

DETENTION

A General Overview



JUVENILE COURT SERVICES
1208 WEST MALLON AVENUE
SPOKANE, WA 99201-2091

Table Of Contents

DETENTION..... 3

RESPECT AND RESPONSIBILITY 3

HOW LONG WILL I BE HERE?..... 3

CAN I USE THE TELEPHONE?..... 3

CAN I GET MAIL HERE?..... 3

CAN I SEND MAIL OUT? 3

CAN I HAVE VISITORS? 3

WHAT IS THE DAILY ROUTINE OF DETENTION? 4

WHAT IF I AM SICK? 4

HOW DO I GET BOOKS?..... 4

CHANGING BEHAVIOR THOUGHTFULLY (CBT)..... 5

Mindfulness 5

Interpersonal Effectiveness..... 5

Emotional Regulation..... 5

Distress Tolerance..... 5

WHAT DOES A ZERO MEAN? 5

NO GANG ZONE! 5

A NEW BEGINNING 5

Detention

The following information provides you with a general overview of programs, rules and regulations and basic procedures to aid in a productive stay in Detention.

Respect and Responsibility

Spokane Juvenile Detention believes in the inherent worth and dignity of every individual. We take pride in our ability to maintain an inclusive and respectful environment where differences in others are accepted and values and every person is treated fairly and equally. Everyone is expected to conduct themselves in a responsible and respectful way.

How long will I be here?

If you are on new charges or a warrant, you will have court the first business day after you get here. At that time the Judge will decide if you will be released or held in detention longer.

Can I use the telephone?

Yes, all youth are given an opportunity for ONE telephone call per day. ALL CALLS ARE COLLECT. All the telephones are on a timer and click on minute before automatically shutting off.

Can I get mail here?

*Yes, you can get mail here. Mail is received Monday-Friday (except holidays). If you get a letter, staff will deliver it to you. All incoming mail is searched, envelopes are removed, letters are read immediately, and placed in your locker.

**Spokane County Juvenile Detention
C/O (Your child's name here)
1208 W. Mallon
Spokane, WA 99201-2041**

*Exception:

Mail cannot be received from or sent to any other institutions (unless it is to/from your parent).

Can I send mail out?

*Yes, you can also send mail out. A maximum of two letters per week will be stamped for you. Letters go out on Monday-Friday (except holidays).

*Exception: Mail cannot be received from or sent to any other institutions (unless it is to/from your parent).

Can I have visitors?

Yes, but only your parents or legal guardians are allowed. You can request a special visitor (i.e. grandmother, aunt etc.) from your PO but they all MUST be approved by your PO and Detention Supervisors.

What is the daily routine of detention?

Time of Day	Monday – Friday	Weekends
6:30 am	Wake up	Wake up
6:30 am – 9:00 am	Breakfast, Physical Training (PT) for a minimum of 30 minutes, Showers and Room Clean-Up	Breakfast, Physical Training (PT) for a minimum of 30 minutes, Showers and Room Clean-Up
9:00 am – 10:45 am	School	No School Saturday or Sunday
10:45 am – 11:00 am	School Break	
11:00 am – 12:00 pm	School	Saturday:
12:00 pm – 1:00 pm	Lunch Break / Various Group Programs	10:00 am Cultural Diversity
1:00 pm – 2:30 pm	School	
2:30 pm – 3:30 pm	Various Group Programs	Sunday:
3:30 pm – 4:30 pm	CBT	9:00 am Bible Study
4:30 pm – 6:00 pm	Dinner and Recreation	
6:00 pm – 8:00 pm	Programming / Snack	
9:00 pm – 10:00 pm	Various group programs	
10:00 pm	Lights Out	

What if I am sick?

- The Detention Nurse will see you within three days of your arrival. The Nurse, at that time, will review your health history, take care of any immediate concerns and explain our health care procedures in more detail.
- Only authorized items for medical care are allowed. For example, current prescription medicine WITH A PHARMACY LABEL, splints and braces, (also with a doctor's prescription) and contact care products in an UNOPENED box.
- At any time, you can fill out a request form (kyte) if you become sick and would like to see the nurse. Kytes are located on the wall, across from the booth near the mailbox. The kytes are collected twice a day at 8am and 2pm. The nurse has a lot of kids to see in a day, so please be patient while you wait.
- **Always report any serious illness/injury to a staff member immediately.**

How do I get books?

Library time is offered several times a week.

While in the library, you can exchange books and get paper, pencils, and envelopes.

Changing Behavior Thoughtfully (CBT)

Groups will meet daily for CBT training. CBT is a skills development treatment program that focuses on four specific areas.

Mindfulness

Teaches us how to increase our ability to pay attention, be present in the moment and control our thoughts rather than our thoughts controlling us.

Interpersonal Effectiveness

Skills are used to help us get our needs met and to enhance and maintain our relationship, while developing and sustaining self-respect.

Emotional Regulation

Training focuses on skills that help us identify and control our emotions.

Distress Tolerance

Training focuses on skills that help us get through really difficult situations without making things worse.

What does a Zero Mean?

A Zero means that you have violated a minor rule.

No Gang Zone!

Gang behavior of any kind (i.e. gang talk, manners, signs, writing, graffiti, symbols, nicknames, slang, colors, dress style, etc.) is not tolerated in Detention. Any gang behavior will result in a Level Reduction (Level 2). Repeated gang violations can result in external Room Restrictions and may lead to Special Programming (No Contact with other Youth).

As long as you are here, it is our responsibility to make certain that you remain in our custody, while also maintaining your safety. To help us achieve this requirement we have, with the help of Detention School, County Courts and Probation Community, established some rules that you are expected to follow.

A New beginning

Whether you are here for a day or a month, this is a chance for new beginnings, personal development, and change. "People create success in their lives by focusing on today. It may sound trite, but today is the only time you have. It's too late for yesterday. And you can't depend on tomorrow. That's why today matters". - John C. Maxwell