kids generally have a greater support system around them than adults do. Kim has worked with adults before in the out-patient clinic at Pacific University. Last year she worked at the Coffee Creek women's prison in Wilsonville, Oregon and at the Oregon State Correctional Institution in Salem.

One of the highlights of doing her internship at JJC is that she received better supervision here than at any of the other sites. "People here really want to know my opinion and people actually care about it." There's more follow-through here. She feels more connected and receives more feedback.

She also said it's been interesting meeting the parents. "Just listening to what the kids say, you only get half of the story."

Kim loves to travel. She went to Europe last year, where she visited Budapest, Prague, Croatia and Germany. She traveled a lot with her parents when she was younger, to Australia, Morocco and Central America. She studied in London during part of her undergraduate education.

Kim's next step is to do a one-year pre-doctoral internship in the Vacaville State Prison in California. She may be able to do her residency there as well. After completing her doctor degree, she hopes to return to Oregon to practice.

JJC's New Department Information Systems Coordinator (DISC)



We are pleased to welcome Matt Peterson back into our ranks. Matt previously worked for Clark County for 8½ years in the Office of Budget and Information Services as an IT Manager supervising staff and managing projects around the county, including here in the Juvenile Justice Center. He's had a broad exposure to the inner workings of our local county government. In 2006, he began working with District Court Adult Probation, the Juvenile Justice Center, and the Therapeutic Courts to assist with selecting and implementing a case management system to maintain client files. Matt was laid off from the County in 2009.

Matt has worked extensively in the law and justice community over the last 2 years. He worked for King County District Court on the SR520 tolling project as well as providing data analysis of court finances and productivity measures. More recently, he worked for the Oregon Judicial Department helping with the statewide project to replace the paper files and legacy case management system with a state-of-the-art electronic records management system and integrated case management system.

He married in 1993, the same year he received his commission in the US Air Force. Prior to that

he served in the enlisted ranks on active duty in the Air Force. He returned to Oregon to serve in the Air National Guard while pursuing his education in order to return to active duty as an officer. He served a little more than 20 years in the military, twelve years on active duty and 8 years in the Air National Guard. He held several titles including Communications Officer, Missile Launch Officer, Executive Officer, and Chief of Maintenance. He was stationed in various parts of the country and served combat tours in Qatar and Iraq. His last tour was in Washington, D.C. where his duties involved defense of the capital.

Matt didn't have much time to develop hobbies with all of his military duties and family responsibilities. When he did have free time, he served as a reserve police officer for the City of Hillsboro, but gave that up due to other time commitments; especially spending more time with his family.

Matt discovered his love of IT when he took computer classes in high school. Since then he earned his Bachelor of Science in Business Administration from City University and his Master of Business Administration from Oklahoma City University. He is currently pursuing another degree in Computer Science from the University of Phoenix when time allows. Matt has also focused on project management and is certified as a Project Management Professional by the Project Management Institute.

Matt is the proud father of two sons and a daughter. His oldest son will be a high school senior this coming school year and hopes to attend MIT. His younger son and daughter are members of the Civil Air Patrol and hope to attend the US Air Force Academy. His wife is a probate clerk for

Chickasaw Indian Nations providing contract services to the Bureau of Indian Affairs.

Matt commented that he likes serving others, both the citizens of the country and especially the citizens here in his local community. He stated that the job is much easier when you work with such a dedicated group of professionals and he feels that is what Clark County has here in the Juvenile Justice Center.

New Detention Officers



Janice Heidlbaugh has worked on-call in Clark County Juvenile Detention since May 2009. She was recently hired full-time on the swing shift. Having worked all the shifts, she knows all the staff in detention and loves working with all of them.

Janice also loves working with the kids. She enjoys talking with them and building a rapport. She lets them know the rules and what's expected of them. Kids do better in detention when they're given clear expectations. Janice wants to be a stable role model for the kids.

Janice said she's always been interested in Criminal Justice. She knows people who have been through the legal system and who struggle with addictions. She wants to learn how to stop the cycle. She went through the Criminal Justice track at the Clark County Skills Center and majored in Criminal Justice at Clark College, where she earned her Associates of Arts degree. When

Kevin Memsic, who at the time was the detention supervisor, came to talk to her Sociology class, she was motivated to work there. She tried mentoring, but ultimately decided she can get more involved with the kids in detention than she felt she could as a mentor.

Janice works with the girls a lot of the time. She noticed that they all seem to know each other when they come in. Many of them come in again and again.

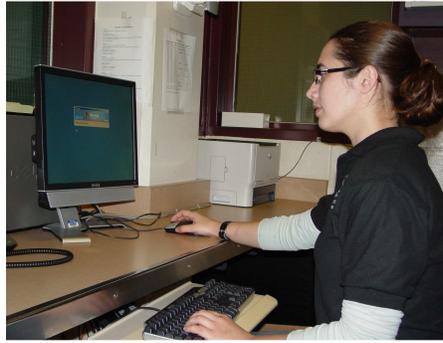
She talks to the kids about the choices they made and how to learn to think about the outcomes *before* they make choices. Nothing's accomplished by doing the same things over and over again. She knows she can't force them to change, but she can let them know about options and resources.

She noticed that some of the kids are very dependent on others. They wait for people to tell them how to find a job, for example, instead of doing the research and getting out there and doing it. She encourages the kids to work hard to get where they want to be. She talks to them about going to college and offers guidance on specific steps to take to get started, such as deciding on a major, applying for financial aid, registering for classes, the whole process.

Janice said she has friends who are in recovery, so she understands what kids are going through when they use drugs. She knows they're afraid of what life will be like when they're in recovery. Who will they hang out with? How will they have fun? She tries to let them know their lives really will be better when they're clean.

Janice was born and raised in Vancouver, except for a year when her family lived in Camas. Her mother was her most influential role model. Her mother taught her that every decision has consequences, either positive or negative, short-term or long-term. She was taught

to think about the outcome before she acts. Clearly this is a message she wants to impart to the kids in detention.



Sarah Oliver joined the detention staff on June 1st. Prior to that, she worked in Juvenile Detention in Cowlitz County for 3 years. She lives in Vancouver, so she's happy to be working closer to home.

Sarah enjoys the social interactions with the kids. She finds that it's easier to connect with them in small groups, such as when she supervises small groups of kids when they're cleaning or doing chores.

Her previous experience includes working for the Boys & Girls Club for 4 years, teaching Sunday School at her church, participating in the Youngers & Olders program in middle school, and working with Special Needs kids when she was in high school.

Sarah got her AA degree at Clark College and her Bachelor degree in Social Science from WSU Vancouver. She took courses in Criminology, Juvenile Delinquency and several Social Service courses, such as Families in Poverty.

Some parents tell us their kids tell them they don't mind going to detention, and we tell parents the kids are trying to make them think it's not a punishment. Sarah talked about the corrective aspect of detention. For instance, if the kids refuse to go to school they lose their blanket and mattress during school hours. They also lose their recreation privileges for the day.

She said not many kids refuse to attend school in detention, but it does happen occasionally.

There's also the restorative aspect, where staff works with the kids to help them make better choices. They go out into the community to do community service as well.

Sarah tries to get the kids to understand that the things they're going through now, which seem to them like it's their whole life, is actually just a small fraction of their whole life. They still have so much life left to live. They take things so seriously and feel like they're always going to be going through these experiences. She wants them to know that there's still time to make changes, to get their education, to make new friends, to make things right with their parents.

Sarah said she noticed that the kids who come in over and over again are often influenced by their friends. She asks them why they keep hanging out with the same friends. They tell her they want to positively influence their friends. Instead, they're the ones who get pulled down by the other kids. She tells them a person has to be very strong in their recovery or their decision to change before they can withstand the influence of friends who aren't making the right choices.

She understands how hard it is for the kids to give up their friends, who ask them, "Why aren't you hanging out with me anymore?" She said it's a difficult transition but one that's vital to getting their lives back on track.

“You're braver than you believe, and stronger than you seem, and smarter than you think.”

**Christopher Robin
to Winnie the Pooh**

New Domestic Minor Sex Trafficking Probation Counselor Position



Clark County JJC was recently awarded a two-year grant from the Office of Crime Victims Advocacy to fund a new probation position to supervise a caseload of girls who have been identified as victims of Domestic Minor Sex Trafficking (DMST). Kay Vail was recently chosen to fill that position.

As we became more aware that this problem existed in our community, we've adapted our work with youth who are involved in sex trafficking. We used to regard prostitution as a choice, but now we realize that these young people (mostly girls, but there are some boys who are involved) are victims of a systematic grooming process to involve them in prostitution. Many of the girls ran away from home repeatedly, which puts them at higher risk of getting involved in sex trafficking. Our department developed a questionnaire to identify victims of DMST, which is used with every youth who comes into detention. The first part of the questionnaire is called Tier 1. If the youth meet certain criteria, Intake then proceeds to Tier 2 to determine if the youth are involved in DMST. If they are, Intake calls in one of the specially trained staff to further assess them and refer them to appropriate services.

At first the girls are very resistant to opening up to probation counselors because they've been conditioned by their pimps not to trust law enforcement. It takes a lot of time, patience and compassion to encourage them to talk. Staff also has to be careful not to re-traumatize them by making them tell too much. Kay works very hard to gain the girls' trust and to establish a rapport with them. She has a real heart for what these girls go through.

Our staff works together with the Sexual Assault Response Center (SARC) in Portland and sexual assault advocates from the YWCA in Vancouver to provide programming for the girls. The advocates teach them life skills and how to have fun in safe, healthy ways. Many of the girls haven't been to school for a long time and don't feel like they belong in a typical school setting. The advocates help them find school settings where they feel more comfortable.

Kay mentioned a couple videos, "Very Young Girls" and "Branded" that depict how pimps recruit and groom the girls. The more we learn about this issue, the more we realize what a horrific problem it is.

"Being part of the natural world reminds me that innocence isn't ever lost completely; we just need to maintain our goodness to regain it." ~ Jewel ~

Shared Hope International lobbies for new laws to end DMST, such as longer sentencing for people who involve minors in the sex trade.

If you are a parent and you suspect your child may be involved in DMST, you can call Kay at the Juvenile Court, 360-397-2201 or Shared Hope International toll-free at: 1-866-HER-LIFE 1-866-437-5433 for more information.



Helpful Websites:

Do you or someone you know have:
Issues with alcohol or drug abuse?
Problems related to gambling?
Symptoms of mental illness?
Questions about treatment?

The state Department of Social and Health Services (DSHS) opened a new statewide recovery help line July 1st.

The Washington Recovery Help Line offers 24-hour emotional support and referrals to local treatment services for residents with substance use, problem gambling or mental health disorders. The Recovery Help Line is free, anonymous and confidential. The Recovery Help Line staff are supervised by state-certified mental health and chemical dependency professionals. Washington residents can contact the Recovery Help Line toll-free at 1-866-789-1511 or online at www.waRecoveryHelpLine.org.

Teen Link is a statewide teen-answered help line that's available every evening between 6:00 and 10:00 p.m. You can access it by phone at 866-TEENLINK (1-866-833-6546) or online at www.866TEENLINK.org. Teens who call about substance use, problem gambling or mental health issues will be assisted by Recovery Help Line staff when Teen Link is closed.

Parents, Learn About Club Drugs. Club drugs tend to be used by teenagers and young adults at bars, nightclubs, concerts, and parties. Some of these drugs, like Rohypnol, are used in association with rape. Concerned persons can now find out what these drugs are and what they do at www.ClubDrugs.gov.

The Boy in the Bear Suit



From time to time we like to feature young people who are doing well on probation. This is what Laura Beecher, a Probation Associate in our department, wrote about Armando:

“Armando began probation with many challenges. His positive connections to school were few and far between. He seemed very angry and withdrawn and unsure about Connections or what his responsibilities were within the team. We began to work on a plan with Vancouver School District to better address his academic and emotional needs. When Armando transferred to [his current middle school] his family and the Connections team began to see some immediate changes. Armando was fitting in!

“We began to see more of Armando's interests and personality as the months rolled by. Armando began to talk about his love of poetry and the Mexican culture. He talked about wanting to visit family in Mexico and show them how well he is doing in school. Armando called one day and asked if he could go to the library to get a library card and start checking out graphic novels and books on poetry.”

At the end of the school year, Armando dressed in a bear costume to welcome 5th graders who visited his school in preparation for transferring there next school year. Here's what Robin Helm, the teacher assistant in Armando's class, had to say about his

performance:

“Hundreds of wide eyed, curious fifth graders arrived in buses to [our] Middle School to tour the school they would be attending as sixth graders in the fall. As they off loaded, they were greeted with high-fives from a dancing bear, the school mascot. Inside the suit was Armando. Normally, when this suit is worn by middle schoolers, it bags at the ankles, but with Armando inside, “The Griz” was full bear-sized. Armando's antics greeted the future Grizzlies with super spirit.”

Laura Beecher also commented on Armando's willingness to welcome the younger students:

“What the kids getting off the buses that day did not realize about the boy in the bear suit is that he has the biggest heart of anyone at [the school]. Armando is excited about his 8th grade year at school and hopes to be a mentor to the 6th graders who will be in his class.”

The Difference Between Helping and Enabling

As staff, parents or anyone who is concerned about how much to do for other people and how much to expect them to do for themselves, it's often unclear where to draw the line.

Recently Yvonne, the mother of a youth on probation, shared an interesting quote she heard when she went to pick up her son from the 12-step meeting he attended.

Her son is in out-patient treatment and he's supposed to attend 2 meetings a week, in addition to his group sessions 3 times a week. Yvonne was getting very frustrated about having to remind him constantly that he still needed to attend his meetings. He wouldn't get up in the morning. He came up with all kinds of excuses why he couldn't go, or he'd wait until the last minute and expect her to drop whatever she was doing to drive him to a meeting. Yvonne finally

decided that it was his responsibility to make it to the meetings and if he didn't, he could face the consequences. She told her son she'd remind him one time. He had to get himself to the meetings on the bus, because he was given a bus pass by the treatment center for that purpose. He was to plan ahead and not wait until the last minute. She did a good job of communicating her expectations to him. Obviously that was a good decision on her part, but like many concerned parents, Yvonne struggled with the decision because she didn't want him to get in trouble. Of course we supported her in letting her son face the consequences.

The following week Yvonne was in our office and said she had dropped her son off at a meeting the night before on her way to run an errand. When she went to pick him up, she arrived about half an hour before the meeting was over, so she sat in on the last part of it. She said one of the men in the group shared a saying:

“What's the difference between helping and enabling?” Nobody answered. “When you're helping someone,” the man continued, “you have a willing participant.”

That statement really hit home for Yvonne. It reinforced her decision to let her son face the consequences of his decisions. He certainly wasn't acting like a willing participant! He resisted every step of the way when she tried to get him to do what he was supposed to do. For the past two weeks he hasn't gone to a single meeting. Yvonne is still waiting to see what his consequences will be. We applaud her in taking this position.

The difference between a helping hand and an outstretched palm is a twist of the wrist.

Laurence Leamer