

## Fort Bend County Juvenile Detention Center Wellness Policy - Implementation

<b>Physical Activities</b>					
Activity/Strategy	Responsibility	Resources	Timeline	Formative Evaluation	Summative Evaluation
Morning Physical Training	Rec staff leads youth through stretching and calisthenics	LCISD Recreation Specialist and/or Detention Staff	Every morning	Promotes value of lifelong physical activity/fitness	Builds confidence and positive attitude toward fitness
Basketball	Shift Supervisor and Staff	Rec Staff and rec yard	Thursday and school holidays	Alternative outdoor rec activity - participation log maintained	Youth enjoy physical fitness through sports
Kick Ball	Shift Supervisor and Staff	Rec Staff and rec yard	Weekly and on School Holidays	Alternative outdoor rec activity - participation log maintained	Youth enjoy physical fitness through sports
Relay Races	Shift Supervisor and Staff	Rec Staff and rec yard	Weekly and on School Holidays	Alternative outdoor rec activity - participation log maintained	Youth enjoy physical fitness through sports
<b>Enrichment Activities</b>					
Activity/Strategy	Responsibility	Resources	Timeline	Formative Evaluation	Summative Evaluation
Katy Art Reach	JPD contracted service - Katy Art Reach	Professional artists	Weekly - Summers and Holidays	Introduce youth to various forms of art	Lets the youths' creative juices flow through group art projects
Youth for Christ / Catholic Charities	Religious volunteers	Youth ministry volunteers	Tuesday and Friday	Provides worship services and praise singing to youth	Spiritual well-being is fostered and promotes sense of "calm"
Motivational Speakers	Partnership for Youth	Susan Bearden provides volunteer community members	Summer 2024 and Holidays	Teach coping skills and conflict resolution	Youth are provided with increased self-esteem and confidence
Theater	Partnership for Youth	Young Audiences	Summer 2024	Promote exercise through hip hop dance moves	Youth love this outlet for music and dance
Life Skills	Partnership for Youth	Young Audiences	Summer 2024	Independent living skills explored	Get youth focused on their futures
Developing Better Communication Skills	Partnership for Youth	Young Audiences	Summer 2024	Youth will learn that listening is the beginning of communicating	Program was positively received by all
Career Development	Partnership for Youth	Young Audiences	Summer 2024	Open youths' minds to adult education/careers	Get youth focused on their futures
Crafts	Partnership for Youth	Susan Bearden and staff	Summer 2024	Youth make useable crafts	Incorporate life skills such as hand sewing, ironing
Solid Minds	Partnership for Youth	Solid Minds	Summer 2024	Provide positive life skills training	Youth are encouraged to make positive life choices