



Coffee Talk



Superintendent: Ms. P. Myers

Editor: Ms. A. Wheeler

January 16, 2020

A journey of a thousand miles begins with a single step.

-Confucius

VISITING APPLICATIONS

From Ms. Stehle, CRU

Once you have submitted an application, whether it was hand written or on the kiosk, please do not keep re-submitting applications for the same visitor. The process for a visitor application can take up to 6 to 8 weeks. Once the visitor is approved or denied, you will receive notification of the application status. Submitting more than one application per visitor is not productive and will not speed up the process.

Treatment Entry Dates

From: CCCF/CCCM Counselors

At the direction of the Correction Rehabilitation Manager, there will be new guidelines regarding sharing information with AICs as to when AICs are entering Treatment. In the past, Correctional Counselors have shared with AICs tentative dates for when AICs are scheduled to enter treatment programs (Turning Point or HOPE). Recently, this has led to confusion and disappointment for AICs, since the treatment list is fluid and always changing. In the future, Correctional Counselors will be able share with AICs when they have been approved by the committee for treatment (TASC). Counselors will be allowed to share what program AICs were approved for (HOPE, Turning Point, or both). Counselors (or anyone else) will not be allowed to share dates or approximate dates as to when an AIC is entering treatment.

Beat the Flu 2019-2020

From: Health Services

BEAT THE FLU 2019-2020!!!

Oregon SB488 requires Oregon Department of Corrections to offer flu vaccine to all AIC on an opt-out basis; meaning everyone will sign a consent form accepting or declining flu vaccine beginning flu season 2019-2020.

Why get YOUR flu shot?

◆ It decreases the chance of you getting flu and flu-related complications!

◆ It decreases your chance of getting FUTURE flu due to your immune systems 'memory' of the vaccine!

◆ It decreases the chance you will give the flu to someone!

Look for YOUR chance to manage YOUR health soon! Flu vaccine programs will begin in most institutions 10/1/19 and YOUR part will be needed to succeed to **Beat the flu in 2019-2020!**

Common Myth

Myth: Vaccines are bad for you, they cause things like Autism

Fact: There are no studies showing the causal nature of vaccines-in-and-of-themselves to **cause any** chronic or debilitating conditions.

Rules Update

From: DOC

The department has filed a temporary administrative order updating the hygiene rules. The full temporary administrative order is available for review in the AIC legal library.

291-123 Hygiene, Grooming and Sanitation

- Amends the rules to clarify the department's policy and operational standards that adults in custody must be properly attired at all times
- **Effective:** 01/07/20 – 07/04/20

Photo Reminders

From: Ms. Roach, Lifeskills

Visiting and event photos are for AICs and their visitors. This is not a GP photo session time. Be respectful to others.

Green Team

From: Ms. Fitts, Physical Plant

Congratulations Roots of Success Graduates! Completing the Environmental Literacy Program is a very worthy accomplishment! Celebrate your newfound understanding by increasing eco-friendly efforts for the earth. When paroling, any habits you begin here will carry you forward as you learn to live sustainably, save \$\$\$ & multiply your positive impacts by saving Water, Energy & Natural Resources. You can take the bus or ride a bike, shop at the day-old bread store or Grocery Outlet, browse Goodwill & other Secondhand Stores & enjoy nature-friendly, leisure time visiting parks, rivers & the beach, even hiking mountains. Set a good example as you reduce, reuse, recycle & **revive earth-friendly practices to protect air-quality, waterways & nature.**

Did you know CCCF benefits **Vose Elementary** with recycled colored markers, highlighters, sharpies and dry erase markers? The Crayola ColorCycle makes this possible by transforming used markers into **clean burning fuel!** Please help us **support this cause** by recycling your old markers—if you're in the Craft program or Education—in Lifeskills or Education. Recycle ink pens too! Drop off regular pens in the Control Point, Education, Infirmary or Lifeskills and in Minimum, at the IWP window, Programs or Treatment and Intake offices.

The Plantagos on G/H yard have been an important resource feeding endangered Taylor's Checkerspot Caterpillars cared for by AIC Lab Techs as they work to **boost populations & restore habitats.** After applying a special fertilization to ensure the most nutrition, the Plantago Crew will wait 5-6 weeks before harvesting organic leaves so the baby caterpillars aren't subject to exposure. In the interim, the Taylor's Checkerspot will consume leaves from Minimum's Hoop House. With an outstanding count of 2600 eggs, the endangered caterpillars will need the best nutrition available as they emerge mid-February or March. Thank you Viola Crew for all you do to help butterflies here & at the Portland Zoo. Together, the Viola, Plantago & Butterfly Lab Techs are making a world of difference!
Great job Butterfly Teams!

ATTENTION MOTHERS

From: CRU

Do you have a baby or toddler under five? Want seven hours a week parenting your child?

Early Head Start offers a bi-weekly opportunity for incarcerated mothers and their children to strengthen their relationship and to preserve the bond of attachment while separated. Mothers gain hands-on parenting experience while their children learn through play and exploration.

Early Head Start is a national program established in 1995 to promote healthy prenatal outcomes, enhance the development of infants and toddlers, and promote healthy family functioning. The mission of the Early Head Start program at Coffee Creek is to promote, strengthen and support bonding and attachment between infants and toddlers and their incarcerated mothers.

Requirements:

Child age from birth to Age 5

Minimum or minimum eligible with gate clearance

Child lives less than 60 minutes away

Transportation to/from the school are Tuesday and Thursday 9:00am - 12:30pm

PREA INFORMATION

From: DOC

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about what their options are. It is also important to remember no one deserves to be sexually abused. It is not your fault. Surviving and healing is possible.

Inmates who have experienced sexual abuse may reach a community-based advocate by dialing "711" from the inmate telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information and emotional support. Calls to "711" are confidential and free of charge.

Advocates role

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

An advocate's role is

- Not make decisions or tell a survivor what to do
- Not tell a survivor whether or not to report
- Not investigate a crime
- Not provide legal advice
- Not be a survivor's friend
- Not provide therapy

- Not communicate with the institution unless the survivor requests them to do so and only with a signed limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to do so and if you sign a release of information.

Advocacy crisis lines are not a reporting hotline. If you wish to file a report, you may contact the Inspector General Hotline by dialing 9 on the inmate telephone system, writing an inmate communication, filing a grievance, or writing the Governor’s Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing inmates with avenues to seek assistance. Below are additional resources:

Just Detention International Headquarters
3325 Wilshire Blvd., Suite 340
Los Angeles, CA 90010

PREA Advocate Coordinator
Oregon Department of Corrections
2575 Center Street NE
Salem, OR 97301

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate’s help. Telephone calls and mail to community-based advocacy centers are considered privileged/confidential communication and will be handled similar to legal calls/official mail.

You may reach your community-based advocate by dialing “711” from the inmate telephone, dialing their direct crisis line number, or sending written correspondence.
Questions?- Kyte B. Roach Lead Life Skills Coordinator

CCCF	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
CRCI	Portland Women’s Crisis Line (PWCL) Advocacy Program PO Box 42610, Portland, OR 97242 1 (888) 235-5333
DRCI	Saving Grace 1004 NW Milwaukee Ave, Suite 100 Bend, OR 97701 1 (866) 504-8992

EOCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
MCCF, OSCI, OSP SCI	Center for Hope and Safety (CHS) 605 Center St. NE, Salem, OR 97301 1 (866) 399-7722
PRCF	May Day 1834 Main St., Baker City, OR 97814 (541) 403-0291
SCCI	Women’s Safety & Resource Center 1681 Newmark Ave., Coos Bay, OR 97420 1 (888) 793-5612
SRCI	Project Dove PO Box 980, Ontario, OR 97914 (208) 739-5061
SFFC	Tillamook Co. Women’s Resource Center PO Box 187, Tillamook, OR 97141 1 (800) 992-1679
TRCI	Domestic Violence Services (DVS) PO Box 152, Pendleton, OR 97801 1 (800) 833-1161
WCCF	Lake County Crisis Center PO Box 774, Lakeview, Oregon 97630 1 (800) 338-7590

Center for Hope & Safety Trainings

From: Capt Wilson

Over the next several months, confidential victim services advocates from the Center for Hope & Safety will be providing trainings about Oppression, Domestic Violence, Sexual Assault, Human Trafficking, LGBTQ+ and Trauma & Healing. These trainings are intended for victims and survivors, family and support folks. All are welcome to attend.

The upcoming training that CHS advocates will lead is around **Domestic Violence**. Please join CHS advocates to learn about what domestic violence is, who it effects and what we can do about it.

Future trainings to look forward to:
January 20 Sexual Assault
February 24 Trauma & Healing
March 16 Human Trafficking
April 16 LGBTQ+

Girl Scout Cookies

Are you interested in supporting a unique Girl Scout troop? Do you love cookies as much as we do?

Troop 40060 is excited to provide the opportunity to purchase Girl Scout cookies! Your cookie purchase ensures that we have transportation to attend the Girl Scout troop meetings at Coffee Creek Correctional Facility with our moms and grandmas. Your contribution also supports our participation in Girl Scout events like overnight camp, ZooSnooze, and service projects in our communities. **Thank you for your contributions and support!**

Girl Scout Cookies orders need to be placed **by February 14, 2020**. Order forms are located on the unit and can be turned in to Life Skills, **beginning on Monday, January 13, 2020**.

Each individual is limited to **15 boxes**.

All cookie varieties **EXCEPT** Toffee-Tastic and Girl Scouts S'mores cost **\$5.00 per box**. This year, **Toffee-Tastic and Girl Scouts S'mores cost \$6.00 per box**.

Delivery will be in late February. No refunds/no returns.

- 🌸 **Thin Mints**® - Crisp wafers covered in chocolaty coating. Made with natural oil of peppermint.
- 🌸 **Trefoils**® - Delicate-tasting shortbread that is delightfully simple and satisfying.
- 🌸 **Samoas**® - Crisp cookies, coated in caramel, sprinkled with toasted coconut, and striped with dark chocolaty coating.
- 🌸 **Do-Si-Dos**® - Crunchy oatmeal sandwich cookie with creamy peanut butter filling.
- 🌸 **Tagalongs**® - Crispy cookies layered with peanut butter and covered with a chocolaty coating.
- 🌸 **NEW: Lemon-Ups**® - Crispy lemon cookies baked with inspiring messages.
- 🌸 **Toffee-Tastic**™ - Indulgently rich, buttery cookies with sweet, crunchy golden toffee bits. A gluten-free variety!
- 🌸 **Girl Scout S'mores**™ - Crunchy graham sandwich cookies with creamy chocolate and marshmallowy filling.

PLEASE SEND CD-28'S TO LIFE SKILLS FOR PAYMENT

ONLY LEVEL 2 AND 3 ARE ALLOWED TO PURCHASE COOKIES

CHS advocates are confidential. Dial 711 to speak with an advocate or write to us at:

Center for Hope & Safety
605 Center St NE
Salem OR 97301

The Center for Hope & Safety offers a safe refuge and supportive services for victims and survivors of domestic and sexual violence. Services are provided to survivors of any race, color, creed, disability, religious belief, status, gender presentation or sexual orientation. All services are free and confidential.

When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down "Happy". They told me I didn't understand the assignment and I told them they didn't understand life.

-John Lennon

Weekend at the Movies

From: CRU

You may request any film be shown for a weekend movie; however, a film may only be shown as long as it meets the DOC's movie criteria as well as copyright rules (Swank).

Due to the volume of requests received, I am unable to respond and will be adding the movie requested to the list of movies that need to have eligibility determined.

Remember, there are several factors that have to be considered when selecting the movies, and these factors vary at each institution. This means that just because a movie was shown at another Institution it may not meet criteria to be shown here. The movie selection process is subject to change without notice.

I will try to ensure there is a combination of movie genre and release date for those being shown. Please remember that there are many residents here at Coffee Creek with many different tastes in movies.

1/18/2020	Missing Link
1/19/2020	Gotti
1/20/2020	Yesterday
1/25/2020	The Sun is Also a Star
1/26/2020	Pets 2

PIC Corner

From Ms. LaCarney, CRU Manager

The Positive Improvement Committee is forming a new sub-committee to help plan incentive activities for the community in general and specific to J and K units. We would like to see a representative from each unit. If you are interested in being a part of this sub-committee, please send a kyte to Lifeskills/PIC along with an essay answering the following questions:

1. What skillset do you have that you bring to this group?
2. What do you hope to see happen through this group?
3. What does working in a team environment look like to you?
- 4.

Please submit your request by 1/22/2020.



MEDIUM BREW



Craft Program Property Rules

From: Ms. Roach, Lifeskills

This is a reminder to all Craft Program participants that craft property may only be obtained through authorized orders from approved vendors submitted via Life Skills. Craft property (just like all other property) may not be bought, sold, traded, gifted, loaned or otherwise transferred between AIC's even if all involved are Craft Program participants.

- Receipts for craft orders must be retained in your craft box
- Ownership of any property being released must be verifiable
- All craft property should be able to fit in your craft box. Anything not stored in your craft box is considered contraband per property rules.
- Any property made available by the Chapel must be stored with documentation and may not be sent out through Life Skills
- Each Program Participant is responsible for knowing and complying with the rules of the program. Life Skills staff will provide more information upon request and answer any questions participants have.
- Failure to comply with the Craft Program or property rules will result in progressive discipline.

Religious Services

From: Chaplain Brault

New Class in the Chapel:

The Genesis Process for Change

addresses biblically a fundamental struggle in all our lives: the struggle to change.

The Genesis Group can help those who are willing to change be able to change. The goal of the process is to identify the subconscious fears (which are actually survival belief systems) that control our self-destructive behavior and emotions and resolve them. Whether the issue is anxiety, anger, alcohol, drug or food abuse, a negative, critical attitude, or spiritual stagnation, The Genesis Process will help you find new freedom that lasts. This class meets once a week for 6 months. You must be able to commit to all the things!! Class size is limited, kyte to get an application from the chapel.

Class meets Monday afternoons, 1pm-3pm in the Chapel.



SOAR PROGRAM FOR REENTRY

From: Ms. C. Tabert

Young Adults:

18-24

Currently on probation/parole

No sex crime convictions other than prostitution

Looking to complete Diploma/GED

Looking to complete a training program

Adults:

25 and up

Released from jail/prison within the last 180 days

Currently on probation/parole

No sex crime convictions other than prostitution

Looking to complete Diploma/GED

Looking to complete a training program

We offer incentives, support services, wrap around services and individualized case management. We follow the participants for 18 months of direct interaction. We have an in-house employment specialist to help participants find employment. We offer workshops and trainings on parenting, conflict resolution, resume and cover letter writing and soft skills/hard skill building for work readiness.

If you are interested in hearing from SOAR and/or signing up please Kyte Ms. C. Tabert in D17.

Lifeskills Announcements

From: Ms. Roach, Lifeskills

Naming contest for the coffee building:

New Coffee Building needs a name! Please submit all name ideas by the end of January to B. Roach in life skills. Voting will occur early February to determine a winner. Once a name is picked there will be a logo design contest where the winner will receive coffee cart tickets. Let your creativity flow. (Past names have included The UpShot and Jailhouse Brews)

Important Coffee Cart Messages:

- Prices are not up for negotiation and pastries will no longer be offered at a discount unless approved by Life Skills staff. You are compromising the baristas and their positions when you ask for discounts. Don't put your friends in that position.
- Pastry sizes are being evaluated and will be reapportioned to more accurately reflect the cost put into them. The current size is losing the coffee cart money and is not sustainable. Please do not direct complaints or hostility towards baristas as this was not their decision.

MINIMUM EVENT PLANNING COMMITTEE- deadline extended to apply

(Please read announcement below thoroughly before replying)

Life Skills is starting an event planning committee (a cool name can be picked later). This is a volunteer commitment for people who are interested in helping to plan community building events on the units each week and help with planning big incentive events as well. I am looking for 2 people from each unit. You must be a level 2 to apply. If you are interested, please send a kite to Ms. Roach in life skills answering the following questions

- 1) What are some event ideas you have that could be done on the unit in the evenings? Please think of ideas that would appeal to different groups of people. Please also do not plan events around food. Food can be present on occasion but is not the priority.
- 2) If you were a part of this group what would your priorities be and why?
- 3) How do you work in a group? Please explain

Please get your kites to me by February 1, 2020. We will then review applications and interview candidates after that.

Dave Ramsey Financial Peace University

From: Ms. C. Tabert

The class will be offered as a "Self-study" course with participants meeting for 9 consecutive weeks to view the DVDs.

The nine-week class will cover:

- \$ Saving money
- \$ Relating with money
- \$ Cash flow planning
- \$ How to reduce and eliminate financial debt
- \$ The power and influence of marketing
- \$ The role of insurance
- \$ Retirement and college planning
- \$ Real estate and mortgages
- Charitable giving

FPU classes meet for 1 hour on Saturday afternoons from 1-2pm.

Kyte C. Tabert in D17 if you wish to participate.

MINIMUM RELIGIOUS SERVICES

From: Chaplain Al-Amin

Please check the Religious Services Calendar for the month in your dorm for a schedule of meeting times and dates for services