



# HEALTH SERVICES



## Sexually Transmitted Disease Testing

Oregon Department of Corrections will now be requiring every Adult in Custody (AIC) to opt-in or opt-out of sexually transmitted disease testing once during their incarceration.

Just like with the flu immunizations, everyone will have to sign a consent form stating yes, they would like testing or no, they are not interested in tested. This will just be for one time during your current sentence. If you paroled and return, you will be required to repeat it at that time.

You will be receiving a form via the AIC communication system that you will be required to fill out. If you live in General Population (GP), Day Treatment Unit (DTU), or Dorm, please return it by putting it in the medical communication form box on the Control Floor. If you are in a Special Housing Unit: Mental Health Infirmary (MHI), Behavior Health Unit (BHU), Disciplinary Segregation Unit (DSU), or Intermediate Care Housing Unit (ICH), please hand it to a nurse as they are making their rounds.

Once the forms have been received back, if you have chosen to be tested, you will be scheduled in the upcoming weeks. If you chose not to be tested, the form will be placed in your chart and your name will be removed from the list. You may always change your mind at any time by sending a new AIC communication to Medical.

If you have recently been tested and chose not to be retested, please opt-out of testing,

/s/ K. Ross, OSP Health Services Nurse Manager

# COUNSELING SERVICES

## Special Visit Requests

Special visit requests shall be made in writing from the Adult in Custody (AIC) to the Correctional Rehabilitation Manager and received at least 30 days prior to the date of the requested special visit for

consideration. Friends and family are allowed to visit both morning and afternoon sessions Monday through Friday. Approval will be required for consideration on weekends and holidays and will be determined by frequency of visits and distance traveled. Visiting Services is still taking a minimum of four weeks to process visiting applications so please plan accordingly.

/s/ C. Lenex, Correctional Rehabilitation Manager

## Basic Visits

If an Adult in Custody (AIC) has received basic visits, there are times the automation does not accurately update the status at the completion of the sanction. It is recommended AICs check to see if privileged visits have been updated prior to inviting friends and family to visit. You can do this by sending a communication to the Correctional Rehabilitation Manager after your sanction has ended. The Visiting staff will not update a basic visit status at the time your loved ones show up, which can be frustrating for everyone.

/s/ C. Lenex, Correctional Rehabilitation Manager

## Visiting – 2 Year Renewals

Per the rule on Visiting, 291-127-0425(1)(2), Adult in Custody (AIC) Visitor's List Maintenance states, "If a visitor has not visited the inmate with the previous two years, the visitor will be automatically removed from the inmate's visiting list and the inmate notified." "In such an event, the visitor must submit a new application to be added to the list."

Visiting Services has been actively removing visitors who have not visited in the last two years. If you have someone on your list that needs to be renewed, please do that now. If the visitor is removed for not visiting, it will be the responsibility of the visitor to reapply. AICs are not able to resubmit on behalf of the visitor and the application will be denied. Processing of visiting applications is taking a minimum of four weeks.

/s/ C. Lenex, Correctional Rehabilitation Manager



**Program Opportunities**

Parenting Inside Out (PIO): An evidence-based parenting skills intervention, grounded in adult learning theory, and is designed for the adult learner. Throughout the program, the parenting coach and learner collaborate in setting goals and developing strategies for reaching their parenting goals. PIO is an Outcomes-Based Instructional Design (OBID). OBID’s focus is on problem-centered, real-life adult roles because adult students are interested in solving problems that relate to day-to-day life.

- PIO consists of 36 sessions for a total of 108 total hours
- Classes are held three days a week for two hours a day (Tuesday, Thursday, and Friday. Times to be determined.
- Projected start date June 2024 on the Education Floor
- Eligibility: Parents with minor children. DHS-involved parents are prioritized for placement.

Did you know potential participants for Family First must successfully graduate from this class?

Free Your Mind Core (FYM-CORE): The curriculum incorporates the latest research on the neuroscience of criminal behavior. Participants learn about the basic brain structures involved in interpreting and responding to environmental stimuli and explore how to use this knowledge to establish new neural pathways and behavioral patterns. The curriculum introduces an innovative (and streamlined) approach to structured skillbuilding. Rather than learning different steps for each social skill, the same four general steps are used to facilitate meaningful repetition of self-control strategies and social skills.

- FYM consists of 55 sessions for a total of 110 total hours
- Classes are held four days a week for two hours a day (Tuesday – Friday from 1:30 pm. to 3:00 pm)
- Start date March 14, 2024 on the Education Floor
- Eligibility: An ACRS of .15- 70 and a projected release date after September 2024

If you are interested, please send a communication to your Correctional Counselor or Ms. Lenex on the CSF.

/s/ C. Lenex, Correctional Rehabilitation Manager



# JOB ANNOUNCEMENTS

**Physical Plant Outdoor Maintenance Opening**

Physical Plant is accepting applications for an outdoor maintenance position.

This position provides general maintenance of Avenue areas and covers trash/recycling duties for the Physical Plant area. (10 points trial; 14 points permanent)

The selected candidate will have the closest matching skills to those listed below.

Desired skills:

Self-motivated individual with demonstrated strong work ethic

Willingness to work outdoors in all types of weather

Ability to work under direct supervision and independently as needed; willingness to take direction and constructive criticism

Willingness to assist with other outdoor maintenance needs as requested

Some basic tool and general maintenance experience

Ability to lift up to 35 pounds

Reliable individual who maintains regular attendance

One year clear conduct and incentive level 3

Send a completed AIC job application to Physical Plant J. Ellertson.

/s/ J. Ellertson, Physical Plant



**Physical Plant Electronics Shop Position**



The Electronics Shop is accepting applications for AICs interested in a career as a low voltage electrician. This position will give someone an opportunity to go through an apprenticeship program, learn a trade, and earn a LEB Electrical license.

The desired candidate will embody this list of personal traits and meet the following criteria:

- Self-motivated with a desire to learn new skills and perfect their trade.
- Willingness to take and follow directions, constructive criticism, work well with others to accomplish tasks.
- Must be a team player who communicates well with all types of personalities.
- Reliable, maintaining regular attendance with a steady behavior.
- Willing to work off hours when necessary.

- Stay drug and alcohol free during your time here.
- Have at least one year clean conduct. Have a minimum of five years left on sentence. Must be Level 3 NCI.
- Have high school diploma/GED and ability to pass math test.
- Ability to work in confined spaces and lift at least 75 pounds.

Send applications with resume and cover letter to Palmer/Schaeffer Physical Plant Electronics Shop.

/s/ S. Palmer, Physical Plant

**Paint Shop Crew Opening**



Physical Plant is accepting applications in the Paint Shop for one position: Paint Crew (10 points)

The selected candidates will have the closest matching skills to those listed below.

Desired skills:

Self-motivated individual with a desire to learn skills for the outside

Willingness to take direction, criticism, and work with others to accomplish tasks

Experience using hand tools, paint brushes, and rollers

Able to lift 50-75 pounds frequently

Reliable individuals who maintain regular attendance

Ability to use spray equipment proficiently

Send a completed AIC job application to Physical Plant J. Trevino.

/s/ J. Trevino, Physical Plant



**Multiple Peer Companion Positions**

We believe that AICs who have proven to be successful in the prison community can provide a valuable resource to peers within that community. By listening to and mentoring peers who are struggling with various disabilities, Peer Companions can help teach them how to more effectively and productively manage their own responses to their environment.

Behavioral Health Services has one Peer Companion position for General Population/DTU for a bilingual peer companion, and several positions open on the Intermediate Care Housing (ICH) unit, where being bilingual is not needed. It is important for Unit Peer Companion candidates to behave in a manner that is respectful, safe, confidential, and honest; modeling patience, respectful communication, and following of all unit and institution rules.

Please submit an AIC application communication form to Tim Assad, ICH Program Manager, if you are interested. Applications will be accepted until the positions are full. To be eligible, you must be an incentive Level 2 or higher and have clear conduct for at least one year. It is preferred that you have one or more years left on your sentence.

/s/ T. Assad, Behavioral Health Services

**RELIGIOUS SERVICES**



**LDS Study**

We are pleased to announce resumption of our LDS Study on Sunday evenings from 6:00 pm to -8:00 pm beginning February 11, 2024.

Until Covid paused us, Brother Russ Muhlestein was teaching a college-level course, Religion 225: Foundations of the Restoration. We plan to resume this course. No prerequisites to enroll; just bring questions. Textbook and materials provided, but no college credit available.

To sign up, please send a kyte to OSP Chapel and request to be added to the turnout. We hope to see you Sunday evenings.

/s/ D. Stahlnecker, Chaplain

**Weekly Chapel Schedule**

**Saturday, February 17**

- 8:00 am LDS
- Sweat Lodge
- Jehovah's Witness
- 1:00 pm Jewish Service
- Seventh Day Adventist
- 6:00 pm Calvary Chapel
- Siddha Yoga (2<sup>nd</sup> and 4<sup>th</sup> Saturdays)

**Sunday, February 18**

- 8:00 am Spanish Protestant
- Spanish Jehovah's Witness
- 1:00 pm Catholic Service
- Urantia (1<sup>st</sup> and 3<sup>rd</sup> Sundays)
- 6:00 pm Lutheran Service

**Monday, February 19**

- 1:00 pm Hispanic Catholic Service
- 6:00 pm Pentecostal Service

**Tuesday, February 20**

- 1:00 pm Agape
- Orthodox Christianity (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)
- Art of Living (Meditate) (2<sup>nd</sup> and 4<sup>th</sup> Tuesdays)
- 6:00 pm Buddhist (1<sup>st</sup> and 3<sup>rd</sup> Tuesdays)

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*Weekly Chapel Schedule Continued*

**Wednesday, February 21**

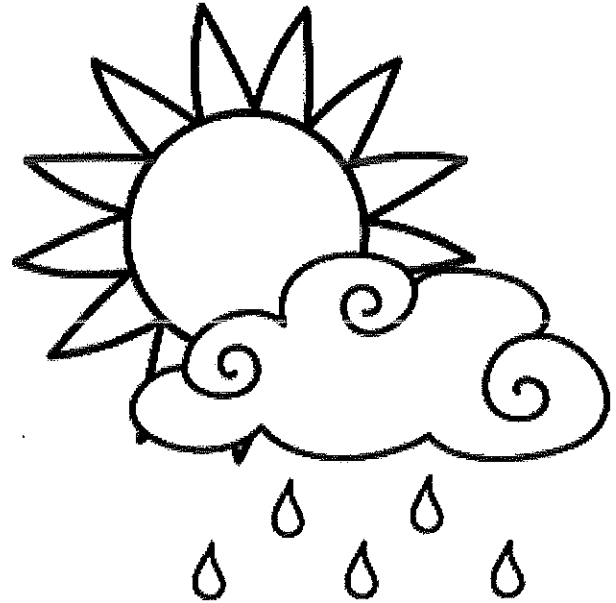
1:00 pm Justice Issues  
6:00 pm Most Excellent Way Chapel

**Thursday, February 22**

1:00 pm TUMI  
6:00 pm Gospel Service

**Friday, February 23**

1:00 pm Nation of Islam  
Sunni Jumma Prayer



## **A Point to Ponder**

*“Any man can learn  
anything he will, but no man  
can teach except to those  
who want to learn.”*

*~ Henry Ford*



Mainline

Week at a Glance

Week	Monday 2/19/2024	Tuesday 2/20/2024	Wednesday 2/21/2024	Thursday 2/22/2024	Friday 2/23/2024	Saturday 2/24/2024	Sunday 2/25/2024	
<b>Week 1</b>	<b>BREAKFAST</b> Oatmeal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 1.00 EA Sliced Cheese (Sta,Chl) - 1.00 SLC English Muffin (Sta,Chl) - 1.00 EA Fried Potatoes - 0.75 CP Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Veggie & Cheese Scramble (Chl,Sta) - 0.75 CP Wheat Toast - 2.00 SLC Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Multigrain Hot Cereal - 1.00 CP Canned Fruit - 0.50 CP Fried Egg (Sta,Chl) - 2.00 EA Refried Beans - 0.50 CP Ranchero Sauce (Sod) - 0.25 CP Flour Tortilla - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Dry Cereal - 1.00 CP Fresh Fruit - 1.00 EA Poultry Sausage (Chl) - 1.00 SLC French Toast (Chl) - 2.00 SLC Maple Syrup - 2.00 FLOZ Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Farina - 1.00 CP Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Canned Fruit - 0.50 CP Scrambled Eggs (Sta,h)0.33CP Poultry Sausage (Chl) - 1.00 EA EA Fried Potatoes - 0.75 CP Wheat Toast - 2.00 SLC Jelly - 2.00 TBS Margarine (Sta) - 1.00 TBS Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA	Oatmeal - 1.00 CP Fresh Fruit - 1.00 EA Hard Boiled Egg (Sta,Chl) - 1.00 EA Breakfast Pastry (Sta,Chl) - 1.00 EA Skim Milk - 16.00 FLOZ Coffee - 8.00 FLOZ Sugar PC - 2.00 EA
<b>Week 1</b>	<b>Presidents Day</b> Coleslaw (Sod) - 0.75 CP Beef Patty (Chl,Sta) - 1.00 EA Chili with Beans - 6.00 FLOZ Shredded Cheese (Sta,Chl)-2 TBS Sliced Onions - 2.00 TBS Wheat Burger Bun (Sta,Chl) - 1.00 EA Hot Vegetable - 0.75 CP Seasoned Potatoes - 0.75 CP Ketchup (Sod) - 2.00 TBS Berry Pound Cake(Sta,Chl) 1 ea Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Fried Egg Sandwich on Wheat (Chl,Sta) - 1.00 EA Mayonnaise - 1.00 TBS Broccoli - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Coleslaw (Sod) - 0.75 CP Tuna Noodle Casserole (Chl,Sta) - 1.25 CP Blended Vegetables - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lentil Soup - 10.00 FLOZ Chicken-Lettuce Salad (Chl) - 1.00 SV Sliced Onions - 2.00 TBS Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Carrots - 0.75 CP Wheat Dinner Roll - 1.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Taco Meat Blend (Sta,Chl) - 0.50 CP Seasoned Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Lettuce Salad - 1.00 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	*Soup of the Day (Sod,Chl) - 10.00 FLOZ Peanut Butter & Jelly Sandwich on Wheat (Sod,Sta) - 2.00 EA Blended Vegetables - 0.75 CP Chips - 1.00 BAG Fresh Fruit - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Quarter (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Poultry Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Ice Cream Cup - 1.00 EA Fortified Fruit Drink - 8.00 FLOZ	
<b>Week 1</b>	<b>DINNER</b> Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Salisbury Steak (Chl,Sta) - 1.00 EA Mashed Potatoes - 0.75 CP Beef Gravy - 2.00 FLOZ Peas - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Chicken Alfredo Sauce (Chl,Sta) - 0.75 CP Spaghetti - 0.75 CP Carrots - 0.75 CP Focaccia Bread (Sod) - 1.00 EA Pudding - 0.50 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Ranch Style Chili (Chl,Sta) - 10.00 FLOZ Baked Potato - 1.00 EA Shredded Cheese (Sta,Chl) - 2.00 TBS Green Beans - 0.75 CP Cornbread (Sod,Chl) - 1.00 EA Margarine (Sta) - 1.00 TBS Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ *Pizza (choice) (Sod,Chl,Sta) - 1.00 EA Blended Vegetables - 0.75 CP Choice Dessert (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing - 1.00 FLOZ Beef Stew (Sod,Chl,Sta) - 10.00 FLOZ Brown Rice - 0.75 CP Cauliflower - 0.75 CP Wheat Dinner Roll - 1.00 EA Margarine (Sta) - 1.00 TBS Choice Cookie (Sta,Chl) - 1.00 EA Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Salad Dressing (Sod) - 1.00 FLOZ Chicken Pot Pie (Chl) - 0.75 CP Biscuits (Sta,Sod) - 2.00 EA Broccoli - 0.75 CP Tea - 8.00 FLOZ	Lettuce Salad - 1.00 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ	Texas Slaw - 0.75 CP Burrito Beans - 0.75 CP Shredded Cheese (Sta,Chl) - 2.00 TBS Spanish Rice - 0.75 CP Salsa (Sod) - 0.25 CP Wheat Tortillas (Sta,Sod) - 2.00 EA Fresh Fruit - 1.00 EA Tea - 8.00 FLOZ

Menu subject to change without notice. Meat-Alternative-Trays available at lunch & dinner only.

\*Contains or may contain pork.

Sod = High Sodium Sta = High Saturated Fat Chl = High Cholesterol Sug = High Sugar

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