

# Supporting Youth Involved in the Justice System Through a Harm Reduction Model

*Janel McFeat, Program Manager/Strategic Planner  
Port Gamble S'Klallam Tribe – Welcome Home Program*



**Tribal Youth Resource Center**  
[www.TribalYouth.org](http://www.TribalYouth.org)



## TRIBAL YOUTH RESOURCE CENTER

[www.TribalYouth.org](http://www.TribalYouth.org)

*THIS PROJECT WAS SUPPORTED BY GRANT 15PJDP-21-GK-04048-MUM AWARDED BY THE OFFICE OF JUVENILE JUSTICE AND DELINQUENCY PREVENTION, OFFICE OF JUSTICE PROGRAMS, U.S. DEPARTMENT OF JUSTICE. THE OPINIONS, FINDINGS, AND CONCLUSIONS OR RECOMMENDATIONS EXPRESSED IN THIS PUBLICATION/PROGRAM/EXHIBITION ARE THOSE OF THE AUTHOR(S) AND DO NOT NECESSARILY REFLECT THOSE OF THE DEPARTMENT OF JUSTICE.*





CASEY GWINN, JD & CHAN HELLMAN, PHD



# HOPE RISING

*How the Science of Hope  
Can Change Your Life*

READ BY GARY BENNETT



“ Connection is the energy that is created between people when they feel seen, heard and valued—when they can give and receive without judgment.”

— BRENÉ BROWN, PHD, LMSW

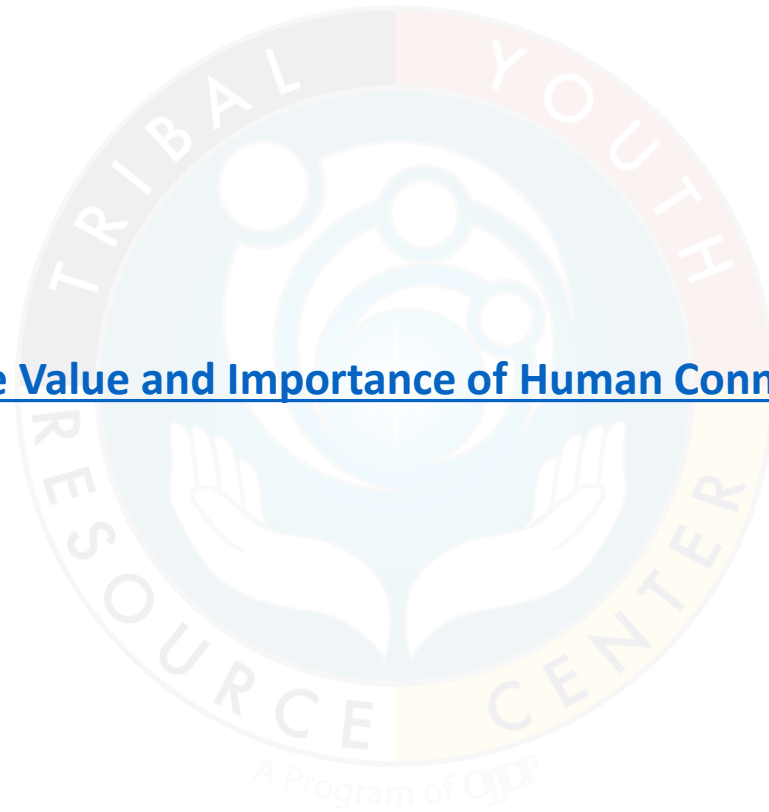
SUPER  
SOUL  
SUNDAY







## The Value and Importance of Human Connection

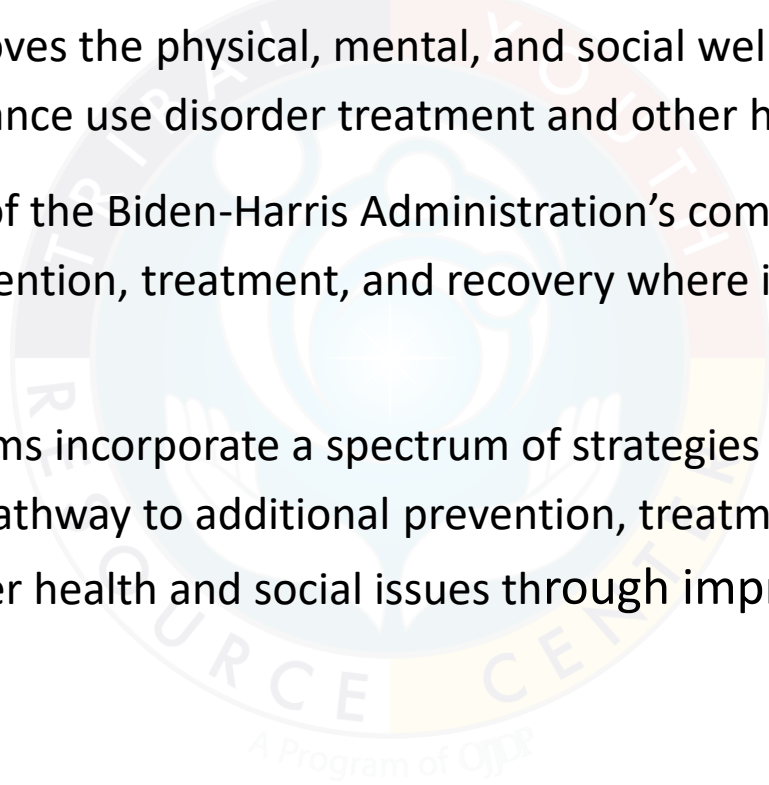




Harm reduction is an approach that emphasizes engaging directly with people who use drugs to prevent overdose and infectious disease transmission, improves the physical, mental, and social wellbeing of those served, and offers low-threshold options for accessing substance use disorder treatment and other health care services.

Harm reduction is an important part of the Biden-Harris Administration's comprehensive approach to addressing substance use disorders through prevention, treatment, and recovery where individuals who use substances set their own goals.

Harm reduction organizations/programs incorporate a spectrum of strategies that meet people "where they are" on their own terms and may serve as a pathway to additional prevention, treatment, and recovery services. Harm reduction works by addressing broader health and social issues through improved policies, programs, and practices.



# Community Listening Circles and Trauma Informed Care



**TRAUMA-INFORMED care**  
*deep dives*

**Kitsap Strong**  
SAIN TA

4 Recorded Deep Dive Sessions on Trauma-informed Care

**REENTRY restorative CIRCLES**

Dispute Resolution Center  
OF KITSAP COUNTY

Help Welcome Home members make amends with victims of the crime

Experience the Power of



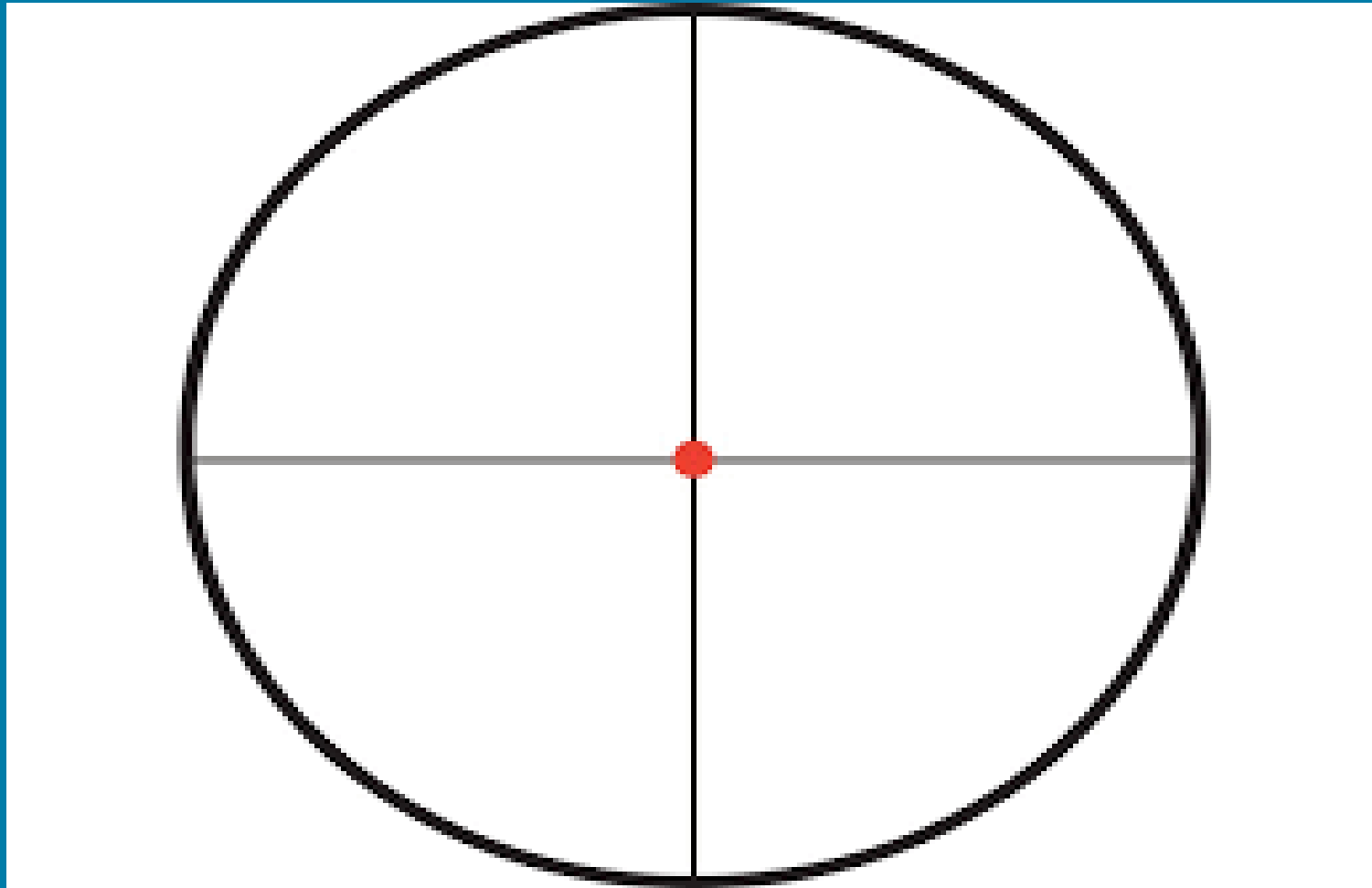


# *WHEEL OF WELLNESS*

Using the Wheel of Wellness to create and support goal setting for at risk youth and justice involved youth.

There are four exercise sheets that can be used to establish or strengthen goals when working with youth.

# *WHEEL OF WELLNESS*



# ▶ *WHEEL OF WELLNESS EXERCISE #1*

Name \_\_\_\_\_ Date \_\_\_\_\_

Administered by: \_\_\_\_\_ Location: \_\_\_\_\_

- In the first exercise, list your goals, the perfect you, for each part of the Wheel:
  - Physically
  - Mentally
  - Emotionally
  - Spiritually
- Under each goal, list the things you doing now to accomplish that goal.
- Then, list the things that you should be doing but aren't doing now.
- Put a check next to the things that you have already accomplished.

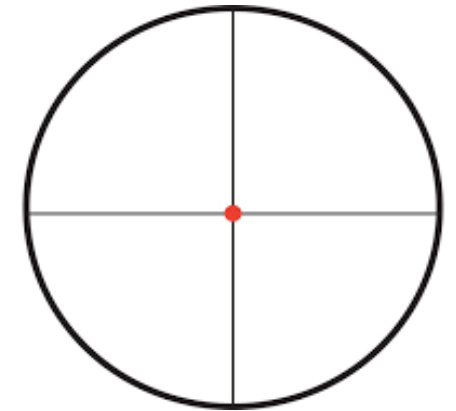


# ► WHEEL OF WELLNESS EXERCISE #2

Name \_\_\_\_\_ Date \_\_\_\_\_

Administered by: \_\_\_\_\_ Location: \_\_\_\_\_

- How close to accomplishing your goals are you?
- Draw a circle with lines from east to west and north to south. The center of the wheel/target is 0, meaning you haven't accomplished one goal on your list. The outer edge of the wheel is 10 -- perfection! You have made that goal part of your life.
- Mark an X on the line to show where you are on accomplishing your goals right now. Use your list from exercise #1.
- Connect the Xs by drawing a line in an arc from one X to the next.



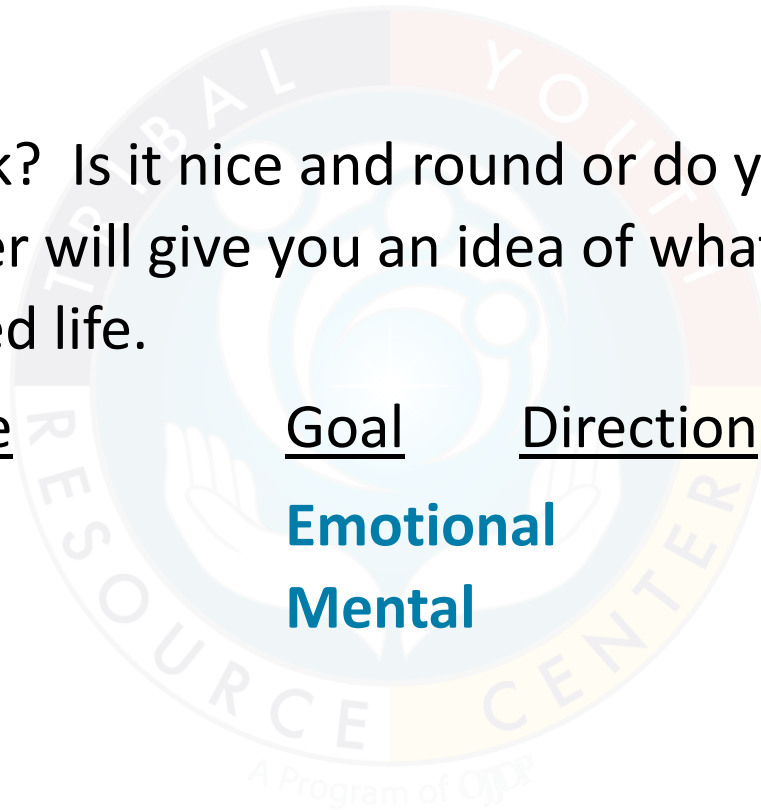
How does your wheel look? Is it nice and round or do you have a flat tire? Xs close to the center will give you an idea of what you need to work on to have a balanced life.

Goal   Direction   Score

Goal   Direction   Score

**Physical**  
**Spiritual**

**Emotional**  
**Mental**



# ▶ *WHEEL OF WELLNESS EXERCISE #3*

Name \_\_\_\_\_ Date \_\_\_\_\_

Administered by: \_\_\_\_\_ Location: \_\_\_\_\_

- Make a list of goals for four other areas of your life that are important to who you are (maybe it will be family, employment, education, cultural activities like drumming or canoe journey, being a parent, working out, time with friends, anything that helps you be a healthy person).
- Fill in the blank headings with the four goals you have chosen.
- Under each goal, list the things you are doing now to accomplish that goal.
- List the things that you should be doing but aren't doing now.
- Put a check next to the things you have already accomplished.

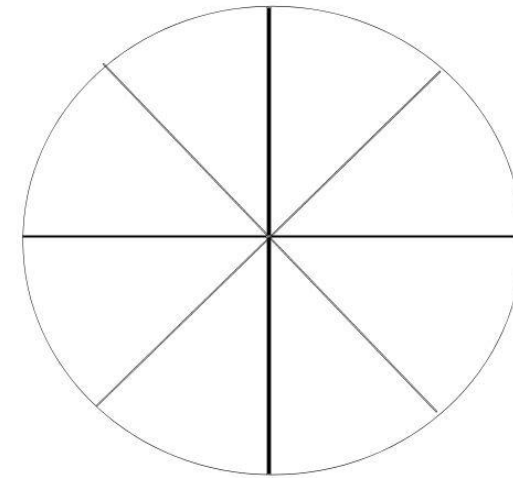




# ▶ *WHEEL OF WELLNESS EXERCISE #4*

Name \_\_\_\_\_ Date \_\_\_\_\_

- This exercise will help you discover how close to accomplishing your goals you are. Repeat instruction for filling out the wheel like in exercise #2.
- Use your 8 pronged wheel to mark an X on the line to show where you are on accomplishing your goals right now.
- Connect the Xs by drawing a line in an arc from one X to the next.
- These exercises will give you the opportunity to have a deeper discussion of strengths, barriers, fears, hopes and dreams, and interests



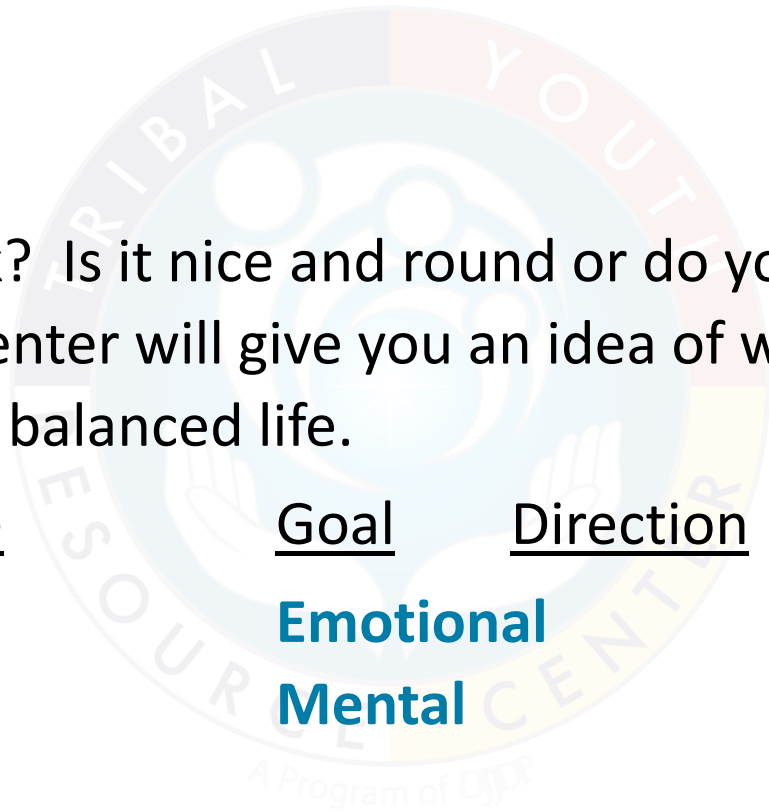
How does your wheel look? Is it nice and round or do you have a flat tire? Xs close to the center will give you an idea of what you need to work on to have a balanced life.

Goal    Direction    Score

**Physical**  
**Spiritual**

Goal    Direction    Score

**Emotional**  
**Mental**





## **Using Motivational Interviewing to Make Connections:**

The style of motivational interviewing is calm and focused on drawing out motivation to change from the participant rather than trying to force the participant to make positive changes. It honors wisdom within the participant.

## **Here are Some Ideas Behind Motivational Interviewing**

The participant is seen as a person, not a problem.

The participant is encouraged through reflective listening skills to tell their life story.

It is more of a partnership rather than an expert talking to a patient.

*Native American Motivational Interviewing: Weaving Native American and Western Practices. A manual for Counselors in Native American Communities*





# Research indicates involvement in Tribal culture helps reduce recidivism



Examples:

Gathering of plants and herbs

Making drums

Canoe Journey participation

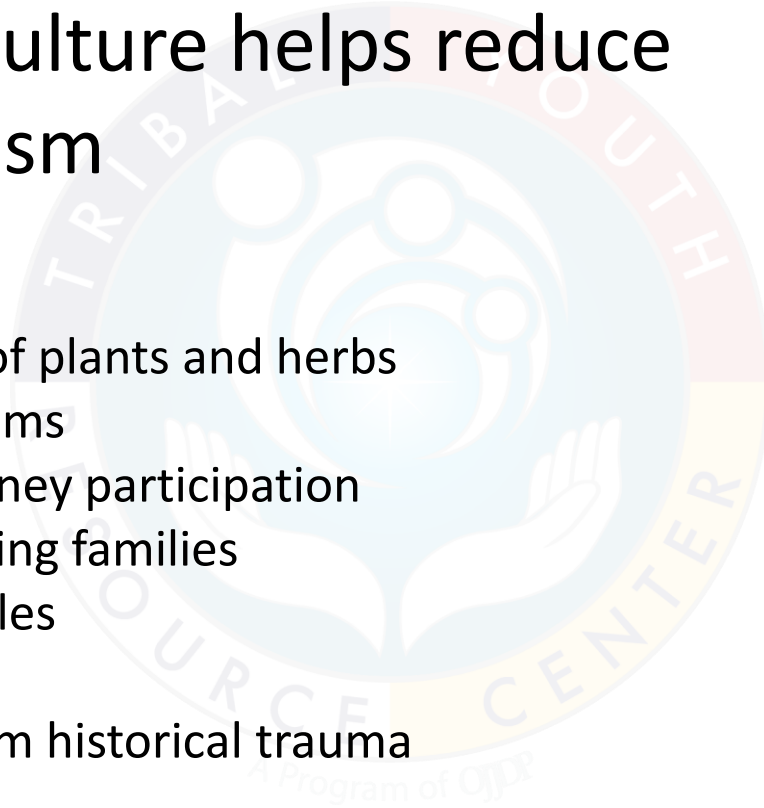
Strengthening families

Talking Circles

Clam bakes

Healing from historical trauma

Beading



## JUVENILE ASSESSMENT AND INTERVENTION SYSTEM™

### WHY JAIS™?

Assessing risk and needs and creating impactful supervision plans for youths require a deep understanding of who they are as individuals. Many have been labeled criminal, yet each differs considerably in living stability, acceptance of criminal behavior, likelihood of reoffending, emotional needs, level of education, work skills, honesty, and other factors. To work effectively with a variety of youth, juvenile justice workers and service providers must have an understanding of the youth and flexibility in applying different supervisory techniques.

The Juvenile Assessment and Intervention System™ (JAIS) is a multidimensional assessment and supervision system. It is designed to help justice workers and service providers effectively and efficiently supervise youth and young adults, both in institutional settings and on community supervision. The goals of the system are to help with institutional adjustment, reduce recidivism, and help individuals live more productive lives in the community. By combining three assessments—a risk assessment, a needs assessment, and supervision strategies—JAIS components have proven to be robust over time and across jurisdictions.



### SYSTEM OBJECTIVES

The following principles make up JAIS.

**VALID:** Accurately differentiate classes of individuals according to the type of supervision required.

**RELIABLE:** Achieve a high level of consistency among staff in deciding the appropriate strategies for a given individual.

**SIMPLE:** Easy to use and readily understood by all users.

**EFFECTIVE:** Proven to achieve improved behavior and adjustment in facilities and to reduce recidivism in the community.

# CAPACITY BUILDING TRAININGS

- Motivational Interviewing and Native American Motivational Interviewing
- Restorative Circle Practitioners
- Historical Trauma
- White Bison Medicine Wheel
- Resiliency Training
- Recovery Coaching
- Dialectic Behavioral Therapy/Cognitive Behavioral Therapy
- Practicing Vulnerability
- Trauma Informed Care/ACES





<https://www.youtube.com/watch?v=jTKrrYkmweY>





# TELEOLOGICAL

You Move Toward  
What You Think About





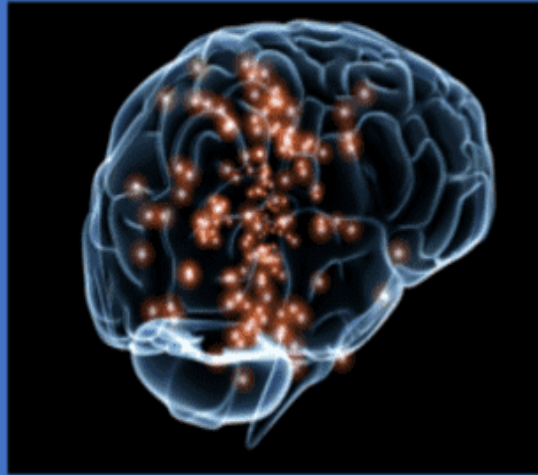
# The Happy Brain Chemicals

## Oxytocin: The Love Hormone

- Play with a pet
- Play with a baby
- Hold hands
- Hug
- Pay a compliment

## Endorphins: The Pain Killer

- Laughing
- Aroma therapy
- Watch a comedy show
- Dark chocolate
- Exercise



This Photo by Unknown Author is licensed under [CC BY-NC-ND](https://creativecommons.org/licenses/by-nc-nd/4.0/)

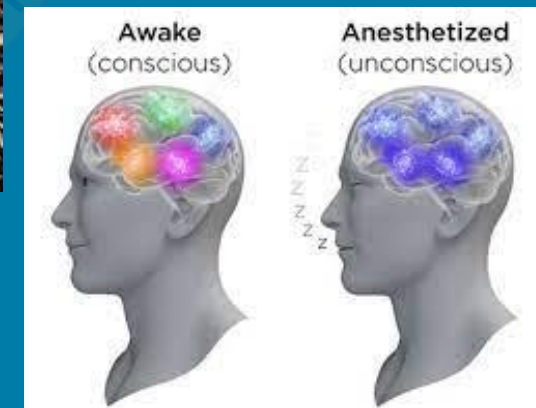
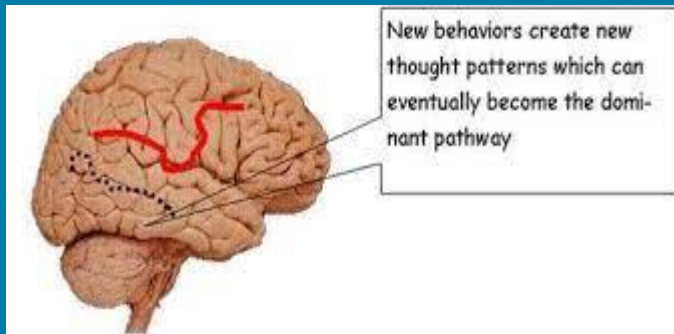
## Dopamine: The Reward Chemical

- Finish a task
- Self-care activities
- Eat nutritious food
- Celebrate accomplishments (big and small)

## Serotonin: The Mood Stabilizer

- Meditation
- Running / jogging / riding
- Sun
- A walk in nature
- Swimming

Marking the moments in your neurons doesn't have to take hours of meditation. Some neuroscientists say 15 seconds, others say 20 seconds to lay a new pathway



# HEAL MEDITATION

## 20 Seconds to Lay a New Connection in Our Brain

- Think of a Good Memory
- Embed it
- Absorb it deeply
- Hold on to the good feelings for 20 seconds or until they go





