



**Arizona Juvenile Justice Commission
 September 14, 2023, 9:30 AM
 Governor’s Office of Youth, Faith and Family
 Virtual Meeting**

A general **Arizona Juvenile Justice Commission (AJJC)** meeting convened on **September 14, 2023**, notice duly given.

Members Present (11)	Members Absent (11)
Cindi Nannetti, Chair	Donald Walker
Tracy Darmody, Vice Chair	Jane Kallal
Alice Bustillo-Levesque	Nicole Schuren
Doug Sargent	Vada Jo Phelps
Erica Maxwell	David Lujan
Helen Gandara	Dorothy Wodraska
Joseph Kelroy	Earl Newton
Shaun Rieve	Guadalupe Durazo
Maria Dodge	James Molina
Shawn Cox	Jose Gonzales
Suzanne Nicholls	Joseph Grossman
Staff and Presenters (6)	
Lindsey Cantelme (Presenter)	Emily Uline-Olmstead, GOYFF
Rachel Sloma (Presenter)	Shayne Johnson, GOYFF
Elizabeth Michaelis (Presenter)	Amy Peep, GOYFF

Call to Order

- **Ms. Cindi Nannetti, Chair**, called the Arizona Juvenile Justice Commission (AJJC) meeting to order at **9:36 AM** with **11** members and **six** staff/guests present. She reviewed meeting procedures and thanked attendees for their flexibility.

Welcome / Introductions / Roll Call

- **Cindi Nannetti, Chair**, asked members to acknowledge their attendance during roll call.

Approval of Minutes

- **Cindi Nannetti, Chair**, stated a quorum was not reached. Approval of the May 4, 2023 meeting minutes will move to the December 14, 2023 meeting.

Announcement

- **Cindi Nannetti, Chair**, stated that Governor Katie Hobbs renewed AJJC via [Executive Order 2023-20](#). She encouraged members to review and reach out if they have any questions.

Interstate Compact Update – Arizona Department of Juvenile Corrections

- **Cindi Nannetti, Chair**, shared that Howard Wykes of the [Arizona Department of Juvenile Corrections \(ADJC\)](#) could not attend the meeting at the last minute. His presentation of the [Interstate Compact](#) will move to the December meeting.

Hope in Motion – Adobe Mountain School Programming

- **Cindi Nannetti, Chair**, introduced **Elizabeth Michaelis** and **Rachel Sloma** from [Hope in Motion](#) to speak to the Commission.
 - **Elizabeth Michaelis** is the founder and director.
 - Volunteer with ADJC for over 18 years and was recognized as a 2022 Outstanding Community Partner.
 - A medical social worker for over 13 years, published in the Social Work Journal. Her experience in the community involves working with homeless families, crisis response, child welfare, juvenile justice-involved individuals, and ministry, but her passion is working with juvenile justice-involved and aged-out youth and family systems.
 - **Rachel Sloma** is the co-founder.
 - Began working with at-risk youth in 2007. She has a hotel and restaurant management degree that has helped her serve Phoenix's underprivileged and hungry demographic.
 - Licensed foster care parent for four years.
 - Volunteer with Adobe Mountain since 2019 and currently oversees Intentional Programming.
- **Elizabeth** and **Rachel** provided an overview of the organization, stating the faith-based nonprofit provides trauma-informed care, life skills training, mentorship, and community re-entry support to youth and aged-out youth involved in the juvenile justice system.
 - An official 501(c)(3) for about 18 months but has partnered and volunteered with Adobe Mountain for much longer, working with youth to re-emerge as leaders.
 - When volunteering at Adobe Mountain School, after the youth would age out or be released, sometimes the presenters would stay in touch; one youth reached out to share they were considering reoffending to access essential resources. The interaction prompted them to research organizations providing services to incarcerated youth to bridge the gap once aging out; few options were available.
 - Instead of recreating the wheel/being in a space with plentiful resources, the organization helps fill the gap of transitional programming for juvenile justice-involved and aged-out youth that connects them to appropriate resources and services from trusted partnering organizations.
 - Developing a replicable program for others to utilize in local communities.
 - The [Office of Juvenile Justice and Delinquency and Prevention \(OJJDP\)](#) asked the organization to present a session related to their program model at the upcoming [National Partnership for Juvenile Services Symposium](#).
 - Program development utilized insight from juvenile justice-involved and aged-out youth when asking, "Where do you have a gap for what you need to be successful in life?" Responses to main concerns preventing youth success: domestic violence, human trafficking, homelessness, public safety, child abuse prevention, education, healthcare, substance use, and mental health.

- Curriculum aids to either address concerns indirectly through connections to resources for mental health support and medical care or directly through offered programming:
 - Life Skills
 - Parenting
 - Dave Ramsey’s Financial Peace University Class
 - Therapeutic Art
 - Yoga
 - Shoes of Peace
 - African Rites of Passage Leadership
 - Boys and Girls Scouts of America
- **Rachel** discussed programming framework within Adobe Mountain School.
 - Intentional Programs
 - Resources from [Getting Out by Going In \(GOGI\)](#) implemented in programming, providing therapeutic art that helps youth frame themselves positively and allows them to create a “logo” for their life representing how they want to show up in the world.
 - Boys and Girls Scouts of America are classified under intentional programming but not led by the organization.
 - Working to add a new pet therapy program soon.
 - Relationship Building
 - Programs aren't faith-based but work to build trust with youth who are hopefully more open to the spiritual programs offered.
 - For example, the life skills classes are general skills that youth may have yet to learn, such as grocery shopping and banking.
 - Faith-based programming includes baptisms, providing youth bibles and magazines from [Freestyle Ministries](#) and [Straight Ahead Ministries](#) geared towards juvenile-justice-involved youth.
 - With the success and interest of their parenting program, they added a component that allows youth to obtain books to read to their kids.
 - On the boys' programming side, the organization chose to work with the highest offending population: individuals at higher risk for going to adult prison. Since starting the program, they have seen a shift in the youth’s mindsets with an interest in life skills, trade schools, and other activities that aid in finding light and hope for themselves and their future.
 - Relayed an example of a youth who took a yoga class and now leads classes of his peers.
 - Some youth have gotten into running as a form of exercise, but the shoes received from the school are not for running. The ‘Shoes of Peace’ program partners with local churches to provide running shoes to youth. Before youth receive them, messages of hope are placed inside as a reminder to the kids.

- Community Re-entry and Outreach
 - When departing Adobe Mountain School, youth receive a backpack of new clothes, shoes, and essential hygiene products.
 - Reiterated the importance of creating and maintaining collaborative partnerships with different services of need once youth re-enter the community.
 - Youth seeing these relationships empower them to build trust and relationships in their own lives.
 - Working to clear volunteers in therapeutic art.
 - Many kids transition from [Durango Juvenile Center](#) to Adobe. Having familiar faces in both facilities gives youth confidence as they enter new situations; the organization is working with Durango's Director of Education for collaboration on Intentional Programming and re-entry support.
 - Mentioned partnering organizations:
 - Straight Ahead Ministries
 - Every Youth, Every Facility
 - Freestyle Ministries
 - Grace of the Desert Church
 - Crossroads Cares
 - OCJ
 - Hustle Phoenix (pending approval process)
- **Elizabeth** shared a final story on Hope in Motion's impact on the youth they serve. She built a relationship with an aged-out foster care youth during the youth's time at Adobe Mountain School that continued after transitioning out. The continued relationship led the youth to invite them to attend her graduation ceremony at Adobe. Later, her parole officer approved them taking her out to celebrate her birthday.
- **Rachel** and **Elizabeth** shared their contact information, stated resources are available on their website, and asked if there were any questions.
- **Cindi Nannetti, Chair**, thanked them for presenting and added their passion for the work was very apparent.
- **Doug Sargent** stated the presentation does not do justice to the work of Hope in Motion and added how they feel like part of ADJC. He discussed ADJC services, noting the critical gap the organization's programs have filled and been successful with, stating the staff of Hope in Motion brings many passionate people who want to work with at-risk youth and have the necessary services and skills to offer.
- **Tracy Darmody** inquired about one of the youths mentioned earlier who is native; how is the organization meeting the specific needs of native youth?
 - **Elizabeth** responded that she has worked with the Gila River and Salt River Pima-Maricopa Tribal Nations and works with Phoenix Children's Hospital as a Licensed Master Social Worker. Additionally, their clergy network can aid in

connecting youth to culturally appropriate resources and services. Lastly, the nonprofit engages all youth through a trauma-informed lens.

- **Cindi Nannetti, Chair**, asked how many youths they work with.
 - **Elizabeth** responded that 56 youths aged out in the first year (of being a 501(c)(3)) and over 170 youth are in Intentional Programming at Adobe.
- **Joseph Kelroy** asked if volunteers are statewide or localized in Phoenix.
 - **Elizabeth** responded most volunteers are cleared through ADJC doing other mentoring services. One volunteer lives in California and, out of the blue, stopped by Adobe Mountain School wanting to connect. She mentors an aged-out youth who lives near California.
 - **Doug Sargent** added that ADJC's annual recognition event honors partners and individuals who provide services to the youth at Adobe Mountain School; Hope in Motion was the 2022 Outstanding Community Partner awardee.
- **Emily Uline-Olmstead** read comments from Commissioners attending virtually, thanking Elizabeth and Rachel for their efforts.
- **Elizabeth** thanked Commissioners for playing a role in AJJC and caring about the youth they serve.
- **Cindi Nannetti, Chair**, stated the award is well deserved, the services they offer are critical, and thanked them for their time.
- To view **Elizabeth** and **Rachel's** presentation, click [here](#).

The Barbell Saves Project – Community Prevention

- **Cindi Nannetti, Chair**, introduced **Rob Best** from [The Barbell Saves Project](#) to speak to the Commission.
- **Lindsey Cantelme** stated Rob could not make the meeting and she would be presenting on his behalf.
 - **Lindsey** is an instructor in the School of Social Work at Arizona State University and works with The Barbell Saves Project. She has over 16 years of working in various social work settings, finding the greatest joy in teaching new social work students and supporting those in recovery moving forward in a healthy life.
 - **Lindsey** is a second-year Doctor of Philosophy (Ph.D.) student with a Masters in Social Work (MSW) degree doing her dissertation on the impact of The Barbell Saves Project in the community.
- **Lindsey** discussed the organization's mission of encompassing the health of an entire person by building a foundation of community support, stating they added a youth prevention component last year.
 - All classes are peer-led, meaning staff have lived experience with substance use to serve the community better.
 - The organization is working to certify all staff and coaches as Peer Recovery Support Specialists through the [Arizona Health Care Cost Containment System \(AHCCCS\)](#).
- **Lindsey** discussed their physical location, indoor space, and programming structure.

- Located off the I-17 and Cactus Road, the 6,000-square-foot space opened in 2021 and, with support from established partnerships, filled with new equipment.
- Classes are offered daily, at multiple times, and begin with coaches asking intentional questions about support and recovery.
 - On Saturdays, individuals can bring friends/family members not in recovery to see the positive practices the individual is doing in their life.
 - Partners with organizations and groups to do "private" sessions; this is usually a group coming in twice weekly during non-class times to do their sessions. It can also mean a coach going to another location with space to do a workout, such as a school or outdoor space (aside from summer).
- **Lindsey** discussed successes since opening in 2021.
 - Over 1,000 individuals have been served with successes, not just physical.
 - Coaches and staff help connect doing a hard workout and learning the discipline needed to accomplish the goal as a skill to translate across the rest of their lives: Choose to walk through the door, choose to do a challenging exercise, choose to support each other, and choose to show up again, even though they know how hard it is).
 - Individuals state gaining skills, such as learning time management by prioritizing gym classes, which has translated to doing better in school and other life aspects requiring commitment.
 - To date, three members have transitioned to coaches, with three more learning and shadowing for the potential to transition. Since they are peer-led, this speaks to the effectiveness of their programming.
 - Provided an example of one member who came to the gym to complete service hours for parole; he loved it so much that it has given him a whole new future, and he is now working to become a coach.
 - To measure programming impact, an annual survey is sent to members asking what has changed over the last six months. The 2022 data provided insight into survey respondents: 85% believe their quality of life has improved, 83% state their overall physical health has improved, and 80% believe they are essential to the mission and vision of The Barbell Saves Project.
 - Local partnerships aid in meeting individuals new to recovery where they are.
 - Arizona Women's Recovery Center: coaches work with moms and kids at the center.
 - Nobull: donates shoes available for members after attending several classes.
 - Working to partner with the [Arizona Counter Drug Task Force National Guard Drug Demand Reduction Office](#) to develop The Barbell Saves Project (TBSP) Drug Prevention Coalition.
 - Current youth outreach program:

- Seeking Safety Curriculum
 - Collaboration with Hope High School to conduct an integrated exercise and behavioral/mental health class for youth aged 14-17 where students can earn high school credit after course completion.
 - Of the 30 students interested, only 13 could attend due to transportation barriers.
- Drug Education for Youth (DEFY)
 - Pilot program with Imagine Prep Schools taking known mediators of youth substance use, combining with exercise, and implementing curriculum in high schools across the Phoenix metropolitan area.
 - Coaches engage 6th-12th graders twice weekly with information paired with the movement.
- **Lindsey** gave an overview of member demographics and gym funding.
 - Most members have insurance through [AHCCCS](#), and their gym is open to anyone in recovery.
 - The revenue seen between 2021-2022 has grown significantly, and the organization expects to see additional growth in the coming year through funding from the [Substance Abuse Block Grant \(SABG\)](#) awarded by the [Blue Cross Blue Shield of Arizona Foundation for Community and Health Advancement](#), and donations from individuals who support the work.
- **Lindsey** concluded her presentation by discussing how exercise is an effective tool to combat substance abuse and is shown to improve overall mental health, often negatively impacted by the effects of Substance Use Disorder (SUD), reduce cravings, and increase the number of days abstinent.
- **Tracy Darmody** commented she hopes The Barbell Saves Project can obtain transportation so more students can participate in their programming.
- **Cindi Nannetti, Chair**, asked how clients come to them and inquired about class fees.
 - **Lindsey** responded clients come independently, as many staff and coaches go to recovery meetings and share their stories, with The Barbell Saves Project being part of their story. For youth and private groups, partnerships are created by connecting to sober living homes and other groups to build relationships. All classes are free, so they seek grants to continue funding their programs.
- **Joseph Kelroy** inquired about organization growth related to the increase in donations and funding; if juvenile referrals increased, how would the organization handle the influx?
 - **Lindsey** responded there would be space in the gym; although staff have busy schedules, if Commissioners would like to have a group participate in a private session twice weekly, they would make room. She added they are interested in

obtaining additional space, possibly in Mesa. In October 2022, they hired one full-time employee through funding from a large grant. Additionally, the organization is awaiting answers to six requests for grant funds to continue building organizational capacity. **Lindsey** reiterated sending staff to an offsite location to provide more effective programming as it wouldn't limit the space like at The Barbell Saves Project.

- **Emily Uline-Olmstead** read comments from Commissioners attending virtually:
 - **Helen Gandara** stated the presentation was excellent.
 - **Maria Dodge** stated this program would be great for youth involved with the Department of Child Safety (DCS), mentioning partnering with group homes.
 - **Lindsey** stated they are not currently working with DCS, but it is something they would be interested in looking into.
- **Erica Maxwell** asked for clarification about which Hope High School they partner with.
 - **Lindsey** responded to Hope High School under the Blueprint Education Group.
- To view **Lindsey Cantelme's** presentation, click [here](#).

Upcoming Meeting

- **Cindi Nannetti, Chair**, reminded Commissioners the next meeting will be **December 14, 2023, at 9:30 AM** at the Executive Tower and offered in a hybrid format for members unable to attend in person.

Adjournment

- **Cindi Nannetti, Chair**, thanked everyone for being part of the meeting and asked for a motion to adjourn.
 - **Alice Bustillo-Levesque** moved to adjourn.
 - **Doug Sargent** seconded the motion.
- The motion passed with no dissenting votes. The meeting adjourned at **10:39 AM**.

Dated September 15, 2023
Arizona Juvenile Justice Commission
Respectfully Submitted By:
Shayne Johnson
GOYFF