



## POLICY

# youth wellness | griffin campus

Griffin Campus is a residential treatment facility serving sixteen youth ages 12 to 17 referred through the Department of Health and Human Services (DHHS), Office of Refugee Resettlement (ORR), and six adolescents ages 12 to 17 referred through the Washington State Department of Children, Youth and Families (DCYF). The youth live and attend school on campus and are in residence anywhere from two months to two years.

The Youth Wellness Policy was developed by the Griffin Campus Nutritional and Physical Activity Committee and adopted by the Griffin Campus Management Team on October 4, 2006. The committee is comprised of the Director of Residential and Foster Care Services, the Griffin Campus Food Service Manager, the Matsen House Program Supervisor, the McEachern House Program Supervisor, a Matsen House Youth Representative, and a McEachern House Youth Representative.

The Director of Residential and Foster Care Services has the operational responsibility for ensuring day-to-day adherence of the Griffin Campus Youth Wellness Policy.

## procedure

### 1. Nutrition Educational Goals

- a. All new Bilingual Youth Specialists (BYS) are trained as part of their orientation on the procedures of the National School Lunch Program with the emphasis on encouraging youth to make healthy choices at mealtimes. The Program Supervisors (PS) issue a training certificate for the employee member's file upon completion of training.
- b. The Food Service Manager (FSM) receives the required training to assure that all meals meet the standards for healthy eating in accordance with the National School Lunch Program.
- c. The FSM provides nutrition education training and materials to the appropriate BYSS who have the responsibility for ongoing nutrition education of the youth. The youth training will be documented and submitted to the PS.

### 2. Physical Activity Goals

- a. For those youth whose Primary Care Physician (PCP) indicates that the youth warrants any dietary restrictions, the youth's Primary Counselor (PC) will include the doctor's recommendations in the youth's treatment plan. The progress will be monitored by the Medical Coordinator.

- b. Each program ensures that youth receive a minimum of 13 hours of large muscle activity per week. One hour during the school day for Physical Education, one hour a day after school during the week and three hours on weekends. All youth are expected to participate unless specified otherwise by their PCP. The activities can include running, biking, basketball, flag football, soccer, hiking, tennis, swimming, and community service.
- c. Youth participating community service are involved in physical projects. The projects may include picking litter up along local streets or building and maintaining trails for the Mountain to Sound organization.

### **3. Nutrition Standards for Foods Available on Campus**

- a. Breakfast and lunch meals are prepared and served with the guidelines of the United States Department of Agriculture (USDA), National School Breakfast and Lunch Programs updated and aligned with the Dietary Guidelines for Americans. Meal portion sizes at mealtimes are monitored by employees. The FSM makes available healthy choices for afternoon and evening snacks. Posters are displayed in the programs indicating healthy choices for food groups.
- b. There is one soft drink machine that offers diet drinks in addition to regular drinks. Youth are not allowed to purchase soft drinks during the school day until 3 p.m. or an hour after school is dismissed, whichever is sooner.