



POLK COUNTY JUEVENILE DETENTION CENTER WELLNESS POLICY

POLICY: It is the policy of Polk County Youth Services that youth in our care will include an environment that promotes students' physical and mental health. This will include youth in our care being given the opportunity to participate in nutrition education, and physical activity as well as being given healthy meals and snacks. In addition, we will attempt to meet their medical and mental health needs while they are in our care.

MEMBERS: Tony Rhoads (Program Manager and Designated Leader), Dan Larson (Program Administrator), Veronica Pullman (Cook), Scott Weldon (Central Intake Supervisor), James Smith (Team Leader), Amberlei Roth (Team Leader), Jami King (Nurse), Meredith Mauro (Shelter Care Educational Program Administrator – AEA)

Nutrition Standards and Guidelines

Polk County Youth Services will adhere to the following nutritional guidelines for food and beverages being served to the youth:

- Breakfast and Lunch meals will be served in accordance with the National School Breakfast and Lunch Programs providing for reimbursable meals.
- Snacks served on school days will follow the requirements of the Snack Reimbursement Program.
- All other meals and snacks served will follow the spirit of maintaining the above guidelines.

Nutrition Education

Polk County Youth Services will provide the youth with the following educational opportunities:

- Nutrition related class topics through school at Detention (AEA).
- Nutrition related groups that help youth to learn about healthy eating habits.
- Periodic cultural related Food Day meals.
- Daily physical activity in our gym or outdoor recreation area.

Medical Health Services and Education

Polk County Youth Services will provide the youth in our care with the following services:

- Gather information for an updated health history (with each admission).
- Physical within a week of admission (updated yearly if applicable).
- Oversight of medications in consultation with parents/guardians.
- Medication Reviews (if applicable) by a Licensed Psychiatrist.
- Access to Nurse on duty or on call (daily).
- Access to Nurse Practitioner (weekly).
- Educational groups done by the Polk County Health Department (weekly).
- Broadlawns group for Dental Care (monthly)

Mental Health Services

Polk County Youth Services will provide the following if applicable:

- Access to a Trauma Therapist (potentially multiple times a week).
- Receive a Substance Abuse or Psychological Evaluation (if court ordered).

Policy Evaluation/Review

Polk County will have the following checks and balances in place to ensure keeping the policy updated:

- Bi-annual meetings in February and August of each year
- Review of the policy each August to make sure leadership/membership is accurate and policy content is accurate.
- Ensure any changes are added to Policy as posted on the Polk County Website.
- Every three years perform a Triennial Assessment of the policy. Next one due in February of 2027.

Effective: 8-22-06

Last Updated: 2-5-24