



THE UNCLASSIFIED

OCTOBER 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
- Halloween facts
- DOC messages
- CURE
- Getting along in prison
- Self-help corner: stress, anger and mindfulness
- Could you pass this test ? 😊 😊

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!

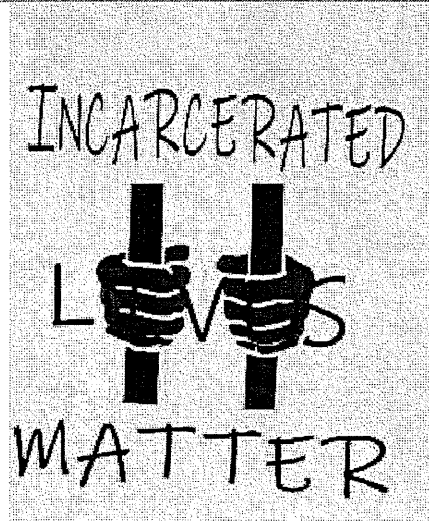
THANKS 😊

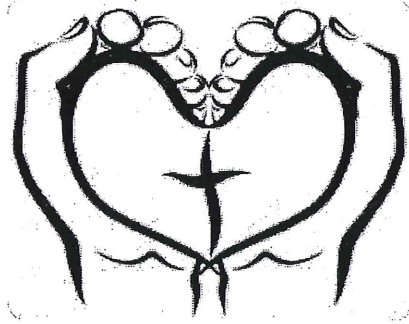


All of you matter to the intake team and we are eager to meet with you and listen to your wants, needs and goals. We might not always give you the answers you want to hear however you will be treated with respect and dignity and we thank you for your patience!

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





Greetings from Religious Services! Happy October! 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 CCIC Chaplain 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.



HAVING TROUBLE WITH T-MOBILE?

WE WORK TOGETHER!

The Department of Corrections is aware that T-Mobile and Boost Mobile customers may have difficulty receiving calls from AICs due to T-Mobile's spam filters. T-Mobile is investigating the issue.

There are currently two solutions:

- You can call T-Mobile customer service and request that the number associated with the prison be removed from the blocked spam list. For general help, dial 611 from your T-Mobile phone or call 1-800-937-8997.
- You can also download the "Scam Shield app," which should be a T-Mobile app. From the application, you can add the number you want to allow yourself.

If you have the Scam Shield app, disable it and/or manually add the phone number to the list of approved people. Double-check that your phone does not have "unknown call filtering" enabled.

If you have an emergency, please contact the center directly.

DOC FACILITIES	PHONE NUMBER
Coffee Creek Correctional Facility	1-503-855-0998
Columbia River Correctional Institution	1-971-273-1989
Deer Ridge Correctional Institution	1-458-230-5136
Eastern Oregon Correctional Institution	1-541-304-2132
Oregon State Correctional Institution	1-971-273-1992
Oregon State Penitentiary	1-971-273-1993
Powder River Correctional Facility	1-541-406-0107
Santiam Correctional Institution	1-971-273-1991
Snake River Correctional Institution	1-541-709-5093
South Fork Forest Camp	1-971-341-3203
Two Rivers Correctional Institution	1-541-626-0029
Warner Creek Correctional Facility	1-541-407-1299



Financial Services

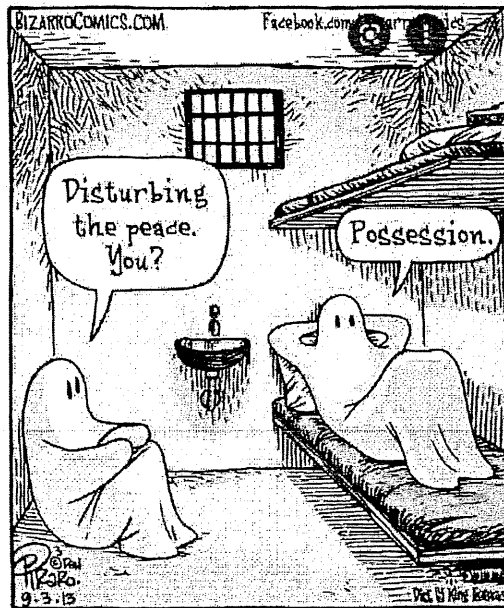
Informational Briefing

Adult in Custody (AIC) Trust Accounts

<p>General Spending Account</p>	<ul style="list-style-type: none"> • Primary spending account for AICs • Eligible deposits are received into this account <ul style="list-style-type: none"> ◦ <i>Examples: Deposits received from friends/family, and PRAS</i> • AICs use the Request for Withdrawal of Funds form (CD28) to facilitate financial transactions from the General Spending Trust Account • Funds in this account are not protected from debt/obligation collection or garnishment
<p>Protected Spending Reserve Account</p>	<ul style="list-style-type: none"> • This is a spending account established for AICs who receive protected money <ul style="list-style-type: none"> ◦ <i>Examples: disability benefits for veterans, moneys received from Native American or tribal government, railroad retirement benefits, OCE Prison Industry Enhancement (PIE) Awards</i> • AICs use the green Request for Withdrawal of Funds from Protected Reserve form (CD28P) to facilitate financial transactions from the Protected Reserve Trust Account • Funds in the Protected Reserve Trust Account are protected from debt/obligation collection or garnishment
<p>Transitional Savings Account</p>	<ul style="list-style-type: none"> • Established per SB844/ORS 423.105 as a means for AICs to save funds for release from ODOC custody • 5% of each eligible deposit is received into the AICs Transitional Savings Trust Account until the account reaches \$500 • AICs may elect to transfer funds into this account by submitting a transfer request form (CD1832, <i>available electronically and in paper</i>) up to \$500 • AICs may continue a 5% deduction of their eligible deposits beyond \$500 if court-ordered financial obligations (COFOs) are satisfied • Funds in the Transitional Savings Trust Account are protected from debt/obligation collection or garnishment, but this is not the same thing as the Protected Spending Reserve Account
<p>General Savings Account</p>	<ul style="list-style-type: none"> • Established as a means for AICs to save funds outside of the Transitional Savings Trust Account • AICs may elect to transfer funds into the General Savings Trust Account by submitting a transfer request form (CF1832, <i>available electronically and in paper</i>) • Funds in this account are not available until the AIC releases from ODOC custody; an exception may be granted by the CFO or designee per OAR 291 Div. 158 • Funds in the General Savings Trust Account are not protected from debt/obligation collection or garnishment
<p>Obligated Reserve Accounts</p>	<ul style="list-style-type: none"> • Medical, Optical, Dental, Trip, Education, Religious, and Programming are accounts AICs use when there is a need to reserve funds for a good or service that meets specific criteria • AICs may receive deposits directly to one of these accounts from an external source • AICs must be approved to place funds into an Obligated Reserve Account • Funds in Obligated Reserve Accounts are deemed spent and therefore are not subject to debt/obligation collection or garnishment

Questions?

AICs may submit an AIC Communication form to Business Services (electronic communication option preferred & available on the tablet). Friends and Family may submit questions to dldoctrustinfo@doc.state.or.us.



The history of Halloween: A timeline through the centuries STARTING OVER 2,000 YEARS AGO

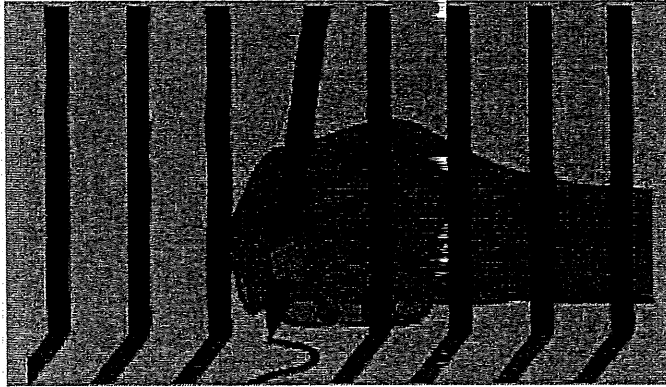
The origins of present-day Halloween are believed to date back over 2,000 years ago to a Celtic festival known as Samhain. This festival, held at the end of October, marked the end of the harvest season and the beginning of winter. The Celts believed the night of October 31 was a day when the living and dead overlapped, and the dead returned to earth. Fearing evil intent from the returned dead, festivalgoers wore costumes and masks to appease them.

43 AD: After four centuries of Roman rule, additional celebrations were added to the Celtic festival of Samhain. One was a day to honor the Pomona, Roman goddess of fruit and trees. As the symbol for this goddess is the apple, it is commonly believed that from this festival came the tradition of bobbing for apples on Halloween

609 AD: All Martyrs Day, a day to honor all saints and martyrs, became a tradition in the Roman church each November 1.

1000 AD: The Roman church dedicated November 2 as All Souls Day in honor of the dead. This day was celebrated with dressing up in devil, angel and saint costumes, and with bonfires and parades. All Saints Day celebration was also referred to as All-hallows and the night before began to be called All-hallows eve which eventually became Halloween.

PRISON POETRY



"Leave It"

Racial barriers

East and West Berlin

Kick a wall down

Reunite – make a new friend.

Think of our grandkids

We want them separated like this

Always worried about what's,

Yellow, red, black, or white

Any racial separation,

Based on color isn't right

God say's "We're all brothers and sisters.

Making the only allowed,

Separation in address; either.

Mrs. or Mr.

There's never been any point

To racially biast believe's.

They only serve as interruptions

In the desire for Peace.

Oscar Freedle 8003704

HISTORY OF HALLOWEEN: 1556

The tradition we now call trick-or-treating has its beginnings in a three-day event called All Hallowtide. These three days span the eve of All Saints Day into All Souls Day during which the participants dress in black to mourn the dead. This also begins the practice of "souling" in which peasants go door-to-door begging for food and treats given out in memory of the dead.

1600S: Halloween is banned by the Puritans of New England, because they consider it a Catholic holiday. Then, for the next 200-plus years, Halloween is celebrated primarily by Catholics and Episcopalians.

HISTORY OF HALLOWEEN: 1700S

Many of the traditions still associated with Halloween today begin to develop. Celebrants begin to dress up and go door-to-door singing for treats, turnips are turned into lanterns, and tricks are frequently played on others to imitate the hijinks of evil spirits.

LATE 1800S: Irish and Scottish immigrants, fleeing the Irish Potato Famine, arrive en masse to America and bring with them their Halloween traditions, making the celebration more popular.

EARLY 1900S: Halloween becomes a more secular holiday, with the focus taken away from witchcraft and ghosts and instead placed on family and friend get-togethers, parties and parades.

HISTORY OF HALLOWEEN: 1921

The first officially sanctioned Halloween celebration is held in Anoka, Minnesota. Over the next several years, more cities follow suit.

1930S: Costumes began to appear in shops, thus making Halloween a truly mainstream, money-making holiday.

HISTORY OF HALLOWEEN: 1966

Charlie Brown gets more tricks than treats in the now iconic Halloween cartoon, *It's The Great Pumpkin, Charlie Brown*.

1978

The first movie of a horror movie franchise, *Halloween*, is released, and Michael Myers becomes an evil mascot for the holiday.

HISTORY OF HALLOWEEN: 2004

The use of silly string on October 31 is banned from the city of Hollywood, California, with violators facing a \$1,000 fine.

2010

Too old? Trick-or-treaters in Belleville, Illinois, who are over the age of 12 are banned from going door-to-door, facing fines from \$100 to \$1,000.

HISTORY OF HALLOWEEN: 2014

1.31 billion pounds of pumpkins were produced by the states of Illinois, California, Ohio, New York, Pennsylvania and Michigan.

PRESENT DAYS

American consumers spent \$8.4 billion on Halloween candy, costumes, decorations and other products. The average person will spend almost \$45 for Halloween garbs and goodies. For a holiday that doesn't feature a big dinner or have a focus on gifts, that's a whole lotta pumpkin.



JOIN THE OREGON CHAPTER OF CURE

Fill out & mail to:
Oregon CURE
PO Box 80193
Portland, OR 97280

Name: _____
Address: _____
City: _____
State: _____ Zip: _____
Phone: home _____
work _____
cell _____
Email: _____

Prisoner's
Name: _____
SID #: _____
Address: _____

ANNUAL DONATION

Please check type of donation:

- Prisoner \$3.00
- Individual \$15.00
- Family \$25.00
- Sustaining \$50.00-\$100.00
- Sponsor \$100.00-\$250.00

Write to us:

Oregon CURE
PO Box 80193
Portland, Oregon 97280

Call us:

Portland: (503) 844-9145

On the web:

Oregon CURE
www.oregoncure.org
National CURE
www.curenational.org
International CURE
www.internationalcure.org

Email:

oregoncure@gmail.com
admin@oregoncure.org

Oregon CURE provides support and publications to help families/friends navigate the Oregon prison system:

- Quarterly Intake Orientations
- Monthly Support Groups
- Quarterly Release Orientations

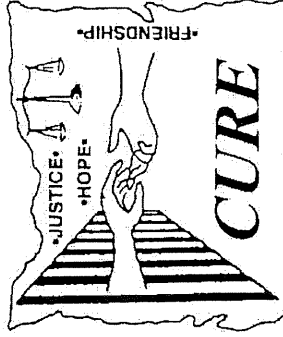
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- Keeping Love Alive
- Free-er but not Free
- Sometimes You're the Hammer - Sometimes You're the Nail

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Oregon CURE

Citizens United for the
Rehabilitation of
Errants



CURE HISTORY

CURE was formally constituted as a non-profit organization in 1975 in San Antonio, Texas by Charles and Pauline Sullivan. The Sullivans' interest in prison reform began during their involvement in peaceful anti-war demonstrations during the 1960s when they were arrested and jailed along with other protestors. This experience brought to the Sullivan's attention the general indifference to those incarcerated. CURE now has 40 state and issue chapters and over 30 countries belong to International CURE.

The mission of OREGON CURE is to reduce crime by advocating for effective criminal justice policies, procedures and programs.

OREGON CHAPTER CURE

CONCERNS

Harsh Sentencing Laws

Oregon's Measure 11 created "one-strike" mandatory sentences leading to population growth and alarming increases in prison youth population.

Expense

The average annual cost to incarcerate one prisoner in Oregon is over \$36,000. This does not include the cost of building the prisons and paying for existing prisons.

Overcrowding

The capacity of 14,500 beds in Oregon prisons has been reached. In October 2010, OSP Minimum was closed due to state budget deficits.

Voting Rights

Well-informed citizens make effective criminal justice policy decisions with their votes. Oregon allows previously incarcerated citizens the right to vote. In order to make your voice heard, you must register to vote.

Our primary goal is to reduce crime.

Since the majority of prisoners will someday return to society, CURE supports programs and treatment that enable prisoners to lead lives free of crime once they are released.

In this way, everyone in society benefits, as repeat offenses are dramatically reduced



Our mission is to reduce crime by advocating for effective justice policies and practices.

TODAY'S PRISONERS ARE TOMORROW'S NEIGHBORS

OREGON CURE ADVOCATES FOR:

- **Pro-Family Policies** such as improved visiting guidelines and equitable, affordable phone charges.
- **Improved Medical and Mental Health** treatment programs; re-instating drug and alcohol and sex offender treatment in prisons and communities.
- **Broadened Education and Job Training** including reinstating college courses and adding educational resources.
- **Reformed Sentencing Laws and Parole** guidelines to be consistent and fair. Expanded use of community-based alternatives.
- **Legislation** that promotes public safety and effective, humane correction policies and practices.
- **Effective Transition Programs** from prison back into the community, such as successful pre- and post-reentry programs.

JUSTICE
SUPPORT
HOPE

WHY SHOULD I CARE?

If unchanged, our current system will bankrupt our society both morally and financially. Would you continue to invest in a stock that never shows a profit? We want to invest in programs that work!

CURE supports restorative justice which seeks repair, reconciliation, and reassurance for the crime survivor, the offender and the community. This gives the offender the opportunity to be personally accountable, not just to "do the time." Oregon prisons need to be places where people in prison learn how to make responsible decisions.

CONTRIBUTIONS

Your donation to Oregon CURE will assist with:

- a means to working towards safer communities.
- advocating for prison reform in Oregon and at the national level.
- a periodic Newsletter.

**Sometimes
You're the Hammer,
Sometimes
You're the Nail**

Getting Along in Prison

A publication of Oregon CURE

FORWARD FROM OREGON CURE

Over the years, we've been asked questions about various aspects of getting along in prison by prisoners, and listened to the concerns of prisoners' family members and friends.

We thought we'd get advice from some experts and publish a relatively short 'compendium,' that will hopefully provide helpful information that's not in the rule book. Our experts aren't nationally known researchers or writers, they're the folks who have been or are still 'there.'

*The Steering Committee and Members of
Oregon CURE*

2008

Forward from a Prisoner

Welcome to prison-how do you like it so far? You seem mad, frustrated and scared. What's the problem, isn't this what you wanted? Let me guess: you're not guilty, didn't do it, it wasn't your fault, someone ratted you out.... Well, hello, no one cares! The bottom line is that you're here because of unmet expectations. You expected to get away with it. Well, you didn't, you can't change it now, so quit whining and get on with your life. The question is, what are you going to do now?

If this is your 2nd, 3rd, 4th or whatever time here, you may want to think about whether you subconsciously like it here. Are you so comfortable that you are institutionalized now? Do you identify yourself as a robber, car thief, drug dealer, meth cook, convict, killer? If you do, your behavior is pretty predictable no wonder you're in prison. You are what you think, with a self-image like that you'll be in prison for the rest of your life, providing job security for the staff.

For you that are here for the first time, take a good look around at the guys coming back for their 3rd or 4th time. Or the guys who will never leave here. After 22 years, I can make it look easy because I've become institutionalized. Prison is my life. Is it really the life you want?

Okay, you're here now. What are you going to do? Who are you going to hang out with? Identify with? There is a wide selection: burglars, robbers, drug dealers and addicts, child molesters, rapists, murderers, but no one who's making it on the outside. You are or you become

who you hang out with. And what are going to do for the next 70, 90, 120 months? If this is a big joke to you, hang out, tell war stories, chase tobacco or drugs, and plan your future criminal career.

Don't forget to include some more prison time, though. And a word about war stories, the key is "stories" meaning about what you think it does. They tend to get better all the time. No one in here really cares what you decide to do. They just deal with it as they need to.

For those who can see that this life is really hell, here are some things to think about. Your life here will be so structured and controlled that you will wind up institutionalized and penitentiary orientated; and so full of hate and anger that you can't see straight. You become "socially retarded" unable to function on the outside. I've fought this system for most of my life and spent more time in the hole than many of you will spend in prison running my head into a wall trying to beat these people. But prison is a business and these people are doing their job. They don't care how you act, how many lawsuits you file or how you choose to do your time. They will deal with you as they need to in whatever way you choose to be. I've given them half my life already. How much of yours are you going to give them? It's up to you. But I'm telling you the only way to beat "the system" is to get out and never come back.

-24 years and counting- (as of 2008)

Oregon CURE hereby thanks David Gessner, Mathew Ballard and A Prisoner for their considerable contributions to this publication- it wouldn't have been possible without them.

Table of Contents

<i>Forward by CURE</i>	3
<i>Forward from a Prisoner</i>	4
<i>Upon Entering Prison</i>	7
<i>Surviving Prison</i>	8
<i>Adapting to Prison Life</i>	9
<i>Institutionalization</i>	9
<i>Getting Along With Staff</i>	11
<i>Booby Traps</i>	12
<i>Self- Rehabilitation</i>	14
<i>Your Family and Friends</i> <i>On the Outside</i>	17
<i>Continuing the Struggle</i>	19
<i>In Conclusion</i>	21
<i>List of Resources</i>	22

Upon Entering Prison

For most people entering prison is a strange and frightening experience. It's a transition from what you've been familiar with into surroundings you may never have imagined. This phase of your prison term is called 'culture shock'. You can expect to have abnormal feelings about your present situation for the first month or so.

This where you're vulnerable to getting into trouble, with both other prisoners and /or authorities you'll be spending the next few months or years with.

While in this phase, learn as much as you can without saying much at all. Watch how things are done and if you have questions, look for people who are willing to help. There are people who are willing to be helpful if approached with respect and courtesy.

Remember where you are! There are people who will take advantage of you when you're unaware. Learning who really will help you and who will take advantage of you is important for you.

You also need to know all the rules of the institution you're in. Rules vary from one place to the next. You'll usually go through A&O in every institution; you should get a rule book there and you'll be held responsible for knowing the rules. You may choose to follow them or to violate them, but at the very least you should know which choice you're making. Read the inmate handbook.

Minding your own business can be tough, but it's possible. Peer pressure can be avoided tactfully. Try to get along with everyone else while respecting individual beliefs and boundaries. Appear

friendly and relaxed, treat others with respect. Also respect yourself. Move with the world and work on changing yourself, not everyone else. (This works on the street, too!)

Surviving Prison

Respect is a BIG thing in prison. The best way to get respect is to give respect. You bump into someone, say 'excuse me.' Don't look into other people's cells when you walk down the tier. Be quiet, especially after 9:00 pm or 10:00 pm. You live in close quarters: when you use the toilet, flush it. Flush it 10 times if you need to, no one wants to share yours any more than you want to share theirs. Be aware that whatever you do is going to affect everyone else around you; make sure that the effect is something you'll want to deal with later. A good rule of thumb, don't lie and don't steal! All you have in prison is your word and your heart, make sure they're both good.

Don't trust anyone! Do your own time and don't worry about what anyone else does. Be aware at all times of everything around you, THINK FIRST, don't just react! You can't control what happens around you but you can control what you do, stop and think first and then respond appropriately. Learn from this experience: patience and tolerance are your friends- use them!

There's a sort of 'pecking order' in prison. Murder, drugs, theft, assault, depending on the person and how he carries himself, are 'good' beefs. Sex offenses, child molestation and rape are not. Like everyplace else, prisoners are judgmental, even worse because so many try to make

themselves look or feel better by putting others down. Someone (or many someones) will ask to see your paperwork. Saying 'they' wouldn't let you have it won't fly, everyone knows better than that. If you can't produce it, they'll assume you are a sex offender.

Worse than being a sex offender is being a rat (informant). Everyone hates a rat. Living in prison is bad enough, but having everyone hate you makes your life incredibly harder. You won't get rewarded by anyone for being a snitch.

Stay away from gangs, drugs, gambling and sex with others. Keep a good attitude: your attitude will dictate your ability to survive in prison. Don't think about what you don't have, learn to appreciate what you do have.

Adapting to Prison Life

One thing I would like to emphasize is the importance of adapting to prison life without becoming institutionalized.

When a person adapts to his/her new surroundings, that means he/she is more likely to be getting on with serving their time and reentering society once their sentence is completed. There are some people who never adapt to their surroundings and in turn make their time harder on themselves and everyone around them- including their families.

Institutionalization

You know you're 'institutionalized' when you're addicted to the security of the routine and everything being taken care of for you.

In time you become so accustomed to the routine that if counts run late, chow is late by 20 minutes, or yard or sheets are a day late, you get mad because you expect it all to happen on time.

Humans are creatures of habit, and over time get used (adapt) to their environments. Prison is extremely structured environment. You're told what to do at all times; when to eat and what you'll eat, when to shower, to change your clothes, clean your cell, to go to the yard and come in, when to sleep, when to sit up and be counted, walk on the side, tuck your shirt in and button it down all the way up, where you can wear your coat and where you can wear your gym shorts, etc. Everything (the basics) is taken care of; here's your cell and your bunk, clean sheets and towel once a week, clothing exchange once week, your shower time, your chow time, when you can go outside or make phone calls and so on. Everything is controlled by someone else.

Life's responsibilities don't exist. You never get evicted because you can't pay the rent, never can't buy gas or food or clothes; never have to feed the dog, take your wife to the store or pick your kids up from daycare. It's easy to become so used to things that you won't be able to function outside once you get out, all those demands of daily living in the 'free' world suddenly get dumped on you and it's overwhelming (but that's another book).

So, how do you keep from getting "institutionalized"? Well, you can't avoid it completely because you have to have some adapting just to survive. Fighting 'the man' isn't going to prevent it. You can be aware from the very start that it happens gradually. Work at keeping balance in your life (keep reading this), stay in touch with the outside world,

And, from the time you get here, start preparing yourself for your release.

Getting Along With Staff

Another thing that needs to be mentioned is staff, the people that work at and run the prison. You can't get away from them, so how are you going to get along with them? Everything you do is going to be done through staff, so you may want to think about it.

To start with, they aren't the ones who put you here, and blaming them because you're here isn't going to help you at all. Staff are people like everyone else, they just work here and are trying to do their job which is first and foremost to "maintain the security of the institution". You're in control of how they perceive you, and so, of they treat you. The first impression a staff person has of you is going to last a long time, it's wise to make it a good one. I've seen so many prisoners make the mistake of thinking they have something coming and come off with an attitude demanding instead of asking for something. Hey, you're in prison and you actually don't have anything coming.

Of course, just like anyplace else, there will be some staff you get along with and some you don't. Be patient, if you have a problem or need something and don't get along with who's on duty, relax, wait until the shift change and then ask whoever comes on. There are some staff I won't talk to at all unless they talk to me first. Then there are other staff who will help me get a special visit approved from someone coming out of town. It's all in the rapport you begin developing the first day.

Treat staff with respect and you'll generally be treated with respect in return. Treat them the way you want to be treated, say please and thank you. A little consideration goes a long way and it will make your life a lot easier.

Booby Traps

These are some things that will probably arise that could delay your release or extend your time in prison. You may become very good at spotting these traps, especially after spending your first year in prison. Remember, not everyone has the intention of becoming a better person or staying out of prison. These people are choosing the easy and irresponsible path through life.

Unfortunately, these people will probably spend a large portion of their lives in prison and (statistically) will not live as long as most other people.

For the person who wants to make the most of their life and use their present situation as an opportunity to figure how to do that, the following 'tips' may help.

- 1. Mind your own business, do your own time and follow the rules and regulations the best you can.*
- 2. Treat everyone with respect, and respect yourself enough to be your own person.*
- 3. Avoid prison politics, negative discussions, gossip and taking part in 'drama'.*

4. *Don't talk bad about anyone, don't say anything behind someone's back you wouldn't say to their face. Someone always tells them what you said and it will come back to you.*

5. *Avoid people with very obvious negative or antisocial personalities. Often those people are violent and they are not concerned about anyone's general safety and welfare. Unhealthy friendships get you into positions that aren't in your best interest. Think long and hard before you decide to accept someone as a friend.*

6. *Also be cautious about the person who wants to be your very best friend right away, this may be a way to get you into a position of 'owing' something to someone and the payment may be something you don't want to pay.*

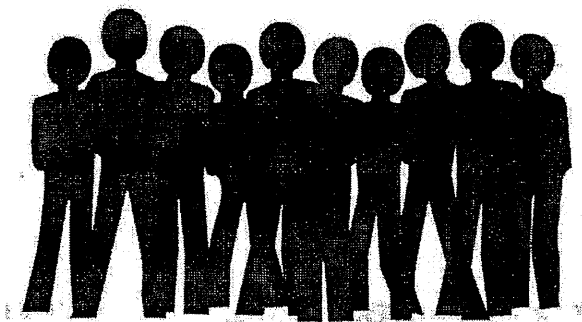
7. *Forced or manipulated sexual activity does happen, but it's being taken more seriously now than it has been in the past. Staff are being instructed in how to deal with it differently than they have been before. Also, the 2005 legislature made sexual contact between staff and prisoners a crime. Even though perpetrators will likely get formal charges, go to court and get more time (consecutive), it's up to you to protect yourself. An ounce of prevention is worth a pound of cure: be aware and don't let yourself be caught off guard.*

There are a few things that are guaranteed to cause you problems and get you into trouble. Aggressive behavior or a bad attitude of course, but the main things are gang (Security Threat Groups or STGs), drugs, gambling and sexual contact/relationships with others.

Drugs (and tobacco goes with drugs). They're expensive. You'll get yourself into serious debt. Once you're on the hook, it never ends. People are beat up, stabbed, and even killed over drugs just like on the street. Plus, dirty UA's are hole time, and in some prisons a \$100.00 fine and loss of visits for one to seven years. If you are caught with drugs or a syringe, you'll get hole time, a \$200.00 fine, loss of visits and quite likely be taken to court and end up with more prison time.

Gambling- if you're going to play, be sure you can pay. It's their game, know that violence comes with it. It's also serious hole time plus a \$200.00 fine.

Sexual contacts/relationships cause more problems than you can imagine. There is more violence over them than anything else. It's a serious write-up and you're tagged for life.



Disease-HIV, Hepatitis C, and more run rampant in prison. With drugs, before you stick a needle in your arm, you may want to consider how many other arms it's been in! Before you even think about sex with another prisoner, consider who else and how many have been there, and what diseases that person may be carrying.

Self Rehabilitation

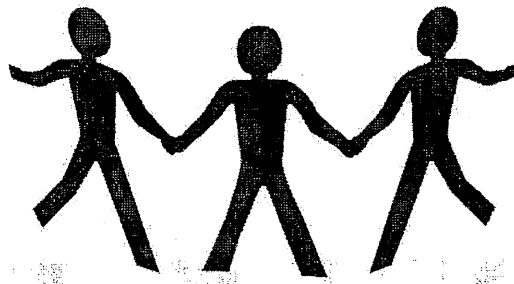
There is little in the way of prisoner rehabilitation available in Oregon prisons these days. ODOC's first concern is safety, not preparing prisoners for reentry into society. There are, however, things you can do to improve your chances of success once you are released.

- 1. Sign up for GED or other education opportunities. Good reading and math scores on institutional testing are essential for any vocational training that may be available in prison. Vocational programs change, and different ones are available at different institutions.*
- 2. Most institution' offer some self-help programs. It's a good idea to take any program available to better yourself and to keep your mind working. It's also something to do with your time. Request to attend by kyting your counselor or the Education Department.*

3. Reestablish family ties by writing letters often. Establishing a meaningful, close relationship with one or more responsible people outside is very important for your continuous struggle in prison. By practicing honesty, consistency and reliability, your people on the outside will be able to see the efforts you're making toward living a better life when you get out.

Prison can be a good experience or a bad experience. It's all in your perspective and what you make of it. You can be angry, hang out on the yard and bitch about everything, push everyone you know away from you, get institutionalized and penitentiary orientated, become that criminal they claim you are, get out and catch a new beef and come back for more.

Or wake up right now and realize you want more from life than this. Follow the rules: if you can't follow the rules in here, how are you going to follow them on the outside? Better yourself while you're in here. Read and educate yourself, take everything you're offered- program, classes, vocational training. Work in industries and learn a trade if you can. Figure out what you want and where you want to go, then put together a plan of what it's going to take and how you are going to



get there. Don't let distractions take you off your course: what are you doing today to get you closer to your goal of 'FREEDOM'? If your answer is 'NOTHING', you need to take a closer look at your priorities. That is, you're serious about not giving any more time to the system.

Your Family on the Outside

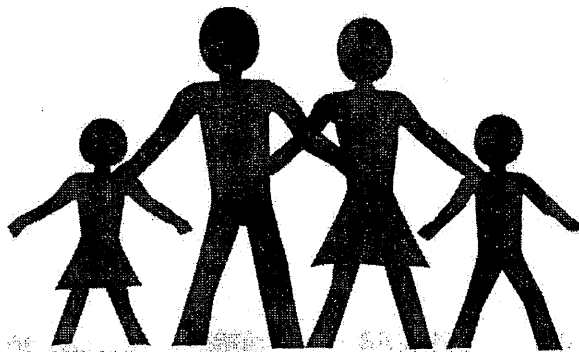
As we said earlier, staying in contact with your family and friends on the outside is very important. While it's important to reestablish broken relationships, it isn't good to add to their worries, make demands or burden them with extra expenses. The easiest way to do this is by not making a lot of phone calls or request to put extra money on your books.

This is your chance to show loved ones that you care about them as much as you do about yourself. It's a great opportunity to be thoughtful toward people you have neglected (or worse) in the past. You need to understand that many of them are going through emotional hell while you're going through the criminal justice system. Encourage them to get in contact with other people outside who have loved ones in prison; the emotional support can be tremendously helpful for them, and then they can be more positive about you. It's also a good opportunity to figure out who you want to keep as important people in your life. For many of you, your family will be your best contact and lifelong support on the outside. Treat them well and you'll increase your chances of a more productive life in the future.

For others with unhealthy ties or no family, you'll need to find people who can truly be helpful somewhere else, such as faith groups, AA/NA, clubs, etc.

Statistics show that ex-cons who have one or more supportive family members or friends on the outside do much better at not reoffending and not coming back to prison. In some studies, the chances of relapses back into drugs or alcohol have been reduced by 50%, just by having a close friend that you can talk to in times of distress.

If your family and friends have stuck by you to this point, it's time to consider them! Phone calls can be expensive. Limit your calls, write letters and don't run up their phone bills. Don't unload your prison frustrations and problems on your family or friends outside, there usually isn't anything they can do about it. It's not their fault you're here, and you may only push them away. Any write ups you get is likely to carry a fine. Don't expect your people on the outside to give you money to pay for those. Don't become a burden, they usually have more than enough to handle as it is.



The Continuing Struggle

There are those who can see a light at the end of a tunnel and those who can't. By establishing and maintaining a balanced lifestyle, you can see the light of completing your sentence and continuing on to a productive life on the outside. Some of the ways to direct yourself toward the end of the tunnel are by being:

- 1. Honest with yourself and what you must change about yourself to be a free member of society.*
- 2. Dedicated to becoming a better person, this comes from within and takes time and practice. There are a lot of good helpful books and you've got the time.*
- 3. Dedicated to being free and making the effort to remain so on the outside.*
- 4. Spiritually at peace with yourself, thinking about continuous self-improvement and maybe sincere ways to help others besides yourself.*
- 5. Goal orientated- write down what you want to accomplish, both short term and long term. They should all build toward your ultimate goal-getting and staying free.*

Don't put it off. Start today on your path to mental fitness. If you let it, prison will chew you up and swallow you. If you don't start right now you'll get complacent, lazy, depressed and out of shape.

It's easy to sit in your cell and do nothing or hang in the yard playing cards, games or 'BS'ing. You get used to it. It's not so bad so you kick back and do nothing to prepare for release.

Minding your own business can be tough, but it's possible. Peer pressure can be avoided tactfully. When you get out, life overwhelms you and it's easy to fall back into old habits which takes you back to prison where you've become comfortable.

You must keep balance in your life: SPIES can help you keep in mind what that means:

SPIES

Spiritual

Physical

Intellectual

Emotional

Social

Balance all 5 areas of your life.

Figure out positive, constructive ways to keep active in each of these areas to gain health and strength. We co-create our own experiences, so keep a positive attitude and find that balance that will keep your life better for you and everyone around you.

In Conclusion, from the Prisoner

Listen, this isn't rocket science we're talking about, it's 'just' life. We're all different, different personalities, different issues. Life isn't cured, it's managed. How's your track record of managing life? Yeah, I thought so, we've both done lousy- we're fired!

Prison is a humbling experience because we have so little control over our own lives. One thing it can do is give you the time to learn to be a good manager. There will always be challenges and problems, that's part of life. It's not whether you get knocked down, it's whether you choose to stay down or to get up again. Expect that, so you don't get caught off guard and do something you'll be sorry for later, manage it in way that will make you and others proud.

Chapter 4

STRESS REDUCTION & ANGER MANAGEMENT

Improving Your State of Mind

The world can be a busy and stressful place. People can be rude, things don't go as we planned, and there is always one more thing coming our way before we are able to finally check out and have some "me" time. In prison, that can be much harder to get. Our state of mind is everything. It can be what prevents you from getting drawn into substance abuse, gambling, fights, and other activities that jeopardize your release and limit your privileges during incarceration. Keeping your mind and mission elevated is difficult. Even the strongest of us sometimes succumb to pressures and lose our cool. In this guide, we give you some solid planning as to how you can gain control over the only thing we truly have control of – ourselves. So, give this guide a try, and escape the pressures of the prison world by focusing on your own mental wellbeing.

STEP 1: Get your body in motion. Physical activity relieves stress and melts away anger, tension, and frustration. You may want to play ball, go to the gym, or run. Whatever options are available to you to get yourself in motion, do it, and do it frequently. Your greatest benefits will come from doing more than 30 minutes of physical activity consistently. However, don't just jump into this if you are not already active. Start small and build up to it. When you are in motion, stay focused on the activity itself. This is a time to enjoy, not dwell on things

out of your control. There are no bars around your mind. Get lost in physical activity!

STEP 2: Avoid (as best you can) things and people that bring you down. Prisons have many mentally ill people, angry people, and worse. Avoid the problem people to the best of your ability. Do not hang around with people who act like they have nothing to lose. They usually don't and will contribute nothing positive to your mental wellbeing or future. Instead, focus on surrounding yourself with other positive people. Yes, they exist in prison. If you are reading this, you are likely one of them, or at least aspire to be. So, keep a watchful eye for others, and seek to make them part of your social circle.

If you do find yourself engaged in a confrontational situation with another inmate, do not allow yourself to become worked up. While it is natural to become defensive, it is intelligent to slow down, take a deep breath, and use logic to diffuse the situation. If logic will not solve the other person's issue, then use your own logic to move past the situation without allowing it to become physical.

STEP 3: Stay connected. Write, call, and visit with friends and family as often as possible. There is a proven correlation between your contact with the outside world and your improved state of mind. Keep the contact positive. If you have to talk about something unpleasant, do so without getting angry or upset. State your position and move forward onto more positive conversation. Always end all contact on a high note. This not only benefits you, it benefits the person on the other end.

STEP 4: Make time for what makes you happy. Do you like to read? Make time for it each day. Do you like playing chess with your friends? Invite them to play each day. By focusing on positive activities, your brain works to produce hormones that elevate your mood. If you are unable to make time for this each day, make time for it as often as you can. Some is always better than none!

STEP 5: Find someone to talk to, and talk to them! Whether it is a counselor, pen-pal, fellow inmate, find someone you can vent to, laugh with, and even cry with. Do not bottle your emotions up. As strong as you think you are, you do more harm than good by not venting. We understand the risks associated with appearing weak in prison. This is why we encourage you to find someone you can confide in. It is essential to your wellbeing.

STEP 6: Pets do wonders for us! Yes, we said pets. There are many programs coming to prisons to foster abandoned animals, train service dogs, etc. Sign up and live longer. People with pets live longer than those without. You would never think that after owning a cat and having to clean its litter every day, but the fact remains that having a furbearing dependent has a positive effect on our mental health. If this option is or becomes available at your institution, you will typically need an exemplary record to participate.

STEP 7: Stay focused on the present! Those living in the past are living with regret. Those living in the future are living with anxiety. Those living in the now are truly living. While we strongly encourage you to be extremely prepared for your future, we also strongly encourage you to do your best to focus on today and do your best to enjoy the passing of time. Working toward a positive future is still very much living in the moment.

STEP 8: Check to see if your institution has any group meetings and attend them. These meetings will give you the opportunity to work on many of the steps in this guide, and they will also help provide a positive social support system inside of prison. Voluntary groups are often preferred by inmates over mandated groups. This is because inmates come to the voluntary groups on their own accord. However, sign up for whatever group is available.

STEP 9: Meditate! Meditation builds a strong mind just as working out builds a strong body.

How to meditate:

- 1) Select a time of day to meditate. We recommend mornings if possible. Your mind tends to be more relaxed in the morning. However, night meditating is better than no meditating. If that's all that available, do it.
- 2) Select a location to meditate. This is often a bigger challenge in prison. Try to find a safe and quiet place where you will be able to focus. The perfect location is available to almost no one. Find the best place for you.
- 3) Select a posture. Initially, you may want to use a wall to help keep your back straight. In time, you may want to abandon the wall support. Sit up as tall as you are able to make yourself. Rest your hands on your lap and allow the rest of your body to fully relax.
- 4) Breathe through your nose. Deep controlled relaxing breaths. While you do this, focus on the top of your skull. Allow tension to melt away from the top of your body to the bottom of your body. Neglect no part of your body, eventually making it all the way to your toes.

Benefits to meditation:

- Improved circulation
- Reduced respiratory rate
- Reduced anxiety
- Feelings of well-being
- Lowered heart rate
- Reduced perspiration
- Reduced stress
- Deeper sense of relaxation

“Participating in an eight-week mindfulness meditation program appears to make measurable changes in brain regions associated with memory, sense of self, empathy, and stress.”

Source: <http://news.harvard.edu/gazette/story/2011/01/eight-weeks-to-a-better-brain/>

Tips for successful reduction of anxiety and anger:

- Avoid sugar and caffeine.
- Avoid alcohol
- Never smoke. If you do, quit immediately.
- Sleep. Easier said than done in prison, but rest is essential. We all miss a good night’s rest here and there, but do your best to get the best sleep possible.
- Eat healthy. Healthy food not only keeps our hearts and lungs healthy, it keeps our brains sharp and happy.

Meditation is all about the pursuit of nothingness. It’s like the ultimate rest. It’s better than the best sleep you’ve ever had. It’s a quieting of the mind. It sharpens everything.

- Hugh Jackman

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Thinking about Your Anger: As it says in *Houses of Healing*, anger is a natural emotion. Everyone feels angry from time to time. It can be a signal that something in our lives is wrong, unfair, or unsafe. It only becomes a problem....

- if we're always angry,
- if we express our anger in ways that harm others such as dumping it on others through emotional or physical violence,
- if we only use unhealthy ways to deal with our anger like numbing it with drugs or alcohol,
- or it causes us to lose important things in life (like losing our job, losing a relationship, losing our kids, losing our freedom).

Understanding our anger and learning strategies to effectively deal with it gives us a lot more control over our lives.

Trauma and Anger: One thing you should know about anger.... You may find your anger more easily triggered if you experienced trauma growing up. Some examples of the kinds of trauma many people have experienced are:

- growing up in a house with violence
- growing up in a violent neighborhood
- experiencing racism or discrimination
- witnessing violence
- having a parent addicted to drugs
- having a family member go to jail/prison
- being emotionally, physically, or sexually abused
- being neglected – adults did not take care of your needs

When you have a lot of trauma it affects your brain. The part of the brain that is responsible for survival works overtime and is hypervigilant. In other words, it rarely rests. It's always on the lookout for danger because experience tells it that danger may be just around the corner. We'll call this the "guard dog" part of the brain. This part of the brain acts without thinking. For example, if a car is rushing toward you or somebody is threatening you with a knife you act without thinking in order to protect yourself.

Sometimes you might react if you aren't in danger because you've had to be so hyper alert to danger in the past. "Better safe than sorry" is your brain's mode of operating. The more trauma we've experienced, the more the guard dog takes over even when we're not really in danger. If we want to be emotionally healthy we've

got to train the guard dog to not automatically react, but get a realistic reading on whether there is a real danger - or not. This way our brains can relax when there's no real threat.

Being Aware of Your Triggers: A big part of taking control of anger is knowing what our triggers are. The more aware we are of our triggers, the less likely we are to get hijacked by them.

Below is a list of triggers. After you read the trigger, put the number that represents **how much this would trigger your anger** on the line next to it:

.....

Not at all											Really angry
	1	2	3	4	5	6	7	8	9	10	

Rate Your Triggers from 1-10:

- Not being listened to
- Someone cutting in front of you for the phone
- Being accused of something you didn't do
- Someone stealing or destroying personal property
- When you squeeze ketchup and water comes out over your French fries
- Being interrupted
- Being disrespected by a CO
- Someone cheating at a game
- Stepping in dog shit
- Someone not showing up for a visit after they said they would

On the list you just read, what was the situation that would trigger you most? If you did this exercise in a group, you would easily see that different situations trigger people differently. Why do you think people react differently to the same trigger?

In addition to understanding our anger we need to have the **skills** to handle our anger in a good way once we become triggered. One powerful skill to handle anger in a good way is "Stop. Breathe. And Choose."

If you automatically react aggressively every time someone triggers you, you are actually training your brain to be aggressive. It's like driving the same path in the mud over and over. Eventually the tracks get deeper and the wheels have a hard

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If you automatically react aggressively every time someone triggers you, you are actually training your brain to be aggressive. It's like driving the same path in the mud over and over. Eventually the tracks get deeper and the wheels have a hard

time breaking out of the ruts.

Through developing insight into your anger and practicing meditation and the other skills you're learning, you break out of the ruts and stop reacting on autopilot.

When you're mindful or aware you interrupt your impulse to react to triggers in the same negative way. It helps your brain break the cycle. It helps you get rid of the ruts.

Try to give equal time this week to the work you do on anger (the worksheets and the "pause and reflect") and the exercises that help you to center yourself. Try to meditate at least 15 minutes a day. (Read through the pages on meditation in Session 3.) The relaxation, meditation and the Body Scan that is introduced here are also powerful tools for working with our anger.

"Let your wisdom, your discipline and your intelligence guide your actions and responses, NOT your anger, your hostility or your dislike for wrong things they do to you."

James, 16 years in solitary
The Survivor's Manual: Survival in Solitary
American Friends Service Committee

6 Simple MINDFULNESS Activities for Your Classroom

BELLY BREATHING



Centervention has a complete lesson plan you can use on belly breathing. You will find everything from pre and post discussion questions to step-by-step directions. It is a wonderful activity for when students need to cool down and self-regulate.

CALMING CORNER



Calming corners can help reduce students' stress and provide calming visual, auditory, and tactile experiences for de-stressing. A calming corner can be a physical corner in your classroom or a virtual space.

BRAIN BREAKS



Brain breaks are activities, or short breaks, that promote learning and focus for students. These types of breaks involve students participating in activities like mindful breathing, mindful movements, and mindful yoga.

MINDFUL JOURNALING



Three Good Things: A Happiness Journal is a free app that can help students with mindful journaling by having students write down three good things that happen to them each day. As a result, their happiness and positivity increase.

BREATH, THINK, DO



The free **Breath, Think, Do** app through Sesame Street is great for introducing young children to calm through breathing. Children help an animated monster facing a frustrating situation calm down by taking long, deep breaths.

SMILING MIND



Smiling Mind is a free app that offers hundreds of mindfulness activities. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for kids in different age groups, as well as for schools, workplaces, and sports.



U.S. Citizen Test

Applicants for U.S. citizenship are required to take a test to demonstrate their knowledge and understanding of the fundamentals of the history and of the principles and form of government of the United States. How well would you do?

What are the first three words of the Constitution?

What are two of the three "inalienable rights" mentioned in the Declaration of Independence?

How many justices are on the Supreme Court?

Name three of the thirteen original states.

What do we call the first ten amendments to the Constitution?

What is one right (or Freedom) guaranteed by the First Amendment?

How many U.S. Senators are there?

If both the President and Vice- President can no longer serve, who becomes President?

Name the two longest rivers in the United States.

Name one (of five) U.S. territories.

How many amendments does the Constitution have?

Under our Constitution, some powers are exclusive to the federal government. What is one of these four powers cited in the Constitution?



Homemade
GIFTS MADE EASY