



Mike McCormick
Sheriff

Garland County Juvenile Detention Center
Local Wellness Policy

Nutrition Education

- Upon admittance to the Garland County Juvenile Detention Center, residents are screened for special dietary needs such as pregnancy, diabetes, food allergies, etc.
- Each week a class is held educating the juveniles about foods that are healthy for them and foods to stay away from. The class encourages the juveniles to become part of the process in the development of their eating habits while in the facility in order to promote healthy eating choices upon release from detention.

Physical Activity

- Juveniles are required to have one (1) hour of physical activity daily if weather permits.
- Juveniles have access to basketballs and have a large area to exercise and run in.
- Juveniles participate in the activity portion of the educational services provided by the Hot Springs School District. The activities include, but are not limited to, yoga, stretching, and other low impact exercises.

Food and Drink Schedules

- Juveniles are served breakfast at 6:00 a.m., lunch at 11:00 a.m., dinner at 4:00 p.m., and a snack at 8:00 p.m.
- Hygiene packs consisting of toothpaste, toothbrush, comb/pick, deodorant, and soap are distributed at breakfast, lunch, dinner, bedtime, and at the juvenile's request. Juveniles are allowed to disinfect their hands before each meal/snack and at other times upon request such as after sneezing, coughing, etc.
- No food or drink, other than water, is allowed to remain in living quarters 30 minutes after each designated meal/snack time.

- Drinking cups are handed out daily, which remain in the living quarter, to allow access to fresh water.
- A water fountain is located in the hall between living quarters.
- A water cooler is stationed by the recreation area along with fresh disposable drinking cups so that juveniles participating in strenuous activity have access to fresh water. The cooler is disinfected and refilled before each session of recreation time.

Wellness Leadership

- The Garland County Juvenile Detention Center will convene a wellness committee consisting of the food service manager and the director of the Juvenile Detention Center
- The wellness committee will meet a minimum of four times per year to establish goals for and oversee the Juvenile Detention Center Wellness policy.
- The director of the Garland County Juvenile Detention Center will conduct an assessment of the wellness policy 3 years to determine compliance with the wellness policy, how the wellness policy compares to model wellness policies, and progress made in attaining the goals of the wellness policy.
- The director of the Garland County Juvenile Detention Center in conjunction with the food service manager will update the wellness policy as appropriate.

Signature of Operations Director: Captain B. Cosgrove

Signature of Program Director: J. M. 188

Date: 3/24/2020