

Daily routine - youth detention centres

The Queensland Government is committed to providing a safe environment for young people in detention to engage in daily programs and activities that address their reoffending behaviour while preparing them for reintegration into the community. This includes compulsory education and regular access to change-oriented programs.

Queensland youth detention centres run structured daily routines that provide young people with consistent and clear expectations and a framework to access compulsory education and programs, in line with rehabilitation objectives. Additional benefits of routines for young people in detention include:

- consistency and boundaries to their daily interactions
- opportunities for meaningful engagement and social skill development
- opportunities for sport and fitness for health and wellbeing
- access to family visits and opportunities to reconnect with community and culture.



Morning

- Wake up at approximately 7am
- Personal care time
- Morning briefing with staff
- Breakfast and chores
- Commencement of school, programs and other activities

School and programs

- School and programs commence
 - Slightly differs on weekends and public/school holidays.
- Client services and other activities that occur during the day:
 - Court
 - Leave of absence (LOA)
 - Visits
 - Medical appointments
 - Community visitors
 - Offence focused programs
 - Community agency visits
 - Client services interventions (psychologist, speech-language pathologists, caseworkers, cultural activities)

Afternoon

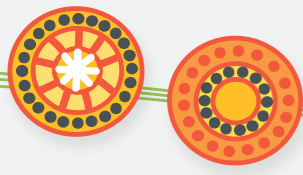
- Personal care time
- Therapeutic programs
- Community agency visits
- Multidisciplinary staff attend unit or young people attend appointments
- Family and community visits
- Time in section. This time is used to:
 - Interact with peers
 - Make phone calls
 - Homework
 - Exercise/play sport

Evening

- Dinner and chores
- Community agency visits
- Interact with peers or make phone calls
- Young people secured in room for night routine

Each Youth Detention Centre has slightly different processes depending on their cohort, catchment and infrastructure. The above is a general representation.

The Wacol Youth Remand Centre operates as a reception centre, and accordingly the above processes will not always apply.



Morning routine

A typical day in detention starts at 7am. Young people are expected to shower, make their bed, and clean their room. On weekends, young people clean the entire section as part of their morning routine.

Morning in-section briefing

Young people gather in the common area for a morning briefing with the section supervisor and a team of youth workers. There can be up to 12 young people living together depending on the size of the section. Daily routines, rules, and behavioural expectations are relayed during this morning briefing. This provides an opportunity for young people to raise queries or issues.

Breakfast

Young people are seated together in the dining area for breakfast with staff. Mealtimes are an opportunity for young people to develop their social skills by interacting with their peers. Maintaining order and cleanliness within the section contributes to keeping everyone safe during mealtimes.

Chores

Chores are assigned for the day and for clean up after mealtimes. Daily chores include washing and drying dishes, clearing tables, putting away condiments, wiping benches and tables, and sweeping and mopping floors.



Programs and schooling

Structured day

Starting early in the day, young people are escorted from their section to attend classes, with breaks scheduled for morning tea, lunch, and afternoon tea.

Detention centre schools run for 48 weeks per year to ensure that the time young people spend in detention is education-focused, recognising that young people learn differently and at different paces. The additional school weeks allow young people to catch up on schooling they have missed in the community.

As part of a young person's induction when first entering the detention centre, the Department of Education (DoE) will assess the young person and assign classes that are best suited to their age, education level, and developmental and assessment needs.

The youth detention school curriculum is the same as community-based schools, including standard subjects such as maths and English. Extra-curricular activities and vocational education is offered, including music, barista training, hairdressing, horticulture, sport and athletics, metalwork and woodwork, bricklaying, fitness (gym), ceramics, art, and cooking. Some extra-curricular classes are course accredited, and young people can attain certificates to gain skills, qualifications, and prepare them for work. In addition, the DoE helps young people develop resumes and supports them to get their learner driver licence, if they are eligible.

The DoE and the detention centre invite parents and care providers to celebrate young people's achievements. This may include graduating from cultural programs or cognitive-behavioural and therapeutic programs, sporting achievements, artwork, or celebrating academic progress and success.

Client services and other programs

Throughout the day, young people will also attend tailored change-oriented programs that address their offending, including domestic and family related violence programming, health appointments, and cultural programs. Young people may also attend visits with family, solicitors, and community service providers.

Court

Young people may be required to attend or appear in court in-person or by video-link. In-person appearances in court can take up to a full day, and sometimes more than one day if the young person is required to travel for the appearance. Young people can also appear in court via video-link from the detention centre.

Leave of absence

Young people may leave the centre as part of their reintegration plan to attend specialist activities designed to support their transition. Leaves of absence can also be granted for specialist medical appointments or to attend Sorry Business or Sad News. Leaves of absence are subject to safety and security risk assessments and will be subject to supervision and/or escort arrangements.

Appointments and community visitors

Young people have regular opportunities to meet with community Elders, community visitors, and a range of health professionals, including doctors, speech-language pathologists, and psychologists, as well as psychiatrists who support young people with acute and chronic mental health concerns. Dentistry, audiology, and optometry clinics are also available. Queensland Health nurses operate onsite 24 hours a day, seven days a week to ensure young people are safe and receive the quality care they need.

Community visitors from the Office of the Public Guardian visit regularly and move freely around the detention centres, making themselves available for young people to discuss anything they are concerned about.

Each young person is assigned a detention centre case worker who meets them throughout the week. The detention centre case worker works closely with the youth justice service centre case worker. Young people are involved in their case planning and attend case reviews that include stakeholders, family, and community and cultural supports.

Section-based activities

Young people will be provided time for homework, art, or recreation activities such as learning board games, table tennis, basketball, or handball, noting access to some of these activities will be dependent on displaying positive behaviour, in line with the detention centre's behaviour management frameworks. Young people can also access the phone to speak with family, youth justice service centre case workers, or solicitors.

Queensland Health's Indigenous Health Workers also visit each section to speak with young people. This provides a good opportunity for young people to have informal yarns about health, get to know the Indigenous Health Workers, and ask questions. Young people can ask staff to see the Indigenous Health Workers at any time during the week.



Afternoon routine

Personal care break

After school, a break is scheduled to provide down time for young people in their rooms. This time is used to rest, read, do homework and other age-appropriate activities.

Time in section

The time between personal care time and dinner is set aside for change-oriented, therapeutic and recreational programs, appointments, staff attendances, and interaction with peers.

Programs and activities

In line with the behaviour management framework and structured daily routine, young people may engage in a range of activities including therapeutic or offence-specific programs, sport, access to the gym, homework clubs, swimming, music, Indigenous art, cooking and library.

Appointments and staff attendances

Young people can continue with appointments to the medical centre or with the psychologist, case worker, or speech-language pathologist during this time. Cultural liaison officers often attend the section and yarn with young people, and may also offer support for young people experiencing Sorry Business or Sad News. Cultural liaison officers can take young people to the cultural gardens or walk the grounds to support and promote healing.

Voluntary community groups

Approved voluntary community groups may attend the sections during an evening to visit young people. They will often engage with young people by playing table tennis or cards to build community connections and show their support and encouragement.



Evening routine

Dinner

Young people wash and help set up for dinner. Meals are prepared in consultation with dietitians to ensure young peoples' dietary needs are met to support their growth and development, with the kitchen providing a different meal each night. There are always fruits and other healthy snack options available after dinner.

Chores

Young people are expected to clean up after dinner, same as their morning routine.

Bedtime

At bedtime, young people collect everything that needs to be returned to their rooms to be secured for the night. This may include books, pencils, and paper. Securing young people in their rooms for the night is for everyone's safety. If young people have difficulty settling at bedtime, staff will talk to those young people to help them to settle for the night or call the nurse to the section to see the young person.

Throughout the night, young people are regularly observed depending on their assessed level of need.

