

# The Condition of Probation

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## Back to the Community

By Jeff Virzi

On May 11, 2020, the Marin County Probation Department increased community-based supervision from one day a week, to five days a week. The new procedure to field work includes the use of three Deputy Probation Officer's (DPO) driving in separate cars for the social distancing requirement and one DPO based either in the office or at home. Prior to May 11, Field Probation Supervisors from three different field units were providing most of the face-to-face contacts in the community. Supervisor Virzi from the Adult Intensive Supervision Unit, stated, "The purpose of working in the community during the Phase 1 of Shelter In Place was to determine what was going to be needed to help our clients and also determine what was going to be needed to eventually safely increase our community field operations." What we found out on our first few days in the community was the domestic issues that our clients were facing. These challenges included reduced employment and unemployment, housing, and issues with getting folks into treatment programs. We still had resources with community shareholders but most of all our own Recovery Coaches could be called from a field contact and a referral could be made to whatever the resource was needed at the time.

Today, each of these field supervisors are still working in shifts five days a week to provide immediate support for the DPO's working directly in the community. The challenges are still there but the increased visibility of Probation in each city is helping reduce some of the stressors of our probationers who are still in various states of transition or crisis. Although this COVID-19 crisis creates fear in

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## Chief's Corner

By Michael Daly

As everyone knows, the world has changed and how we do business in the future will also be altered. I always like to think that challenges actually bring opportunities. Let me start with how we transitioned from being told to shelter in place to continuing to provide service to the Court and our clients.

Thanks in large part to Alex Yang, our newly hired IT person, we transitioned seamlessly into Microsoft Teams to continue our internal communication while working from home. Unit meetings, Division meetings, Management meetings are all conducted over the internet where we can see each other and work through the issues.

The second part was the ability to tele-

work. We have a long history and culture of allowing teleworking to more efficiently provide a work product when warranted. Since almost everyone was already set up to telework, the Department transitioned seamlessly. As mentioned above, Alex Yang quickly introduced us to Microsoft Teams which was critical to continue fluid communications while teleworking for a prolonged period of time. Teleworking is now being recognized as a future way of working for all county employees. The County is looking at our policies and procedures as a model going forward.

Serving the Court is also a key task for a probation officer. The Court had to

quickly move to Zoom for appearances and we reacted to that change as well. When a person refused to waive their right to an appearance, we were there in court as well. A special thanks to all staff who quickly bought personal protective equipment (PPE) for our folks who came into the Civic Center to provide service when needed.

I am also proud of our staff that quickly assembled the PPE for our staff that need to see our clients out in the field. We developed new policies and procedures and are currently out in the field really focusing on the welfare of our clients who are vulnerable to being confined and sometimes out of

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## Mission Statement

*The mission of the Marin County Probation Department is to further justice and community safety, and to hold offenders accountable while promoting their rehabilitation.*

## Human Trafficking Summit

by Jaime Torres

In February 2020, Jennifer Saldana and I had the opportunity to attend a 3-day training on human trafficking called the Western States Information Network (WISN) Human Trafficking Summit. Human trafficking is a challenging crime and the law enforcement community is effectively making positive strides to learn more about it in order to combat the crime. The summit had an array of attendees, such as local California law enforcement agencies, district attorneys and community-based organizations. In addition, there were federal agencies such as the FBI, DOJ and ICE. Lastly, there were international police agencies from our neighbors to the north in Canada. Having a vast number of agencies come together in one summit, solidified how important it is to understand the complex crime of human trafficking.

The first day consisted of various presentations on human trafficking in the Unit-

ed States and across the world. This subject is extremely complex and often covertly interwoven into various parts of human society. For example, in the U.S., human trafficking is most prevalent in Texas, Florida, New York and California. Across the world, Pakistan, Thailand, China, India and Bangladesh are among some of the top 10 countries with the largest number of trafficking victims. The second day provided numerous two-hour presentations specific to the subject of sex trafficking, such as child investigations, illicit business investigations, pimps and gangs, victim-based strategies, expert testimony and collaborative interventions between law enforcement and advocates. For example, many agencies use the television show, "How to Catch a Predator" approach to arrest perpetrators. Others join forces with Children and Family Services or Superior Courts to combat

the issue involving children and women involved in human trafficking. It was great to learn about the various evidence-based practices being used throughout the country including innovative interventions. Most presentations also incorporated stories regarding victims including those who have persevered and overcame the odds. The final day consisted of presentations on labor trafficking (high number of cases in the U.S.) and the current status of human trafficking.

Upon my return to the office, the Juvenile Division learned more about this summit via the online game Kahoot! Overall, this was an amazing summit with a wide range of experts sharing their knowledge in hopes of eradicating the crime of human trafficking. Representing the Marin County Probation Department in a training of this magnitude is a great reminder on how progressive this organization is.

## Back to the Community (continued)

the community it also brings the community together and this includes to work towards solutions. As we continue to face the same reality of the COVID-19 crisis, we have the proper safety equipment and guidelines to increase the probation contacts in the community and continue to build relationships through positive interactions with our clients and community-based shareholders. The Marin County Probation Department continues to provide services and support to help rehabilitate people in crisis and at the same time maintaining community safety.

All DPO's working in the field, had their temperatures taken before going out in the field and stocked their patrol units with hand sanitizers, spray bottles filled with disinfectant for their vehicles, extra gloves, protective masks, and safety goggles. "We've always placed a high value on making face-to-face contacts with probationers, treatment providers and community-based shareholders," Virzi said. It's part of our mis-

sion statement to support positive change, increase accountability and to enhance public safety. Probation Chief Michael Daly said probation officers across the state are considered essential public safety workers as expressed by the Governor's office relative to community safety. He said clients who are deemed high risk/high needs can relapse or reoffend if left in isolation. "This is a role that the Marin County

Probation Department takes seriously," Daly said. "we place high importance on field contacts with accountability and supervision. In addition, our clients turn to us for support and stability, especially during trying times like this. At the same time, we're taking all the necessary precautions to make sure our officers are also safe and cared for."



## **Chief's Corner (continued from pg. 1)**

work for a prolonged period of time.

Lastly, our Juvenile Hall has had to transition the way they do business caring for our youth. As everyone knows, we are totally responsible for the health and well-being of our youth in custody. We are

also responsible for providing for a safe workplace where our staff show up every day. Director Tori Creighton has done an outstanding job managing change in some trying times.

We are not through this challenge yet, but

I do see light at the end of the tunnel. I am grateful for the opportunities our Department has realized, and purpose to incorporate them into future practices.

## **A NEW WAY TO PLAY THE GAME...In the Jail Alternatives Unit**

**by Frank Peterson**

In the game of Monopoly, there is one Get out of Jail, Free card in both Chance and Community Chest. Any player can use this card to leave jail on their turn. They would have to put the card at the bottom of the stack of cards and roll the dice. Also, if a player gets this card, they may keep it until they use it, or they can sell it for whatever the market will bear. This card has a value of 50 game dollars.

Well during this Pandemic, some defendants have been given this card upon entry to jail and the card has a zero-bail attached to it. Others were given this card for early release from serving their sentence. This action has spread rumor on the streets that there is an unlimited number of cards in the deck. Unfortunately, for our defendants, they have not read the fine print attached to the card. There is not an unlimited number of cards in the deck and, for those released early from serving a sentence, their remaining time that they would have served in jail has been banked and can be used against them later, when this Shelter in Place (SIP) has been resolved.

All jokes aside, the Jail Alternatives Unit has been extremely busy during this SIP. The daily population of the jail is down around 120 people when compared to the same time last year. To date, there have been roughly 230+ releases from jail begging March 17 through May 7, 2020. Our Unit calculates time served/owed on each sentence, whether the defendant is on Pre-trial, Parole, AOWP or released on their Own Recognizance.

Along with the releases from custody, the jail has also not been accepting remands of defendants from past sentencing. Therefore, all remands moving forward from March 17, 2020, have been pushed out eight weeks. There are presently 220 defendants who have been contacted to extend their remands, with most defendants getting an extension of another eight weeks and another group being extended for a third time. As we all know, defendants can sometimes be difficult to contact due to moving, changing phone numbers or being homeless without a phone. This



task has been difficult and tiresome to say the least.

These tasks were headed by Senior Deputy Probation Officer Melissa Davis and the team of Laura Flores, Samantha Rodriguez, Annette Garcia, Jessica Moreano and Cindy Vazquez. A special thanks to those officers outside our Unit who volunteered to help get us through these difficult times, including My Tran, Lucie Brown, Susana Cenicerros and Lindsey MacQuarrie. We greatly appreciate your hand in these projects! Just another example of great teamwork by great folks in a great Department.

## **Changing Times at Juvenile Hall**

**By Tori Lemos**

In March 2020, the State of California went into a Shelter in Place order as a result of the COVID-19 virus. As a result of this order, Marin County Juvenile Hall, and other county detention facilities, had to change how we offered visitation, school and services to the youth in custody. Parents, volunteers and teachers were no longer able to come into the facility. Rather, we had to use technology to address the educational, legal and therapeutic needs of our youth. With the tremendous assistance of the school district our school-teacher, Eve Rosen, was able to remotely

teach the youth in custody. The Juvenile Correction Officers (JCO) assisted by helping the youth with their work assignments, physical education activities and, on occasion, troubleshooting computer snafus.

In addition to the changes in education, visitation between the youth and their parents had to be modified. With the extensive help of Probation Department's Technology Systems Specialist, Alex Yang, we were able to have two iPads outfitted with FaceTime, Microsoft Teams and

Skype to accommodate "virtual visitation." Virtual visitation initially began with each youth receiving one 30-minute session with their parent(s) each week. However, once everything was up and running smoothly, thanks to the assistance of our computer savvy JCOs, the visits quickly increased. Each youth now has four 30-minute sessions per week. These iPads also assisted in the youths continuing to have individual and family therapy with their mental health practitioners, as well as legal consultations with their attorneys.



## Our New Co-Workers!

By Johnathan Grant



Caroline O'Neill (Juv. Div.): Bella, cat "Ready for her modeling debut"



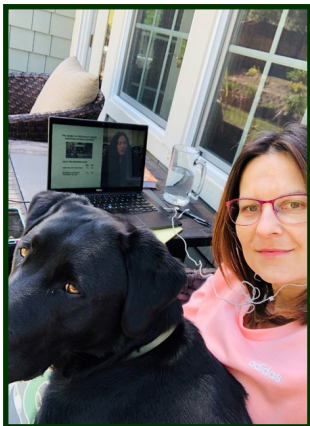
Elston Mallory (Adult Div.): Django, dog "Stir crazy"



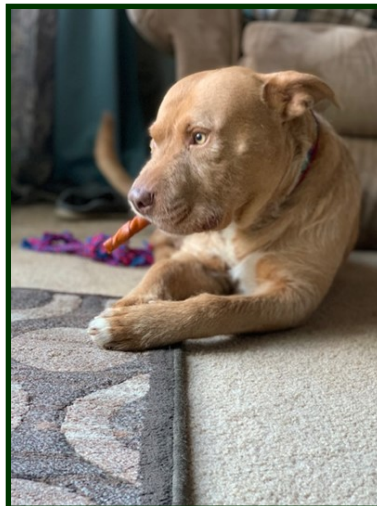
Kristi & Jonathan Grant (Adult Div.):  
"Izzy the beagle & Bill the yard dog"



Lucie Brown (adult Div): Rickey Henderson



Nancy Hillman (Business Div): Sabrina chilling in the sun!



Danielle Knotts (Adult Div.):  
Bear a.k.a. Pooh Bear



## **TAYCON Conference**

**By Lauren Fernandes**

At the beginning of March 2020, Supervisor Heather Damato and Deputy Probation Officers Jennifer Puckett and Lauren Fernandes attended the Transitional Age Youth Conference (TAYCON) in the City of Industry, California. Attendees at the conference included probation officers, child welfare social workers and Transitional Age Youth (TAY). This provided for a more collaborative conference as attendees were all able to see all the parties at work with the TAY population.

Participants heard from guest speakers who were previously involved in the foster care system. Among the most notable speakers was a young lady who was able to share her journey to success after spending most of her childhood in the foster care system and experiencing homelessness for several years. She spoke about the impact that her assigned social worker had on her. The social worker shared with this young lady a job

posting for an internship and the position involved working with foster youth. This internship allowed her and her family to overcome homelessness and led her to further employment opportunities working with the TAY population.

Each day consisted of two workshops. Some of the workshops attended by Marin's probation staff included:

- Creating a Web of Support and Community: The Child and Family Team in Partnership with Transition Age Youth
- Identifying, Education and Partnering to Empower our Commercially Sexually Exploited Children
- Trust-Based Relational Intervention & the TAY Population
- Youth Homelessness

- Incorporating Youth Voice
- Making the Invisible Visible, Resources for Underserved TAY Youth

This was an excellent training and we look forward to learning more about this topic in the future.



## **Spotlight of the Law**

**By Jennifer Puckett**

### **Detention of a Third Party During a Probation Search**

Summary of the case and findings:

The prevailing caselaw is *People v. Gutierrez* (21 Cal.App.5th 1146).

In this case Sheriff's deputies in Kern County went to the residence of Timothy Beltran, a probationer. There was no indication that the probationer was out of compliance, it appears the deputies were conducting a routine, random probation compliance search. Gutierrez, who did not live at the probationer's house, was visiting him at the time.

For purposes of officer safety, the officers conducted a pat-down search of both men just outside the residence. No weapons were detected. While deputies searched the residence, Gutierrez and Beltran were directed to sit on the front porch with a deputy standing outside with them. Approximately 10 minutes later, a deputy obtained Gutierrez's ID and ran a warrant and probation check. He was informed that Gutierrez was on Post Release Community Supervision (PRCS). He then searched him and found a "wad" of cash in his front pocket. Other deputies then searched his vehicle and found a digital scale and an ounce of methamphetamine. The PRCS information was later found to be incorrect, but this was not

the basis of the appeal.

On appeal, Gutierrez challenged only the trial court's denial of the motion to suppress evidence obtained after detaining him in connection with the probation search of a third party. Gutierrez argued that the detention was unreasonable under the federal Constitution's Fourth Amendment. If Gutierrez was not legally detained to begin with, the evidence should have been suppressed.

The court agreed with Gutierrez.

The court weighed the intrusion on Gutierrez against the government interests in justifying it (including officer safety) and asked whether the detention was supported by ARTICULABLE and INDIVIDUALIZED suspicion.

The court found that there was no indication that Gutierrez was dangerous, or that a violation of the law had occurred, or criminal activity was underfoot. Gutierrez was detained for approximately 30 minutes prior to being notified by dispatch that he was on PRCS. The court found that this was not justified to ensure officer safety. This is in contrast to detaining residents and visitors while executing a search warrant until the search is complete, which the Supreme Court has deemed to be valid. The reasoning is that unlike the execution of a search

warrant, a routine probation search is not as dangerous.

In this instance, while the detention was only moderately intrusive, there was no justification to detain Gutierrez for 30 minutes or more given that no weapons were found during the pat down, and it was determined he did not live at the residence.

**What this means for us:** When detaining a third party during a probation search, the detention must be supported by articulable facts related to the specific individual being detained. Holding an individual for a length of time without supporting facts is a violation of that individual's 4th amendment rights. The court did not rule that there cannot be a detention of residents and visitors during a probation search, just that there needs to be a specific reason for doing so. Some valid reasons to detain longer than it takes for a pat down and to ensure officer safety could be if officers had reason to believe the occupants were armed or dangerous; or that the officers believed the probationer had accomplices on the premises; or the terms of probation prohibited the probationer from associating with felons, and the purpose of the detention was to ensure he wasn't.



## **Juvenile SIP Update**

**By Eric Olson**

The current Shelter in Place Order (SIP)/Disaster declaration has been challenging for the youth and families served by Probation. The youth and families have grown accustomed to the services and structure that officers and providers have assisted them with and have not had the same in-person access to Probation Officers, mentors, therapists and employment counselors.

The Juvenile Services Division of the Probation Department, along with our partners, have been working with youth and families on a remote basis to ensure their wellness and health during this time. Regular meetings between probation officers and youth/families via Facetime and Skype are happening daily. Coordination between schools, families and probation is happening and working to ensure youth have access to necessary technology so they can continue to make progress academically. Our youth mentors, through the Multicultural Center of Marin, are connecting with families to ensure they are aware of the resources and support available to them. Our PORTAL mental health staff are conducting individual and family sessions remotely in addition to seeing to the mental health needs of youth in Juvenile Hall. All of

this is fantastic and a is great tribute to the technology available to us in today's world and to the commitment our staff have to the youth and families we serve.

A big portion of services to youth in the community come via Probation's Youth Working for Change (YWFC) program, which provides employment acquisition and retention services, internship placement/experiences (paid and unpaid), site placement for Community Service Hours and the annual Career Explorer Program. These services have been impacted due to social distancing requirements. However, it remains a priority for Probation to keep youth engaged and involved in activities that support their prosocial development and community safety.

In thinking creatively about ways to keep youth engaged, Luis Luciano, Probation's employment development counselor, created the "Youth Working for Change Shelter in Place Timesheet" with the goal of continuing youth engagement while adhering to the SIP requirements. This timesheet provides the structure and opportunity for youth who are participants in the YWFC program to perform and log hours for activ-

ities that support their prosocial development and community safety. They can receive credit and funding, up to three hours a day, for participation in activities such as mentoring services, English classes, physical exercise, tutoring, wellness meetings, studying and taking the DMV practice permit test, acquiring the food handler's certificate online, homework and performance of household chores (up to three specific chores for 1 hours' worth of credit). The Probation Department is fortunate to have the creative, committed and engaged staff on our team to continue serving our youth and families during this challenging time for our community.

## **May Revise and the Possible Takeover of DJJ**

**By Michael Daly**

During Governor Gavin Newsom's first year, he announced that the Division of Juvenile Justice (DJJ) was going to be transferred under the jurisdiction of the state's Health and Human Services Division (HHS). The theory behind this move was that our youth in DJJ were going to be treated in a more therapeutic environment and focusing on transitioning the youth back into the community more prepared.

Not only was this policy shift a surprise to the Chief Probation Officers of California (CPOC), it was a surprise to the folks at HHS. There was not a definitive plan for the transition from the start and ultimately the Governor had to change direction. The

DJJ was not going to be transitioned to HHS, but instead the Governor is suggesting that county probation departments are better suited to accomplish this through a series of "hubs" set up across California.

CPOC has entered into conversations with the Governor's office who would like to see this policy shift set up and ready to go by January 1, 2021. The Governor's office would also like all current intakes to DJJ to cease as soon as possible.

The Marin County Juvenile Hall will certainly not be signing up to run a "hub" given our current constraints. I am happy to see the Governor's office has faith in local probation departments, however I do think the

timeline of January 1, 2021 is too soon and much more needs to be discussed, in detail, before we jump into a major policy shift without thinking through the many programmatic and legal issues.

It is flattering that the Governor's Office has relied on probation departments to be the lead in the reform efforts in the last dozen years. CPOC will continue to work with the Governor's Office to try and make this major policy occur with an eye on proper funding and the services to be given to our youth.

## Welcome!



Jovana Garibay was born and raised in the North Bay. After obtaining Associate's Degrees in Social & Behavioral Sciences and Administration of Justice, Jovana continued her education and earned her Bachelor's Degree in Sociology. Post-graduation she has worked with non-profit agencies and school districts serving at-risk youth. During her time off Jovana is a wine educator and loves traveling, shopping, and Netflix. Jovana is very happy to be joining our probation family!

Caroline was born and raised in the Bay Area. She relocated to Colorado to attend college and, after graduating, began to pursue a career as an educator. However, she quickly realized that her heart was not in the educational field and transitioned into a career in law enforcement. After a year of working with adult offenders, and placing fourth in Colorado's Amateur Breakdancing Championship, she returned to the Bay Area to be closer to her family. Caroline is a film enthusiast and enjoys spelunking in her spare time. She is thrilled to be joining the Probation Department and is looking forward to a long career with the County of Marin!



## Farewell!



Angela is a Licensed Mental Health Practitioner who was hired with the County of Marin in August 1999. She worked for Health and Human Services in the Mental Health and Substance Use Services division for fifteen and a half years serving youth involved with Juvenile Probation. Angela always worked very closely with the Probation Department and it was our pleasure to officially welcome her to our probation family in February of 2015. Though we are extremely sad to see Angela go, she won't be going too far. She is moving back to Health and Human Services as a supervisor in the Behavioral Health and Recovery Services in the Youth and Family Services division.

Angela's biggest aspiration has always been to support the youth and families served in Marin County and she will continue to do so in her new role. Good luck Angela!

## **Disaster Service Worker - Probation Perspective**

### **What was a highlight?**

Working with and around people has and is a highlight. For me it takes a toll managing a case load remotely, listening to defendants, shouldering frustrations and navigating issues remotely. This is especially true as we also juggle stresses at home during SIP. Serving as a DSW provides a way to break up my work-week routine, fill a community need and gives me an outlet for safe interactions outside the home. It's been good for my own overall mental health.

### **What was a challenge?**

Early on, I struggled with the ever-changing schedule to which I was assigned. Sometimes I would be offered and confirmed to fill a shift only to have it changed later or told it was filled by someone else. This was a challenge because my wife also works, and we have to coordinate childcare. This has not been an issue now that systems and processes have improved.

### **What did you like/dislike?**

I really like being able to interact with Marin County employees from other departments. When serving at the Motel 6, I had a lot of interaction with community service providers, and at the EOC it's been neat to watch and see information being shared, work being done, and daily tasks being coordinated out of the EOC. A dislike is having limited control over the DSW role being assigned. I have learned that DSW work, regardless of the task, requires humility.

## **Comings and Goings**

**By Alisha Krupinsky**

STAFF	FROM	TO
Samantha Rodriguez	Juvenile Hall	Adult Division
Norma Christensen	Adult Division	Juvenile Hall
Danielle Knotts	Adult Division – Medium Risk	Adult Division – Restitution
Elizabeth Carranza	Adult Division – Parole	Adult Division – DUI Caseload

## **Wellness in a COVID-19 World**

**By Jeana Reynolds**

With our new life experiences being tethered to electronics in a way many of us never fathomed, it is easy to forget about the importance of checking in with our emotional wellbeing. Signing off from the digital world in the course of the day may be difficult, as the “new normal” has become a whole host of virtual meetings: school for the kids, work meetings, trainings, play dates for children, dance classes, zoom happy hours (or coffee breaks, lunches, dinners), exercise classes, tours of museums, plays and musical events. While on the one hand, we have a plethora of information and mediums to connect to the outside world while we function from our shelter in place locale; our internal desire to be connected to the “real” is pushed down and somewhat anesthetized by utilizing virtual replacements, that ultimately become unfulfilling, as they

don't quash the longing for physical (in-person) contact. Finding balance is complicated.

Those who are “sheltering in place” with family or significant others can take advantage of this rare opportunity to fortify their relationships with this excess of “time” they never had before. However, it may also create tensions and frustrations due to close proximity, lack of familiarity of being with each other 24/7 and major shifts in daily routine due to the restrictions of where one can go as a result of the COVID-19 crisis.

Finding ways to connect to the “real” world and setting boundaries within the context of the home with loved ones is critical to reducing stress/tension/anxiety and melancholy. We are living in a world of paradox where we are connected digital-

ly to the outside world, yet disconnected physically due to the prohibition of in-person contact without the use of a facial coverings, maintaining a minimum of 6 feet distance and only if the interaction is for the purpose of an essential task, all of this because of the risk of getting physically ill or transmitting the illness to others. Humans are a threat; this is the message we are inundated with day-in and day-out as we are connected to the media.

So, how do we manage all this and what can we do to create a feeling of normalcy in an abnormal world? Before I end this article, I want to emphasize the importance of not minimizing

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## **Virtual Court**

**By Alisha Krupinsky**

During these strange times creativity and technology have been key and the same goes for how we participate in the court process. Our court officers are no longer walking the long hallway of the Civic Center pushing the court cart filled with files. Instead, they are sitting at their home workspace with a notepad filled with notes and the computer opened to a virtual courtroom via Zoom.

The courts are still open, and the Judge is presiding from the bench but all other parties are present via the computer. The Marin County Sheriff has been instrumental in helping make this happen, even having a computer for the defendant to use and join in the proceedings remotely.

Outside of the venue change, the court runs much the same. While sitting in these proceedings, the biggest challenge has been a small amount of lag

time so we all really need to slow down and make sure to not “step on” each other as we are speaking.

Since mid-March, the court has only been hearing essential matters. Beginning June 1st, the proceedings will expand and all matters will be heard. While the number of cases being calendared grows, there will be glitches but they will be tackled with the same amount of grace and creativity that has been used thus far.

## **Wellness in a COVID-19 World (continued from pg. 8)**

or feeling ashamed to express your fears, hardships, feelings of loss or other mental health symptoms with someone to ensure you can get the support you need to deal with this unprecedented crisis and resultant fears/concerns. Everyone deals with traumatic experiences in different ways, depending on so many factors; especially if there have been past traumas. There are many ways people seek out counsel and guidance. One type of support that is available is Telemental Health, which is becoming more and more common as an option to receive counseling and other mental health services. Some providers in Marin County are Managed Health Network (MHN) through the County's Employee Assistance Program (EAP), Kaiser Permanente, Beacon, Marin County ACCESS and many non-profit agencies.

Additionally, below are suggestions of ways to connect to the “concrete/real world.” This should shore up our emotional wellbeing, so that those devices we have do not become our primary attachment and comfort (if these devices go offline, we might have a complete melt down!).

- Take a walk in your neighborhood (with a mask of course) and truly note the houses, flowers, plants, street names.

- Write a letter to a friend, family member, colleague you swore to maintain contact with but never found the “time” to do so, or an old classmate who moved across the world. You might even create your own card using recycling paper or cards you have at home.
- Create a gratitude journal.
- Read a book you have longed to read but haven't found the time.
- Listen to music, create a playlist for yourself or someone else.
- Exercise – walk, run, hike, jog, skip, create a routine using weights, bands, or select from a multitude of on-line routines (Pinterest, YouTube). If you already have a membership at a gym, most likely they are offering some type of class for free or a nominal fee. (24 Go, ClassPass).
- Meditate. There are apps such as Calm and Aura that have a variety of ways to help quiet your mind. You may also want to find a quiet place and time to do controlled breathing (breath in through your

nose for six counts and exhale through your nose slowly for 6 counts – 3-4 times).

- Learn to knit, sew, quilt.
- Learn a new language.
- Give yourself a home facial, manicure, pedicure.
- Cook, learn new recipes, or learn to cook.
- Organize your home.
- Take a virtual museum tour.

## RANDOM QUESTION

by Lindsey MacQuarrie

Q: What are you doing to stay busy during shelter-in-place? Anything fun?

**Pompey Festejo (Adult Div.):** "DIY projects/working out/playing darts/journaling/riding motorcycle/smoking ribs."

**Jeana Reynolds (Juv. Div. MH):** "There are a few things I am doing: Yoga classes, Virtual Happy Hours or chats with friends, and binge series on Netflix of shows I thought I would never watch and now love."

**Trevor Lilian (Adult Div.):** "Working on perfecting the world's greatest grilled cheese sandwich, crushing Donkey Kong Country and working out daily, which could never be mastered without being sequestered" and "Sleeping in, duh."

**Jonathan Grant (Adult Div.):** "To stay busy during this shelter in place, I'm really trying to make a concentrated effort to include my kids in everything I do with the intent of teaching them things they might not get in school. So far, they've helped me re-landscape an area in my front yard, helped me build a gate for my side yard, and helped me organize old photos based on year (how young/old daddy is).

I'm also being disciplined about taking what would've been my commute time and reinvesting that time into home improvement. By the end of the SIP, I aim to have a bunch of little things and a couple big things done that will improve how I enjoy my home."

**Damon Evans (Adult Div.):** "We held a 'Prom 2020' event for my daughter on the date that she was supposed to have her Senior Prom which was cancelled due to COVID. □ We set up a bunch of lights and tiki torches and set up a whole backyard dance with a beach theme. Sadly, my daughter only had her brothers as dates; but everyone had a blast."

**Desiree Johnson (Juv. Div.):** "My gym Sonoma Fit lent out their spin bikes, so I've been doing cycling classes from home. I also have been learning to do macramé wall hangings!"

**Alex Yang (Dept I.T.):** "Besides hanging out with my family? I'm getting into bread making with natural starters since yeast is impossible to find now."

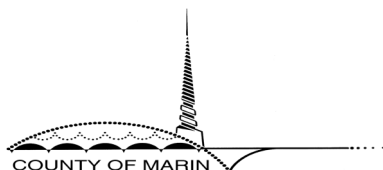
**Mark Messner (Adult Div.):** "Staying busy with working, maintaining contact with all my offenders and treatment providers. For fun, kayaking, cycling, working out at home, having happy hours with family via Zoom."

**Brendan Ward (Adult Div.):** "I am getting really good at building "monster trucks" out of kid Legos ...Is it fun?... it was the first time. Since my gym closed, I've been running more, that has been fun."

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***The Condition of Probation***

***Marin County Probation Department Newsletter  
Editorial Policy***

*The Condition of Probation* is published quarterly by the Marin County Probation Department. The purpose of this newsletter is to provide a forum for communication and the sharing of information. *The Condition of Probation* publishes articles and information related to Mission and Departmental operations & activity. Articles submitted may be edited for content, clarity, or length.

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