



THE UNCLASSIFIED

JUNE 2023

INTAKE MANAGER: MICHELLE AXTELL

WELCOME TO CCIC.

For first timers, please know that we are working hard at making your stay with us as short and safe as possible. There are 10 counselors to help you. There are many moving parts to your intake process, and it might take a while to get if fully done but we want to make sure to get a clear picture of who you are and what your needs are to start you on the right path, thank you for your patience!

For the others, you know the process and we encourage you to be positive role models to the newbies in your community!

If you are still at CCIC 10 days after meeting with your intake counselor, please kyte C.Andretti to make sure your transport request was entered. Thanks!

Thank you!

Newsletter content:

- Chaplain's corner
- Prison Poetry
- Juneteenth celebration
- ODOC general announcements
- Parenting from prison- in honor of Father's Day.
- Self-care for parents
- June's calendar.

if you need **brain teasers** during your stay please:

Kyte Ms. April if you are housed in A & B Units and Ms. Wheeler if you are in O & Q Units.

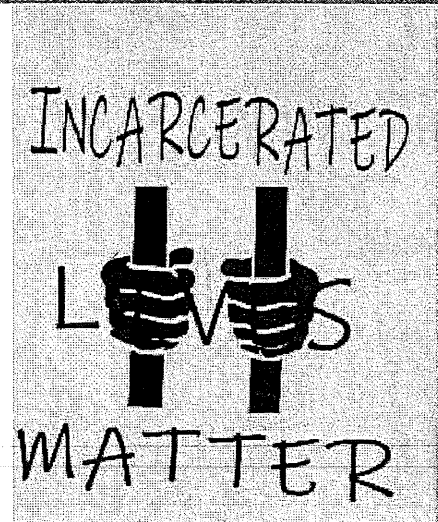
You can also submit your own poems, short essays, or drawings to be included in our next newsletter, we welcome your submissions and suggestions!

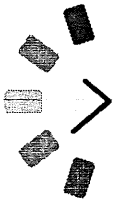
THANKS 😊



All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience!
Until we meet enjoy this reading material and start thinking about what purpose you would like this time in custody to serve in your lifeline. We wish you the best.

YOUR INTAKE TEAM





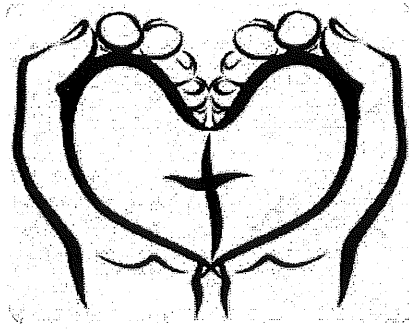
timeanddate

June 2023 (United States)

July 2023

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29 • Memorial Day	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14 Flag Day	15	16	17
18 Father's Day	19 • Juneteenth	20	21	22	23	24
25	26	27	28	29	30	1



Greetings from Religious Services! Happy June and Happy Father's Day. We hope and pray you can connect with your father – whether it be in Spirit or over the phone. As you may know, there are no services or volunteer visits provided for, or religious property available, during your brief stay here at Coffee Creek. These opportunities are available when you arrive at your next institution. However, if you would like to speak to the Chaplain or need a religious resource of some kind, please send Chaplain Melendez a kyte. Many blessings to you as you grown on your spiritual journey.

Faith-Based Services and Support

The Oregon Department of Corrections (DOC) provides AICs the opportunity to explore and practice their faith or spirituality, either individually or in a group setting. The department's Religious Services unit actively strives to present itself as open and welcoming to community faith-based groups, to establish a streamlined and consistent system, and to provide AICs with many accessible programs both inside and outside of prison.

GENERAL INFORMATION

WEDDING RINGS: Wedding bands are authorized through a facility's chaplain office. The ring should be mailed directly to the chaplain along with a copy of the marriage certificate or domestic partnership paperwork. Please be sure to include the name and SID of the AIC inside the package. Rings must be plain (no stones, special cuts or engravings). If the ring meets department standards, the chaplain will authorize the ring to the AIC. A record of receipt will be forwarded to the AIC's property list

WEDDINGS: The Oregon Department of Corrections permits individuals to be married or have a domestic partnership ceremony within its correctional facilities, and AICs may request information about the ceremony from the chaplain at their facility. Officiators and witnesses cannot be Oregon Department of Corrections' chaplains or staff. All guests must be approved for privileged visiting. No food, cameras or special clothing may be brought into the facility for the ceremony.

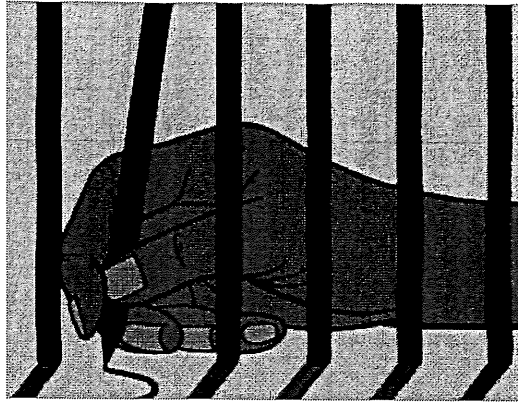
Book Requests at CCIC

Holy scriptures and other spiritual books are available by request. Once you get to your next institution, you can ask the chaplains there to authorize holy scriptures and/or other religious books for your personal property. If you need something other than books or have general questions about Religious Services in the ODOC while you are here, you can send a kyte to **CCIC Chaplain Melendez**.

Chapel Services

Depending on which institution you transfer to, there may or may not be religious services and activities happening based on current COVID restrictions. If you are interested in attending services, please send a kyte to the chaplains once you arrive and ask what is currently available. No services are held at Intake.

PRISON POETRY FROM YOUR CCIC PEERS TO YOU



BY ANONYMOUS, CCIC GUEST APRIL 2023

A BROKEN MAN ONCE TOLD ME:

“WE’RE NOT PERFECT BUT WE’RE NOT OUR MISTAKES”

IT’S EASY TO GET AHEAD OF OURSELVES

WHEN IT’S ALL GAS NO BRAKES

NOT THINKING ABOUT TOMORROW

GOT ME WHERE I AM

DRINKING AWAY MY SORROWS

NO THOUGHTS OF BEING A BETTER MAN

BUT NOW I SEE CLEARLY-SHOULD’VE LISTENED

TO WHAT POP TOLD ME, TO HOLD ON TO THE HAND OF GOD, OR BETTER YET

LET HIM HOLD ME.

I AM SAYING GOODBYE TO THE OLD ME

ALL THE PAIN AND ALL THE HURTING

DON’T REALLY KNOW WHERE I’LL BE GOING

BUT LORD KNOWS IT’LL BE WORTH IT

SEE I AIN’T GOT NOTHING BUT TIME NOW.

AND THE PLAN IS TO TAKE ADVANTAGE

MAKING IT MINE SOMEHOW

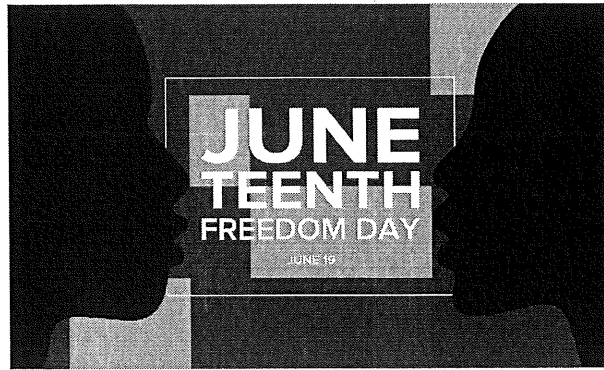
FIND A WAY TO REVERSE THE DAMAGE

BECAUSE WHAT THAT BROKEN MAN TOLD ME

KEEPS ME GOING- I PRAY DAILY

AND EVEN THOUGH I MADE MISTAKES

I REFUSE TO LET THEM MAKE ME. ALL GLORY TO GOD...



Juneteenth, also known as “Juneteenth Independence Day,” “Emancipation Day,” “Jubilee Day,” or “Freedom Day,” is an annual holiday to mark the end of slavery. The holiday’s name is a blending of the words “June” and “nineteenth.” Juneteenth commemorates the day in history that Union General Gordon Granger arrived in Galveston, Texas and informed the enslaved Black people there and others in the state that they were free and that the Civil War was finally won. Even though the Emancipation Proclamation was issued almost two years earlier by President Lincoln on Jan. 1, 1863, Granger’s arrival and announcement on June 19, 1865 put the Emancipation Proclamation into widespread effect. As a result, over 250,000 enslaved people living in Texas learned that they were finally free.

In 1866, through grassroots efforts Black people in Texas reclaimed June 19 as “Juneteenth” and it continues today as a celebration of Black liberation across the country. Juneteenth has been celebrated by African American people since the late 1800s. Texas was the first state to officially recognize Juneteenth as a holiday in 1980.

In June 2021, the Juneteenth National Independence Day Act was signed into law by President Joe Biden, officially making June 19 a federal holiday and giving national recognition to a day commemorating emancipation.

The Evolution and Long-Term Impact of Slavery in the U.S.

Slavery existed in British North America and, subsequently the United States, from 1619 through 1865. Enslaved Africans and many generations of their descendants were held in bondage in the U.S. under violent, inhumane, and brutal conditions. Racism—and eventually a full-fledged ideology of white supremacy—were used to perpetuate and defend slavery and the hierarchy in wealth and opportunity that was created as a result. White supremacy and racism are the products and long-term impacts of slavery.

With the passage of the 13th Amendment in 1865, enslavement and forced labor were prohibited in the U.S. except as a punishment for crime. However, the long-term impact of slavery and the ideology of white supremacy has continued to persist after slavery’s end, causing great harm to generations more of Black people. Jim Crow laws, which were state and local laws enacted in the late 19th and early 20th centuries that legalized and enforced racial segregation, treated Black people as second-class citizens. The racial and

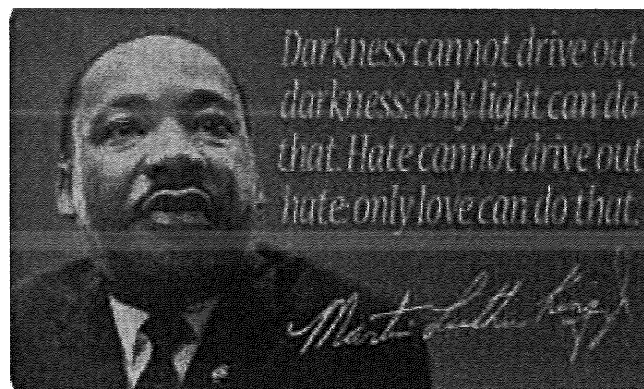
economic oppression that marked the Jim Crow South fueled the mass migration of millions of Black people from the South to the North and West in what became known as the Great Migration, lasting from approximately 1916 to 1970.

Outside the South, from the 1930s through the 1960s, Black people were largely cut off from the housing market through redlining (housing discrimination), restrictive covenants (restrictions on land use), bombings, and other means, both legal and illegal. Housing discrimination, combined with discrimination in education and employment, created and continue to perpetuate disproportionate obstacles to advancement in U.S. society. In addition, law enforcement officers often not only failed to protect Black communities from violence and oppression but took part in such violence themselves. Police violence against Black people continues to occur at disproportionate rates and spur major protests. Similarly, mass incarceration in the U.S. continues to have a disproportionate and devastating impact on Black people and other people of color.

The Importance of Juneteenth

Because Juneteenth commemorates the end of enslavement, it is important to remember and honor the day and focus on Black freedom, resilience, and achievement. At the same time, because slavery set the foundation for racism and white supremacy in the U.S. which continues to this day, it is an important reminder of the past and an opportunity to reflect on our present and look to the future we want to create for racial justice and equity. All of this can and should be acknowledged, discussed and taught throughout the year.

In 2020, amid the racial protests in response to the murder of George Floyd by former police officer Derek Chauvin, many companies recognized Juneteenth as a holiday. These companies engaged in a variety of activities including holding a moment of silence, making Juneteenth an annual paid holiday, having guest speakers, encouraging employees to reflect on the history of racism, commemorating Black history, and many others. Juneteenth celebrations can include family gatherings and reunions, parades, festivals and street fairs, marches, rodeos, storytelling, picnics, and barbeques. At gatherings involving eating, red drinks and red foods are a tradition, with red symbolizing resilience.



How to Register a Cell Phone Number for Validation

- Lift Handset
- Make Language Selection
- Enter your PIN followed by #
- Press 1 to make a call
- Press 5 to register a cell phone number
 - Within a week of registering the number, your friend or family member will receive an SMS message telling them to go to ICSolutions.com to set up an account and validate their number



****Please note – Registering the number will only generate an SMS notification to advise your friend and family member to complete validation. They must still validate their number before you are able to call.****

How to Validate a Phone Number Online

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

To validate their phone number at ICSolutions.com, they will need:

- A credit/debit card number (for authorization purposes only)
- To be in possession of the phone they wish to validate
- The phone must be capable of receiving a call or a text message so they can receive the code to complete the validation

How to Register a Phone Number via Email

Your friend or family member will have to take action to get their number registered.

You will not be able to call them until their number is validated.

If a credit/debit card or cell phone are not available, friends and family members may validate their number by email to customer@icsolutions.com.

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID
 - * The address on the telephone bill and ID must match

How to Register a Phone Number via Mail

Your friend or family member will have to take action to get their number registered.

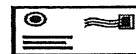
You will not be able to call them until their number is validated.

If your friends and family members don't have access to the internet, they may validate their number by mailing the below information to:

**ICSolutions
Customer Service
2200 Danbury Street
San Antonio, TX 78217**

They will need to send the following:

- A copy of their telephone bill (for the number they wish to receive calls)
- A copy of their government issued ID
 - * The address on the telephone bill and ID must match



If Friends & Family that already have an existing prepaid account – Click on the validate option.

Prepaid Collect Accounts			Attd
Phone	Agency	Balance	
(636) 626-1554	Oregon Department of Corrections - OR	\$10.01	Validate Fund

IC Solutions Support – (888)-506-8407

International Call Support Line. (Country Code) (210)-501-0115

American Calls - Support Line. (866) 228-4031

Cómo registrar un número de teléfono para la validación

- Levantar auricular
- Hacer selección de idioma
- Ingrese su PIN seguido de #
- Presione 1 para hacer una llamada
- Presione 5 para registrar un número de teléfono
- Dentro de una semana de registrar el número, su amigo o familiar recibirá un mensaje SMS diciéndole que vaya a ICSolutions.com para configurar una cuenta y validar su número



Cómo validar un número de teléfono en línea

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Para validar su número de teléfono en ICSolutions.com, necesitarán:

- Un número de tarjeta de crédito/débito (solo para fines de autorización)
- Estar en posesión del teléfono que desean validar
- El teléfono debe ser capaz de recibir una llamada o un mensaje de texto para que puedan recibir el código para completar la validación.

Cómo registrar un número de teléfono por correo electrónico

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Si una tarjeta de crédito/débito o un teléfono celular no están disponibles, los amigos y familiares pueden validar su número por correo electrónico a customer@icsolutions.com.

Deberán enviar lo siguiente:

- Una copia de su factura telefónica (del número al que desea recibir llamadas)
- Una copia de su identificación emitida por el gobierno
 - * La dirección en la factura telefónica y la identificación deben coincidir

Cómo registrar un número de teléfono por correo

Su amigo o familiar tendrá que tomar medidas para registrar su número.

No podrá llamarlos hasta que se valide su número.

Si sus amigos y familiares no tienen acceso a Internet, pueden validar su número enviando por correo la siguiente información a:

ICSolutions
Customer Service
2200 Danbury Street
San Antonio, TX 78217

Deberán enviar lo siguiente:

- Una copia de su factura telefónica (del número al que desea recibir llamadas)
- Una copia de su identificación emitida por el gobierno
 - * La dirección en la factura telefónica y la identificación deben coincidir



Si son amigos y familiares que ya tienen una cuenta prepaga existente, haga clic en la opción de validación.

Cuentas Prepagadas			Añadir
Teléfono	Agencia	Saldo	
(971) 318-1125	Oregon Department of Corrections - OR		Financie su cuenta. <input type="button" value="Validar"/>

Soporte de soluciones IC: (888)-506-8407

Línea de soporte de llamadas internacionales. (Codigo de país) (210)-501-0115

Llamadas Americanas – Línea de Soporte. (866)-228-4031

The Department of Corrections (DOC) recognizes the importance of family connections during incarceration and we are working to ensure visiting applications are being processed in a timely manner.

Visiting Services remains open and is working hard to process visiting applications for you and your loved ones – including regular caseload maintenance and renewals.

Waiting to submit an application until the last minute could result in a delay. Now is the time to get these submitted.

- Encourage family and friends to submit applications online – the form is available on DOC's

website.

- You may also submit applications directly to Visitor Services using: DOC.Visitors@doc.oregon.gov

All visitors must ensure they are on the adult in custody's (AIC's) approved visitors list **before** scheduling an in-person visit.

While the online system allows for scheduling regardless of visitor status, the visit will be denied at the institution if the visitor is not approved. Check with your incarcerated loved one to ensure your visiting status is up to date.

Please visit DOC's website at: (available 24/7) for the most accurate and up-to-date information on institution visiting: <https://www.oregon.gov/doc>

This website link <https://www.oregon.gov/doc/visiting> takes you directly to the Visiting section with information on:

- Visiting requirements and restrictions.
- A quick visiting checklist – what to bring and what to leave at home or in a facility locker; and
- Anti-drug smuggling information.

The site also has links to the following specifics: ~~deleted comment in this section~~

- How to become a visitor
- Visiting guidelines
- Arriving at the facility
- Visiting hours
- Visiting alerts

IMPORTANT NOTE: We are NOT processing any Administrative Review requests at this time. Updates will be shared once Visiting Services reengages with these requests.

El Departamento Correccional (DOC) reconoce la importancia de las conexiones familiares durante el encarcelamiento y estamos trabajando para garantizar que las solicitudes de visitas se procesen de manera oportuna.

La sección de Servicios de visitas del departamento permanece abierta y está trabajando arduamente para procesar las solicitudes de visitas para usted y sus seres queridos - incluido el mantenimiento y las renovaciones de casos regulares.

Esperar para enviar solicitudes hasta que se reanuden las visitas podría resultar en un retraso. **Ahora es el momento de enviar las solicitudes.**

- Anime a familiares y amigos a enviar solicitudes en línea - el formulario está disponible en el sitio web del DOC.
- También puede enviar solicitudes directamente a Servicios para visitantes usando: DOC.Visitors@doc.oregon.gov

Todos los visitantes deben asegurarse de estar en la lista de visitantes aprobados del adulto bajo custodia (AIC) antes de programar una visita en persona.

Si bien el sistema en línea permite la programación independientemente del estado del visitante, la visita será denegada en la institución si el visitante no es aprobado. Consulte con su ser querido encarcelado para asegurarse de que su estado de visita esté actualizado.

Visite el sitio web del DOC en: (disponible las 24 horas del día, los 7 días de la semana) para obtener la información más precisa y actualizada sobre las visitas a instituciones: <https://www.oregon.gov/doc>

El enlace de este sitio <https://www.oregon.gov/doc/visiting> lo lleva directamente a la sección de visitas con información sobre:

- Requisitos y restricciones de visita.
- Una lista de verificación de visita rápida: qué llevar y qué dejar en casa o en un casillero de la instalación; y
- Información contra el narcotráfico

El sitio también tiene enlaces a los siguientes detalles:

- Cómo convertirse en un visitante
- Directrices de visita
- Al llegar a las instalaciones
- Horas de visita
- Alertas de visitas

NOTA IMPORTANTE: NO estamos procesando ninguna solicitud de revisión administrativa en este momento. Las actualizaciones se compartirán una vez que Visiting Services vuelva a comprometerse con estas solicitudes

Tips on being a Better Parent to your Children from Prison

The separation of child and parent is one of the most difficult issues involving incarceration, especially for the child. And an unfortunate reality is that children of inmates are statistically more likely to become incarcerated than children who do not have a parent in prison. Having a parent in prison creates unique hardships other children never contend with. We say this not to discourage you, but to prepare you. This guide is designed to help you strengthen the bonds between you and your child and to help both of you improve on a bad situation.

First, a reality check. Perhaps you were not the most involved parent you could have been before you were incarcerated. Perhaps your own parents were not the best role models. You may be tackling "parenting from prison" with a lot of unresolved related issues. These could get in the way of your attempts now to be the best parent you can be while incarcerated. But, instead of allowing these to become excuses that keep you from reaching out to your child, embrace them as reasons to reach out. Children want and need their parents' involvement, even if that parent is incarcerated.

Step 1) Reach out. If you are not currently in contact with your child, get in contact. Whether by mail, phone or third party, you need to establish contact. There are some cases where you may have been ordered by the court not to have contact with your child, and you must, of course, avoid contact if you have been court ordered to do so. These instances are rare, but they must be respected, or that can further jeopardize your relationship with your child.

Step 2) Stay in contact. Make note of important dates in your child's life such as school projects, events with the family, etc. Send cards on birthdays and holidays. In some cases, you may need to make the cards if none are available to you for purchase. Do so. Your child will likely appreciate the gesture even more. Relying on artists around you (there are usually many), you may likely create an even more meaningful and personal card than you would have by just purchasing one. Maintaining contact is absolutely essential. Write letters. Be positive and be consistent. Staying in contact won't always be easy. Sometimes your child may pull away because of incarceration. It is up to you as a parent to make this work.

Step 3) Get along with family. Regardless of your relationship with the child's caretakers (current spouse or partner, ex-spouse, grandparent, aunt/uncle, foster parent, etc.), respect the relationship the child has with this authority figure. Resist any urge to meddle, second-guess, or criticize. Model the value of respect. Respect the person caring for your child, and encourage your child to do the same. Create a support system either using family or pen-pals. It will be much easier to stay involved with your children if you have a good support system on the outside. A positive relationship with your child's caregiver is essential. Keep them informed and ask them to keep you informed. Let them know the positive progress you're making in your life as well, so it is reiterated to your child. Try to work as a team if possible. It will be important for your children to see that you and their caregiver have faith in each other and operate in unison for their benefit.

Step 4) Keep promises. If you make a promise, always keep it, and try to never make a promise you are unsure of. Your incarceration may prompt your child to question the confidence they once placed in you. Work to rebuild trust. Be honest.

Step 5) Know your child's interests. Focus on your child's hobbies such as music, sports, etc. Be aware when related topics are in the news so you can discuss these events or mention them in letters. Work with your social network outside of prison to find some after-school or weekend programs related to these topics in your child's hometown. Make a list of locations, days, times, materials needed, etc. and give them to your child. They will be thrilled to see how much you care, and they may feel empowered to see that you are capable of doing things just like any other parent could do. You do not need to go into detail on how you obtained the information. In some cases, you will find caring staff members who will help you do this. Suggest this to the prison as an actual option for other parents. If they won't help, ask a pen-pal or family member on the outside for help.

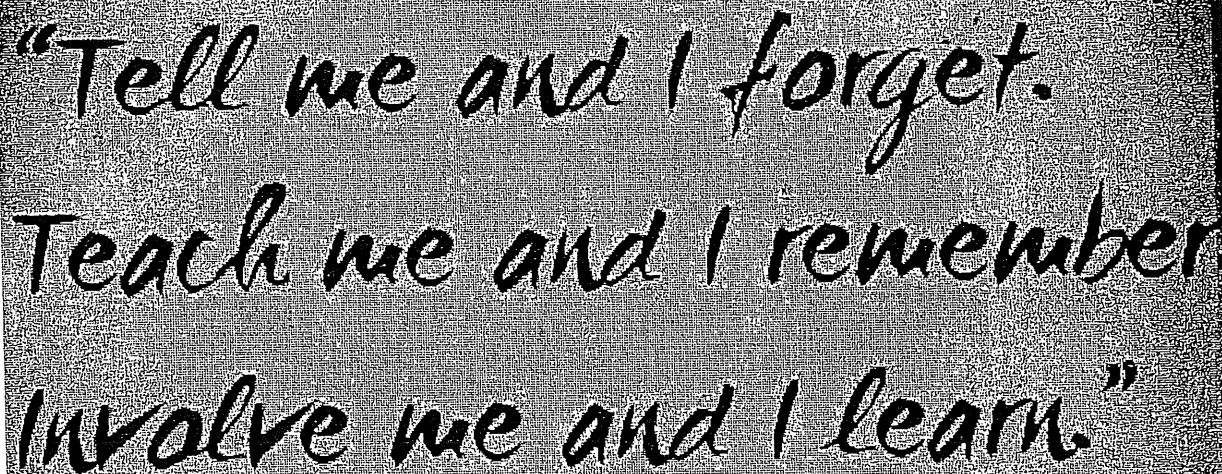
Step 6) Help with homework. No, you can't look over their math homework each night, but you can and should ask what they're studying, how they're doing, and how you can help. If they are older, ask them to share papers with you – stories or essays they've written, things like that. Give them specific praise and feedback. Learn the names of the teachers, administrators and coaches. Listen. If they are having difficulty in a subject, offer guidance. Since you can't study with them, encourage them to talk to the teacher, guidance counselor, coach, etc. Encourage them to find a tutor if necessary. Avoid talking negatively about the teacher or school. Encourage the child to take responsibility and learn to solve problems at school. Talk about the future – college and careers – and how being a good student now will lead to success. Encourage them to participate in clubs, band, chorus, sports or other extracurricular activities that will help keep them in school. Research shows that kids who are involved in at least one extracurricular activity are less likely to drop out. Always ask for copies of report cards. Discuss these with your child. Knowing you are interested will increase their motivation to do better. Don't criticize if they do poorly but discuss with them how they can do better. Let them make suggestions. Listen, and offer guidance. Discuss issues such as tutoring or discipline with your child's caregiver. Be as involved with decision making as possible.

Step 7) Promote positive behavior. You are no longer in a position to be a disciplinarian, but you are in a position to reinforce positive behavior by praising your child. Thank and praise them for good behavior, focusing on school, etc., but being careful not to burden them with guilt or responsibilities that should not be theirs. For instance, don't ask your son to be "the man of the house" or your daughter to be "the woman of the house" (depending on which parent is incarcerated). Their job is simply to stay out of trouble and do well in school and to help at home the way all children should with regular chores and responsibilities – not taking on the role of an incarcerated parent! Don't make them feel guilty about things. They have enough to deal with. Be positive. Don't lose your temper.

Step 8) Invite them to visit. While visits may not be something you can do all the time, try to arrange to see your child as often as possible. Keep up appearances when you visit with your child. It is important for them to know that you are safe and doing well. Let them know what productive activities you do while in prison. Visiting time can grow idle sometimes. Prepare a mental list of positive issues to discuss. Talk to your prison about programs that may be available to parents. In some cases, they will let you record a book to tape or CD to send to your child. If your prison doesn't have such a program, suggest it to a caring staff member.

Step 9) Say, "I love you." All children need to hear this. Say it on the phone, in letters, in cards, and during visits. Say it with your actions. Even if you did not have a positive relationship before you were incarcerated, it's not too late to build one now. Your child may be angry with you or even feel responsible for your incarceration. Regardless of your child's attitude today, consistently showing your love can make a long-lasting and positive difference.

Step 10) Parent. Parenting is never easy even under ideal circumstances. Your incarceration affects not only you but your family as well, especially your children. Of everything you can do while in prison – furthering your education, working at a prison job, etc. – nothing is more important than reaching out to your child with love, respect, and consistency. Set a good example. Be positive. Communicate frequently. Address problems as they arise honestly and with a real desire to resolve them. Be a role model. Yes, even in prison you can be a role model. Show them that you take responsibility for your actions, that you don't blame others, that you can still better your life, and that you love them and intend to be there for them to the best of your ability. Don't shy away from the subject of incarceration with your child. Talk to them about what brought you to this situation and most importantly, how they are going to avoid it by learning from your mistakes.

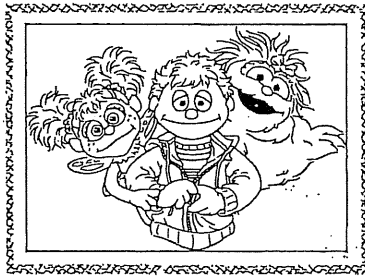


*"Tell me and I forget.
Teach me and I remember
Involve me and I learn."*



LITTLE children
BIG challenges: incarceration

Tips for Incarcerated Parents



You will always be a parent. Even though you are incarcerated, you can still play an important role in your child's life. Try these actions to assure your child that you still care about her and will always be her parent.

Answering difficult questions

Your child may have trouble understanding why you're gone. There are ways you can answer his questions truthfully and in ways that he can understand.

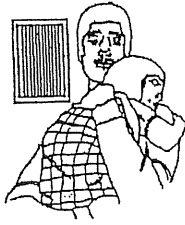
- Where are you?
"I'm in a place called prison [jail]. Grown-ups go to prison [jail] when they break a rule called a law. I'm not here because of anything you did. This is not your fault."
- When will you be home?
"I won't be home for a while. I'm waiting for more information and will let you know when I find out. I'd rather be home with you but know that wherever I am, I'm thinking about you."
- Will I get to see you?
If your child can visit: "You can visit me in prison once in a while. Your caregiver will let you know when. Between visits we can write letters and talk on the phone."
If your child cannot visit: "We may not be able to see each other often, but I want you to know that I'm always thinking of you."

Connecting through visits

Seeing you can assure your child that you are okay. Here are some things you can do:

- Help your child feel comfortable
Your child may feel nervous at first. Let her know you are happy to see her. Continue any rituals or customs you have together such as singing a song. Ask her questions about herself, such as: "What do you do with friends? What have you learned in school?"
- Make the most of your time together
Take turns describing something you see and asking her to guess it; making funny faces; or discussing favorite colors, music, or sports teams.
- Make good-bye easier
Saying good-bye is hard. Come up with a special phrase you both can say at bedtime or something you will both do at the same time each day even though you are apart.

Good communication is one way to help support your child.
Build a positive relationship with her caregiver so she experiences support and love from you both.
Talk to your child's caregiver about visits, letters, and phone calls.



▼ Tips from a Father in Prison

▼ Michael Carlin

As a father in prison, I have experienced many different emotional highs and lows in trying to reattach to my son who is now a man with a family of his own. In my particular case, it was most difficult getting past the negative things my son was told about me during our separation.

This is a common experience for incarcerated fathers. For years I had many questions about my son and how he was managing without a father.

How had our separation made him feel about me being in prison? What exactly had he been told about me, and how could he eventually overcome any negative images or preconceived notions about me based upon what he was told?

Was he angry? Was he worried about it? How did he think I felt about him? Most importantly, who did his father's incarceration make him in his own eyes? So many questions.

The following is a list of suggestions that you can try in maintaining the attachment to your children from inside a prison.

- (1) **Even if your relationship with the mother of your children is over**, you need to establish and maintain a positive relationship with her. For the sake of your children try to find ways to connect with her respectfully.
- (2) **Don't expect big changes right away** from your family members. Take your time.
- (3) **Find out about policies** regarding how you can connect with your child-visitation, letters, telephone calls, audio tapes, etc. Ask your prison chaplain, counselor or other staff.
- (4) **Develop a plan and follow it** on how often you will connect with your child.
- (5) **When explaining to your children why you are not living with them**, be honest but respect their ability to understand it according to their age.
- (6) **When telling your children how important they are to you**, do not be surprised if they do not respond the way you want them to. Children are often angry that you did something wrong that prevents you from being with them.
- (7) **To establish and maintain your family relationships** be ready to make amends and apologize to them.
- (8) **Find ways to support your children emotionally, financially, and spiritually** as much as possible.
- (9) **Your family/children need to be able to rely on you** if you say you will call or write regularly, so be consistent in your approach and your contact schedule.
- (10) **Be realistic about goals and expectations**. Don't expect too much, too soon from them.
- (11) **Remember family celebrations, special occasions and cultural events**. If you have hobby crafts at prison make gifts or draw pictures and make them into a coloring book.
- (12) **If at all possible, purchase small items for your children** through commissary or mail order catalogs.
- (13) **Use your time constructively**. Get your GED, take Parenting Classes, Anger Management, Adult Continuing Education Classes, anything that better yourself.

(14) Some prisons allow you to purchase and make video or audio tapes. Use these to tell stories, share memories, bedtime stories, etc. Have your children listen to it when they miss you.

(15) Before your release date, clear up any legal problems that may be pending: driving record, credit problem, child support, etc.

(16) Your children might not know how to say exactly what they are feeling and thinking, so be patient with them.

(17) Make a realistic plan and follow through, no matter how bad things get, when re-connecting with your children after you are released from jail.

(18) While you are still in prison, research programs that might help you reach your goals once released. Seek out programs about parenting, housing, jobs, legal problems, credit problems, etc.

(19) Work with other prison fathers trying to connect with their children from inside prison.

(20) Get some counseling from the appropriate staff (psychologist, Chaplain, case manager, correctional counselor).

(21) Think about how you want to be a parent and your future as a dad and make decisions about that future. Look at your own relationship with your Dad to see what was learned, good and bad.

Think about how you want to be a parent and your future as a dad and make decisions about that future. Look at your own relationship with your Dad to see what was learned, good and bad.

(22) Go to the prison library, take the time to read what you can to try to learn being a better Dad. Try to read as much as you can about father/child relationships.

(23) Check out some of the other resources in the Incarcerated Fathers Library.

Michael Carlin was selected as the recipient of the first Fellowship of the Center for Children of Incarcerated Parents in 1996. He has served 14 years of consecutive sentences to state and federal prison for bank robbery and escape.

Incarcerated Fathers Library pamphlets may be downloaded without charge from the Family and Corrections Network (FCN) web site, www.fcnetwork.org. Duplication is permitted and encouraged, so long as the materials are not altered or sold.

A printed set of the ten pamphlets can be ordered for \$6.00, shipping included, from FCN at the address below. Ask for *FCN REPORT #31 - The Incarcerated Fathers Library*. Sorry, FCN is not budgeted to mail free copies.

The Incarcerated Fathers Library was made possible with the generous support of the Snowden Fund of the Tides Foundation. Many thanks to Michael Carlin and Joel Argentino for their valued work on this project.

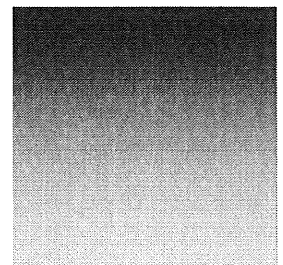
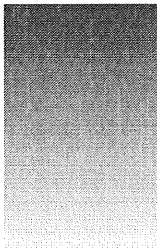
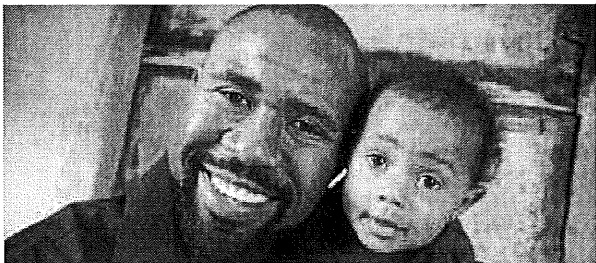
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Tip Sheet for Incarcerated Parents: Planning for a Visit from Your Child/Children

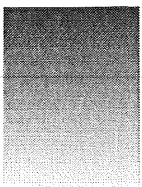
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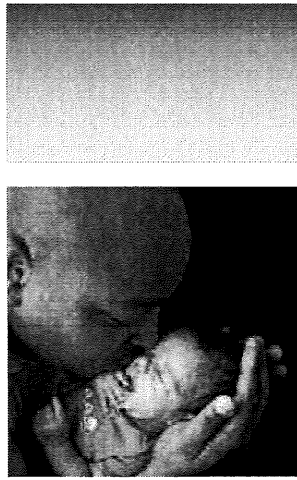
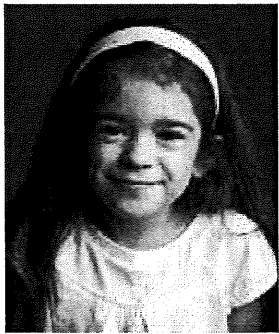
Visitation can be an important and meaningful experience for incarcerated parents and their children, but it can also be a source of stress and anxiety when parents' or children's expectations do not align with what ends up happening. Many aspects of visitation are outside of the control of an incarcerated parent, but there are things you can do to anticipate problems and reduce stress to make visitation a positive and beneficial experience for everyone involved. Below are things to consider when planning for a visit from your child. If you do not know the answer to a question, think about who in your facility you can ask for an answer such as other incarcerated parents, volunteers, or facility staff. Even if you cannot find the answer to a particular question, if you think it could affect the visit make sure your child's caregiver is aware of the issue.



Things to Consider Before the Visit

- **What are the rules?** It can be very disappointing for everyone when families are turned away and not allowed to visit because they did not understand the visiting rules and procedures of the facility. To help prevent this from happening, check with the staff and let your family know the rules on:
 - What can visitors wear? Many facilities prohibit revealing clothing, sweatshirts with hoods, or spandex-type clothing. Open toed shoes may also be a problem.
 - What can visitors bring to a visit? Some facilities allow caregivers with infants to bring a bottle, a change of clothes, and a diaper; and they may allow a child to bring a toy or a book; other facilities do not. Can a child bring a gift? Many facilities do not allow visitors to bring in gifts or other items including cash for their loved one. It can be terribly disappointing for a child to plan to give their parent a drawing or small gift only to be told at security that it is not allowed.
 - How many visitors are allowed at one time? Facilities can be very strict on the maximum number of visitors and count infants towards this number. If only two people are allowed in and there are three young children, make sure your visitor knows that he/she may need someone to watch the other children while you are visiting. How can you divide visiting time evenly between your children? Is there a waiting area for additional guests to stay in during the visit if not everyone is allowed in at one time?
- Who needs to be on the visitation list? Some facilities only require adults to be on the list, while others require minors to be included as well. Even if you have already made a request to put someone on the list, it is good to check before they visit to make sure your request has been processed.
- **How will your child react to the security?** Jails and prisons can be intimidating environments for children, especially if this is their first visit. Trying to familiarize yourself with what your child will encounter during their visit and if possible explaining this information to them or their caregiver before the visit can help children feel more comfortable.
 - Think about what your child can expect to experience when going through security. Factors that could be intimidating include having dogs on site, going through a metal detector, and guards patting them down. Children may also face long lines and wait times without being able to bring along books, toys, or food. This may make children hungry, tired, and irritable by the time they are able to see you.
 - Consider informing them about the environment of the visiting room, such as if it is typically crowded and noisy with many other visitors. This may be a distraction for children during the visit, but knowing the environment ahead of time can help to prepare them.





- **Will your child/children be able to touch you?**

The format of the visitation can vary by facility and sometimes children can become upset if they are not able to have as much physical contact with their parent as they had anticipated. If possible, informing your child or their caregiver about what the format of the visit will be ahead of time can help children prepare for the visit. For example, factors to consider could include:

- Are the visits video (or virtual) where you visit through a computer monitor?
- Will you and your child be separated by Plexiglas?
- Are contact visits allowed and if so what are the rules? Can your child hug you or sit on your lap? Do these rules vary by the age of your child?
- How long are the visits?

- **How can you interact with your child/children?**

Visitations are a great time to bond with your child and thinking about what activities may be age appropriate to do during your visit can help to maximize this time.

- If you have a baby you may want to sing quietly or read them a book.
- An older child or teen may want to talk about what is going on with their school or sports.
- Depending on the rules of the facility and the resources available, consider playing cards or another game together.
- If it is a no contact visit, try to develop a signal to convey your emotions to the child, such as hands to the glass.

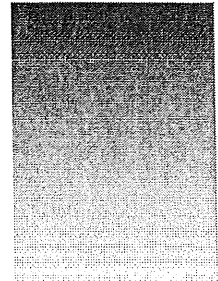
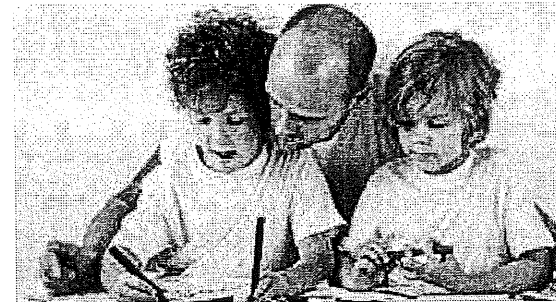
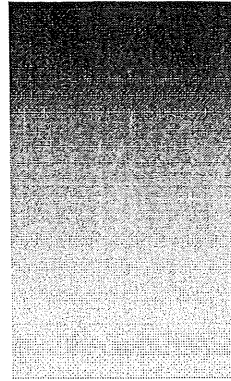
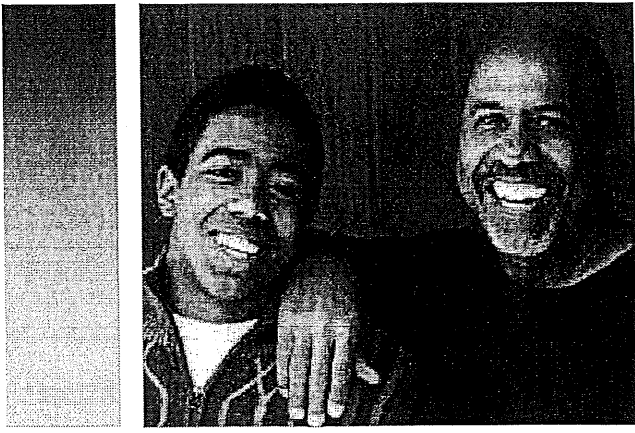
- **Who is bringing the child/children?** Considering who is bringing your child to the visit and what your relationship is with that person can help to prevent negative conversations that may arise.

- If you have a particularly strained relationship with the person bringing your child to visit, try to put those feelings aside so that you can prioritize this time with your child.
- If there are things that you would like to discuss with this person that your child should not hear, encourage them to visit at another time without the child or make a plan to discuss those issues by phone.

- **Are there special visiting programs available?** Some prisons have programs that allow special accommodations for visits between incarcerated mothers or fathers and their children such as contact visits or visits in child friendly rooms equipped with toys and activities. These programs can be really valuable for your children, but they often have special rules or eligibility criteria. To see if you and your child can benefit from one of these programs, ask about who can participate and how you can be involved.

Things to Consider During the Visit

- **Your child may be nervous.** A child experiencing some nervousness, especially if this is their first visit, is normal. Try to give your child some time when they first arrive to settle in and consider what you know about their personality. For example, if your child is particularly shy or anxious, they may need a little more time to warm up in a new environment.
- **Your child may have changed since the last visit.** If your child has visited before, but it has been a while since they have last seen you, they may comment on how you look different. Acknowledge your child's own development and change (For example: "You've gotten so tall." or "I can't believe how many teeth you've lost since I last saw you!").
- **Good questions to ask.** There may be things that are happening in your child's life that are particularly exciting or stressful for them such as moving, changing schools, or participating in a new sport or activity. Visitations can be a perfect opportunity for you to ask them about these events and their feelings about them. Every parent-child dynamic is different, but sometimes asking specific questions like "what's your favorite class?" or "tell me about your best friend" can engage your child more than general questions like, "how are you?" Do not get discouraged if the child doesn't talk as much as you would like. For smaller children, physical contact, if allowed, can be more important and meaningful than talking.
- **Ways to engage other than talking.** Children may have their own ideas on what they would like to do during the visit. If there are toys to play with during the visit you can use this opportunity to ask if they would like to choose a game to play or if they would prefer to just sit and talk. Some facilities have photo machines or other ways that you can have a picture taken with your child.



Some facilities charge with cash and coins while others require visitors to purchase tokens or tickets. Making sure caregivers are prepared to have cash with them for vending machines and photo opportunities can be useful when possible.

- **Timing matters.** The time of the visit may impact how your child feels during the visit. For example, if visits begin early in the morning, children and their caregivers may have been up very early to allow time for travel or if the visits happen over the lunch hour they may feel hungry. Often, these factors are unavoidable, but it can be useful to keep in mind during the visit and try to be understanding.
- **How to make saying goodbye easier.** Try to give your child 5 minute and 10 minute warnings before the end of the visit so that they can start mentally preparing to leave. Children can feel more at ease if they know the next time they will be able to visit. If you know this information, tell your child roughly when the next visit will occur. If possible, try to provide a transitional item for the child to take home such as a drawing or photo to end on a positive note.

Things to Consider After the Visit

- **Who can the child talk to about it?** It is important for children to be able to express their feelings about the visit. Families and other individuals can be a great support system. Consider talking to your child's caregiver about reaching out to a broader support network, both within and beyond your family for advice and assistance.
- **Follow-up with a call or letter.** It may be helpful to call or send a letter a few days after the visit to remind your child that there are other ways to communicate other than in-person visits. It could also be nice to ask a question or share a detail that your child told you during the visit to show that you were listening, such as "how did that test go?" or "are you still feeling sad about so and so?"
- **What are other sources of support for your child?** There may be programs or resources that can help your child through this time. Encourage your child's caregiver or other family members to look into mentoring programs or other resources that can be of assistance to your child. You can share with them the "Resources for Caregivers" section.

Resources for Caregivers: Talking to Children

Sesame Street's *Little Children, Big Challenges: Incarceration*

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration>

Materials from the National Resource Center on Children and Families of the Incarcerated

<http://nrccfi.camden.rutgers.edu/resources/library/children-of-prisoners-library/>

Including:

Age-specific guidance

<http://nrccfi.camden.rutgers.edu/files/cipl201-caringforcip.pdf>

Advice for caregivers

<http://nrccfi.camden.rutgers.edu/files/cipl202-questionsfromcaregivers.pdf>

<http://nrccfi.camden.rutgers.edu/files/cipl204-tipsforcaregiversfromcaregivers.pdf>

Materials from the New Jersey Department of Corrections, *When a parent goes to prison: A guide to discussing your incarceration with your children*

<http://www.state.nj.us/corrections/pdf/OTS/InmateFamilyResources/WhatAboutMe.pdf>

Materials from the Oregon Program, *Parenting Inside Out* (providing evidence-based curriculum for incarcerated mothers and fathers)

<http://www.parentinginsideout.org/>

Including a set of materials targeted toward educators and caregivers and a collection of resources for children

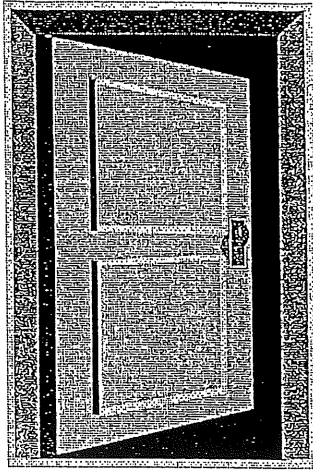
<http://www.parentinginsideout.org/resources/>

For children in foster care

<http://www.aecf.org/m/resourcedoc/aecf-F2F-PartnershipsBetweenCorrectionsandChildWelfareCollaborationforChangePartTwo-2001.pdf>



www.THECOLOR.com



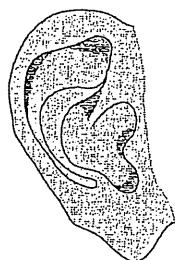
DOOR OPENERS ... say more than just what the words say.

When you listen with love and use door openers, your child “hears” more than the words you use. Here are some of the things that listening “says” to your child:

- *You have a right to express how you feel.*
- *I respect you as a person with ideas and feelings.*
- *I can learn things from you.*
- *I really do want to hear your point of view.*
- *Your ideas are important to me.*
- *I am interested in you.*
- *I want to understand you better.*
- *I’m here for you.*
- *I’m glad you want to share your life with me.*
- *Your feelings are important and valid.*



LISTENING FROM THE HEART



Neutral responses are simple responses that signal you are listening but don't communicate judgments or opinions. For example:

- "I see."
- "Oh."
- "Really."
- "How about that."
- "You did, huh."

Invitations to say more are phrases that encourage your child (or anyone else, for that matter) to keep talking. For example:

- "Tell me more."
- "I'm interested in hearing all about it."
- "Keep talking – this is fascinating."
- "Would you like to talk about it?"
- "Sounds like you had a heck of a day."

Active listening opens the door and helps keep it open. In active listening, the parent tries to understand what the child is feeling and trying to communicate. The parent then puts his understanding into words and repeats it back to the child. The parent avoids all "roadblock" responses. For example:

Johnny: "I'm bored. I don't have anyone to play with."

Dad: "You're not happy about the fact that your friends are out of town."

Johnny: "Yeah. I don't know what to do around here for fun."

Dad: "You're having a hard time figuring out what you'd like to do this afternoon."

Johnny: "Uh, Huh. Maybe I'll go down to the gym and see if I can get in a basketball game."

Dad: "Good idea. Want a ride down there?"



PERSONAL RIGHTS

In order to appreciate myself and have more control in my life, I have the right to...

Ask for what I want.

To say "No" and not feel guilty.

To make mistakes.

To express my ideas and thoughts.

To express my feelings.

To ask questions.

To change my mind.

To say "I don't know."

To think before I act.

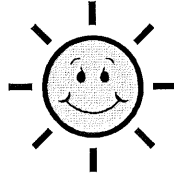
To ask for help.

To be treated with respect.

To feel good about myself.

To decide if I want to assert a personal right.

POSITIVE FOCUS Worksheet



Write some positive sentences about yourself, using the topics below. Begin your sentences with the word "I." For example, "I have a great sense of humor."

Body/Physical

1. _____
2. _____
3. _____
4. _____
5. _____

Personality

1. _____
2. _____
3. _____
4. _____
5. _____

Skills/talents

1. _____
2. _____
3. _____
4. _____
5. _____



Negative Self-Talk

WATCH OUT FOR THESE TYPES OF NEGATIVE SELF-TALK

1. Self-talk that puts you down. This includes harsh, critical, negative thoughts about yourself or thoughts that tell you that you're "no good" or "hopeless."

Everybody thinks I'm stupid.
I'll never amount to anything.
I always get it wrong.
I deserve to be unhappy because of my past.
If something goes wrong, it's always my fault.
I'm just no good.

2. Self-talk in which you blame, condemn, resent, or put-down others. This includes thoughts that try to make other people responsible for your problems or mistakes. It may also include thoughts that other people are "no good" or out to get you.

He's really stupid.
She shouldn't treat me that way.
If he really loved me, he'd act differently.
She thinks she's so much better than me.
He's trying to hurt me on purpose.
It's all her fault that I'm so upset.

3. Self-talk that keeps you stewing over life's normal ups and downs. This includes thoughts that it is awful, terrible, unfair, or unbearable when you run into problems.

Life should always be fair.
I shouldn't have to deal with hassles.
People who disappoint me are awful.
I just can't cope when things don't go perfectly.
It's absolutely horrible if I make a mistake.
People should give me what I want when I want it.



Challenging Negative Self-Talk

Follow these steps

1. **Awareness.** Be aware of the "voice inside your head" and what you hear it saying. When you experience stressful feelings such as anger, frustration, guilt, worry, or resentment, ask yourself:

Is my self-talk putting me down?
Is my self-talk putting others down?
Is my self-talk telling me I should never have problems?

2. **Reality-check.** Once you have identified your self-talk, answer these questions honestly. If the answer to any of them is "No," then start working on positive self-talk:

Is this self-talk helpful?
Is this self-talk helping me feel better?
Is this self-talk good for my relationship with others?
Will this self-talk help me solve my problems?

3. **Develop positive self-talk.** If your self-talk is not helpful or is actually making you feel bad about yourself or others, then replace it. Develop positive self-talk and substitute it for the negative. For example:

Calm down. Take it easy.
Don't be so hard on yourself.
I'm angry, but anger is not going to solve this problem.
People are not perfect. I'm not going to cast stones.
I don't like this situation, but I can handle it.

4. **Communicate.** If the stressful situation involves another person, speak up about your concerns. Talk about your feelings and ask for what you need. Use I-Messages and active listening to help you communicate clearly.