



# PENNSYLVANIA JUVENILE JUSTICE

The Newsletter of the Pennsylvania Juvenile Court Judges' Commission

Volume 33, Number 4

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## PENNSYLVANIA JUVENILE JUSTICE DATA DASHBOARD A NEW LOOK

The Juvenile Court Judges' Commission (JCJC) in partnership with the Balanced and Restorative Justice (BARJ) Committee of the Pennsylvania Council of Chief Juvenile Probation Officers (PCCJPO) is excited to announce the release of the Pennsylvania Juvenile Justice Data Dashboard for public availability.

This dashboard is an enhancement to the previously available Pennsylvania Juvenile Justice Strategic Planning Dashboard. The updated version has been enriched to offer expanded functionality and increased accessibility to data and resources including juvenile justice trends, recidivism, outcome measures, dispositions, and the Juvenile Justice System Enhancement Strategy (JJSES).

Furthermore, the dashboard displays the strategic plans of the various committees and workgroups contributing to the ongoing advancement of Pennsylvania's juvenile justice system. New to this release, an improved view of the twenty-eight strategic plans has been developed. These strategic plans show each group's current objectives and discuss how the work of the group, although not all encompassing, contributes to the mission and goals of Pennsylvania's juvenile justice system. The six goals, bulleted below, reflect the successful merging of the goals of both BARJ and the JJSES:

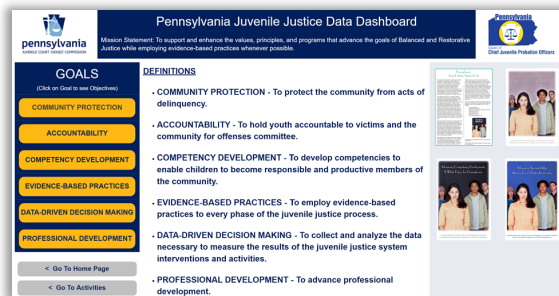
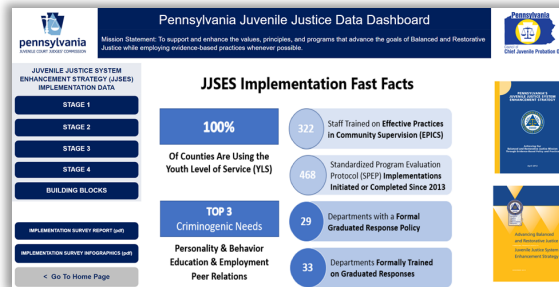
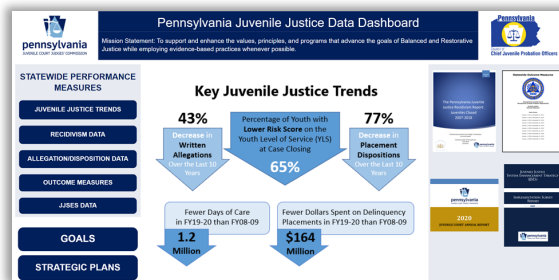
1. Community Protection
2. Accountability
3. Competency Development
4. Evidence-Based Practices
5. Data-Driven Decision Making
6. Professional Development

This dashboard is a living document which will be everchanging as information continues to become available and is developed.

To access the newly released Pennsylvania Juvenile Justice Data Dashboard please visit the JCJC website at <https://www.jcjc.pa.gov/Research-Statistics/Pages/Data-Dashboards.aspx> or on the PCCJPO website at <https://pachiefprobationofficers.org/>.

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## CORRECTION

In the cover article of the March edition of “Pennsylvania Juvenile Justice: The Newsletter of the Pennsylvania Juvenile Court Judges’ Commission”, it was stated that “More than a decade has passed since the Juvenile Court Judges’ Commission (JCJC) staff and the Executive Committee of the Pennsylvania Council of Chief Juvenile Probation Officers (PCCJPO) embarked upon a comprehensive reform effort better known as the Juvenile Justice System Enhancement Strategy (JJSES).” Omitted from this statement was the significant role and contribution of the Pennsylvania Commission on Crime and Delinquency (PCCD) to the development, implementation, and ongoing sustainability of the JJSES. Without the generous support of PCCD, our juvenile justice system could not have achieved the remarkable progress and success demonstrated since the inception of the JJSES. We apologize for this oversight.

## 2021 JJSES IMPLEMENTATION SURVEY RESULTS

The Juvenile Court Judges’ Commission (JCJC) is eager to share the Mental Health/Behavioral Health infographic to offer a visual representation of the implementation and sustainability of this component of the Juvenile Justice System Enhancement Strategy (JJSES) in Pennsylvania.

According to the 2021 JJSES Implementation Survey, nearly half of the juvenile probation departments in the state have adopted a mental health/behavioral health screening tool, up from one-third of departments in 2018. An additional 11 departments are planning to implement the use of a mental health/behavioral health screening tool this fiscal year. Among the departments that have already implemented a screening tool, the MAYSI-2 is the most frequently utilized.

The JCJC, Pennsylvania Council of Chief Juvenile Probation Officers (PCCJPO), and Pennsylvania Commission on Crime and Delinquency (PCCD) continue to engage the advancement of the JJSES, and as such, have increased efforts to expand the use of the MAYSI-2 throughout the Commonwealth by providing training and implementation guidance to counties as they effectuate use of the tool within their departments. Most recently, a MAYSI-2 Implementation Training was held virtually, on April 5, 2022. There were 112 participants representing 19 counties that attended the training.

The JCJC, PCCJPO, and PCCD strengthen the sustainability of the JJSES over time by providing ongoing support to the juvenile probation departments that have already implemented the MAYSI-2. A virtual MAYSI-2 Coordinator meeting is scheduled to take place on May 17, 2022. MAYSI-2 Coordinator meetings are designed to provide existing MAYSI-2 Coordinators with ongoing support and technical assistance, as well as to ensure the MAYSI-2 is being administered consistent with its intent and purpose. In addition to training and technical support, the MAYSI-2 has been accessible through PaJCMS since May 2019, providing ease of access directly from PaJCMS to the MAYSI-2 assessment. This migration also allows for data sharing. With the available data, the JCJC has developed and released MAYSI-2 reports in PaJCMS.

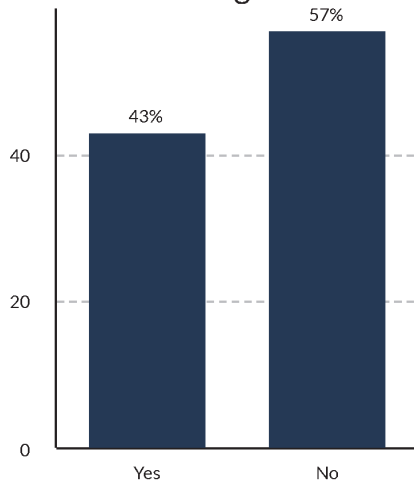
The JJSES Leadership Team MAYSI-2 Steering Committee provides leadership and oversight to the activity, while peer trainers provide individual support to the counties, to ensure the activity is sustainable over time. Peer trainers are available for training, technical assistance, peer support and mentoring, and they play an important role in the state’s Continuous Quality Improvement (CQI) efforts. Counties interested in being trained on the MAYSI-2, implementation support, or looking for technical assistance, please feel free to contact either Alan Tezak ([alantezak@comcast.net](mailto:alantezak@comcast.net)), Angela Work ([awork@pa.gov](mailto:awork@pa.gov)), or Jay Leamy ([jdleamy@chesco.org](mailto:jdleamy@chesco.org)).

# JJSES IMPLEMENTATION SURVEY 2021

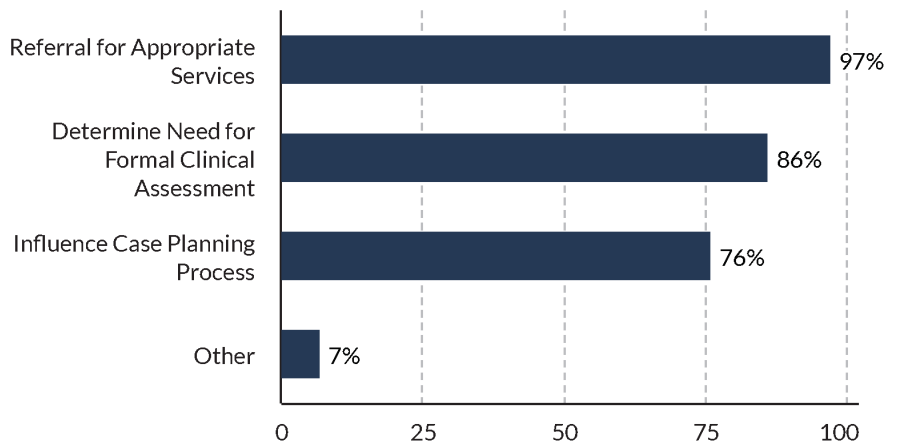
## STAGE TWO: INITIATION

### MENTAL HEALTH/BEHAVIORAL HEALTH

Implemented a Mental Health/Behavioral Health Screening Tool



How the Results of the Mental Health/Behavioral Health Screening Tool are Utilized



**93%**

of departments that utilize a mental health/behavioral health screening tool are utilizing the **MAYSI-2**.

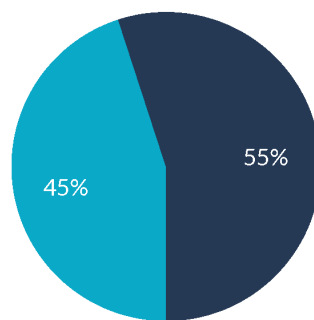
**90%**

have received formal training on the mental health/behavioral health screening tools.

**66%**

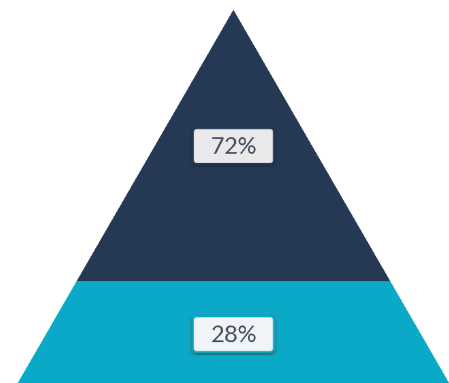
have a mental health/behavioral health policy.

Have Included Additional Mental Health/Behavioral Health Screening Activities in their JJSES Plan for FY 2021-2022



■ Yes (45%) ■ No (55%)

Planning to Implement Mental Health/Behavioral Health Screening During FY 2021-2022



■ Yes (28%) ■ No (72%)



**pennsylvania**  
JUVENILE COURT JUDGES' COMMISSION

# TRAUMA AND MENTAL HEALTH AWARENESS MONTH RECOGNITION: A BRIEF JUVENILE JUSTICE-FOCUSED LITERATURE REVIEW

*Submitted by Jennifer Ungarino and Jay Leamy on behalf of the Behavioral Health Subcommittee*

May is National Mental Health and National Trauma Awareness month. Ko et al. (2008) indicated, in the juvenile justice system, trauma is recognized as a critical factor in the onset of delinquent behavior and rehabilitation prospects for youth. When provided validated screening and assessment tools that gauge traumatic experiences and their associated symptoms and have available evidence-based programs that are trauma-informed, juvenile justice system professionals can better address the youth's needs and risk factors that contribute to delinquency (p. 400). In more recent literature, Cajella (2019) indicated justice-involved youth experience high rates of traumatic exposure; and of these youth, detained adolescents have the most complex needs and endorse traumatic exposure at much higher rate (p. 934).

In their meta-analysis, White et al. (2019) found at several key decision points (e.g., before, during, or after detention utilization) youth's behavioral health needs were underserved (p. 700). As a result, several recommendations were made that included screening all youth at intake to assess behavioral health matters and treatment needs, employing evidence-based treatment services, crafting juvenile justice system policies to promote improved rates of treatment referrals and linking youth to trauma treatment services, and making efforts to improve the quality of behavioral health services for these at-risk youth (White et al., 2019, p. 706). Following a review of White et al. (2019), Barnert et al. (2019) indicated urgency exists in the need to improve behavioral health service utilization for juvenile justice system-involved youth (p. 687). Like White et al. (2019), Barnert et al. (2019) emphasized the importance universal behavioral health screening, while implementing culturally informed and gender appropriate evidence-based treatment services, and the benefits it holds for juvenile justice system professionals to appropriately address youth behavioral health concerns (pp. 687-688).

In the past few years, in the context of the risk, need, and responsivity principles, the Pennsylvania Juvenile Justice System has recognized the importance and need to consider responsivity factors. Greater emphasis has been placed on stage two core activities like using screening and assessment tools for data-driven decision making. For behavioral health, many counties have been trained to implement and administer the Massachusetts Youth Screening Instrument – version 2 (MAYSI-2) at intake. Two counties, Crawford and Venango, were involved in a national project to implement and administer trauma screening at intake by utilizing the Adverse Childhood Experiences (ACEs) and the University of California at Los Angeles Post-traumatic Stress Disorder Reaction Index (UCLA-PTSD-RI) screens respectively. In 2019, twelve additional counties embarked on a journey to expand the original trauma project to implement and administer the Child Trauma Screen (CTS) at intake.

As Dutil (2020) notes, the extant literature demonstrates youth who experienced trauma are vulnerable to punitive approaches that can have detrimental effects (e.g., school-to-prison pipeline). Dutil (2020) offered non-Hispanic Black and Hispanic youth are more likely than non-Hispanic White youth to experience multiple incidences of interpersonal violence that contribute to their risk for PTSD. In turn, consideration should be given to the pervasiveness of trauma as it related to discrimination, poverty, and intergenerational trauma among minority youth (p. 171). Likewise, Modrowski and Kerig (2019) reference the abundance of literature confirming the disproportionate representation of ethnic minority youth in the juvenile justice system; specifically, in that posttraumatic risky behaviors are contributing to the discrimination of minority youth at each stage of their juvenile justice experience (p. 1961). Unfortunately, for these vulnerable youth populations and disadvantaged communities, early assessment and intervention is lacking, and the effects of trauma could be exacerbated (Ko et al., 2008, p. 398; Dutil, 2020, pp. 171-172).

The 2021 Pennsylvania Youth Survey (PAYS) data will be forthcoming. In the latest survey results, there will be information available to explain the experiences youth had with the pandemic, social distancing, and remote learning. According to Jones et al. (2021), globally, as a result of the pandemic, youth of varying circumstances experienced higher rates of anxiety, depression, and stress. Consequently, during the pandemic, youth reported higher incidences of alcohol and marijuana use. Social supports and developing positive coping skills mediates the negative effects on youth mental health (p. 1). In their systematic review of more recent research on the impact of the pandemic, Jones et al. (2021) considered sixteen different studies that were conducted in eight different countries. Two studies were conducted in the United States. Oosterhoff et al. (2020) found social distancing was associated with anxiety, depression, burdensomeness, and sense of belonging. Fish et al. (2020) indicated lesbian, gay, bisexual, transgender, and queer (LGBTQ) youth experienced difficulties maintaining mental health wellness by feeling isolated with unsupportive parents and loss of identity due to the significant restrictions placed on social, interpersonal interactions. Both of these studies demonstrated the negative impact the pandemic held on mental health (as cited in Jones et al., 2020, p. 4). Similarly, Guessoum et al. (2020) found, during the pandemic, youth experienced stressful life events, extended periods of confinement and isolation in the home, grief, intrafamilial violence, and overexposure to the internet and social media. Additionally, there is a greater likelihood youth saw increased psychiatric disorders like PTSD, depression, anxiety, and grief related symptoms (pp. 1-3). Whereas this research does well to identify the noteworthy repercussions that youth have experienced during the pandemic, it examined pandemic-related impact in the early stages. These findings shed light on the need to explore the potential longer lasting effects on this vulnerable adolescent population.

This information reinforces the importance of using trauma-focused and behavioral health-related screens as a regular part of our intake practices. In doing so, probation officers can have a greater ability of addressing responsivity factors that could be barriers for youth to engage in treatment, successfully complete treatment, and successfully engage in cognitive behavioral interventions.

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### ANGELA ZERA RETIRES AS CHIEF JUVENILE PROBATION OFFICER IN LUZERNE COUNTY



On April 1, 2022, Angela (Angie) Zera retired as Chief Juvenile Probation Officer in Luzerne County following 21 years of dedicated service to Luzerne County and the Pennsylvania juvenile justice system.

Angie began her juvenile justice career when she was hired in 2001 as a childcare worker at Luzerne County Detention Center. She quickly realized that she had a passion for working with youth. She felt that she could better use her skills and make more of an impact as a probation officer. She was hired by Luzerne County Juvenile Probation in 2002 and was assigned to be a School-Based Probation Officer. After a few months, Angie transitioned to a Placement Officer where she remained until becoming an Intake Officer in 2004. In 2007, Angie was promoted to Supervisor where she, over the next 8 years, supervised every department within the office. While a supervisor, Angie spearheaded the department's Juvenile Justice System Enhancement Strategy initiatives. In January 2015, Angie was appointed Chief Juvenile Probation Officer.

As Chief, she continued to move the department forward with Evidenced-Based Probation. She began numerous initiatives to include the formation of a Disproportionate Minority Contact Committee, a Family Fun Day, and a Community Garden. At the state level, Angie was an active participant of the Pennsylvania Council of Chief Juvenile Probation Officers. She was appointed to the Council's Executive Committee, was Chair of the Bylaws Committee and was a member of the Standards, Stage 1, and Awards Committees.

Angie graduated from Temple University in 2000 with a Bachelor of Arts in Criminal Justice. In 2006, Angie earned her Master of Science in the Administration of Juvenile Justice through the JJC-sponsored Graduate Education Program at Shippensburg University.

In addition to spending more time travelling with her husband (Adam) and son (Conner), she plans to refocus and continue her passion of working with children. She hopes to use her knowledge and expertise in the field to further juvenile justice initiatives.

### BUCKS COUNTY AUTOMATIC EXPUNGEMENT PROGRAM

On April 1, 2022, the Bucks County District Attorney's Office and Bucks County Juvenile Probation Department implemented a new expungement program as part of its ongoing efforts to promote fundamental fairness within the Bucks County juvenile justice system.

The Advanced Expungement Program allows for the automatic expungement of a juvenile record at a pre-determined time following the successful completion of Juvenile Court supervision with no violations and no subsequent arrests. Admission into the Advanced Expungement Program is at the discretion of the District Attorney's Office, who conducts a review of first

-time offenses otherwise ineligible for diversion to determine if early expungement is an appropriate resolution for all involved.

By removing the requirement to later motion the Court and pay additional fees and costs to seek these agreed upon expungements, we hope to remove any barriers that juveniles face to achieve the clear record they have earned.

Additional information about the program can be found on the Bucks County Juvenile Probation website at <https://www.buckscounty.gov/1585/Advanced-Expungement-Program>.

## JCJC RELEASES NEW INFOGRAPHICS

The Juvenile Court Judges' Commission (JCJC) has released eight new data infographics. Each infographic highlights one of the following juvenile justice-related topics:

- Diversion
- Recidivism
- Residential Placement
- Snapshot of Incoming Delinquency Cases
- Juvenile Justice Trends in Pennsylvania
- Youth Level of Service (YLS) in Pennsylvania
- Financial Obligations
- Outcome Measures



These documents are designed to provide key statistical information on Pennsylvania's juvenile justice system to the public and system stakeholders. The infographics reflect statewide data pulled from various sources, including the JCJC's Pennsylvania Juvenile Case Management System (PaJCMS), the Pennsylvania State Police, the Office of Children, Youth, and Families, and the Administrative Office of Pennsylvania Courts.

To view the infographics, please visit the [Research and Statistics](#) page of the JCJC website.

For questions or more information on the infographics, contact Justine Fowler, Director of Research and Analytics, at [c-jufowler@pa.gov](mailto:c-jufowler@pa.gov).

## PROFESSIONAL DEVELOPMENT OPPORTUNITIES

JCJC continues to add to the training schedule and will be adding virtual and in-person trainings to the training schedule. As we continue adding trainings to the schedule, we are working with some new locations in State College, PA. We have been working with the Hyatt Place (219 West Beaver Avenue, State College, PA) and the Scholar Hotel (205 East Beaver Avenue, State College, PA). Currently the following training events are opened for registration in [JEMS](#):

- The Impact of Social Media on Youth Mental Health and Development on May 10, 2022
- Effective Practices in Community Supervision (EPICS) on May 16-20, 2022
- Learning Community for MAYSI~2 and CTS Coordinators in Pennsylvania's Juvenile Probation Departments on May 17, 2022
- Motivational Interviewing (MI) 101 on May 25-26, 2022
- Graduated Responses Coordinator Group on June 30, 2022
- Motivational Interviewing (MI) Coaches on July 12-13, 2022
- Effective Practices in Community Supervision (EPICS) on September 19-23, 2022
- Orientation for the New Juvenile Justice Professional on September 26-30, 2022 (*tentative*)
- MAYSI~2 on October 4, 2022
- Learning Community for MAYSI~2 and CTS Coordinators in Pennsylvania's Juvenile Probation Departments on October 18, 2022

A new online training has been released through Brainier, **Writing Basics**. "This module provides the groundwork for writing well. Learn a planning structure that helps you strategize your message in every medium and a set of techniques for writing it in the best possible way."

Please contact Sonya Stokes, Director of Professional Development, [systokes@ship.edu](mailto:systokes@ship.edu) if you have any questions regarding professional development.

# SPOTLIGHT ON CONTINUOUS QUALITY IMPROVEMENT

What is Continuous Quality Improvement (CQI)? Although CQI has always been part of our Juvenile Justice System Enhancement Strategy (JJSES) framework, we have increased our attention and focus. The question is often asked - what does this mean for juvenile probation departments? Simply, it is time we begin to evaluate how well we have been doing in our efforts to sustain our excellent work, long term. It is about asking ourselves important questions such as:

- Do we fully understand what CQI is and the strategies that we can put into place to advance this?
- Are there things we could be doing as a system to improve our efforts around CQI?
- In what ways do counties need assistance to ensure their work is being done with fidelity and which will maximize sustainability?
- How can we fully utilize the Continuous Quality Improvement Sustainability Guide?

Consistent with our commitment to improve our balanced and restorative justice goals, we have an obligation to employ practices that are evidence and research based. Although we have a strong roadmap to achieve the various JJSES activities; the concepts of quality assurance (QA) and CQI remain ambiguous to some. We have been effective at describing what both of those concepts mean - was something done (QA) and how well was it done (CQI) and when it comes to practical strategies, there is room for growth.

Juvenile probation departments are beginning to identify diverse methods to address CQI. If you really step back and think about this, we “CQI” so many different processes during our day-to-day happenings. We have various methods to assess QA as it pertains to our budgetary responsibilities, personnel matters, and other operational activities. We are always evaluating ways to improve the quality of the supervision we provide to youth. Establishing strong QA and CQI practices around the JJSES should be no different. Although we often think of this as it pertains to fidelity of an instrument, CQI can, and should, go much further. Juvenile probation departments are now being asked to focus on a deeper assessment around these practices.

Ensuring we are doing things well is critically important to long term sustainability. With all the time, effort, and funding which has been invested in the JJSES, we should want to make sure things are done well. CQI includes developing protocols and practices to support trainings in various JJSES activities but should also include putting additional practices in place to safeguard that these protocols are followed. CQI should include a solid booster process, but also include tracking and evaluation of proficiency and other data. Keeping communication about our work at the forefront of our discussions with stakeholders and among our staff is also key to quality CQI.

CQI also encompasses evaluating the effectiveness of case reviews. Ensuring compliance and adherence to the expectations of a court order are critically important and as we move toward a more evidence-based supervision approach, our format to case reviews should include that as well. How do we shift from just thinking about whether the YLS was completed on time to assessing how effective juvenile probation officers are with matching services to the identified needs? How do we really know our contact levels are appropriate, based in part, on risk level?

While we often recognize these matters, we do not always have processes in place to **confirm** our follow through with what we profess to be committed.

Juvenile probation departments have started to evaluate these matters and have been effectively exploring various ideas. Over the next few months, we will begin to explore this more deeply in a series of short articles in the Pennsylvania Juvenile Justice Newsletter. We look forward to continuing this spotlight on CQI discussion.



See you  
in Harrisburg!

# SAVE *the* DATE

*Harrisburg Hilton and Towers*

**NOVEMBER  
2-4, 2022**

*2022 James E. Anderson*

**PENNSYLVANIA  
CONFERENCE  
ON JUVENILE JUSTICE**

## CONFERENCE – HOTEL INFORMATION

We are pleased to announce the room blocks at the **Harrisburg Hilton and Towers** and **Crowne Plaza** are open. Early reservations are encouraged to secure the contracted rates, rooms are available on a first come basis. Please see below for reservation details.

At the **Harrisburg Hilton and Towers** the contracted rate is \$157.00 a night. This room block will close on October 14, 2022. You may visit the customized link to book online, [2022 James E. Anderson Pennsylvania Conference on Juvenile Justice Booking Link](#) or call 1-800-HILTONS or 717-233-6000 / **Group Code: JCJC22**. The hotel will confirm your reservation.

At the **Crowne Plaza** the contracted rate varies based on room type starting at \$117.00 a night. This room block will close on October 3, 2022. You may visit the customized link to book online, [JCJC Conference](#) or call the hotel directly at 717-234-5021 (Voucher Counties call 717-920-1792) / **Group Code: CAL**. The hotel will confirm your reservation.

For general conference information, please contact us at [ra-jcjcevents@pa.gov](mailto:ra-jcjcevents@pa.gov).

## TECHNOLOGY CORNER

If you were unable to attend the Data Reports breakout during the JCJC Technology User Group in February 2022, below is a list of PaJCMS (canned) reports shown that day that have since been released.

**In the Aggregate Management Reports category:**

- \* Active Juveniles by Race, Gender, and Ethnicity
- \* Active Juveniles by Race, Gender, and Ethnicity by PO
- \* Juveniles Supervised by Race, Gender, and Ethnicity by Date Range

**In the Probation Services category:**

- \* All Services by Provider and Services
- \* All Services by Service and Providers
- \* All Services for Active Juveniles by PO
- \* All Services for an Individual Juvenile

In the next few months, we will be releasing an updated version of the County Specific Outcome Measures report, the CY-60 and CY61 Forms. There will be two new MAYSI-2 data-related reports released as well.

Should you have any requests or questions, please reach out to the PaJCMS Help Desk at [ra-jcjchelpdesk@pa.gov](mailto:ra-jcjchelpdesk@pa.gov) or 717-477-1199.

# »» Professional Awards ««

## Know a PA Juvenile Justice Professional Deserving of Recognition?

### You Can Nominate Them!

#### Who

##### Can Submit Professional Award Nominations?

- Professional Award nominations can be submitted by stakeholders that work/volunteer with juvenile justice-involved youth (including but not limited to Juvenile Probation Officers, Service Providers, Juvenile Court Judges, Volunteers etc.), provided the nomination form includes required signatures.

#### What

##### Are the Benefits of Nominating?

- Recipients receive recognition of their accomplishments at the Conference.
- Recognition inspires stakeholders, improves system performance, and enhances services provided.
- Recognition fosters positive work environments and productivity.
- Recognition supports the well-being and mental health of stakeholders.

#### How

##### Do You Nominate?

- Nomination forms for the JCJC Professional Awards will be available on the JCJC website on **May 16, 2022**.
- Go to [JCJC.pa.gov](http://JCJC.pa.gov).
- Scroll down to the Awards section.
- Select the Professional Award you would like your nominee to be nominated for.
- Follow the directions on the corresponding nomination form.

Have questions about the 2022 JCJC Professional Awards?

Contact Angel Stewart at [angstewart@pa.gov](mailto:angstewart@pa.gov) or Keysla Rodriguez at [keyrodriagu@pa.gov](mailto:keyrodriagu@pa.gov).

# JCJC is Accepting Nominations for the James E. Anderson Youth Scholarship Award!

Nomination forms can be found on the [JCJC website](#).

Deadline: **June 1, 2022**

For questions, please contact Angel Stewart at [angstewart@pa.gov](mailto:angstewart@pa.gov) or Keysla Rodriguez at [keyrodrigu@pa.gov](mailto:keyrodrigu@pa.gov).

## STAFF DEVELOPMENT HIGHLIGHTS

### May

- 10 The Impact of Social Media on Youth Mental Health and Development - Virtual
- 16-20 Effective Practices in Community Supervision (EPICS) - Virtual
- 17 Learning Community for MAYSI~2 & CTS Coordinators in Pennsylvania's Juvenile Probation Departments - Virtual
- 25-26 Motivational Interviewing (MI) 101 State College

### June

- 30 Graduated Responses Coordinator Group - Virtual

### July

- 12-13 Motivational Interviewing (MI) Coaches State College

### September

- 19-23 Effective Practices in Community Supervision (EPICS) - Virtual

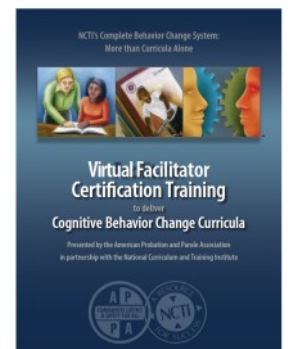
### October

- 4 Massachusetts Youth Screening Instrument: Version 2 (MAYSI~2) - Virtual
- 18 Learning Community for MAYSI~2 & CTS Coordinators in Pennsylvania's Juvenile Probation Departments - Virtual

Registration available at [www.jcjcjems.pa.gov](http://www.jcjcjems.pa.gov)

## COGNITIVE BEHAVIOR CHANGE CURRICULA VIRTUAL CERTIFICATION TRAINING OPPORTUNITY

National Curriculum Training Institute (NCTI), in partnership with the American Probation and Parole Association, is offering a virtual certification training to deliver Cognitive Behavior Change Curricula. The Juvenile Court Judges' Commission (JCJC) is looking for those interested in taking part of this opportunity. Dates for this training will be determined once we have at least 20 people commit to the training. Take a moment to review the information ([Crossroads Certification Brochure](#)) and if you are interested in becoming a certified trainer to deliver the cognitive behavior change curricula, please contact Sonya Stokes, Director of Professional Development at [systokes@ship.edu](mailto:systokes@ship.edu) or 717-477-1294.



**MAY** is **MENTAL HEALTH AWARENESS** MONTH

# 8 TIPS

To Start Self Care

1

## Make Sleep a Priority.

Reduce screen time before bed, and stick to a sleep schedule.



5

## Practice Gratitude.

Think about the things you are grateful for. Be specific and write it down.



2

## Get Regular Exercise.

30 minutes of walking or small amounts of exercise can boost your mood and improve your health.



6

## Focus on Positivity.

Identify and challenge your negative thoughts.



3

## Try a Relaxing Activity.

Schedule regular times to enjoy relaxation activities.



7

## Stay Connected.

Connect with family and friends for help and emotional support.



4

## Set Goals and Priorities.

Prioritize what you can get done now and what can wait. Be mindful of the things you have accomplished today, and learn to say "no" when you feel you are taking on too much.



8

## Eat Healthy, Regular Meals and Stay Hydrated.

Reducing caffeine consumption and increasing water intake combined with a balanced diet can increase daily energy and focus.



For more information and resources on caring for your mental health, please visit [nimh.nih.gov](https://www.nimh.nih.gov).

Source - National Institute of Mental Health  
<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>



## #WeHealUS Pennsylvania Calendar of Events – May 2022

Reprinted from the #WeHealUS Pennsylvania Toolkit

There is a growing movement across the United States toward becoming healing-centered, while raising awareness for mental health. Trauma Informed Awareness and Mental Health Awareness are crucial now more than ever, as COVID-19 has impacted, and continues to impact, our lives.

#WeHealUS is a national campaign involving every state! Numerous partners are joining the movement in Pennsylvania to raise awareness around trauma and mental health. Pennsylvania businesses, organizations, associations, agencies, corporations, municipalities, and advocacy groups are helping build a unified, impactful, and consistent campaign throughout Pennsylvania for the month of May.

Contributing Partners are committed to creating content and sharing resources during the month of May via online events, such as informational webinars or trainings, panel discussions, film screenings, and yoga or mindfulness sessions. Events are offered free of charge, though some require pre-registration.

Please review the full details about each event in the [#WeHealUS Pennsylvania Toolkit](#).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <a href="#">Monday Meet Up with PA Office of Victim Advocate: Why Therapy?</a> 7-8pm	3 <a href="#">How early experiences shape healthy brains with UPMC Western Behavioral Health</a> 11am-12pm	4 <a href="#">"Understanding and Confronting Commercial Sexual Exploitation" with Mission Kids</a> 9-11am <a href="#">Connecting the Dots with Martin Simms, Dr. Perry and Oprah</a> 8-9pm	5 <a href="#">DEI and the Trauma-Informed PA Plan</a> 11am-12pm	6 <a href="#">Empowerment through Common Language a PDE Resource</a> <i>Review at your leisure</i>	7
8	9 <a href="#">Creating Trauma-Informed Workspaces with Maryann McEvoy &amp; TaLisa Ramos</a> 2-3pm	10 <a href="#">Trauma and the Stress Response System with Liam N. Power</a> 1-2pm	11 <a href="#">The Impact of War on Children: Considering the Trauma of war in Ukraine with Dr. Omar Reda</a> 3:30-4:30pm <a href="#">From Coping to Healing with Martin Simms, Dr. Perry and Oprah</a> 8-9pm	12 <a href="#">Equitable Practices through a Trauma-Informed Lens with PDE</a> <i>Watch at your leisure</i>	13 <a href="#">Trauma in Schools Podcast: Nurturing the Emotionally Safe School Environment</a> <i>Watch at your leisure</i>	14
15 <a href="#">Dancing Mindfulness: A Creative Pathway to Healing with Denina Bautti</a> 1-1:30pm	16 <a href="#">My Ancestor's Wild-est Dreams: Forging a Path from Sankofa to Healing with Talisa Ramos</a> 11am-12pm	17 <a href="#">Restoring Trust After Childhood Trauma with Beth Tyson</a> 12-1:30pm	18 <a href="#">Trauma-Informed Family and Community Engagement</a> <i>Watch at your leisure</i> <a href="#">Post-Traumatic Wisdom with Martin Simms, Dr. Perry and Oprah</a> 8-9pm	19 <a href="#">HEAL PA Criminal Justice Action Team Panel</a> 11am-1pm <a href="#">Day of Listening with Unite to Heal PA</a> 12-1:30pm	20 <a href="#">Lunch Break Yoga Reset</a> 12-12:50pm	21 <a href="#">Bullying as a Traumatic Experience</a> <i>Watch at your leisure</i>
22	23 <a href="#">Trauma-Informed Instruction, Culture and Climate, Equity and Bullying with PDE</a> <i>Watch at your leisure</i>	24 <a href="#">Screening for ACEs &amp; Resilience: How to approach clients, provide resources, and follow up with Chester County ACEs Coalition</a> 12-1:30pm	25 <a href="#">Tattoos as Therapy: Exploring the Role of Tattoos for the Trauma Survivor with Dr. Everett Painter</a> 1-2pm <a href="#">Our Brains, Our Biases, Our Systems with Martin Simms, Dr. Perry and Oprah</a> 8-9pm	26 <a href="#">Aversion to medical care: A survivor's story and how CACs can help child victims of sexual abuse</a> 3-4:15pm	27 <a href="#">Trauma-Informed Education Coalition: Straight Talk About the Crisis in Education</a> 11:30am-3:30pm	28
29 <a href="#">Resilience through Trauma with Jennifer Ozgur</a> 7-8pm	30 <a href="#">Collectively Rooted Presents: Talk About it Be About it How We Heal</a> 12-1pm	31 <a href="#">Now What? A cross-state discussion on building the movement</a> 2-3pm	For more information on the campaign, or to view the National Calendar of events visit <a href="http://www.WeHealUS.org">www.WeHealUS.org</a>  Email: <a href="mailto:wehealusbmovement@gmail.com">wehealusbmovement@gmail.com</a>			



# NATIONAL JUVENILE JUSTICE ANNOUNCEMENTS

The following announcements are reprinted from JUVJUST, an OJJDP news service:

## OJJDP NEWS @ A GLANCE, MARCH/APRIL 2022

The Office of Juvenile Justice and Delinquency Prevention (OJJDP) announces the availability of [OJJDP News @ a Glance](#), March/April 2022.

This issue's Message from the Acting Administrator and top story recognize Second Chance Month and highlight OJJDP's efforts to help young people successfully reenter the community following secure confinement or out-of-home placement. The Youth Voices column profiles a youth advocate and policy analyst in Washington, DC. The Tribal Connections section features a new publication produced by Native youth about ways to protect and promote Tribal youth well-being, and a training program offering guidance to OJJDP Tribal grantees developing strategic plans.

Other features in this issue—

- [National AMBER Alert Symposium Focuses on Technologies Used to Return Missing Children Safely](#)
- [Children's Advocacy Centers Play Critical Role in Responding to Child Abuse](#)
- [OJJDP Listening Session Explores Family-Based Alternatives to Parental Incarceration](#)
- [Tribal News Shorts](#)
- [News in Brief](#)
- [Upcoming Events](#)
- [New Publications](#)

### RESOURCES:

- [OJJDP News @ a Glance](#), March/April 2022 (NCJ 304273) is available [online](#).
- Follow OJJDP on [Twitter](#) and [Facebook](#).

## REPORT AVAILABLE ON THE IMPACT OF COVID-19 ON JUVENILE JUSTICE SYSTEMS

The Council of Juvenile Justice Administrators (CJJA) has released "[The Impact of COVID-19 on Juvenile Justice Systems: Practice Changes, Lessons Learned, and Future Considerations](#)."

This report summarizes the responses from a sample of juvenile justice agencies nationwide to COVID-19. This includes challenges faced, lessons learned, key takeaways, and practices those agencies will retain post-pandemic.

### RESOURCES:

- Follow OJJDP on [Twitter](#) and [Facebook](#).



## NEW ISSUE OF AMBER ADVOCATE AVAILABLE NOW

OJJDP has released the latest issue of [The AMBER Advocate](#) newsletter. This issue features articles on:

- The collaborative effort between the Navajo Nation and technology providers to ensure Tribal members receive wireless emergency alerts on their cell phones.
- The role the [AMBER Alert Training and Technical Assistance Program](#) played in the safe recovery of a 3-year-old in south-eastern Texas.
- The actions of a private citizen to rescue a missing infant in western Illinois following the issuance of an AMBER Alert.



### RESOURCES:

- Access [previous issues](#) of the newsletter.
- Follow OJJDP on [Twitter](#) and [Facebook](#).

## NEW BLOG HIGHLIGHTS OJJDP'S YOUTH REENTRY TOOLKIT

OJJDP posted a new [blog](#) on its youth reentry toolkit "[Reentry Starts Here: A Guide for Youth in Long-Term Juvenile Corrections and Treatment Programs](#)." During April's [Second Chance Month](#) observance, OJJDP highlights its support of youth and families to successfully transition back into their communities.

The reentry toolkit features practical tips, simple explanations, and customizable content and is intended to be used by youth and adults who help them prepare for successful reentry.

The toolkit is part of OJJDP's larger reentry effort, including two distinct programs funded by the Second Chance Act. In 2021, OJJDP awarded nearly \$10 million to 13 sites to support youth as they reenter their communities following residential placement. OJJDP also awarded nearly \$4.5 million in Second Chance Act funding to address the needs of incarcerated parents and their minor children.

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### RESOURCES:

- Access more OJJDP youth reentry [resources](#).
- Learn more about [Second Chance Month](#).
- Register for Second Chance Month [activities](#) and OJJDP reentry [webinars](#).
- Follow OJJDP on [Twitter](#) and [Facebook](#).



This publication is produced monthly by the Juvenile Court Judges' Commission. Guest articles are welcome; please submit by e-mail to [ra-oajcnews@pa.gov](mailto:ra-oajcnews@pa.gov).

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