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VCCJA Public
Relations Committee

VCCJA News & Views

Did You Know?

Dee Dee Anderson, Richmond



Recently, Prince William County Office of Criminal Justice Services was recognized in the Prince William Times for the remarkable work it does with its pretrial diversion program, DIVERT. Otherwise known as, Diversion Intercepts for Varied Emergency Responses and Treatment, the program provides a rapid response to individuals diagnosed with a mental illness awaiting trial. As a result of collaborative efforts by PWOCJS, the Commonwealth's

Attorney's Office, defense attorneys, and mental health professionals, defendant's are able to be assessed for services and provided psychiatric treatment within the community while awaiting trial. Too often, mentally ill defendants are left to languish in jail while a deteriorating mental health exacerbates the matter.

It is the team's effort to assist the individual in engaging in psychiatric treatment; a matter that may not have been a priority for a person coping with multiple barriers and stressors. The program boasts an increase of 155 pretrial placements over a 2 year period saving 56,894 jail bed days. The program had an 89% success rate in 2017; a 4%

increase over the same time period.

According to the article, The programs make sense, Austin said. "Most believe that people deserve a second chance, but even if you don't believe that, the fiscal side of it is that it makes good sense to do everything you can to help people be successful."

To read more about Director Steve Austin and the awesome staff at PWOCJS, see the link below:

https://www.princewilliamtimes.com/services-help-with-successful-reentry-to-the-community/article_426d803e-999a-11e8-857a-bb595f62226a.html

In the Know

Make your voice heard during the 2018 VCCJA Membership nomination and election period.

Offices for Election:

President

Secretary

Central Region Representative

Western Region Representative



Submit nominations to Jennifer Peters, Co-Chair of the Membership/Nominations Committee at the following:

Phone: 434-455-3754

Email:

Jennifer.peters@lynchburgva.gov

Nominations must be received by September 1, 2018

- > Alternatives that Work
- > Your Voice, Your Vote
- > It's Time to Kick Your Feet Up
- > Taking Care of Number One

To join the PR Committee

Contact:

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Alice Hornik, Chesapeake

In a every issue, the writers attempt to maintain a work/leisure balance. Keeping you informed on the latest flicks are one of the ways that we come through for you. In this issue, Alice Hornik reviews the apocalyptic thriller, "A Quiet Place"



You're all nice and cozy with the TV on and wondering what to watch. Scary? Chick flick? Action? Suspense? This time, we pick suspense. "A Quiet Place" is just that, suspenseful, but also a bit scary. This is a unique movie in that 99% of the dialogue is quiet, what I mean is - the majority of the film is in ASL. For those who don't know sign language, there are subtitles, making this movie one you *have* to watch in order to know what they are saying. So, about the movie...

John Krasinski and real-life wife Emily Blunt star in this movie that's set in an apocalyptic future just a few years from now, as they struggle to survive in a world that has been taken over by creatures that hunt by sound. "If they hear you, they hunt you." The silence adds to the eeriness and suspense. Master of Horror Stephen King said, "A QUIET PLACE is an extraordinary piece of work. Terrific acting, but the main thing is the SILENCE, and how it makes the camera's eye open wide in a way few movies manage." It's

rated PG-13 for terror and bloody images. I'd give this movie an 8 out of 10. I really wanted to see this movie because of the ASL aspect but I also love sci-fi, alien-type movies. My boyfriend said it was *reeeeally* weird. I liked it a lot and would've probably given it a 10 except there was this whole scene that gave me cringing flashbacks. That, and not knowing how that world came to be were the only 2 things I didn't like about it. I mean, you can figure out that they're alien, but how did they get there, are they everywhere, what?!

Continued

that they're alien, but how did they get there, are they everywhere, what?!

So all-in-all, "A Quiet Place" was a good, scary, sci-fi flick with some suspense and jump scares. I'd recommend it anyone that likes those kinds of movies or if you're looking to expand your movie type.

"My boyfriend said it was reeeeeally weird. I liked it, a lot, and would've probably given it a 8 out of 10..."

Body, Mind, and Spirit

Many of us have trained and presented training on self-care, in particular, Compassion Fatigue or Vicarious Trauma. This section is a reminder to care for the one that matters most..YOU!

Deals and Offers for Body, Mind, and Spirit:

Groupon is promoting MEGA Deals for local spas and fitness centers (Zumba, Boot Camp, Boxing, etc.) for as low as \$5 per session.

Coupon Cabin is offering amazing cash back offers through Amazon and Thrift Books (up to 35% cash back!). Another great reason to curl up with a good

- book.
- Meditation:** Restoring balance costs \$0:
1. Sit upright in a chair
 2. Keep your head titled downward as you breathe in and out
 3. Inhale and Exhale through your nose

