

COVID-19 PRACTICE CHANGE AT YSC

PRECAUTIONS:

- To keep your child safe, access to the Detention Center is limited to detention staff and several authorized essential personnel.
- All staff are screened for COVID-19 and their temperature is taken daily prior to work. Only staff with a negative screening can enter YSC.
- Sick staff do not report to work.
- Staff are directed to use County issued masks if your child is sick.
- Your child and the staff wash their hands multiple times a day. High touch surfaces are cleaned with hospital grade disinfectant throughout the day.
- All youth and staff practice social distancing whenever possible to, this includes mealtime.

PROGRAMMING AND SERVICES:

- Your child participates in physical programming twice per day, often outside.
- Youth participate in multiple types of programming including arts programming, educational programming and daily living/life skills all day.
- Your child has access to mental health services, case manager services, and medical services at all times.

TELECONFERENCE USE:

- Teleconference is available for your child if they need access to external mental health treatment and counseling.
- When it is time for your child to appear for court hearings it will be by videoconference. Parents/guardians may appear for those hearings by teleconference, interpreters are also available. If a youth is not detained, videoconferencing is available to youth and family. The parent/guardian should **contact the child's public defender for information and instructions.**

TELEPHONE USE:

- Your child can call you, their Parent/Guardian 5 times per week, these calls are free and can be 5 minutes long. *Policy may be updated on April 30th.
- Your child can also call their public defender to check on the status of their case at any time.

COVID 19 - POSITIVE TEST ACTION PLAN:

- The Youth Services Center has a full time nursing staff on site with contract physicians available to them 24 hours a day.
- If your child tests positive for Covid-19 a housing unit has been designated for medical monitoring and quarantine. Your child will never be alone and will be constantly monitored by staff at all times to include facility nurses.
- If your child tests positive for Covid-19, you and/or the guardian and the assigned Judge and Defense Counsel will be immediately notified. You and or the guardian will be provided your child's health status, a point of contact, an e-mail and contact number to inquire about your child's medical status.
- If it is the medical opinion of our facility nurses or physicians that your child needs to be transferred to a hospital for medical treatment, you and or the guardian will be notified as soon as reasonably possible.
- If the Youth Services Center experiences a case of Covid-19, a daily briefing will be conducted by way of a telephone conference call whereby you and or the guardian will be provided a status as to what the Youth Services Center is doing to ensure your child is safe.

COVID-19 FACTS

CORONAVIRUS FACTS

Novel coronavirus (COVID-19) is a new virus strain spreading from person-to-person. While most cases of illness are mild, health experts are concerned because this virus has the potential to cause severe illness and pneumonia in some people.

Coronavirus Hotline for family support and non medical issues: 833-551-0518

WHAT TO DO IF YOU SUSPECT YOU HAVE CORONAVIRUS

Call the NM Department of Health at (855) 600-3453 right away if:

You have fever, cough, or shortness of breath, **and** in the 14 days before your symptoms started, you were in contact with a person known to have COVID-19.

WHAT ARE THE SYMPTOMS?

Symptoms of COVID-19 include fever, cough, or trouble breathing. These symptoms may appear 2 to 14 days after being exposed to the virus.

MEDICAL RESOURCES

COVID 19 testing and testing related services are covered for all New Mexicans at no cost regardless of whether you have coverage or not.

To apply, go to: www.yes.state.nm.us or call 1-855-637-6574

STAY INFORMED

You can contact YSC at **bcysc@bernco.gov** or call **(505) 468-7236**. The Complaint/Grievance Hotline number is: **505-468-7708**

HOW TO TALK TO YOUTH ABOUT COVID-19

A note to Parents and Guardians from the Youth Services Center Administration and staff: This is a hard time for families in the community. In this fact sheet we have included information on how we are taking care of your child in detention and information on resources your family may need. Below are some helpful thoughts from the National Organization, Justice For Families to use when talking with your child in detention. www.justice4families.org

The CAPPD strategy for talking to youth in detention:

C = Calm - stay calm yourself when talking to your child, keep your voice and language calm. Be reassuring but also honest. Don't offer platitudes like "everything will be OK" but rather provide information such as what you are doing to stay safe and healthy.

A = Attuned - be attuned to their feelings and concerns. Ask and anticipate who and what they may be worried about. For example, they may have heard that the virus mostly effects "old people" so they may worry about a grandparent or other older family member. Let them know how you are checking in with or caring for that person. They may be worried about you, so assure them that you have food or that their siblings are safe.

P = Present - be present with them and for them - be sure you show them through your contact that you will remain connected, that you are hearing their concerns, that you love them.

P = Predictable - be predictable - be sure to watch for your child's call and be as ready as possible to answer the phone.

D = Do not escalate - If your child starts to get agitated, express anger or other heightened emotions, don't escalate along with them. Try to remain calm, tell them you understand its really hard right now, promise to keep in touch, don't ever say things like "Don't call me if you are going to talk like this" ask who they can talk to that will be SAFE within detention - make sure they know how to stay safe and who it is SAFE (psychologically as well as physically) to talk to.

Also share with your child some tips to help them cope with their own feelings of anxiety and trauma triggers during this time:

- Do some slow "count to 10 breathing" with them even while you are on the phone.
- Practice a saying (like a mantra) that you can say together on the phone and that the young person can say to him or herself whenever feeling anxious or stressed, it can be the lyric to a song you both like or a prayer, or a silly saying or a rhyme - anything that you can share together and then the young person can do on their own.
- Encourage them to participate fully in the writing and art classes the detention center is offering to reduce their anxiety and stress.
- Remind your child to use simple ways to let stress out of their bodies that are allowed and safe, like simple neck and shoulder rolls, stretches, etc. Encourage them to participate fully in the physical activities the detention center offers.

RESOURCES

NEW MEXICO DEPARTMENT OF HEALTH

The New Mexico Department of Health is the lead agency for the statewide Coronavirus response. Community members are encouraged to visit <https://cv.nmhealth.org> for important facts and information on COVID-19.

NM DEPT OF WORK FORCE SOLUTIONS

The New Mexico Department of Workforce Solutions online application for Unemployment benefits is jobs.state.nm.us. They recommend that if you can, please apply on line.

Job.state.nm.us

By phone 1-877-664-6984

FOOD BANKS/BOXES/SCHOOL LUNCH

The City of Albuquerque has multiple distribution points for Food Boxes, School Lunches, and information on Food Banks and other resources, **call 311** for more information.

CHILD CARE

During the emergency health declaration, the state will temporarily register family, friend and neighbor providers who may be eligible to receive child care assistance funding, these providers will have to pass a background check.

Call 1-833-551-0518

Call Child Care Resource Line: 800-691-9067 to find child care.

COPING WITH STRESS

NM Crisis and Access Line. Counselors are here to hear you!
24/7 at 855-662-7474