



Greene County Juvenile Detention Center
2100 Greene Way Boulevard - Xenia, Ohio
(937) 562-4100 – Fax (937) 562-4118

Amy H. Lewis, Judge
Cary Stanley, Director

WELLNESS PLAN

The Greene County Juvenile Detention Center (GCJDC) is committed to providing an atmosphere that is conducive to improving the overall health and wellbeing of the youth in our care. Sound policies in the areas of health and nutrition are critical in creating a healthy living environment. The GCJDC prepare residents to take responsibility for their own health and to adopt health enhancing attitudes and behavior. Therefore, the GCJDC shall:

1. Involve youth, staff, food service professionals, and healthcare professionals in a comprehensive program to promote healthy eating and lifestyles.
2. All youth shall participate daily in large muscle group activities.
3. All youth shall be served meals that comply with federal guidelines regarding health and nutrition.
4. All youth shall be presented with learning opportunities and materials to foster and encourage lifelong habits to achieve and maintain optimal health and well-being.
5. The GCJDC shall be a safe and healthy place for residents and staff.
6. The GCJDC Director or designee shall review and update the Wellness Plan as part of regular administrative reviews conducted in coordination with food service professionals, health-care professionals and the Ohio Department of Education.

I. Environment

- The GCJDC employs a full-time nurse/detention counselor and a consulting physician to ensure that a healthy living environment is maintained.
- Sleeping rooms are equipped with functioning toilets and hand washing basins.
- Youth are given adequate time for unhurried eating.
- The GCJDC is a tobacco free facility.
- The facility has an established protocol for routine cleaning and maintenance.
- Staff and residents of the facility shall follow the Universal Precautions Guidelines to minimize the spread of communicable diseases.

II. Nutrition

- Foods low in nutritional value shall be limited.
- Food shall never be withheld as a form of punishment.
- Menu is approved by a licensed nutritionist.

III. Meals

- The GCJDC has entered into a contractual agreement with Aramark to be the food service management company.
- Meals shall meet or exceed the minimum nutrition requirements established by local, state and federal regulations.

- Youth have an opportunity and are encouraged to wash their hands prior to eating their meals, and throughout the day. Hand sanitizers are also available.
- All meals shall be scheduled at appropriate times throughout the day. (7a-breakfast, 12n-lunch, 6p-dinner). Snacks shall be served at 3p and 8p.
- Program activities are not be scheduled to interfere with scheduled meal times.
- Food and beverages may not be shared between residents.
- Staff regularly supervise meal-time activities, including inspection of meal trays after meals.

IV. Physical Activity

- All youth detained in the GCJDC shall participate in physical activity daily, including access to the gymnasium and outdoor recreation area/running track for recreational activities.
- Youth who have been determined to be physically unable to perform may have a modified physical education program to commensurate with their limitations.
- Physical education shall be offered daily to detained youth.
- A structured credit-bearing physical education program is delivered by a certified Physical Education Teacher from the Xenia City Schools.