

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 Brother program. Youth had to fill in the blanks (underlined)

Dear Little Bro,

This letter is very important. I probably have never told you how much I look out for your well being. But, as your older brother I want you to know that I have made many mistakes in my life that I am not proud of. There are some things that you should know about growing up as a male such as a lot can be expected of you and it's honestly hard to be male. You should also know that if you choose to exemplify anything I do that I don't teach, then I will be very disappointed. My greatest hope for you is to work hard, follow your dreams and achieve success where I failed.

Your Older Bro

PS Always remember I am always here to help no matter how hard or tricky the situation.

Week Nine

"Dear Little Brother" Letter

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Your Older

Bro
(name goes here)

P.S. Always remember I am always here to help no matter how hard or tricky the situation.

*Adapted from the BEST Training Initiative - Academy for Educational Development/National Institute for Training Youth Workers, Washington D.C.

CLICK HERE TO READ MORE

ABOUT BOYS' COUNCIL

Recently, we had a thirteen year old young man in custody who was originally from Thurston County. His back story was rough and he had blown out of several foster homes for anger related issues. While in detention he was visited by a very dedicated lady from up north named Mary. She was in the process of adopting him. We were able to arrange an extended visitation for them both due to the drive. Turns out that Mary is a detention officer from Thurston County Juvenile. A few of us were able to talk "shop" with her about the difficulties of working daily with such a high risk population, but we were also able to share her joy of being in a position to do something great.

WE WISH MARY AND HER HOPEFULLY SOON TO BE SON THE BEST OF LUCK.