Matthew Barnes entered the Hopewell, Prince George, Surry Drug Court Program in November 2012, and is currently in Phase II of the program. When he first entered the program, Matthew was unemployed, and was required to complete twenty hours of community service each week until he gained employment. His positive attitude and pleasant disposition were well received at his first community service site, that after only a week at the site, they celebrated his birthday with a cake and a chorus of “Happy Birthday”. Mr. Barnes continued to do community service while actively seeking employment, and although he was turned down for a job he truly wanted, he continued to maintain such a positive spirit and attitude. Matthew recently gained employment, and now has moved into another position that enables him to work in his field of expertise (construction). As always, his demeanor and the smile on his face are infectious. When Mr. Barnes is not attending his Drug Court requirements or working at his full time job, he enjoys spending time with his children and doing renovations on his mother’s home. His short term goals include getting his operator’s license back, finishing the renovations on his mother’s home, and continuing with working the steps for a clean and sober life. Mr. Barnes reports that he loves to cook, is a “great cook”, one day hopes to have his own food truck. Matthew has also experienced his share of challenging life events while in the program, for which he handled extremely well. When Mr. Barnes first entered the program, many of us did not believe he would be successful. He proved us wrong in so many ways! His sincerity, positive attitude, and willingness to learn is why he was selected as our “Spotlight”.

RCJA recently started a Life Skills group focusing on criminogenic needs of participants with materials/concepts taken from the Carey Guides and Thinking for a Change, as well as other sources. The group has concluded 6 of the 12 modules with the participants exploring thinking processes, thinking before acting, examining actions and behavior that bring participants into the criminal justice system, regulating emotions, developing empathy, moral reasoning, and problem solving. Probation Officer, Vern Phelps, facilitates the group, and we have been overwhelmed with the responses from the participants. We currently have six active partici-
PERSONAL SAFETY TIP: ROBBERY

What is it? Robbery is theft using force or threats of force. Robbery, armed robbery, and carjacking are motivated by the need or want for money. These crimes can also lead to a brutal assault to break down any resistance. Being the victim of any of these violent crimes can be traumatic. A prosecutor observed that although the victims of robbery suffered no physical harm, all suffered mental anguish. “Several of them reported ongoing anxiety and sleep difficulties,” she said, “and virtually all of them said that their daily working lives have been gravely affected by what they experienced.”

Be aware. Thieves are opportunists. They like to prey on the unsuspecting. So watch the people who are watching you, be aware of your surroundings, and do not dull your senses or impair your judgment by over-drinking or misusing drugs. “When a person is drinking alcohol or using drugs,” it is harder for him “to think clearly and evaluate a potentially dangerous situation,” says a health encyclopedia.

Protect your property. Secure your vehicle and the doors and windows of your home. Never admit a stranger. Keep valuables out of sight; do not flaunt them. Thieves—including desperate children—often target people who parade expensive jewelry and electronics.

Seek advice. If you are traveling, heed the advice of informed locals, including the authorities. They can point out places to avoid and show you how to protect yourself and your belongings. We need to live our lives feeling happy and safe, but still not be complacent or naive. We can best do that not by expecting the worst, but at least being aware and prepared.

Thieves are opportunists; be aware of your surroundings.

Correction Connection...

April 2013
- Pretrial Officer, Justin Gigli, attended CIT Training at Crater Criminal Justice Academy
- Probation Officer, Lauren Bingham, attended Effective Communication & Motivational Interviewing Training at Portsmouth CC
- Several staff members attended “Colors” Training at Piedmont CC that viewed different personality types by color
- Probation Officer, Vern Phelps, attended Moral Reconation Therapy training in Richmond

May 2013
- Director Coghill and Senior Probation Officer, Tracey Jordan-Fotias attended “Common Sense Leadership” at Crater Criminal Justice Academy

Case Plan Tidbits
- Since September, 2012, 62 case plans have been completed.
- The Agency averages eight case plans per month.
- 22 case plans are pending to be completed by staff.
- The ranking in the case plan related domains remains the same.
- Ranked from highest to lowest, here are the domains being addressed in the case plans:
  - Drugs
  - Vocational/Financial
  - Family/Social
  - Education
  - Attitude
  - Alcohol

Life Skills Group Cont’d
- Participants composed of both local probation and pretrial clients enrolled; the group is voluntary and free of charge. One participant is a current Drug Court client who spoke highly to the Drug Court Judge of how much the Life Skills Group is helping her make changes in her life. Participants continue coming to the group and voicing how much they are learning from the modules. Upcoming modules will include building healthy interpersonal relationships, overcoming family challenges, developing healthy boundaries, budgeting time, priorities and money, job seeking/keeping strategies, and substance abuse relapse prevention. Participants will receive certificates and an exit surveys to help us continue to serve the participants needs. For more information on this group, please contact Probation Officer, Vern Phelps, at 804-733-2760.

Training Events
Health News & Tips

Amp Up Your Workout with Fun Fat-Burning Sports Drills

These whole-body moves not only improve sports skills, but the high intensity also burns an extraordinary number of calories both during and even after your workout,” says Neal I. Pire, MA, CSCS, author of Plyometrics For Athletes at All Levels. Try a few of these before your workout, after warming up, or in place of your cardio workout once or twice a week, with two to three days rest in between.

1. Corner dash
   Arrange four small objects as markers into a 5-yard x 5-yard square. Stand in the middle and start jogging in place; quickly lift each foot as if it was on fire. Alternately dash to each corner, touch the marker and return to the center, without turning around to do so, and continue jogging in place. This works well with a partner: have your partner randomly point to cones as you dash to them and return to the center. Start with two, 15-second sets. This routine helps develops speed and quickness and particularly benefits tennis and volleyball players.

2. Side-to-side shuffle
   This is a great full body exercise, says John Garey, MS, CSCS, owner of John Garey Fitness and Pilates, in California. “The side-to-side shuffle emphasizes the muscles of both the outside and inside of the thigh. Start in an athletic stance position, both knees and hips slightly flexed, which works the quads, hamstrings and glutes. Your upper body should have a slight forward lean and knees and feet should point directly ahead and remain parallel to each other throughout the move. To add challenge, perform this move while holding a medicine ball and toss (or bounce) the ball, shuffle to the other side and repeat two to three times.

3. T-run
   Set up a T-shaped path: 10 yards straight ahead of you and two “branches” of five yards on either side of the top of the T. (Practice this a few times at a slow pace before going full-speed.) Stand at the base of the T. Sprint straight up to the top of the T and touch the ground near the base of the cone or marker, shuffle to the right without crossing your feet, touch the base of the cone with your right hand, then shuffle to the left cone, touch the base with your left hand and then back pedal to the starting line in reverse. Time yourself and work on reducing the length of time it takes you to run the T.

Recipe Corner

Berry Delicious Summer Salad
- 8 cups mixed salad greens
- 2 cups fresh blueberries
- 1/2 cup crumbled Gorgonzola or blue cheese
- 1/4 cup chopped and toasted walnuts or pecans
- Bottled vinaigrette

Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, tossing gently to coat.

Office News

The Local Probation Staff, in an effort to reduce recidivism, have begun working with clients to develop written, personalized case plans. These case plans focus on identified risks and criminogenic factors, motivation, strengths, and triggers, as well as goals that the defendants themselves wish to achieve. The case plans will be utilized throughout the probationary period to encourage positive change with medium and high risk offenders.

The Pretrial Staff recently attended STEPS Training: Strategies For Effective Pretrial Supervision. Each Officer had to submit a series of audio tapes using the STEPS skills to ensure competency in the core skills. The training is part of a larger project funded by the Bureau of Justice Assistance, and is designed to understand how pretrial agencies can better use the results of risk assessments to guide release decision and conditions to make pretrial services more effective. STEPS is a series of skills that may have an impact on defendant outcomes, and is part of the Evidence Based Practice Initiative in which the agency has been participating.
“CORRECTION CONNECTION”

RE-ENTRY SERVICES
RCJA received a grant from the Cameron Foundation to work with returning citizens with mental health issues who are being released from Riverside Regional Jail. Funds will primarily be used for emergency services such as temporary shelter, food, and basic supplies. Assistance will also be offered for employment and related services.

WHAT DETERMINES SUCCESS?
~ If you think it is impossible, then it is; if you think it can be achieved, then what you see is not the impossible, but the end result. Many people have defeated themselves before they even started by thinking that their goal is not possible. And just as many people have had great successes because they believed that their goal was achievable.
~ If you believe in yourself then you will find a way no matter what obstacles and challenges you face along the way. You will see these obstacles as opportunities. If you look at an obstacle as an opportunity you will find ways, you will use your creativity and find a solution that will solve the obstacle. Sometimes, obstacles are actually gifts, as they make us look at situations in a different way.
~ And, if you are determined then you have a 90% chance of success. Your own attitude can determine your success or your failure. If you have determination then there is no stopping you. Determination gives us the ability to overcome challenges. It also gives us the belief that we can do it - no matter what anyone else thinks or believes.

SOMETHING TO TAKE AWAY…POINTS TO PONDER

Do what you feel in your heart to be right—for you will be criticized anyway...
~Eleanor Roosevelt~
To succeed in life, you need three things: a wishbone, a backbone, and a funny bone.
Never be afraid to fall apart because it is an opportunity to rebuild yourself the way you wish had been all along.
Life is what happens to you while you’re busy making other plans.
When you know yourself, you are empowered. When you accept yourself, you are invincible.

COUPONS

Smile for a Friend
FREE
FOR A CO-WORKER
A Smile Goes a LONG Way!
Expiration Date: Never Expires

Pat on the Back
For a Co-Worker
Tell someone they have done a good job!
Expiration Date: Never Expires

The secret of inspiration: Tell yourself that thousands and tens of thousands of people, not very intelligent and certainly no more intelligent than the rest of us, have mastered problems as difficult as those that now baffle you.
~William Feather~

The only people who are mad at you for speaking the truth are people who are living a lie. Keep speaking the truth.
Your self-worth is determined by you. You don’t have to depend on someone telling you who you are.