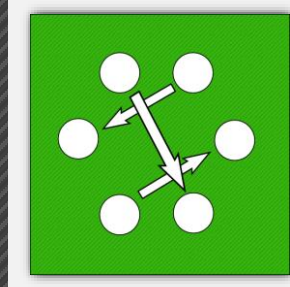


The Power of Independence

Mississippi Department of Human Services,
Independent Living Program

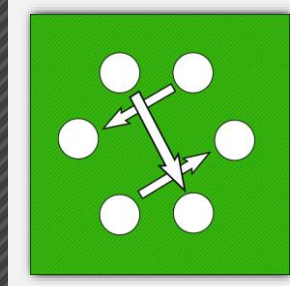
Southern Christian Services for Children and Youth,
P.R.E.P.A.R.E. Program

Welcome to GoodBurger!



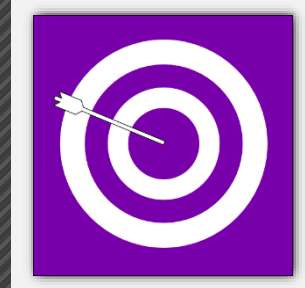
- You're part of a hamburger!
WITHOUT TALKING, group up to make a delicious burger.
- Note: Delicious burgers only have one of each ingredient, except for two buns. No doubles!

Responsible Egg, Part 1



- You get an egg!
- Other people will try to steal it.
- The person with the most eggs at the end of the retreat wins a prize!

Understanding the Law Objectives

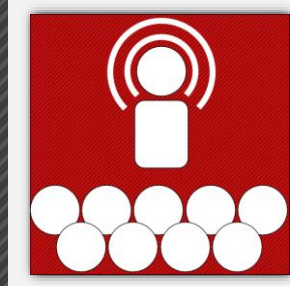


- Understand the difference between being a juvenile and a adult
- Understand Youth Court Process

Understanding Terms

Understanding the Law

Adult vs. Juvenile



Adult

Juvenile

At 18:

- Responsibilities
 - Criminal Charges
 - No Parental Support
 - Binding Contracts
 - Jury Duty
 - Selective Service
 - Child Support
- Rights
 - Vote
 - Make a Will
 - Sue
 - Make your own Contracts
 - Independence

At 21:

- Rights
 - Rent a car
 - Get a loan
 - Purchase Alcohol
 - Gamble

Adult vs. Juvenile



Adult

Juvenile

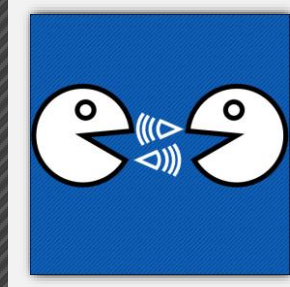
- A person who has not attained his eighteenth birthday.
- Generally presumed not to have the level of maturity, thought process, decision-making, experience, or wisdom of an adult
- Ultimate responsibility for your behavior/misbehavior falls on someone else, even if you have to suffer some of the consequences

Legal Emancipation



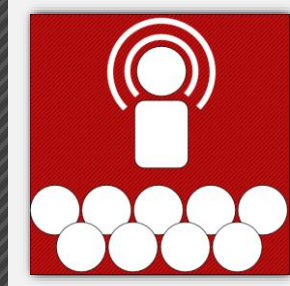
1. What is legal emancipation?
2. Who is eligible to become emancipated?
3. What are some pros and cons?

Legal Rights



Turn to your partner and try to tell them their
“Miranda Rights”

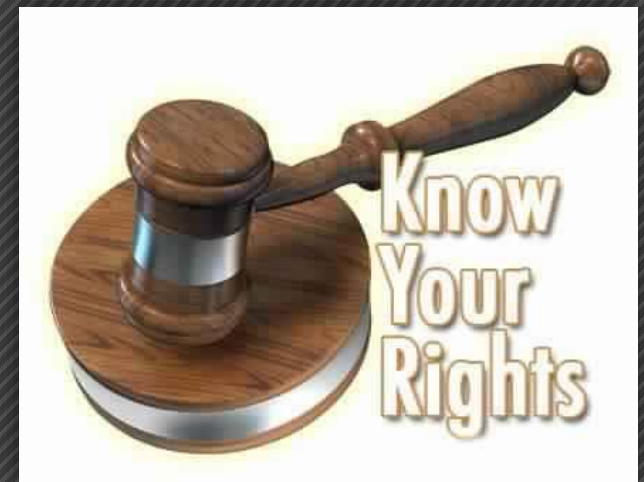
Legal Rights



Rights Offered

Not Offered to Juveniles

- Right to counsel
- Right against self-incrimination
 - A. Constitutional Right
 - B. Statutory Rights
 - C. Waiver of Right Against Self-Incrimination
 - D. Admission to Juvenile Court Counselor at Intake
- Right to Standard of Proof Beyond a Reasonable Doubt
- Right to an Open Hearing
- Right to Confidentiality of Records
- Right to Appointment of Guardian



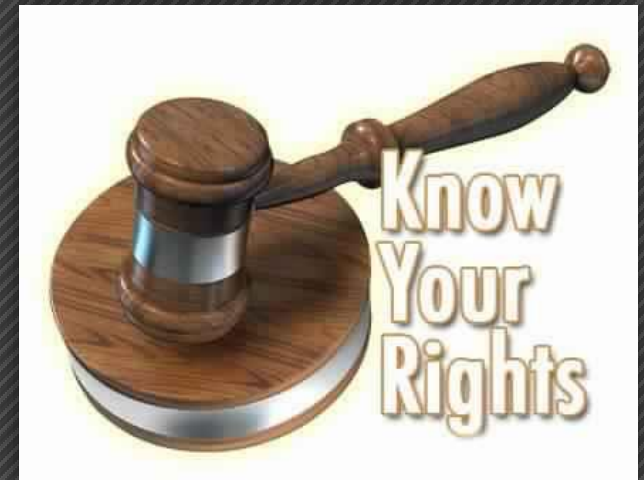
Legal Rights



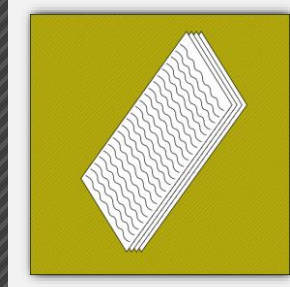
Rights Offered

- Bail
- Right to trial by jury
- Right to speedy trial
- Right to self-representation

Not Offered to Juveniles



Adult vs. Juvenile



On your handout, “Adult vs. Juvenile”, see if you can decide whether the people in the narratives are considered to be legal adults or juveniles.

Understanding Youth Court

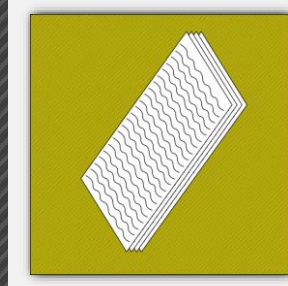
Understanding The Law

Youth Court Process



- What does the Judge do?
- What does the Guardian Ad Litem do?
- What does the CASA worker do?

Youth Court Contacts



Look at your handout, “Youth Court Contacts”. This can be a handy tool for keeping up with the people who will be important to you in your dealings with the Youth Court.

Hearings and Timelines



INITIAL HEARING

- Parties Present
 - Parents
 - Extended Family
 - You
 - Parents' Counsel
 - Child's Counsel (GAL, CASA)
 - Social Worker
- Issues addressed
 - Placement Decision
 - Appointment of Counsel
 - Paternity
 - Medical Determination
 - Next Court Date

Hearings and Timelines



INI ADJUDICATION HEARING

- - Held only if the parties cannot agree in the initial hearing concerning placement.
 - CPS attempts to prove maltreatment
 - Parents may be called to testify
 - Issues Addressed
 - Whether CPS has made reasonable efforts to avoid placement or to achieve reunification
 - Placement
 - All incomplete or unresolved issues from the initial hearing
 - Disposition Hearing Date.
-

Hearings and Timelines



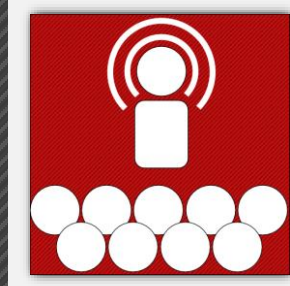
INITIAL ADJUDICATION

- The court determines if the youth is in need of services and if so, what services are needed.
- The court determines if the youth is in need of services and if so, what services are needed.
- The court determines if the youth is in need of services and if so, what services are needed.
- The court determines if the youth is in need of services and if so, what services are needed.

DISPOSITION HEARING

- The court decides whether the youth needs help from the court and, if so, what services will be ordered. May include:
 - Counseling
 - Rehabilitative Services
 - Visitations
 - Follow-up Visits from CPS
- Presentation of the Case Plan
 - Case Plan includes all actions the parent must take to regain custody and time frames for completing those actions
- A more permanent placement decision is made at this hearing

Hearings and Timelines



INITIAL

- Held at least every 6 months
- Reviews the progress of the Case Plan.
- Including:
 - Whether the case plan is on target
 - Whether the youth's physical, emotional, and mental health needs are being met
 - Whether progress has been made toward achieving the case plan's objectives
 - What reasonable efforts were made to achieve reunification
 - Whether the youth should be returned home and, if not, why
 - What remains to be accomplished before reunification can occur
 - What timetable has been established for returning the youth home
 - Whether and how the case plan should be modified

ADJUSTMENT

- Held at least every 6 months
- Reviews the progress of the Case Plan.
- Including:
 - Whether the case plan is on target
 - Whether the youth's physical, emotional, and mental health needs are being met
 - Whether progress has been made toward achieving the case plan's objectives
 - What reasonable efforts were made to achieve reunification
 - Whether the youth should be returned home and, if not, why
 - What remains to be accomplished before reunification can occur
 - What timetable has been established for returning the youth home
 - Whether and how the case plan should be modified

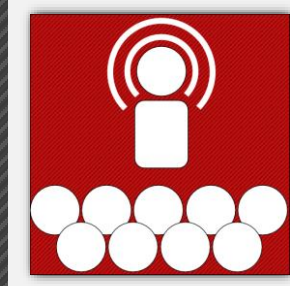
DISBURSEMENT

- Held at least every 6 months
- Reviews the progress of the Case Plan.
- Including:
 - Whether the case plan is on target
 - Whether the youth's physical, emotional, and mental health needs are being met
 - Whether progress has been made toward achieving the case plan's objectives
 - What reasonable efforts were made to achieve reunification
 - Whether the youth should be returned home and, if not, why
 - What remains to be accomplished before reunification can occur
 - What timetable has been established for returning the youth home
 - Whether and how the case plan should be modified

REVIEW HEARING

- Held at least every 6 months
- Reviews the progress of the Case Plan.
Including:
 - Whether the case plan is on target
 - Whether the youth's physical, emotional, and mental health needs are being met
 - Whether progress has been made toward achieving the case plan's objectives
 - What reasonable efforts were made to achieve reunification
 - Whether the youth should be returned home and, if not, why
 - What remains to be accomplished before reunification can occur
 - What timetable has been established for returning the youth home
 - Whether and how the case plan should be modified

Hearings and Timelines



INITIAL

-
-
-

ADJUSTMENT

- H
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DISPOSITION

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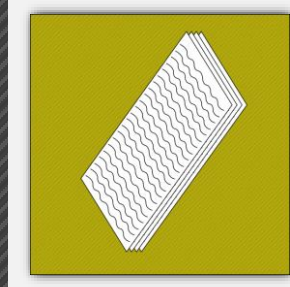
REPERMANENCY

-
-

PERMANENCY HEARING

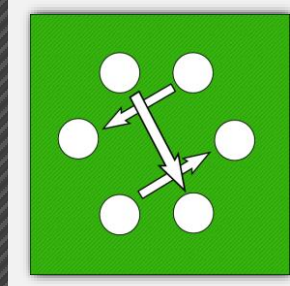
- Permanent placement decision is made.
Options include:
 - Returning the youth home
 - Returning the youth home by a specific date (no more than 3 months later), provided the court finds from the evidence that the parents are making significant progress toward completing the case plan
 - Terminating parental rights, if necessary, and permitting adoption by a relative, foster parent, or other nonrelative
 - Granting legal guardianship
 - Permanently placing the child with a relative, foster parent, or other nonrelative
 - Providing another specified permanent living arrangement if the court documents and finds that there is a compelling reason why it would not be in the best interests of the child to proceed with one of the other options

Youth Court Process



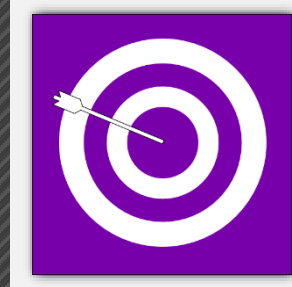
Look at your Handout, “Youth Court Process”. Use this tool to help you remember important things about your visits to the Youth Court.

Final Jeopardy



- Color-group leaders: Get your team's dry-erase board and marker. Write \$1000 on the top of the board.
- Each team will have one minute to answer each question and make a wager.

Daily Living Skills

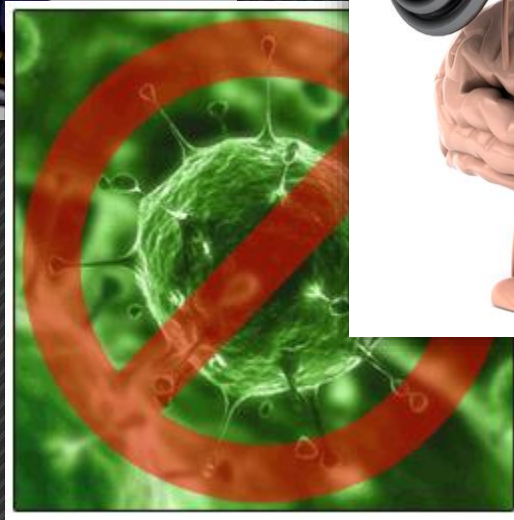


- Understand how nutrition impacts physical/emotional health
- Understand how to plan a nutritious and economical meal.
- Understand how to safely prepare and store food
- Understand the importance of household safety
- Understands household maintenance

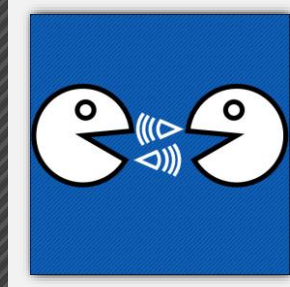
Nutrition and the Role it Plays

Daily Living Skills

Why do we eat?



Healthy Eating



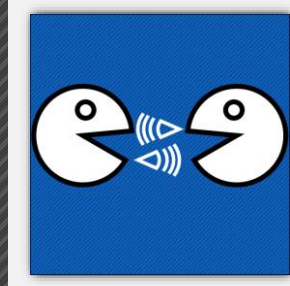
With your partner, see if you can define moderation when it comes to your diet. Discuss why this is important.

Benefits of Vitamins and Supplements



- Think nutritious food first, and then supplement the gaps
- Evaluate what is missing in your diet
- When in doubt, a daily multivitamin is a safe bet
- If your diet pretty much consists of sweetened and other low-nutrient drinks, fries, and burgers, then supplements are not the answer
- Respect the limits

Reading the Label

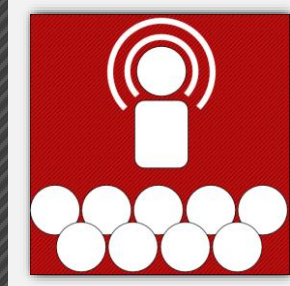


Take a look at this nutrition label. With your partner, see if you can answer these questions?

- Is this food high in fat?
- How many calories will you have if you eat the whole thing?
- Would you consider this food healthy?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
<hr/>	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
<hr/>	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Reading the Label



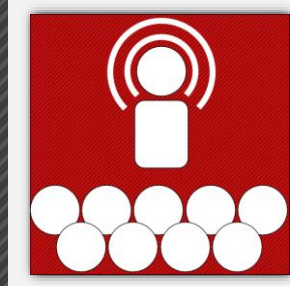
Nutrition info is based on one serving. If you eat this whole container, you will eat two servings.

Calories count, and they're not all created equal. Go for protein and whole grains, not fat and sugar.

Try to eat as few of these as possible.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
	% Daily Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Reading the Label



Try to find foods high in protein, but low in fat, like lean meat, poultry, and fat-free dairy products.

Eat as much of these nutrients as you can.

Higher fiber usually means more nutritious grains.

20% DV is high, 5% DV is low, as a general rule.

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

Nutritious Meals

Daily Living Skills

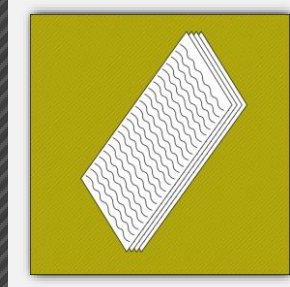
Recipes



Where can you find recipes?

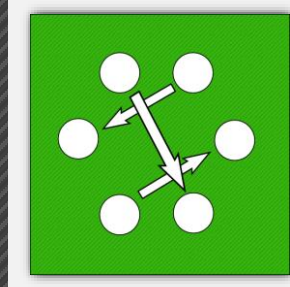
- Pinterest
- Internet
- Family/friends
- Cookbooks

Meal Planning



On your handout, “Meal Planning”, take a look at the dietary information presented. Using the tables, see if you can plan a healthy meal for yourself on page 3.

Healthy Snacks

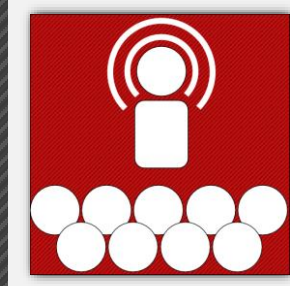


- Mix all your ingredients in the bowl at your table
- Each person should take a half-cup (one serving)
- See if you can figure out how many calories are in your snack

Preparation & Storage

Daily Living Skills

Food Safety



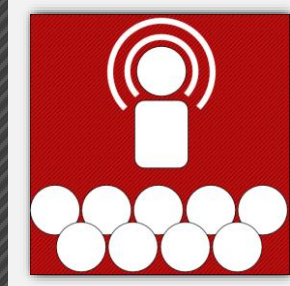
Cooking

Preparing

Storing

- Temperature is very important. Use a meat thermometer to check temperatures of meat to ensure accuracy
- Insert the thermometer into the thickest part of the meat, and take the reading when the needle stops moving—about fifteen seconds. On bone-in chicken, take the temperature next to the bone
- 165° F for chicken, pork, and ground meats.
- 155° F for whole beef or lamb.
- Cook seafood and fish until it is white in the center.

Food Safety



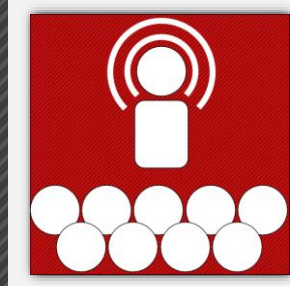
Cooking

Preparing

Storing

- Clean - Wash hands and surfaces often.
- Separate - Use separate cutting boards for vegetables and raw meats
- As a general rule, calculate backwards from the time it takes to thaw and marinate your meats properly, as well as preheating the oven or grill, and add cooking time to arrive within 10 minutes of when you want to serve your dinner.

Food Safety



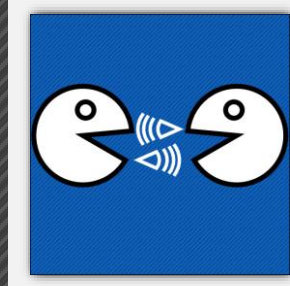
Cooking

Preparing

Storing

- Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90° F).
- Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- Use cooked leftovers within 4 days.
- Reheat leftovers to 165 °F.
- If you purchase fresh product and don't plan to use it within a day or two, go ahead and freeze it right away.

Food Safety



With your party, discuss the following case study and see if you can answer the questions below:

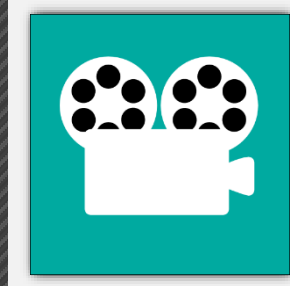
Dan Wilcox is having a party at his house this weekend. He's planning to grill out, and has a large package of ribs in his freezer ready for the occasion. He has also invited his friends to bring any other types of meat they want with them if they want to add some variety. Dan's grill is out on his back porch, next to the pool, in the open air. He also has some corn, carrots, and squash he wants to grill with the meat, in case any vegetarians show up.

1. What should Dan do to prepare for the party before any of his guests arrive?
2. How should Dan deal with any meat products his guests bring?
3. What should Dan do after the party to make sure his living/cooking areas are safe?

Household Safety

Daily Living Skills

Fire Safety



Protecting Your Home



Do:

- Make sure to change the locks when you move in
- Fix poor lighting and keep bushes trimmed for visibility
- Keep a record, with pictures, of your belongings for insurance
- Lock your windows and doors if no one is inside, even if it's just for a few minutes

Don't:

- Leave a key under the mat or in a fake rock
- Leave notes for guests or delivery men notifying them of your absence
- Let mail pile up in your mailbox or on your front steps

Child Proofing



- Install child-resistant covers on all electrical outlets.
- Keep dangerous chemicals out of children's reach. For strings and ribbons, follow the six-inch rule.
- Always use a safety belt on your baby when she is sitting in a bouncy seat or a swing.
- Shorten curtain and blind cords.
- Place furniture well away from windows.
- Use corner bumpers on furniture and fireplace-hearth edges.
- Place houseplants out of children's reach.
- Keep cigarettes, matches, and lighters out of children's reach.

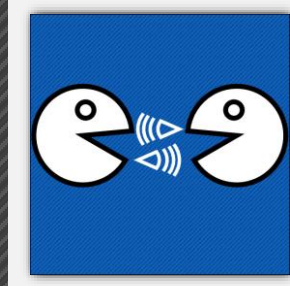
Being Prepared for Disaster



Household Maintenance

Daily Living Skills

Cleaning House



With your partner, see if you can make a list of things in your house that need to be cleaned daily, a list of things that need to be cleaned weekly, and a list of things that need to be cleaned monthly.

Cleaning House

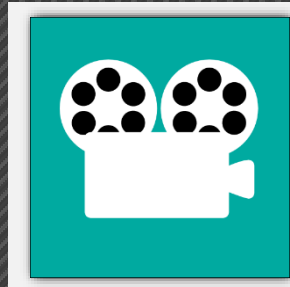


What are some things on your daily cleaning list?

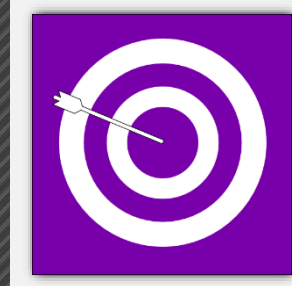
What are some things on your weekly cleaning list?

What are some things on your monthly cleaning list?

Laundry



Parenting Objectives



- Recognizing the importance of:
 - Birthing classes
 - Parenting classes
 - Fatherhood classes
 - Child support

Parenting Resources

Parenting

Birthing Classes



Where?

Childbirth classes are offered at most hospitals and birthing centers.

Why?

- Learn things you never knew about labor, delivery and postpartum care.
- Address your fears.
- Connect with your partner or labor coach.
- Discuss options for handling pain.
- Get the basics on medical interventions and possible complications.
- Check out the facility.
- Brush up on newborn care.
- Create a social network.

Parenting Classes



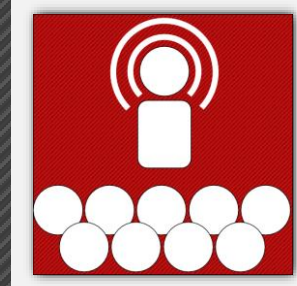
Where?

Parenting classes are typically available at churches, hospitals and community centers.

Why?

- Basic Parenting Skills
- Parenting Choices
- Socialization

Fatherhood Classes



Where?

Typically the same places as parenting classes.

Why?

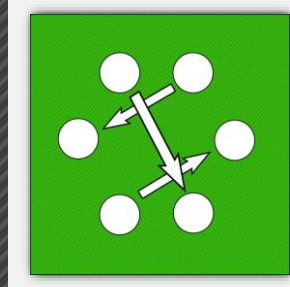
- Information and training tends to be targeted towards women
- Fathers play a very important role in the lives of their children
- Opportunity to meet and spend time with other dads

Child Support



- Child support refers to the sum that the noncustodial parent must pay to the custodian.
- This sum serves as a parental contribution for the child's basic living expenses, such as food, clothing, shelter, health care, and education.
- When a court orders a parent to pay child support, the parent must pay directly to the child's custodian rather than directly to the child.

Diaper Bag Challenge



Follow the presenter's instructions to take the Diaper Bag Challenge