



Activities

Financial Responsibility Class

This class is open to NCI 2 and 3 20 participants
Meets: Wednesdays 1:00-3:00 p.m. on the Education Floor

Focus Points: Community volunteers work with members to complete Dave Ramsey's Financial Responsibility Course.

E.E.O.D. Correspondence Course

Open to all NCI levels. There will be eight Individual booklets to be completed "In-Cell."

Focus Points: Job vocabulary, interview prep, job-hunting techniques, and resume building.

Here is the current schedule of 7th Step programs at OSP.

First and third Sundays- Inside-Out DAD's program- 6:00 p.m. on the Education Floor

Second and fourth Tuesdays- Co-Dependants Anonymous Support Group- 6:00 p.m. on the Education Floor

Tuesdays- Phoenix Rising Transitions Program 1:00 p.m.- Activities Floor

Wednesdays- Financial Peace University 1:00 p.m.- Education Floor (Next Class Begins in September)

/s/ J. Rodriguez, Activities

Presidents Meeting Minutes from June 25, 2019

Topics Discussed:

1. Prior meeting issues
 - a. The Infirmary elevator is now operational for limited usage for Activities. Mr. Wagner will send out the guidelines for its use.
 - b. Captain Bellman was not at the meeting to discuss any progress made on looking into a senior shower line, so this was tabled until the next meeting.
 - c. Mr. Kelly had the new fundraiser pricing guidelines sent out to all clubs. Mr. Yoder stated that if anyone would

like to further changes made to those guidelines that they would need to propose the changes to the Executive Team.

- d. Mr. Yoder said that a town hall type meeting between club Presidents, the Executive Team, and some line staff would not be feasible, but the idea gave the Executive Team food for thought to discuss changes and how to normalize treatment of AIC's.
 - e. It had previously been asked if four and five bars in D and E blocks could get padlocks on the cell doors. Mr. Yoder stated that this change will not be happening and if people are having issues getting in or out of their cells that they need to talk with the block sergeant and if that doesn't resolve the problem, then to talk with the OIC.
 - f. Mr. Yoder said the rule is being looked at in terms of how incarcerated people can have phone calls or video visits with other family members, for example, spouses or brothers/sister that are in other ODOC facilities. Mr. Wagner said it is set up at OSCI, so Mr. Yoder is going to look into it further.
2. There have been concerns over sanitation issues and a lack of cleanliness in the chow hall and Culinary, for example, the underside of the milk machines and the underside of the hoods above the grills. Mr. Wagner talked to the day shift OIC to have cleaning increased.
 3. It was asked if the roll up blinds above the serving line in the chow hall could be raised back up for normalization and so people don't have to lean down and talk over the food when they don't want something that is being served. Mr. Yoder stated that there was a reason the blinds were pulled down halfway, so he will look into the matter.
 4. It was asked if shade could be brought back to the yard with awnings over the tables and trees on the yard, like there use to be. Mr. Yoder will talk to Mr. Kelly about it.

5. There were complaints about AIC's getting into the Visiting Room for events during the day, for example. Juneteenth. The visitors were let into the Visiting Room but club supporters were not, so the Floor Sergeant wouldn't let AIC's into the Visiting Room. This resulted in the visitors sitting in the Visiting Room for an hour waiting. Mr. Yoder said the Executive team will talk about if daytime events should be in the Visiting Room or outside. Mr. Yoder will look into the matter further.
6. There is still concern over how some staff communicate with AIC's. Mr. Yoder and Mr. Wagner said it will take time for change but it was also pointed out that this goes beyond a change to more normalization and is actually violating the Oregon Accountability Model.
7. The issue was raised about how in the middle of the night when Culinary workers go to work, if they are sick they have to report to work but they can't return to their cell until 6:00 a.m. Mr. Yoder will look into this.
8. The issue of clerks not receiving downloads anymore came up. The reasons needed were discussed and the administration agreed that there is a need for clerks to have certain information. It was pointed out that while the software program that generates the download is going to go away, the needed information is available in an Excel spreadsheet that Mr. Briones gets from Records. Mr. Briones said he asks for certain information for his use, so he could likely ask for what the clerks need. Mr. Yoder asked Mr. Briones to work on getting an Excel version of the download for the clerks.
9. Report from two clubs regarding things they are working on:
 - a. Uhuru SaSa:
 - i. On June 15, 2019, Juneteenth was held in the Visiting Room for the first time. The Portland Trailblazers DJ came and played songs for the 208 people that attended.
 - ii. June 23, 2019, 16 guys graduated from the Black Action Reformed and Sustained (BARS) part two Trauma and Family program.
 - iii. The club is currently working on a BARS part three program focusing on leadership and family stability.
 - iv. The next round of mentorship classes and USELF classes are about to begin.
 - b. Latino Club:
 - i. The club is working with Mr. Briones on getting ITIN numbers for those without social security numbers.
 - ii. Earlier this month, the club had a donation table where they raised \$731 for a local family to assist with burial costs for two deceased children. With other clubs participation, the total raised was \$1400.
 - iii. A new Going Out for Going In (GOGI) class is in the works with Ms. Lenex. This class is about letting go of bad habits and gaining new insights for how to live, communicate, and to respond in stressful situations. The class is multicultural.
 - iv. The club is working with 7th Step on the Inside-Out Dads program to hopefully offer parenting class in Spanish.
 - v. The club is appreciative of the art program the club is allowed to have so they can give back to the community.

/s/ N.. Hodgkin, Activities

Miscellaneous

Lose Weight Without Dieting (taken from Web MD)

- Eat Slower: pacing your meals offers greater pleasure from smaller portions and triggers the body's fullness hormones. Eating quickly blocks those signals and causes overeating.
- Eat Your Vegetables: Greater variety tricks people into eating more food -- and eating more fruits and vegetables is a great way to lose weight. The high fiber and water content fills you up with fewer calories.
- When Soup's On, Weight Comes Off: Add a broth-based soup to your day and you'll fill up on fewer calories. Soup's especially handy at the beginning of a meal because it slows your eating and curbs your appetite. Beware of creamy soups, which can be high in fat and calories.

Lose Weight Without Dieting (cont.)

- Skip the Bacon: Pass on those two strips of bacon at breakfast or in your sandwich at lunch time. This simple move saves about 100 calories, which can add up to a 10 pound weight loss over a year. Other sandwich fixings can replace the flavor with fewer calories. Think about tomato slices, banana peppers, roasted red bell peppers, grainy mustard, or a light spread of herbed goat cheese.
- Sip Smart: Cut Back on Sugar: Replace one sugary drink like regular soda with water or a zero-calorie drink and you'll avoid about 10 teaspoons of sugar. The liquid sugar in soda appears to bypass the body's normal fullness cues. One study compared an extra 450 calories per day from jelly beans vs. soda. The candy eaters unconsciously ate fewer calories overall, but not so the soda drinkers. They gained 2.5 pounds in four weeks
- Catch the 'Eating Pause': Most people have a natural "eating pause," when they drop the fork for a couple of minutes. Watch for this moment and don't take another bite. Clear your plate and enjoy the conversation. This is the quiet signal that you're full, but not stuffed. Most people miss it.
- Burn 100 Calories More: Lose 10 pounds in a year without dieting by burning an extra 100 calories every day. Try one of these activities: Walk 1 mile, about 20 minutes, Jog for 10 minutes.

/s/ C. Coffey, Health Services

Call Center Recruitment

Do you have a desire to learn new skills that you can take to the community and use in everyday life? Do you want to earn money and increase your savings? Do you want to work in a professional environment? The OSP Contact Center is currently looking for new agents. **NO PRIOR EXPERIENCE IS REQUIRED.** Call Center agents start at 14 points with a double meritorious award **and** the ability to earn up to an additional \$110 each month! Also included are monthly bonus points and a center-wide goal reward program. The Call Center requirements include;

- **NO** ID theft convictions or forgery **convictions** on your record.
- At least six months clear conduct.
- At least 12 months remaining on your sentence.
- Must complete A & O before applying

If you meet all of these qualifications you can send a job application to: B. Potts, OSP Contact Center. You will be placed on call pass to interview after processing. We look forward to hearing from you!

/s/ B. Potts, Call Center

Caseload Reset

Correctional Counselors' caseloads have been rearranged in order to better serve those most in need. These changes are necessary if the Oregon Department of Corrections (DOC) is to provide quality case management services to the adults in custody (AIC) most likely to reoffend as determined by their Automated Criminal Risk Score (ACRS).

ACRS is a statistical calculation developed by the DOC Research Unit to predict your risk of reoffending within three years of release. Your score is automatically calculated at Coffee Creek Intake Center (CCIC) and is based upon the following: age, earned time, revocations, sentence length, custody number, thefts committed, prior incarcerations, and person to person crimes. The score is recalculated whenever any of these items change. Another way to understand ACRS is to look at it from a percentage standpoint. The scores range from .01 to .99. If your ACRS is .15, then you have an estimated 15% chance of reoffending within three years of your release.

If DOC had the resources it needed, Institution Counselors would provide cognitive interventions through case management to all AICs who need it. Because DOC does not have the capacity to provide case management services to everyone, Counselors' caseloads have been adjusted to provide cognitive interventions to AICs most likely to reoffend.

To make caseload sizes more manageable, DOC had to significantly adjust the ACRS cutoff score. Due to resource discrepancy across the institutions, the cutoff scores won't be consistent and are as follows:

SRCI, OSP, TRCI, EOCI

- .01 - .24 ACRS = Low Supervision
- .25 - ACRS and higher = High/Medium Supervision

OSCI

- .01 - .34 = Low Supervision
- .35 ACRS and higher = High/Medium Supervision

CRCI, DRCI, PRCF, SCCI, SCI, SRCI Minimum, TRCI Minimum

- .01 - .34 = Low Supervision
- .35 ACRS and higher = High/Medium Supervision

Caseload Reset (cont.)WCCF

.01 - .39 = Low Supervision

.40 ACRS and higher = High/Medium Supervision

MCCF, SFFC

.01 - .49 = Low Supervision

.50 ACRS and higher = High/Medium Supervision

CCCF, CCCM

.01 - .19 = Low Supervision

.20 ACRS and higher = High/Medium Supervision

Low Supervision:

If you are placed on a Low Supervision caseload (as determined by your institution), you will not meet with your Institution Counselor on a regular basis and will only be seen for emergencies or unusual circumstances. Any reporting will be through written communication. If you need an in-person meeting, you will need to provide specific details in your request.

Although you will not have regular contact with your Institution Counselor, your eligibility to attend programming offered by Pathfinders (group cognitive classes and parenting classes) and participate in our alcohol and drug treatment programs will not be impacted. Eligibility and placement into these programs remain the same.

High/Medium Supervision

If you are placed on a High/Medium Supervision caseload (as determined by your institution), you will meet with your Institution Counselor on a regular basis, working on your customized Behavior Change Plan and receive cognitive interventions from your counselor.

Each time you are transferred from one institution to another, you will receive an Intake Information Sheet and Contact/Resource List that provides information specific to that facility. You will also have the opportunity to ask questions at your institution's Admission and Orientation program for new arrivals to help you manage your affairs during your incarceration.

These changes will be implemented June 1, 2019, for male institutions and July 1, 2019, for women at CCCF.

/s/ CCM Central Office

Chapel**Restorative Justice: A Journey of Self-Discovery**

This class revolves around taking a thoughtful look at our patterns of thinking and feeling -- with a view to transforming the ways we think and feel about ourselves and about others. Reading and writing assignments are minimal, but thoughtful participation in class discussion is expected. Topics include: restorative justice; "toxic masculinity;" trauma and the developing brain; communication; guilt and shame; the cycle of addiction; "ripple effects" and taking responsibility; and forgiving ourselves and others.

Angel Tree 2019

Angel Tree sign up will happen Saturday, July, 27, 2019. The applications will be available in the Card Room during A.M. and P.M. yards. Please bring the address to where the gifts are being sent. For people who cannot make it to yard that day, applications can be requested from the Chapel.

/s/ K. Thompson, Chaplain



Chapel Schedule

SATURDAY, July 13

8:00 a.m. Native American Ceremony
Jehovah's Witness Study
Latter Day Saints
Jewish Service

11:30 a.m. Native American Ceremony

6:00 p.m. Calvary Chapel

SUNDAY, July 14

8:00 a.m. Spanish Protestant Service
Jehovah's Witness Spanish
Zen Retreat

1:00 p.m. Catholic Mass
Jewish Study
Wicca Outside

2:00 p.m. Asatru Ouraisw

6:00 p.m. Latter Day Saints Study
Urantia
Lutheran

MONDAY, July 15

1:00 p.m. Spanish Catholic
Restorative Justice

6:00 p.m. Restorative Justice

TUESDAY, July 16

1:00 p.m. Russian Bible
Trauma Transformation
Lifeline
Quaker Friends
Torah Men

6:00 p.m. Prison Fellowship Discipleship
Catholic Study
Non-Violent Communication Practice
Buddhist Service

WEDNESDAY, July 17

8:00 a.m. OSP Choir Practice

1:00 p.m. Seventh Day Adventist Study
Life Support
Orthodox Christianity

6:00 p.m. Celebrate Recovery
Indigenous Circle

THURSDAY, July 19

8:00 a.m. Thresholds
Jehovah's Witness Service
Jehovah's Witness Spanish

1:00 p.m. TUMI ☹
Grief Group

6:00 p.m. Christian Journaling
Spanish Non-Violent Communication
Celebrate Recovery ☹

FRIDAY, July 20

1:00 p.m. Nation of Islam
Sunni Jum'ah Prayer
United Pentecostal Study

☹ = Service is full or restricted. Add requests are not being accepted at this time.

☹ = Service has a waiting list. Submit a request to be placed on waiting list.

