We wanted to introduce you to a person that makes a difference in peoples lives on a daily basis, in more ways than one. Dr. James “Jeff” Jacobs works as a counselor for District 19 Community Services Board. Dr. Jacobs originally started counseling in 1985, as a Marriage, Family, and Parenting counselor in Texas. Dr. Jacobs’ wife of over 35 years, who is in the military, was transferred to Virginia, so Dr. Jacobs stated he needed a job. He began working as a Substance Abuse counselor on Fort Lee. When asked what inspired him to make the transition from Marriage counseling to substance abuse, Dr. Jacobs stated, “there are a lot more people that need help with addiction than what I was doing”. Dr. Jacobs has now been employed with D19 for ten years, and provides RCJA with individual assessments on our clients to determine the appropriate type and level of treatment for anger management, substance abuse, and mental health; provides individual counseling to our clients; and, assists staff with advice on difficult cases.

Dr. Jacobs has a very impressive and extensive education background; he holds a Masters in Divinity & Theology, a Masters in Counseling, and a doctrine in Psychology. He said his education and experiences are what have helped him excel in his career, with his clients, and how he is as a person.

When not working, Dr. Jacobs enjoys playing racquetball, reading, and walking. He is a true pleasure to have in our office!

RCJA Hosts Charitable Luncheon

In June, RCJA hosted a charitable luncheon to benefit the Hopewell, Prince George, Surry Drug Court. Delicious lasagna and spaghetti with salad and garlic bread were donated by the Mad Italian Restaurant in Petersburg. The owner of the Mad Italian Chris Skordas, says he was glad to help out such a good cause. The event was held in the County Administration Break room, and there were 150 over lunches sold. Our Drug Court raised over $1,400! This was a great experience for all, including two of our drug court participants who assisted with working the luncheon. If you are ever in the area, please check out the Mad Italian for good food and good people.
The Riverside Community Criminal Justice Board has had many events going on this summer. We were all sad to learn of the retirement of Hopewell School Superintendent, Dr. John Fahey, who was an active member of the Board. We wish him well in all of his future endeavors, and appreciate the sensor of humor he brought to our meetings.

The Board also held its own pretrial symposium in June with the members of the local judiciary to look at the history and research of pretrial services in our Commonwealth and across the nation. Ken Rose, DCJS Criminal Justice Program Coordinator, presented the information and battled some really tough questions from participants. Most of the time was dedicated to risk informed decision making and pretrial services. Obstacles in our localities were discussed, as well as issues with data collections and its interpretations.

On July 24th, CCJB Members participated in a Cross Systems Re-Mapping with the Department of Behavioral Health and Developmental Services. Five major goals were identified in our localities related to mental health that needed continued work. Objectives were listed for each of those goals to keep our members on task. We were fortunate to have Dick Hickman and other representatives tour Riverside Regional Jail which contains one of the largest populations of inmates with mental health issues in Virginia. Good discussion regarding the status of mental health issues in our area was had.

We also adopted new By-Laws that changed the structure of our board and its make-up slightly. They also created a means of electronic voting and a set number of positions/members. We will be having our annual Organizational Meeting in October to accept nominations for new members as well as officers.

And finally, plans are underway for our Fifth Annual Legislative Breakfast and the Second Annual CIT Awards. The Legislative Committee is in the process of identifying the legislative needs and issues to be addressed and finalizing the presentation.
National Night Out is one of those events we all look forward to each year. This year in Prince George County, we had a record number of 32 sites participate in our 13th Annual National Night Out festivities. For the fourth year in a row, RCJA staff attended Country Aire’s event. This year their party began with a local band, “Panic Button”. Other activities included a cake walk, a visit by the ice cream truck, and of course the famous pickle eating contest. Country Aire was the recipient of the NNO cake this year because of they had the most attendees at last year’s event! While RCJA distributed NNO stickers, finger lights, and other cool gadgets, the star of the show this year was Police Officer Jamie Nicholas. He let the children of the neighborhood get inside of his police car. Many pictures were taken from inside the police car, and we can hope that they never see the inside of the car again unless at this event! National Night Out truly is an event that brings our neighborhoods and the law enforcement community together. While everyone has a good time, the relationships built on this night last all year long. We can’t wait until next year!

Shoes, Soaps, and Shampoos Drive

Each year, RCJA chooses to participate in National Night Out in Country Aire. The Neighborhood Watch Coordinator had expressed that there was a need in this low income neighborhood. For some basic personal items to include shoes for the children. Thus, RCJA decided to make one of our six month goals to host a Shoes, Soaps, and Shampoos Drive to benefit this struggling community. It was a huge success and we would like to personally thank all of those that donated to RCJA’s “Triple S” Drive! While we typically take these basic items for granted, there are many local families in need that are extremely appreciative of any donations they receive. It is quite personally rewarding to be able to give to your community.
Most people these days are stressed by the pace of life, the economy, and worries about the future. Some studies state that people would be much happier and healthier if they knew how to slow down and live in the moment. Mindfulness is a mind-body medicine practice, based on ancient meditation techniques. Mindfulness is an internal resource that all of us already have! The idea being is to channel or direct this resource to transform our relationships with stress, pain, illness, and emotions. These are key concepts that can help illuminate what it means to have a mindful attitude in life.

◊ **Focus on the Present Moment**—remain open to how things unfold in the present. When your thoughts get lost in thinking about the past or worrying about the future, you bring them back to what you are experiencing right now.

◊ **Be Fully Present**—be aware of what you are currently experiencing. Pay attention to what you are seeing, hearing, doing, right now.

◊ **Be Open to Experience**—don’t shut out your own experiences because you think you can’t handle them. Become aware of your experiences as a flow of thoughts and sensations, and watch them change over time.

◊ **Be Non-Judgmental**—don’t characterize your thoughts and feelings as good or bad, or try to change them, or feel compelled to act on them. Watch and accept whatever arises with open mindedness.

◊ **Accept Things as They Are**—see reality as it is, and know that you can tolerate anything that comes your way.

◊ **Connection**—feel connected to nature as a larger whole, and feel grateful for the cycle of life.

◊ **Non-Attachment**—don’t try to hold on things, people, or experiences; go with the flow. One door closes, another one opens.

◊ **Peace and Equanimity**—don’t get too swept up in life’s highs and lows. When adversity strikes, walk with a peaceful heart, and stick to your vision and values.

◊ **Be Compassionate**—don’t judge. Open your heart to really listen and try to understand your own and other people’s experiences.

If you keep these concepts in mind, you can begin to introduce mindfulness into your daily life.