

CENTRAL COUNTIES YOUTH CENTER

SECURE JUVENILE DETENTION

148 Paradise Road
Bellefonte, PA 16823
Phone: (814) 355 - 0650

TO: Brinda Carroll Penyak

AGENCY: CCAP

FAX NUMBER: 717-232-2162

FROM: Jim Jones

~~FROM: JIM JONES~~

FROM: Jim Jones

CENTRAL COUNTIES YOUTH CENTER

148 Paradise Road
Bellefonte, PA 16823
Telephone Number (814) 355-0650
Fax Number (814) 355-0894

TOTAL NUMBER OF PAGES INCLUDING THIS COVER: 7

COMMENTS / REMARKS: _____

Attn: Juvenile Detention and Shelter Awards.

DATE: 2/14/14

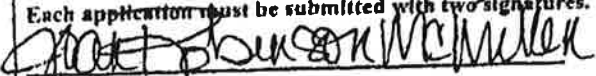
Attach the form to all entries. Entrants must complete all sections for the entry to be considered complete. A copy of this official entry is available electronically at www.pacounties.org.

County Name <u>Central Counties Youth Center</u>	County Class <u>Small Detention Center</u>
Address <u>148 Paradise Road</u>	City <u>Bellefonte, Pa.</u> Zip <u>16823</u>
Contact Name <u>James E. Jones Jr.</u>	Title <u>Administrator</u>
Department _____	Phone (<u>814</u>) <u>355-0650</u>
Fax (<u>814</u>) <u>355-0894</u>	Email <u>jejj22@comcast.net</u>

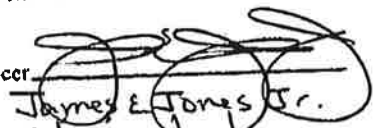
PROJECT INFORMATION

Title Horticultural Therapy: Life and Plants Start Date February 2013

Each application must be submitted with two signatures. Place appropriate signatures on two of the lines below:



 Chair of the Board of County Commissioners

Facility Chief Executive Officer 

 James E. Jones Jr.
 Administrator

Oversight Board (where applicable)

PROGRAM NARRATIVE

Attach a separate program narrative document to the form that addresses each of the following subject areas, and does so in the order presented below. Entries must be typed in a Word document, Times New Roman, 10-point type.

A separate program narrative document must be attached to this form that addresses each of the following subject areas, and do in the order presented below.

- A description of the identified need and the background including what programs were in place before the current project, if any, and how it led to this effort.
- A description of the project, including any evidenced-based approaches to divert individuals from further penetration into the juvenile justice system, community involvement strategies, formation of stakeholder groups, county-wide planning strategies, etc.
- A description of expectations and measurable goals, including supporting data.
- A brief description of how the project was evaluated and any lessons learned.
- A brief description of the community, including a description of key stakeholders, organizations, and county departments that were involved in the project.
- A description of how the activities described in a project started in the past were altered or will be continued based on experience, including plans for leveraging additional resources.
- A description of any costs associated with the project and how it was funded; cost savings, if any, and any change in community assistance, reductions in insurance costs, or inspection improvements that resulted from the program.

DATA ELEMENTS

Award submissions will receive consideration for outcomes or best practices supported by data. Please attach any supporting data to demonstrate the impact of the project in cost or population outcomes, or other data to demonstrate the considerations utilized in determining the scope or design of the project. Scoring will be based on factors including the applicants description of the problem, the soundness of approach, and success in meeting goals and objectives.

Please attach supporting documents, forms or other information that support the award entry. Entries must be typed in a Word document Times New Roman, 10-point type. Entries must be received by close of business on February 14, 2014. Winners will be announced during the CCAP Spring Conference, March 24 - 25, 2014.

More information: Brinda Carroll Penyak, hpenyak@pacounties.org

Horticultural Therapy: Plants and Life
Central Counties Youth Center
Ms. Nellie Bhattarai, Horticultural Therapist
Submitted by : James E. Jones Jr., Administrator

Residents coming into our detention centers across Pennsylvania have a wide variety of problems and concerns that need to be addressed. At the Central Counties Youth Center, we have always dealt with the problems and concerns of the kids with short term services that are in place to take care of the immediate needs of the kids. These short term services along with the need to ensure the safety and security of the kids has always been the major priority of the Central Counties Youth Center and the staff who are hired to work with these kids. As we looked at our mission and what our priorities should be, we found that we were shortchanging the kids by not providing them with more opportunities to expand their knowledge and understanding of themselves and their environment. Horticultural Therapy is a program that allows us to provide greater opportunities for our kids and has allowed our staff to be re-energized and involved.

At the beginning of 2013, under the direction of Horticultural Therapist, Ms. Nellie Bhattarai, the Central Counties Youth Center launched our Horticultural Therapy Program. This program was just what was needed to reach our goal of providing our kids with the opportunity to better understand themselves and their environment and how they fit into their environment and surroundings. Horticultural Therapy uses gardening, plants and activities as a tool to improve the physical, intellectual, psychological and social well-being of our kids. It is a process of improving human health and healing through interactions with plants. It has been used throughout the United States to reach at risk kids, but the opportunities to implement a Program within the walls of a small detention center have been limited. While there were concerns with the safety and security of the facility because of the tools and equipment that would be needed for the Program, the potential benefits to the kids allowed us to work through those concerns and adapt the Program to fit our needs..

The Program was established at the Center with four (4) goals. The first goal was to enhance the kid's skills and knowledge of gardening and plant-work. The second goal was to empower the kids to take a proactive role in making constructive choices now as well as claiming a positive direction for their future. The third goal was to provide a venue through which emotions can be channeled in a positive way and finally, to encourage a life-long connection with plants that will continuously recharge positive lessons established through the Horticultural Therapy Program. What the Center wanted to see as a result of this Program was the kids better understanding themselves and their environment along with an increased ability to express themselves through the Program and the use of journals. If this would happen, we were confident that it would help in the reduction of interventions at the Center and a reduction to the recidivism rate of the kids who participated in the Program.

The Horticultural Therapy Program is operated two (2) days a week for about an hour and a half (1 1/2) each of those days. Participation in the Program is optional for the kids and we are pleased to report that our participation rate is about 70% and seems to be growing. The Program started in February of 2013 to cold weather in Centre County. We were unable to get outside at the beginning so all our planting was done inside. Nellie would incorporate a lesson, hands on planting and journal usage for each class. The results of these first classes were flowers and vegetables growing on the window ledges of the Center. You could see the excitement in the kids when Nellie would bring in different types of plants that were edible and they had the opportunity to try them and learn how they are used and how they were grown. As the weather changed, we decided to have raised garden beds constructed in our recreation yard. Nellie worked with the local Boy Scout Council to find Boy Scouts who were looking for an Eagle Scout Project and would like to construct these for us. There were a couple of kids who expressed interest in this Project and a young man was chosen. As per the requirements for his Eagle Scout Badge, he was responsible to develop a plan for the garden, go to local businesses to find donations for the lumber and hardware that would be needed and find enough help to assist him. A plan was developed, supplies obtained and in the middle of March, about 20 boy scouts, community members and Center staff worked two (2) Saturdays to build the raised garden beds, fill them with dirt and get them ready for the kids. We did not allow the kids to help with this since power tools were being used. At the end of the day, the Center provided a meal for our kids and the volunteers so that the kids could express their appreciation.

Once the weather turned and we were able to work in the gardens, Nellie would continue her lessons outside, teaching the kids about plants, planting flowers and vegetables in the beds and encouraging the kids to express themselves through their work and their writings. We added vehicle tires to our garden plot which were cut and readied for planting. The kids were able to paint these tires prior to planting, expressing themselves through their art work. Our garden beds had tomatoes, peppers, onions, string beans, herbs and flowers. Our tire beds had strawberries, potatoes and sweet potatoes. Throughout the days, the kids were responsible for weeding the garden, watering the garden and any other upkeep needed. As the summer progressed, the excitement grew as the plants matured and they could see the flowers and vegetables. Finally the time came to sample the fruits of their labor and it was enjoyable to see the kids try vegetables that they never tried before as the vegetables were incorporated into our menu. The kids had many questions about how foods were processed and lessons were taught on how people canned and froze vegetables from their gardens. Samples of canned spaghetti sauce out of the Administrator's garden were brought in for the kids to compare what it tasted like compared to store bought spaghetti sauce.

As the growing season came to an end, the kids learned how to close a garden and the care that is needed to allow the garden to rest during the winter months and be ready for the next growing season. Nellie continued to provide plant and life lessons to the kids throughout the early winter and into the beginning of 2014, looking forward to Spring.

As I stated earlier, there were many goals of this Program. The kids enjoy writing in their journals and while we do not read them, it is encouraging to see them ask for their journals throughout the day, taking some time to write their thoughts and feelings. It is good to hear the kids talk about the plants they are learning about. I am always encouraged to have a conversation with them about what they learned and how the plant helps in everyday life. A number of kids have expressed interest in coming back to see the garden and have expressed interest in having a garden when they are home. But perhaps the biggest goal that has been reached is the fact that the number of serious incidents at the Center dropped from 26 in 2012 to 12 in 2013. The kids appear calmer, the staff is more involved with the kids and this Program has given the kids something to look forward to. I have included comments from the kids on what they have learned and/or thought about through these sessions and what they plan to do after leaving the Center that involves working with plants.

Year two of the Program is now beginning and we are looking at ways to enhance the opportunities for the kids. The first major change is that the Program is now funded through Title One Funds. This was approved as a new educational opportunity for the kids and a salary is now being paid to Nellie and all supplies, if they are not donated, can be purchased. We are beginning to plant the vegetable and flower seeds that will be needed for our garden this Spring. Those plants that are not started by seed will be donated by a local individual for use by the kids. Nellie and the Center have talked about trying to expand the Program to include an opportunity for kids who have been released from the Center and others in the community who are considered at risk kids to take part in a Horticultural Therapy Program. Since the Center owns four (4) acres of land, there is plenty of room for gardens outside the fenced in area to allow for community participation and allow the kids an opportunity to learn about themselves and plants.

With funding in place and the excitement that the kids, Nellie and the staff have shown for the Program, continuation is without question. The Executive Committee of the Central Counties Youth Center (one County Commissioner from each of the five (5) Owner Counties) is committed to the Program and get quarterly updates on the Program and have toured the garden area. The Courts and Probation Officers are aware of the Program through the weekly reports that are sent to the Courts and have reacted positively to the Program. The parents of the kids have been surprised by the plants that are given to them by the kids on special days (Memorial Day, Mother's Day, Father's Day, 4th of July, etc.) and are surprised and excited that the kids are showing interest in plants. I had the opportunity to have a kid's mother and grandmother watch him plant vegetables in our garden prior to visiting with him. They told me that the young man had never worked in a garden in his entire life and they could not get him interested in anything. They found it amazing that he was getting his hands dirty and appeared to be enjoying himself. During their visit with him, he could not stop talking about what he had learned in class and was excited to show them the plants that he had planted. Because of this, it is important to continue the Program and to expand the Program to the community if possible.

The Central Counties Youth Center is proud of this Program and looks forward to continuing to work with Nellie on improving the opportunities for our kids. Positive interactions with others, responsibility for plant and garden

upkeep, knowledge of themselves and how they are connected with everyone else and the ability to talk and explore their feelings are all positive outcomes that we have seen with the kids.

Name one thing that you learned or thought about through these sessions that will help you in life:

Responsibility
Responsibility

I learned what the name was for the white stuff on a raspberry

Responsibility
How to find plants that are edible

Care
a way to get things of your mind.

Relieving stress
I'm a plant and I will grow brawnly
Make me feel happy and life making me feel happy bout myself
Responsibility
Responsibility and Patience
To prune a plant help bring out more life
herbs help us in many ways.
Yes

I learned a lot about plants and that plants can help your mindset.
I will help me have a brawn mind
How to plant different plants

controlling anger
take care of your things
about teamwork is a big part in planting
That it takes time to grow
Responsibility to care for things
There are still good people in the world.

how to relax
engeneering new plants
That you can mix foods
How peanuts grow in groups together, also that you need responsibility to take care of plants

I'll be strong
has to do with Attitude, Actions and Consaquineses
Stop coming to CCYC
It take time to grow!
I didn't think about that

How to plant plants.
My girlfriend and baby.
I don't know
I need to get out of here
How to maintain positive behavior like maintaining flower beds

**Everthing needs support
That I need to stay out of here
I already know
be stronger by every day**

**How ? going look like ? (handwriting flowing together)
How to take care of plants
plants love sunlight just like me
survival**

**being strong
A way to decrease stress which is good because I get aggrivated a lot.
Helps me cope with my personal situations**

**How to act when I get out.
Planting new seeds
How to develop responsibility
bugs that are useful and harmful.**

I learned to quit trying not to get caught and don't do anything bad in the first place