

# Transforming Lives Through Ballet - Meredith Harper Houston's Revolutionary Approach to Juvenile Detention Reform

*Meredith Harper Houston Brings Ballet to Youth Reform Programs in Juvenile Detention Centers; Changing Lives, Through Fitness, Mental Health & Overall Wellness*

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/EINPresswire.com/ -- Southern California-based professional athlete, visionary, and community leader [Meredith Harper Houston](#) is making groundbreaking strides in juvenile detention reform. Known for creating customized programs for professional athletes, athletic departments, and corporations, Houston has now extended her expertise to incarcerated youth aged 18-25.

Houston's personal journey of overcoming a devastating car accident, where she was told she might lose her legs, has fueled her passion for helping others. Defying the odds, she not only walked again but became a ballerina and instructor, crediting dance for her recovery and resilience.

Her award-winning program, [Swan Within](#) (SWI), is at the forefront of therapeutic engagement and mental health rehabilitation for young people victimized by trafficking, gang involvement, and sexual exploitation. Utilizing the principles of ballet, Swan Within empowers survivors to heal and create new possibilities for their lives. Learn more at [Swan Within](<https://swanwithin.org/>).

## Program Launch and Impact

Launched on June 25, 2024, at Barry J. Nidorf Juvenile Hall, Swan Within embodies lifestyle, health, wellness, personal accountability, and performance elements essential for today's world-class ballet dancers and Olympic athletes. The program addresses the needs and goals of these young individuals, aiming to achieve ultimate performance results and successful reintegration



Meredith Award Recognition

into society.

## **\*\*Adapting Ballet for Juvenile Reform\*\***

Meredith has tailored her flagship professional program, [Balletics](#): Raising The Barré, for detained juveniles, helping them develop skills crucial for reintegration. This program was initially designed for professional athletes, professional companies and elite individuals but Houston created a version for the various youth programs she works with. This philanthropic initiative invests in youth reform through programs like Balletics, offering mentors and speakers on physical health, mental health, and financial literacy.

## **\*\*A Comprehensive Approach to Athletic and Personal Development\*\***

Recently introduced into juvenile facilities, Balletics: Raising The Barré helps young athletes enhance their athleticism, avoid injuries, and achieve optimal sports performance. This innovative program, in partnership with the LA County Department of Youth Development (DYD) and the Anti-Recidivism Coalition (ARC), incorporates injury prevention, mindset training, and endurance techniques, fostering healthier body performance and improved injury recovery. Visit [[Balletics: Raising The Barré](https://balleticsraisingthebarre.com/)](<https://balleticsraisingthebarre.com/>) for more details.

## **\*\*Recognition and Commitment to Community Service\*\***

Meredith Harper Houston's leadership and dedication have been recognized by the City of Los Angeles, earning her the Pioneer Woman of the Year award and commendations for her arts-based rehabilitation programs. "Performance involves both athletic ability and mental wellness. They must be synergistic—Mind, Body, Spirit, Sports," says Houston. As a former abuse victim, she understands the transformative power of using the body as a tool for expression and elevation, aiming to help individuals "level up."

Her expertise in juvenile reform, sex trafficking, gang intervention, and LGBTQ youth issues has



Dance Meredith!



Swan Within/Balletics



Performance has to do with athletic ability and also mental wellness. They all need to be synergistic - Mind, Body, Spirit, Sports,"  
*Meredith Harper Houston*

made her a certified expert in these fields. Her programs, studied and referenced in a UCLA evaluation, demonstrate the effectiveness of movement and dance in improving the lives of participants.

#### Facts About Juvenile Detention Facilities:

1. Purpose and Environment: Designed to rehabilitate young offenders in a safe environment, fostering life skills and societal values for productive lives.
2. Parole Eligibility: A new statute allows individuals sentenced to life without parole for offenses committed before age 18 to be eligible for parole during their 25th year of incarceration.
3. Facility Differences: Juvenile facilities differ from adult facilities, often with more relaxed rules and greater access to education, recreation, and developmental programs.
4. Terminology: Detention centers are for temporary confinement during court proceedings, while correctional facilities are for longer-term placements after adjudication.
5. Non-Violent Offenses: Many juveniles in detention are charged with non-violent offenses, including status offenses like truancy, and some for breaking probation rules.
6. Recidivism Rates: Pretrial juvenile detention increases the likelihood of felony recidivism by 33% and misdemeanor recidivism by 11%, leading to deeper justice system involvement and other negative consequences.
7. Negative Outcomes: Detained youth face higher risks of further criminal justice involvement, health issues, and separation from family, school, job, and community compared to peers who remain at home.
8. Community Costs: Juvenile detention costs the community approximately \$1 billion annually, with better and less costly alternatives available.

**\*\*About Meredith Harper Houston\*\***

Meredith Harper Houston is a professional athlete and fitness entrepreneur dedicated to revolutionizing the world of athletics and juvenile reform through her innovative programs. Her work focuses on creating positive change, inspiring resilience, and promoting holistic wellness for all. As a former victim of abuse, Houston understands the transformative power of using the body as a tool of expression and elevation. Through her programs, she aims to help individuals "level up." She has become a certified expert in juvenile reform, sex trafficking, gang

intervention/prevention strategies, lgbtq youth caught in sex trade and refugee youth.

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