



LANCASTER COUNTY YOUTH
INTERVENTION CENTER
WELLNESS POLICY

Mission Statement:

The mission of the Youth Intervention Center is to provide a safe environment to ensure the essential physical, mental, and emotional well-being for the youth we serve through positive and compassionate engagement.

Lancaster County Wellness Policy

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Lancaster County Youth Intervention Center Wellness Policy

Preamble

The Lancaster County Youth Intervention Center, a Residential Child Care Institution located in Lancaster, PA is committed to the optimal development of every resident. The facility believes that for our residents to have the opportunity to achieve personal, academic, developmental and social success, we need to create positive, safe and health-promoting learning environments at every level, in every setting, throughout the school year /and during their placement in the facility.

Research shows that two components, good nutrition and physical activity before, during and after the school day, are strongly correlated with positive student outcomes. For example, student participation in the U.S. Department of Agriculture (USDA) School Breakfast Program is associated with higher grades and standardized test scores, lower absenteeism and better performance on cognitive tasks. Conversely, less-than-adequate consumption of specific foods including fruits, vegetables and dairy products, is associated with lower grades among students. In addition, students who are physically active through active transport to and from school, recess, physical activity breaks, high-quality physical education and extracurricular activities – do better academically. Finally, there is evidence that adequate hydration is associated with better cognitive performance. This policy outlines the facilities approach to ensuring environments and opportunities for all residents to practice healthy eating and physical activity behaviors throughout the school day while minimizing commercial distractions. Specifically, this policy establishes goals and procedures to ensure that:

- Residents in the facility have access to healthy foods throughout the school day through in accordance with Federal and State nutrition standards;
- Residents receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
- Residents have opportunities to be physically active before, during and after school;
- Classroom instruction includes nutrition and physical activity promotion and other activities that promote student wellness;
- Facility Staff are encouraged and supported to practice healthy nutrition and physical activity behaviors in and out of the Detention Center.
- The facility establishes and maintains an infrastructure for management, oversight, implementation, communication about and monitoring of the policy and its established goals and objectives.

This policy applies to all students/residents and staff of the facility. Specific measurable goals and outcomes are identified within each section below.

I. Facility Wellness Committee

The wellness committee will convene at least four (2) times per year to establish goals for and oversee facilities health and safety policies and programs, including development, implementation and periodic review and update of the wellness policy.

Committee Role and Membership

- Drew Fredericks, Director
- Kelly Decker, Business Administrator
- Bryan Hubbard, Program Coordinator
- Heather Yohn, Health & Gym Teacher
- Timothy Pepo, Kitchen Supervisor
- Open , Staff Representative
- Resident

Leadership

The designated official responsible for convening the Wellness Committee, facilitating the development of the wellness policy, oversight of the Wellness Policy, compliance with and implementation of updates to the policy is: Kelly Decker, Business Administrator

The names, titles and contact information of these individuals are:

Name	Title	Email Address	Role on Committee
Drew Fredericks	LCYIC Director	frederid@co.lancaster.pa.us	Designated Official
Kelly Decker	Business Administrator	deckerk@co.lancaster.pa.us	Policy Coordinator & Financial Compliance
Bryan Hubbard	Program Coordinator	bhubbard@co.lancaster.pa.us	Programming
Timothy Pepo	Kitchen Supervisor	timothy-pepo@aramark.com	Nutrition
Heather Yohn	Health & Gym Teacher	hmyohn@lancaster.k12.pa.us	Programming/Nutrition

II. Policy Implementation, Monitoring, Accountability and Community Wellness Engagement

Implementation Plan

The Lancaster County Youth Intervention Center has adopted a Wellness Policy that provides nutrition education, physical activity that promotes resident wellness and balanced nutritional breakfast and lunch meals in accordance with and approved by the NSLP guidelines. In order to comply with and continue the practice of these policies, the following wellness committee members have been assigned the following responsibilities.

Kelly Decker; designated as the person that will convene Wellness Committee Meetings, oversee the facilitation of the wellness policy, and promote on-going updating and policy compliance.

Bryan Hubbard; designated as the Wellness Policy Coordinator and will assist with the acquisition and implementation of nutrition and health education materials, programming and related activities.

Heather Yohn, LCYIC Teacher, will be provided educational materials for her classroom instruction that supports the Wellness Policy goals as well as gym time during recreation classroom activities.

Open, Program Supervisor, Supervisor, will assist in monitoring compliance with program attendance, nutrition requirements of snacks, and wellness program availability on living units, and gym time.

Kelly Decker, fiscal assistant, performs all NSLP related financial functions, assists in off-site and on-site assessments, and provides support for all other NSLP requirements and compliance.

Open, Staff, recreational activities and staff support of wellness program.

Timothy Pepo, Kitchen Supervisor, performs on-site kitchen assessments, monitors compliance with NSLP, schedules inspections Develops menu.

Record Keeping

Once reviewed and updated the Wellness Policy will be posted on the Lancaster County Web page under the Youth Intervention Center. This will allow the community that we serve and general public to have access.

Documentation of all meetings, efforts to review and update the Wellness policy, notification and invitations to attend Wellness Committee meetings, and all assessments of the program will be kept and made available for review.

Triennial Progress Assessments

At least once every three years, the Lancaster County Youth Intervention Center will evaluate compliance with the wellness policy to assess the implementation of the policy and include:

- The extent to which the Lancaster County Youth Intervention Center is in compliance with the wellness policy;
- The extent to which the Lancaster County Youth Intervention Center’s wellness policy compares to a model wellness policy; and
- A description of the progress made in attaining the goals of the wellness policy.

The persons responsible for hosting /managing the triennial assessments will be Kelly Decker, Business Administrator.

Revisions and Updating the Policy

All revisions will be based on the results of the triennial assessments, new health information, and new federal or state guidance standards that may be issued. The Wellness Policy will be assessed and updated as indicated at least every three years, following the triennial assessment.

Community Involvement, Outreach and Communications

The Lancaster County Youth Intervention Center is a Residential Child Care Institution (RCCI). Although confidentiality of our residents is mandated by State law, we continually look to the Lancaster County Community as a resource for meaningful and beneficial programming for our residents.

Parents of our residents are provided information about the Detention Center’s Wellness practices in our Parents information letter, which is available in both English and Spanish. The parent packet is mailed upon admission of a resident into the detention center.

The wellness policy bulletin is also posted in the lobby for all parents to see during visitation.

Our Community involvement includes collaboration with government and private agencies, both contracted and volunteer, who provide a variety of programs all of which relate to wellness thru nutrition and health education, mental health, physical exercise and related

structured activities like gardening, and social skills. These organizations include but are not limited to: The School District of Lancaster, PA extension Nutrition Links, and Yoga.

The Youth Intervention Center will actively communicate its Wellness Program to the parents of the residents by providing a link to the wellness program in the parent Notification Packet. NSLP Brochures will be placed in our lobby, allowing access for both our parents and the general public. To generate greater awareness and promote wellness through better eating habits and physical activities. Healthy Choices and Practice posters are placed in the cafeteria. Additionally, a copy of the Wellness Policy will be posted on the centers website for parents and the general public to view.

III. Nutrition

School Meals

The Youth Intervention Center is committed to serving healthy meals to our residents.

- Breakfast and Lunch meals will be served under the guidelines of the National School Program and will meet, at a minimum, nutrition requirements as established by local, state and federal regulations.
- All meals will be appealing and attractive to the residents.
- All meals will be served in clean and pleasant settings.
- When a child misses a meal due to an appointment, court, visit or other reason, or his/her admission occurs between the dinner and breakfast, an alternative meal, sometimes referred to as a 'bag' lunch will be provided.
- To promote healthy food and beverage choices, the following Smarter Lunchroom techniques are used:
 - a. Whole fruit options are displayed in attractive bowls or baskets
 - b. Daily fruit options are displayed in a location in the line of sight and reach of residents
 - c. All staff members, especially those serving, have been trained/instructed to politely prompt residents to select and consume the daily vegetable.
 - d. White milk is an option at every meal
 - e. Alternative entrée options (e.g. salad bar option) are highlighted on posters within all serving and dining areas.
 - f. Sliced, whole or cut fruit will be available daily.
 - g. Vegetable options have been given descriptive names.

- h. A reimbursable meal can be created in the serving areas available to our resident's .i.e. the serving window and the salad bar.
- Menus will be posted in the dining area for the week.
- PrimeCare Medical staff will advise the Kitchen staff and shift supervisor of all special dietary needs and the kitchen staff will accommodate/provide for these needs.
- Students will be allowed at least 20 minutes to eat breakfast and at least 20 minutes to eat lunch.
- Residents will be served lunch at a reasonable time of the day.
- Three farm to school activities that have been implemented are:
 - a. The gardening program run by Master Gardeners, PA extension.
 - b. Agriculture and nutrition are reinforced throughout the learning environment by including the residents in all gardening activities such as planting, weeding, watering and harvesting.

Qualifications of School Food Service Staff

We are inspected annually by the USDA, since we participate in the USDA Commodity Program. Through this program, we receive food items that reduce the operating costs of our food service department. We are also ensured high quality and healthy foods from USDA for the residents residing in our care. The Youth Intervention Center uses The Primero Edge food program to ensure that our meals meet the highest nutritional standards set under the NSLP guidelines. All meals and snacks are nutritionally balanced through utilizing this system.

In addition, our Food Service Staff are required to have 20 hours of training per year under 3800 regulations, some of these trainings involved in the following:

- Certified in Serve Safe
- Trained in HACCP (Hazard Analysis and Critical Control Point) Kitchen Supervisor only
- Certified in CPR and First Aid
- Certified in Fire Training
- Safe Physical restraint management
- Harassment/Sexual harassment training
- Civil rights Training
- Members of PPJS (Pennsylvania Partnership for Juvenile Services)

Water

To promote hydration, free, safe unflavored water will be available to all students throughout the day and throughout the facility. The Youth Intervention Center will make drinking water available where all meals are served during mealtimes.

- Water fountains are placed strategically throughout the facility
- All water sources and containers are maintained on a regular basis to ensure good hygiene and health safety standards.

Competitive Foods and Beverages

The Youth Intervention Center will limit the availability of food outside of the 3 meals and snacks provided by the facility Kitchen.

- Vending machines: Residents do and will not have direct access to these.

Celebrations

The facility will acknowledge major holidays on the actual holiday and birthdays on the actual birthday. For these limited occasions, such as on birthdays, ice cream and cake may be served or a traditional turkey dinner may be served on Thanksgiving and Christmas.

For Holidays such as Memorial Day, the 4th of July, and Labor Day, the Kitchen usually prepares a traditional barbeque menu and the meal may be served in picnic format in an outdoor area, weather permitting .

These food items are not served on a regular basis and are served in a limited quantity.

Fundraising

As an RCCI, the Detention Center does not have its residents participate in fundraising.

Nutrition Promotion

Nutrition promotion will be achieved in several ways at the facility.

- Classroom instruction during regular school hours will be provided on many different health and nutrition subjects.
- The classroom instruction will be supported by the healthy choices offered through our participation in the NSLP.
- Fruit choices will be displayed in attractive baskets or other attractive serving vessels in the serving line for the residents to pick from.

- The facility will continue to pursue activities with organizations that promotes healthy choices for our residents like our current classes in yoga.
- The facility will also promote nutritional wellness through the use of educational posters which will be placed in the dining room.

Nutrition Education

The Education Program is provided by the School District of Lancaster. Instruction will comply with by the Pa. Dept. of Education guidelines. The facility will provide nutrition education and engage in nutrition promotion that:

- Is designed to provide students with the knowledge and skills necessary to promote and protect their health;
- Is part of not only health education classes, but also integrated into other instruction through subjects such as math, science, and the social sciences;
- Includes enjoyable, developmentally appropriate, culturally-relevant and participatory activities, such as cooking demonstrations or lessons, promotions, taste-testing, farm visits and school gardens;
- Promotes fruits, vegetables, whole grain products, low-fat and fat free dairy products;
- Promotes physical activity and exercise;
- Links with school meal programs, master gardeners and nutrition links program, both through Penn State extension
- Includes nutrition education training for teachers and staff.

Essential Healthy Eating Topics in Health Education

The facility has incorporated the following essential topics on healthy eating into their health education curriculum:

- Relationship between healthy eating and personal health and disease prevention
- Food guidance from My Plate
- Eating a variety of foods every day
- Balancing food intake and physical activity
- Eating more fruits, vegetables and whole grains products
- Choosing foods that are low in fat, saturated fat, and cholesterol and do not contain trans fat
- Choosing foods and beverages with little added sugars

- Preparing healthy meals and snacks
- Risks of unhealthy weight control practices
- Importance of water consumption
- Importance of eating breakfast
- Reducing sodium intake
- Social influences on healthy eating, including media, family, peers and culture

Some examples of the programming provided at the facility that addresses many of the topics listed above are as follows:

1. Healthy Eating and Exercise
2. Caffeine: How Much is Too Much
3. Advertising, the Media and Your Health
4. Diabetes: Why Many Teens are at Risk
5. Understanding Fetal Alcohol Syndrome
6. Top 5 Food Mistakes Every Teen should Avoid
7. Cancer Update: Causes, Treatment and Prevention
8. Tobacco and Death: Perfect Together
9. The Danger of Sugar and Salt
10. The Mind/Body Connection: How Emotions affect your Health
11. Super-Size Me; consequences of a fast food diet

Food and Beverage Marketing in Schools

The facility is a RCCI, and as such we do not do any marketing in the facility. All food and beverages are provided at no cost to each resident. In addition to participating in the NSLP, healthy habits, good nutrition and exercise are promoted in their formal education, as well as special programming and activities that are provided.

Staff Wellness

The facility recognizes and values the health and well-being of every staff member, as does the County of Lancaster which offers a comprehensive wellness program for all employees of the County. The facility encourages its employees to participate in the many programs offered. The Wellness Committee will strive to offer additional programming on-site that promotes good nutrition, exercise and other healthy behaviors, and will continue to promote the same thru the use of educational posters placed strategically throughout the building.

IV. Physical Activity

Physical activity for the residents of the facility is not limited to recess, classroom physical activity breaks or physical education.

Prior to any physical activity in the facility, all residents receive a physical examination performed through PrimeCare Medical. The medical staff will advise facility staff of the exams results if there are any physical limitations or restrictions to be followed by each child for their own physical safety and protection.

Once a resident is cleared by the Medical staff, the resident will have the opportunity to engage in a variety of physical activity at least two times each day in the gym for periods of 50-60 minutes on both weekdays and weekends, outside in the yard, weather permitting, and two times a day in the Gym or Recreation room, also for periods of 50-60 minutes.

Physical Education

The School District of Lancaster teachers regularly provide residents with scheduled physical education as recommended/required by the Pa. Dept. of Education, using age appropriate, sequential physical education curriculum consistent with national and state standards for physical education. All residents are provided equal opportunity to participate in physical education classes.

- Residents are encouraged to be vigorously active for at least 50% of the physical education class time.
- All physical education classes are taught by licensed teachers who are certified or endorsed to teach physical education.

Essential Physical Activity Topics in Health Education

The facility will strive to include the following essential topics in their health education curriculum

- The physical, psychological, and social benefits of physical activity
- How physical activity can contribute to a healthy weight
- How an inactive lifestyle contributes to chronic disease

- Overcoming barriers to physical activity
- Decreasing sedentary activities, such as TV watching
- Weather related safety.....i.e. avoiding heat stroke, hypothermia and sunburn while being physically active outdoors
- Dangers of using performance enhancing drugs, such as steroids
- Social influences on physical activity, including the media, family, peers and culture
- Preventing injury during physical activity
- How physical activity can contribute to the academic learning process
- Health related fitness, that is, cardiovascular endurance, muscular endurance, muscular strength, flexibility and body composition
- Phases of an exercise session, i.e. warm-up, workout, and cool down

Outdoor Recess

Outdoor recess and activities will be offered when the weather is appropriate. If the weather is appropriate, scheduled gym time for the residents may instead be used outside in the yard.

Classroom Physical Activity Breaks

The Youth Intervention Center recognizes that students and residents are more likely to be attentive and ready to learn if provided with periodic breaks from sitting, and when they can be physically active or stretch. At the facility, there are 6 teachers and 3 para educators that provide the required education for all of our residents. Each teacher has his/her own classroom, and the residents travel to other programming areas allowing them time to stretch and get a drink.

After School Activities

After school activities are offered to all residents of the facility through a variety of methods. There is free time allotted so that residents may write letters, make entries into their journals, visit the nurse if needed, or consult with their attorney, probation officer and/or CYF caseworker.

Each of the 6 living units has scheduled gym time after school and in the evenings after dinner, including on weekends. The gym is equipped for standards activities/games such as basketball, volley ball, and dodge ball. The gym is also used for scheduled Yoga classes.

Each living unit also has its own selection of board games, reading material and a television. All units have access to exercise videos or wii's for unscheduled opportunities for physical exercise.

During Spring, Summer and Fall months, the facility also provides outdoor physical and educational activity through participation in the tilling /preparation, planting, watering, weeding and harvesting of our gardening program.

V. Other Activities that Promote Student Wellness

In addition to classroom instruction, the facility also offers the following special programs and activities facilitated by Staff and Collaborating Organizations that also foster not just healthy eating, but healthy habits and lifestyles as well.

- The Garden Program: Residents are given instruction on and participate in tilling and prep of soil, planting, watering, weeding, harvesting, donating, cleaning and eating of produce.
- Child Guidance Resources: evidence-based programs provided are an advocacy program.
- Wellness Works
- Dangerous Substance Education; STD Education, and a variety of other staff educational programs
- Yoga

VI. Community Partnerships

PrimeCare Medical offers Education, testing and treatment for STD's, along with education on prevention have and will continue to be provided.

Community Health Promotion and Family Engagement

As an RCCI, the facility is limited in its ability to involve the general community in Health Promotion activities or events because of the state and federal mandated confidentiality required for all of its' residents.

Families of the residents are informed of all Wellness policies through a Parent Packet that is mailed to every parent at the time of resident's admission to our facility.

Pamphlet's describing our Wellness Policy and Practices at the facility are placed in our lobby and are available to parents as well as the general public.

Our Wellness Policy is displayed on the facilities website for the general public to view.

VII. Staff Wellness and Health Promotion

The County of Lancaster has a Wellness Policy and Program that is offered to all County employees. Since facility employees are employees of County of Lancaster, they are entitled to attend and encouraged to attend any and all programs offered through the County Wellness Program.

The County of Lancaster encourages all employees to sign up for wellness letter e-alerts so that wellness information can be dismantled directly to the staff. This information implements strategies to support staff in actively promoting and modeling healthy eating and physical activity behaviors.

Staff has received training in mental health first aid designed to reduce stress. Staff is also training in CPR first aid.

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