

# Adult House Arrest Excels



During the year of 2013, House Arrest processed 1423 intakes. As of July 2014, House Arrest staff have processed 1000 intakes. In July 2014, the average daily population hit a record high of 257 clients. The average daily population in 2013 was 164. As of July of this year, the average daily population is up to 209. So far in 2014, 89% of clients served have successfully completed the House Arrest program, just a mere 1% below our target of 90%. Not all of them are permitted to work by the courts. Of those allowed to work, 75% are employed. This is well above the target of 68-73%. The ability for our

clients to be employed helps House Arrest to meet the target of 49% of the costs and expenses to be covered by client fees. Currently, House Arrest has exceeded the expectation of 49% by utilizing 57% of the client fees to cover the costs of the program.

Each year, House Arrest gets referrals, sanctions, and orders from several entities. So far this year, bond cases make up 37% of the clients we serve, with municipal court referrals coming in a close second at 32%. District court orders and internal sanctions make up 15% each.

So what's new in House Arrest? Driving Under the Influence (DUI) hourly tracking! Since April 2014, House Arrest has taken on the task of tracking DUI clients who have 'hours' to complete of home confinement in lieu of 'days' to complete. With the help of our equipment provider and the ability to provide excellent teamwork, a tracking program and report was developed that will aid our House Arrest program as well as others utilizing this equipment. House Arrest is working smarter and more efficiently while providing outstanding public safety!

*by Jolene Born*

## LEAP GRADUATES



# Adult Field Services Resource Developers

There are two part-time Resource Developers (RD's) hard at work at the Adult Field Services office. These developers share one full time position but they serve a great number of clients.

Here's a look at what they do:

The RD's Co-Lead a weekly employment class covering a multitude of topics including how clients can talk about their felonies to potential employers both in person and on an application. They assist with resume writing, mock interviewing, and job retention. Job retention is a large part of what they cover in their classes and Billey is very passionate about this topic. Some of the job retention topics they discuss include employer/employee relations, accepting criticism, building confidence, always doing your best, as well as how to leave a job gracefully.

The RD's contact prospective employers and businesses to assist their clients with finding employment based on their job needs including past work experience, location, interests, and criminal history. RD's educate prospective employers on their services and why it may benefit their company to hire and give the clients a second chance. One of these incentives is the Work Opportunity

Tax Credit. They can also provide the employer/employee follow along services to ensure that the job placement is a good fit and that the client is successful in retaining employment.

They create and distribute weekly job packets to individuals participating in employment class and/or at individual appointments and maintain a list of employers who are "felon friendly" and add to it regularly.



RD's coordinate quarterly Life Skills classes including, "Successful Probation" and the "CommonCents" budgeting workshop. The "Successful Probation" class gives successfully discharged clients the opportunity to tell their stories

and how they were able to make it through probation. These clients also discuss what they've done to improve their lives since being discharged. The Life Skills classes are extremely popular with clients and staff alike.

RD's also assign meaningful community service placements based on the client's needs, abilities and location. RD's communicate with placement agencies regularly to assign new clients and to promote open communication with the agency. They strive to make the experience meaningful and beneficial for both the community service agency and the client volunteering.

The Adult Field Services Resource Developers provide an invaluable service to both clients and staff as they work to bridge the gap between clients and the community by encouraging client responsibility and growth.

By  
*Billey Davis*  
and  
*Angela Walsh-Fisher*



## October Milestones

**20 Years**

Susan Dougan

**5 Years**

Cortnee Farris

Diversity is about all of us, and about us having to figure out how to walk through this world together.

*Jacqueline Woodson*

## INFLUENZA VACCINE

### DON'T WANT THE FLU? TIME TO GET VACCINATED

The County's "Your Wellness Matters" program offers free flu and Tdap shots to County employees and their immediate family members who are dependents. No reservations are needed and **only walk-ins will be accepted**. However, to expedite the process, we ask that you bring a completed and signed Consent Form with you. Save yourself time in line!!! For instructions on how to complete your form online [click here](#). Make sure you fill out the online form for each person to be vaccinated, click the GET VOUCHER button, then print and bring the voucher(s) with you.

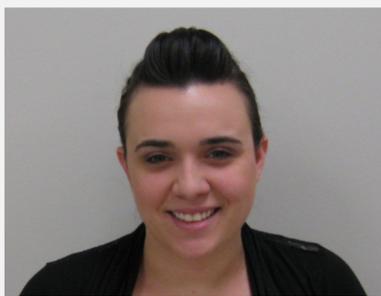
<u>Date</u>	<u>Times</u>	<u>Location</u>
October 8	1:00 – 4:00 pm	Administration Building, 111 S. Cherry St., Olathe, Room 0200
October 10	1:00 – 4:00 pm	Sunset Building, 11811 S. Sunset Dr., Olathe, Room 1055
October 13	8:00–11:00 am	Youth & Family Services, 920 W. Spruce St., Olathe, Large Conference
October 15	1:00 - 5:00 pm	Central Resource Library, 9875 W. 87 <sup>th</sup> St., Overland Park, Carmack Room

Additional vaccine is available at both **Public Health Clinics** (Mission and Olathe) during regular clinic hours. Those hours have changed to the following: *Immunization Clinic Hours (Mission clinic closed daily from 12:30-1:30 p.m.; Olathe clinic remains open)*

- Monday - 8:00 a.m. - 4:00 p.m.
- Tuesday - Mission, 8:00 a.m. - 4:00 p.m.; Olathe, 10:00 a.m. - 6:30 p.m.
- Wednesday - 8:00 a.m. - 4:00 p.m.
- Thursday - 8:00 a.m. - 4:00 p.m.
- 1st, 3rd and 5th Friday - 8:00 a.m. - 4:00 p.m. 2nd and 4th Friday - 8:00 a.m. - 12:00 p.m.

Be sure to identify yourself as a County employee (or dependent of) when checking in. Finally, the County's medical plans cover flu vaccinations too. For details, [click here](#).

# Letter of Commendation



Leslie Asquini, Correctional Advisor, received a letter of commendation for going above and beyond to assist a client that struggled with several issues, providing him with every opportunity for success. A client entered the program without the ability to read or write and with a history of mental health and anger issues. Leslie

stepped up to the challenge and assisted the client in a variety of ways to try to ensure his successful completion of the Adult Residential Center (ARC).

Upon learning about the client's special needs and identifying possible signs of trauma, Leslie took the initiative to assist him in his program. She

took into account his disabilities, including his illiteracy, and made a color-coded schedule so it would be easy for him to follow a daily routine. Leslie collaborated with his case manager, shift supervisors, administrative staff, and the client himself. By doing this, she gave both the staff and the client the opportunity to "buy in" to the idea of a routine, thus maximizing his chance for success while teaching him life skills. Leslie did an excellent job communicating with all staff regarding the expectations of the client and presented herself as a "go to" person if staff needed assistance in dealing with him. On several occasions when the client's behavior became excessively difficult, Leslie stepped up to de-escalate him and got him refocused on his overall goals in the program.

The initiative and leadership showed while working with this client clearly epitomized Leslie's passion for the success of our clients. As a result of her actions and leadership, many other staff members learned valuable tools to use when working with future clients with similar disabilities and mental health issues.

# Adult Residential Center Welding Program

Finding and maintaining employment is essential for anyone who wants to be successful on probation. Statistics demonstrate that offenders who are unemployed or underemployed are three times more likely to return to jail or prison. Unfortunately, many of the clients we serve lack essential job skills and/or training which typically means their employment is restricted to low level minimum wage jobs with little to no chance of advancement. In addition, it is very difficult for these clients earning minimum wages to address their financial obligations, yet alone provide support for their families. In order to address this issue, the Adult Residential Center staff developed and implemented an Introduction to Welding Program which began in March of 2014 and was completed in June of 2014. This 9 week program included both classroom instruction as well as hands on weld shop instruction. The goal of our program is to provide specific training to our clients that will provide them with the skills needed to work for local metal fabrication and manufacturing employers. Metal fabrication and welding trade skills are in high demand and can provide a livable wage for qualified and trained employees. This training will assist our clients in gaining entry level employment in metal fabrication and manufacturing.

A special thank you goes out to all those involved who made this program a success. First, I need to acknowledge our dedicated community partner, Christ the Servant Church, who was essential in the creation, implementation and completion of this Program. In addition, this program would not have been able to come to fruition without, Dennis Wright, our Welding Instructor who volunteered his time and experience as an Officer in the American Welding Society and is nationally recognized "Image of

Welding" recipient. Dennis is also a welding inspector and trainer with over 40 years of experience in this industry. Correctional Advisor James Walker provided support to the welding students as he had previous education and experience in welding, and assisted in both the classroom and weld shop. These community partners not only volunteered their time for this program, but also provided donations to purchase equipment and supplies necessary to make this program happen. This was also a collaborative effort within Johnson County as the Facilities department allowed us to use their weld shop for the hands on weld shop instruction. All of these collaborative efforts are the reason this program was a huge success with four clients graduating.

The four graduates of this program provided positive feedback, and I continue to get requests from other clients asking to be a part of the next Welding class. Because the success of this class and the need for more skilled welders in the job force, a second Welding class is slated to begin in the fall of 2014. We are very excited to add Webco Manufacturing, located in Johnson County, as another community partner. Webco who is always seeking out skilled welders has agreed to hire Dennis Wright as a part-time instructor wherein he will spend 4 hours a day training the clients in our program. In addition to this, Webco will offer employment to these clients as Grinder/Polishers wherein they would work for 4 hours a day however they would be paid for both the training, as well as their work. This is a win win situation for both our clients and Webco.



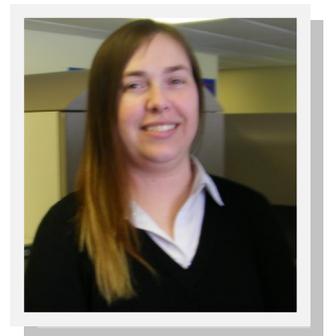
Left to right—Marth McKee, Shenese McRae, Dennis Wright (instructor), Tracy Striker, and Nathan Adkins.

By Angela Paz

## Letter of Commendation

**K**arie Mayo, Grant & Accounting Specialist, stepped up during the extended absence of the Senior Accountant. She went above and beyond her normal duties to handle all mail that came to the Senior Accountant, pay invoices, handle P-Card issues, and manage accounts receivable items.

Karie ensured that all accounts receivable statements were sent out in a timely manner. She ensured that all accounts receivable telephone calls were returned promptly. Karie also ensured that the credit payment process was operational and reconciled every day. During that time, she continued to handle her normal duties and did an excellent job of prioritizing what needed to be accomplished.





Sitting at a desk or computer terminal can cause muscular tension and pain. Take a few minutes to do a series of stretches and your whole body will feel better. It is helpful to stretch spontaneously throughout the day, stretching any area of the body that feels tense. This will help greatly in reducing and controlling unwanted tension and pain.

(Most of these stretches may be done standing or sitting. When standing remember to keep your knees slightly bent to protect your back and to give you better balance.)

# Ergonomic Workout

## How to stretch

- ★ Stretch to a point where you feel a mild tension and relax as you hold the stretch.
- ★ The feeling of stretch tells you whether you are stretching correctly or not.
- ★ If you are stretching correctly, the feeling of stretch should slightly subside as you hold the stretch.
- ★ Do not bounce.
- ★ The long-sustained, mild stretch reduces unwanted muscle tension and tightness.
- ★ Stretches should be held generally for 5-30 seconds, depending on what stretch you are doing.
- ★ Breathe slowly, rhythmically and under control.
- ★ Relax your mind and body as much as possible.
- ★ Always stretch within your comfortable limits, never to the point of pain.
- ★ Do not compare yourself with others. We are all different. Comparisons only lead to overstretching.
- ★ Any stretch feeling that grows in intensity or becomes painful as you hold the stretch is an overstretch.

*Note: If you have had any recent surgery, muscle or joint problem, please consult your personal health care professional before starting a stretching or exercise program.*

The shaded areas are those areas where you will most likely feel the stretch.

(fig.1)

Separate and straighten your fingers until tension of a stretch is felt (fig.1). Hold for 10 seconds. Relax, then bend your fingers at the knuckles and hold for 10 seconds (fig.2) Repeat stretch in fig.1 once more.

(fig.2)

Raise your eyebrows and open your eyes as wide as possible. At the same time, open your mouth and stretch the muscles around your nose and chin and stick your tongue out. Hold this stretch for 5-10 seconds. Caution: If you hear clicking or popping noises when opening mouth, check with your dentist before doing this stretch.

2

3

Shoulder Shrug: Raise the top of your shoulders towards your ears until you feel slight tension in your neck and shoulders. Hold this feeling of tension for 3-5 seconds, then relax your shoulders downward. Do this 2-3 times. Good to use at the first signs of tightness or tension in the shoulder and neck area.

With fingers interlaced behind head, keep elbows straight out to side with upper body in a good aligned position. Pull your shoulder blades toward each other to create a feeling of tension through upper back and shoulder blades. Hold this feeling of mild tension for 8-10 seconds, then relax. Do several times.

4

5

Start with head in a comfortable aligned position. Slowly tilt head to left side to stretch muscles on the right side of neck. Hold stretch for 5-10 seconds. Feel a good, even stretch. Do not overstretch. Then tilt head to right side and stretch. Do 2-3 times each side.

6

From a stable, aligned position turn your chin toward your left shoulder to create a stretch on the right side of your neck. Hold for 5-10 seconds. Repeat, each side twice.

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**7**



**8**  
Repeat stretch #3

Gently tilt your head forward to stretch the back of the neck. Hold for 5–10 seconds. Repeat 2–3 times. Hold only tensions that feel good. Do not stretch to the point of pain.

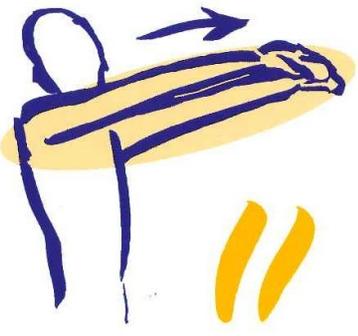
Standing with knees slightly bent, place your palm on lower back just above your hips, fingers pointing downward. Gently push your palms forward to create an extension in the lower back. Hold a comfortable stretch for 1–10 seconds. Repeat twice. Use this stretch after sitting an extended period of time.

**9**



To stretch your calf, stand a little ways from a solid support and lean on it with your forearms, your head resting on your hands. Bend one leg and place your foot on the floor in front of you leaving the other leg straight, behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Be sure to keep the heel of the foot of the straight leg on the floor and your toes pointed straight ahead. Hold an easy stretch for 10–30 seconds. Do not bounce. Stretch both legs.

**10**

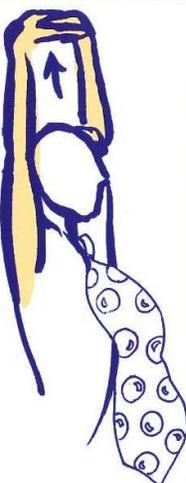



**11**

Interlace fingers, then straighten arms out in front of you, palm facing away from you. Hold stretch for 10–20 seconds. Do at least two times.

Interlace fingers then turn palms upward above your head as you straighten your arms. Think of elongating your arms as you feel a stretch through arms and upper sides of rib cage. Hold for 10–20 seconds. Do three times.

**12**




**13**

Hold right elbow with left hand, then gently pull elbow behind head until an easy tension stretch is felt. Hold 10–15 seconds. Do not overstretch. Repeat for other side.

With fingers interlaced behind your back, slowly turn your elbows inward while straightening your arms. This is good to do when you find yourself slumping forward from your shoulders. Hold for 5–15 seconds. Do twice.

**14**



Hold onto the back of your upper leg just above the knee. Gently pull bent leg toward your chest until you feel an easy stretch. Hold from 10–30 seconds at easy stretch tension. Do both sides.

**15**



Sit with left leg bent over right leg and rest right hand on the outside of the upper thigh of the left leg. Now apply some controlled, steady pressure toward the right with your hand. As you do this look over your left shoulder to get the stretch feeling. Do both sides. Hold for 10–15 seconds.

**16**



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