



OREGON CURE

Citizens United for the Rehabilitation of Errants

The mission of Oregon CURE is to support the incarcerated and their families and friends by advocating for effective criminal justice policies and procedures.

Spring 2023, Volume 72

A Newsletter for Incarcerated People and their Families and Friends
P.O. Box 80193, Portland, OR 97280 | (503) 844-9145

COMMITMENT TO PERSONAL PURPOSE PRODUCES POST-PRISON COMPLETION **Submitted by Frank C. Patka IV Executive Director - Changing Patterns**

Why did I successfully return from prison when friends are homeless, powerless, back in prison, or dead? If questions had dollar amounts, that one would be in the millions. On average, 313 people are released from prison in Oregon each month (3756/year). Of those returning citizens, one third will be convicted of a new crime within three years with an average time of recidivism at 11.9 months. 11.9 months! Since being released from prison in late 2015, I have been personally interested in the effects, successes, and failures of returning citizens. First, as a client of community corrections and a returning citizen. Later, as a founder and director of Changing Patterns, a nonprofit created to assist returning citizens in navigating the barriers and obstacles of reentry.

Our vision is to see a decline in the need for prisons due to the impact of recidivism reduction. Through many failures and a few powerful successes, there are two lessons I have learned:

1. Everyone's experience returning from prison is unique and personal which creates many variables impacting their success or failure despite their access to resources.
2. There are fundamental principles and needs that everyone getting out of prison must apply and fulfill in order to complete post-prison supervision and achieve freedom.

Changing Patterns focuses its work on the second lesson. We offer education material such as The Returning Citizen's Survival Guide and soon-to-be-released, The Survival Guide reentry program. They offer fundamental guidance in the most basic and foundational life skills:

- Creating a healthy support system
- Securing housing, employment, transportation, food/hygiene/clothes, documentation, bank account and financial education, health care
- Navigating barriers and obstacles - rejection, communicating with your PO, workplace behavior, disagreements, setting boundaries, sensitive conversations, technology, etc.

Lesson 2 taught me about the fundamental needs of someone returning home. Lesson 1 taught me the importance of creating a healthy support system that influences variables which make it possible to create a solution to successfully reenter. I had two friends. One runs his own construction company and the other killed himself. The three of us spent years together in prison. Most of our time together was spent learning how to better our lives and show others what we were learning. Post release, both friends had access to the resources needed to live in the community. However, the glaring difference between the two was who they had around them: their support system.

We returning citizens live or die by those who are around us. Every friend, family member, social worker, PO, and community member is a powerful influence in the lives of returning citizens. The support system may be the most critical component affecting recidivism. The community is the support system. We are the community. It is our responsibility as community members to encourage prosocial behavior. We do that by exhibiting prosocial behavior. A quick search will reveal many studies showing the positive social impacts of mentoring.

If we continue to ignore our responsibility to mentor and show returning citizens how to live in the community, we will continue to see disapproving rates of recidivism. It's our community's responsibility to mentor returning citizens to change the pattern of recidivism.

2023 LEGISLATIVE BILLS – WHAT WE’RE WATCHING!

SB 320: Provides that person sentenced to mandatory minimum sentence under Ballot Measure 11 (1994), for crime other than murder, who has not been previously sentenced under measure is eligible for reduction in sentence for appropriate institutional behavior and participation in certain programming unless otherwise ordered by court for substantial and compelling reasons.

SB 413: Would Support the public defense workforce, including increased pay and reasonable caseloads that allow attorneys and staff to adequately represent their clients while ensuring that impacted communities have a voice in policy making related to public defense and would create a pilot statewide service that supplement local resources where it’s most needed.

SB 520: Would help incarcerated Oregonians that are sick or dying have an opportunity to be safely and humanely released to get the care they need at home with their loved ones.

SB 579: Guaranteeing the Right to Vote Guaranteeing the Right to Vote would restore the voting rights of incarcerated individuals who are our family members, coworkers, and neighbors.

SB 581: Consistent parole and probation for people who are on parole, probation, and post-prison supervision. The proposal would allow those whose crimes are eligible and who are successfully meeting their supervision goals to earn up to a 50% reduction in their sentence, regardless of when they were convicted.

SB 817: Would allow people accused of low-level crimes a pathway to take responsibility and work toward dismissal through community service and or counseling.

SB 1070: This bill will allow for more just sentencing for survivors of domestic violence who become criminal defendants by virtue of the abuse they suffered and take a significant step toward much needed care and support for incarcerated survivors. Requires the sentencing court to consider evidence of domestic violence and would give the judge the discretion to impose a lesser sentence. Allows individuals who have been convicted to petition the court for resentencing if they did not previously present evidence of domestic violence at sentencing as described above. Creates a task force to make recommendations to the Oregon Department of Corrections of programs, procedures, and services needed to help ensure that incarcerated survivors return to the community healthy and safely and to prevent re-traumatization.

HB 2467: Establishes Public Defense Services Student Loan Repayment Assistance Program in Oregon State Bar to provide forgivable loans to eligible public defense attorneys for outstanding student loans.

HB 2676: Crime Victims Compensation Reform would allow more crime survivors and their families to access healing and recover services that are currently unavailable. Proposals include eliminating the requirement that victims report a crime to law enforcement, expanding compensation for mental health services for witnesses, and removing the requirement that district attorneys are notified of crime victim compensation claims.

HB 2890: Directs Corrections Ombudsman to support Department of Corrections' continuous quality improvement efforts, and to provide report to Governor and committees or interim committees of Legislative Assembly detailing staffing and resources needed to fulfill powers and duties of office within six months of appointment of ombudsman.

MAKE A DIFFERENCE: Please contact your legislators about issues that are important to you. Find your legislators at www.oregonlegislature.gov. Contact your legislative representative and make your concerns known to them today!

FROM ONE OF OUR MEMBERS, ALICE FAY

You have the right and the opportunity to give your opinion on how Oregon laws are written. You can pick up the phone or email your own state rep or senator, but you can also lend support to or oppose proposed legislation to those committees working on laws in Salem. This can be done through OLIS; the Oregon Legislative Information System. This is a powerful website that can tell you about a new bill, a revision of an existing bill, a daily schedule of what is happening, who is working on bills, follow the progress through House and Senate committees, and a way to submit online testimony about a bill.

This whole process has been a real eye-opener for me. There are so many committees working on so many different, important bills and my area rep is not assigned to the Judiciary committee bills I am following, so I need to use this OLIS structure to put in my two cents to those other legislative folks who are working on these efforts. (Then I will contact my rep and tell him how I want him to vote when it finally comes to the whole floor.) Right now, I am following bills and submitting online testimony in the House and Senate Judiciary Committee Public Hearings, as the Criminal Justice system and DOC operations fall under their umbrella. You can also watch and testify about any other causes you are passionate about ... mental health, education, the environment, land use, infrastructure, taxes, gun control, transportation, you name it.

FROM ONE OF OUR MEMBERS, ALICE FAY (continued)

You can speak up and say "Yes, I want (or don't want) this proposal to become part of Oregon Law, a privilege denied to many around the world. Some testimonies are submitted by someone speaking for a certain group or agency. Many are from "we, the ordinary people". Some are as simple as "I support this bill", some are more detailed. Some are quite personal; some say they speak up for the good of Oregon. Do understand that if you do submit testimony, whether online or in person, your name and city are now part of the public record. Your email or contact data are not. Some bills never get voted on; some get amended beyond recognition. But systemic change has to start somewhere for our loved ones and it starts in Salem.

A law that mandates DOC or the court system to do this or that is such a beginning. The effective dates may be down the road awhile, but good change is good. It is powerful to throw all the time and energy I used to spend on worrying, into telling Salem I want changes. I encourage you to think about doing the same.

ANNOUNCEMENTS

SHOP AND SUPPORT OREGON CURE

Amazon is no longer partnering with non-profits through AmazonSmile, but you CAN still benefit Oregon CURE when you shop at any Kroger/Fred Meyer Store. Simply sign up at Kroger.com. link your shopper's card if you already have one or sign up for one and choose Oregon CURE as the organization you wish to benefit from your shopping with each transaction. Once you sign up, any transaction you make moving forward using your membership Shoppers Card number will benefit Oregon CURE at no expense to you. Kroger will donate a percentage of what you spend with them to Oregon CURE. What a great way to benefit our non-profit.

MEDICARE AVAILABLE AT 65 YEARS OF AGE

Attention incarcerated individuals approaching 65 years of age: Medicare is a program that you can sign up for once you are age 65. You can sign up for only Medicare Part A (hospitalization only) and usually won't have to pay any premiums for it. It can only be used if you are released and transported to an outside hospital. You would have to enroll in Part A Medicare by sending a written letter to the closest Social Security office. You can ask your prison counselor if they have the enrollment forms. If they do not, ask someone on the outside to contact the Social Security office in your area and ask them to send you an enrollment form. That address would be different for each institution location.

VISITS MATTER

Studies have shown that incarcerated people who received visits have a significantly lower chance of recidivism. Reducing recidivism isn't the only reason they are important. The See Us Support Us website www.susu-osborne.org makes it clear how much it matters to the children of the incarcerated. A bill was recently introduced in the New York legislature to ensure that visiting hours are accessible and long enough and that video conferencing is available as a supplement (not a replacement) to visiting. The bill passed the Senate for the 3rd year in a row but died in the assembly. Families Against Mandatory Minimums (FAMM) is conducting a Visit A Prison challenge to encourage visits by lawmakers.

They are suggesting that incarcerated individuals write to their state senator and state representative to invite them to tour the facility. They suggest a brief letter in which you introduce yourself, explain where you are incarcerated, ask them to tour the facility, and see that you are people deserving of a second chance. You might want to invite them to come at meal time and share that experience. If you hear from your legislature, FAMM would like to know. You can write to FAMM at: FAMM, ATT Visit A Prison, 1100 H Street NW, Suite 1000, Washington DC 20005

RESOURCE DIRECTORY AVAILABLE

Write for a free 24-page resource directory from the Prison Activist Resource Center, PO Box 70447, Oakland, CA 94612, or call to request one at 510.893.4648 or download a copy to print from their website.

FREE BOOK PROGRAM

The Prison Book Program will send a package of free books to any incarcerated person who writes and requests one at 1306 Hancock Street, Suite 100, Quincy, MA 02169. The Marshall Project publishes NEWS INSIDE three times a year and incarcerated individuals can subscribe to it by writing to them to receive it. It is free. The Marshall Project address is 156 West 56th Street, Studio 3rd Floor, New York, NY 10019.

INTRODUCING THE INSIDE OUT NETWORK – RESOURCE PROVIDERS, OREGON CURE HIGHLY RECOMMENDS THAT YOU SIGN UP FOR THIS INCREDIBLE OPPORTUNITY ASAP

The Inside Out Network (ION) is coming to Oregon. ION is a non-profit focused on connecting people leaving incarceration with resource providers and ministries seeking to support and assist them. We're already active in Arizona and Illinois, and now, in partnership with ODOC, ION is bringing its unique approach to reentry to Oregon once enough resource providers sign up for the network to go live.

The central focus of our work is a revolutionary online platform, InsideOutNetwork.net, that makes it easy for returning citizens and resource providers to search for, be matched with, connect with, and even reach out proactively and message each other—even starting pre-release. Enrollment in ION allows adults in custody to work on their own reentry, searching for assistance in any or all of nine categories: Shelters & Housing, Support Groups, Multiservice Agencies, Churches & Ministries, Substance Abuse Treatment & Recovery, Health Care, Legal Matters, Employment & Job Training, and Education. Search results are filtered according to the zip code to which an individual will be returning.

On the other side of the process, resource providers and ministries enrolled in ION receive notification when someone is going to be returning to their service area so that they can reach out with a word of welcome and make a preliminary connection. Larger and smaller resource providers show up in searches on an equal footing, all based on geography. ION is always free-of-charge for AICs and returning citizens and available for as long as someone wants to make use of it. Resource providers will pay only \$100 per year, and the first year is free. There is no fee for resource providers to sign up and no fee until after the platform has been live for one full year. We're aiming to go live toward the end of this year, but the sooner providers sign up, the sooner that will happen. A key goal of the Inside Out Network is that no returning citizen goes without the help they need, and also that no shelter, treatment center, or other resource provider has empty beds, underutilized capacity or untapped services that could be helping those in need of them.

Our mission at the Inside Out Network is to bring help, hope, and practical tools to every person leaving incarceration. Our vision and our goal is that every returning citizen would have every opportunity to live a full and abundant life in a healthy, happy family, as part of a thriving community. We look forward to working with Oregon CURE and to being part of what's happening in reentry throughout Oregon. We're already hard at work enrolling reentry resource providers, so if you know of returning citizen- friendly organizations that might be a potential fit for ION, or if you are a resource provider, please let us know at support@insideoutnetwork.net.

NOTE FROM THE PRESIDENT OF OREGON CURE:

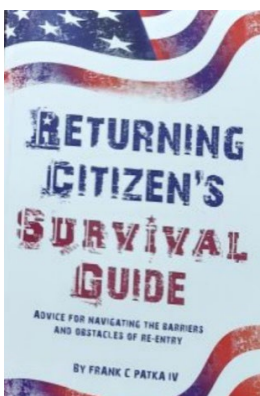
I have already registered Oregon CURE with ION and (as the Associate Director of Operations for All Star Labor & Staffing), I have registered all five branches of All Star Labor & Staffing, and I cannot express enough how important it is that any and all resource providers register with ION at their earliest convenience.

What do you have to offer?

- Shelters or Housing
- Support Groups
- Multiservices
- Churches or Ministries
- Substance Abuse Treatment or Recovery
- Health Care
- Legal Matters
- Employment or Job Training
- Education?

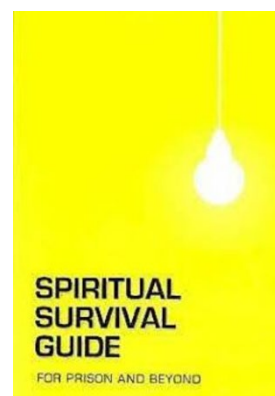
Don't wait! Sign up today!

RECOMMENDED READING



Returning citizens face barriers and obstacles affecting their success or failure during reentry. Reentry is influenced by the strength of the community. The strength of the community is built on the resources available. The resources available can be found in the Returning Citizen's Survival Guide. Buy a book; build a program. Proceeds of book sales fund The Survival Guide Reentry Pilot Program (May 2023).

Buy signed copy here: <https://square.link/u/RE3tdjzX>, and for more information email frank@changingpatternsinc.org.



Would you like a copy of the book Spiritual Survival Guide for Prison and Beyond, which supports the “identity work” that helps people desist from crime. More than 60,000 paper copies have been distributed all around the country. Another 7,000 inmates have read the ebook on inmate tablets in 225 prisons and jails.

To read or download a free copy of the book simply go to online.flippingbook.com/view/154779557.



Oregon

Kate Brown, Governor

Oregon Department of Corrections

Correctional Services Division

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Salem, OR 97302

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November 7, 2022



Greetings,

I am reaching out to share an exciting new effort being undertaken by the Oregon Department of Corrections, Reentry and Release Division, in partnership with the Inside Out Network (ION), to establish a free, online, multi-user platform re-entry resource for individuals who are transitioning out of Oregon prisons and returning to their community. We encourage your organization to consider joining.

DOC is partnering with the Inside Out Network (ION) to grow their innovative platform that connects returning citizens to re-entry service providers. ION has created an online platform that allows:

- Releasing individuals to create profiles *pre-release*, indicating their county of release and anticipated service needs.
- Re-entry service providers who have created ION profiles are then able to see when people leaving DOC are projected to release, to where they will return and what their service needs will be, all while matching the preference of the individual to service providers meeting that need.
- The re-entry provider is also able to *proactively* reach out to people preparing to release from a DOC facility to set-up appointments and/or provide service information.
- The goal is for releasing citizens to be able to initiate direct communication with the registered vendor before and after release.

We believe this ION application has the promise to create tremendously useful resources for releasing individuals, families of incarcerated individuals, and service providers. Our hope is that this network grows to the point that DOC can eventually provide the option to enroll in ION to everyone leaving prison. This, of course, is dependent on the depth of service providers available in their returning community.

For this platform and effort to succeed, it will depend on service providers and releasing individuals signing up and using ION. While DOC will be helping participants exiting its facilities to enroll, the key to success is having service providers available to network with the releasing person. We hope you'll consider creating a profile and be part of fostering a statewide re-entry referral platform. Registration is free for the first year. If you are interested in being part of the ION network please reach out to Fred Nelson, the Executive Director of the Inside Out Network with the contact information below:

Fred Nelson: fred@insideoutnetwork.net (847) 323-3774

If you are interested learning more information please visit, <https://insideoutnetwork.net/overview>. We encourage you to watch the overview videos as it allows for a more in-depth understanding as to how ION will operate. If you have any questions, please feel free to reach back out to me.

Warmly,

Amy Bertrand
Reentry and Release Administrator
Oregon Department of Corrections
(503) 507-3099
amy.c.bertrand@doc.oregon.gov

50 YEARS AND A WAKE UP: ENDING THE MASS INCARCERATION CRISIS IN AMERICA

Fifty years ago, the United States embarked on a path of mass incarceration that has led to a staggering increase in the prison population. Today, almost 2 million individuals – disproportionately Black Americans – are incarcerated in our nation’s prisons and jails. The prison population has grown 500% since 1973, the year America began to sharply increase its prison population.

The social, moral, and fiscal costs associated with the large-scale, decades-long investment in mass imprisonment cannot be justified by any evidence of its effectiveness. Misguided changes in sentencing law and policy – not crime – account for the majority of the increase in correctional supervision. Mass incarceration instigates poor physical, psychological, and economic outcomes for the people who experience imprisonment, for their families, as well as for the broader community. Imprisonment leads to declining prospects for employment and results in lower earnings in the longer term. Food insecurity, housing instability, and reliance on public assistance are also associated with prior imprisonment.

This year, Oregon CURE and a coalition of advocates, experts, and partners are launching a public education campaign, 50 Years and a Wake Up: Ending the Mass Incarceration Crisis In America. The campaign raises awareness about the dire state of the criminal legal system in the country, the devastating impact of incarceration on communities and families, and proposes more effective crime prevention strategies for our country.

The title for this campaign was born out of a colloquial phrase that incarcerated people sometimes use to describe the life of their sentence, plus one day (e.g. “I have 20 years and a wake up”). It also serves as a double-entendre, calling for our country to “wake up” to the harsh and dangerous realities of mass incarceration in America.

- The year 2023 marks the 50th year since the U.S. prison population began its unprecedented surge. Prison populations peaked in 2009 and began a modest decline in 2010 of roughly 2% annually, but we are far from seeing an end to mass incarceration. At the current rate, it will take 75 years to arrive at pre-mass incarceration levels.
- The United States is unparalleled historically and ranks among the highest worldwide in its dependence on incarceration. Over five million people are under supervision by the criminal legal system. Nearly two million people, disproportionately Black, are living in prisons and jails instead of their communities. In the early 1970s, 360,000 people were incarcerated.
- The harms of mass incarceration have fallen disproportionately on people in Black and Brown communities. Black men are six times as likely to be incarcerated as white men and Latinx men are 2.5 times as likely. Nationally, one in 81 Black adults in the United States is serving time in state prison.
- Mass incarceration instigates poor physical, psychological, and economic outcomes for the people who experience imprisonment, for their families, as well as for the broader community. Imprisonment leads to declining prospects for employment and results in lower earnings in the longer term. Food insecurity, housing instability, and reliance on public assistance are also associated with prior imprisonment.
- Children of incarcerated parents suffer tremendously; imprisonment of a parent leads to significant declines in academic and health outcomes for children.
- High levels of incarceration destabilize entire communities, leading to dissolution of informal networks that are known to serve as barriers to neighborhood crime. Trust in law enforcement deteriorates as community members experience elevated levels of victimization and the loss of community members, friends, and family members to incarceration.

THOSE IN PRISON by Susan Zalatan

We want them to be responsible, so we take away all responsibility. We want them to be positive and constructive, so we degrade them and make them useless. We want them to be trustworthy, so we put them where there is no trust. We want them to be nonviolent, so we surround them with violence. We want them to be kind and loving, so we subject them to hatred and cruelty. We want them to quit being the "tough guy", so we put them where only the "tough guy" survives. We want them to quit exploiting us, so we cage them where they exploit each other. We want them to take control of their lives, so we make them dependent on us. We want them to be a part of our community, so we separate them from our community. You want us to have self-worth, so you destroy our self-worth. And call it "corrections."

MEMBERSHIP RENEWAL

Your membership renewal date is on the address label of this newsletter. If your renewal date is expired, we ask that you please renew today to continue to receive this newsletter and to continue to support our organization.

You can also make a donation for someone you know to become a member. Your support is important to our mission and your donation is tax-deductible.

Send your membership tax-deductible donation to Oregon CURE, PO Box 80193, Portland, OR 97280.

Please fill out the member donation form below to receive our newsletter. Adult in custody subscription donation is \$3 and Individual Non-Incarcerated subscription donation is \$15. **All tax-deductible donations are greatly appreciated and can be made in any amount. Visit our website at oregoncure.com.**

Name: _____

Address: _____

Email: _____
(optional)

City/State/Zip: _____

Name of incarcerated loved one / SID & facility: _____

PUBLICATION NOTICE

This newsletter is a publication of Oregon CURE. Oregon CURE is a 501 (c)(3) organization whose goal is to reduce crime through criminal justice reform. The opinion and statements contained in this newsletter are those of the authors and do not necessarily reflect the views of Oregon CURE.

Contributions of articles, letters to the editor, notices, etc. are welcome but may be edited or rejected for space. Articles may be copied in their entirety with credit to the author or to the publication. Oregon CURE is an all-volunteer organization that is not a service organization. Do not send us any legal documents, we are not a legal service. We are not qualified to assist you with legal matters.

RELEASE ORIENTATIONS

Release Orientations are co-facilitated by Community Corrections and Oregon CURE. Find out how you can help your recently or soon-to-be-released loved one successfully re-enter our communities. Before attending, please phone one of the county coordinators' departments listed below to confirm the date, time, and location.

Washington County

Contact: Michelle School (503) 846-3494

Marion County

Contact: Austin Herman (503) 540-8043

INTAKE ORIENTATIONS

Intake Orientations are co-facilitated by the Oregon Department of Corrections and Oregon CURE. Find out about Oregon's prison system, the intake process, phones, mail, and visiting requirements. You will receive a packet of informational brochures. There will be opportunities to ask questions and learn how you can get through your loved one's incarceration.

Portland Metro

Location: Varies - please call Oregon CURE to confirm: (503) 844-9145 or email oregoncure@gmail.com

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Portland, OR 97280

ATTENTION:

Your address label has printed your renewal-date, below your name. This will be your last newsletter if your renewal date has passed. **Renew today to remain informed!**



SUPPORT GROUPS

Oregon CURE support groups are intended for adult family members and friends only. Some topics of discussion may not be suitable for small children or pre-teens. Attend a support group and network with family members who have “been there”.

Some of these support groups meet via zoom and some meet in person. Please reach out with the contact information given below as you are planning to attend, or if you have any questions. There is no limit to which of or how often you attend a support group, nor is there a location requirement, if you are interested in attending a support group, we welcome you to do so.

Each meeting offers different insights and valuable information, and you are not required to share anything it all, if you do not wish to, simply listen and learn from other attendees.

Portland East Side Support Group

Varies & flexible – please call if interested.

Please call Ray at (503) 421-0269.

RayAllenFox@gmail.com

Eugene Support Groups

1st Thursdays: 6:30-8:30pm

Please call to confirm location.

Dave (541) 344-7612 or Don (541) 521-2231

Zoom Support Group

1st Wednesdays: 7:00-8:30pm

Please email for Zoom link prior to meeting.

oregoncure@gmail.com or admin@oregoncure.com

Salem Support Group

1st Saturdays: 9:30-11:30am

The Keizer Senior Center

930 Plymouth Drive NE, Keizer, OR 97303

Wayne (503) 409-3329