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EARLY PLANNING HELPS TRANSITION TO A NEW ADMINISTRATION

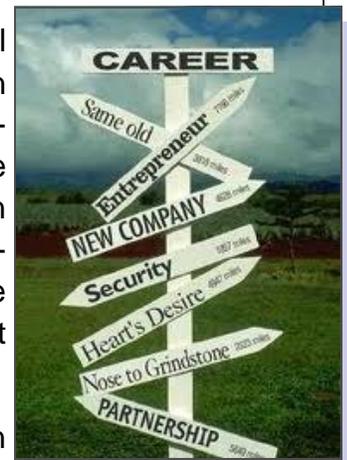
The Michigan Department of Corrections (MDOC) and other state departments and agencies across Michigan have started planning for the transition to a new gubernatorial administration and scores of new legislators who will replace term-limited state representatives and senators.

The MDOC and its partners will provide legislators with an overview of the Department and current initiatives after the election. But this election is different in that it will be the first in eight years where Michigan has a new Governor, Lt. Governor, Attorney General, and Secretary of State, and many new legislators. Therefore, the MDOC must be prepared to share its successes and challenges with a totally new administration.

The MDOC has been a national leader in correctional policy for many years, most recently with its Michigan Prisoner ReEntry Initiative. Key members within the department who have been identified to assist with the transition will be instrumental in providing information and support for evidence-based and time-proven programs. This is an opportunity for the MDOC to preserve much of the hard work that has been done over the past eight years.

However, no matter who wins the governor's race on November 2, each state department is likely to see changes. New governors have historically developed a cabinet that includes people they are comfortable working with - which means most state department directors will be new. With that new leadership comes new ideas, viewpoints, and initiatives. Employees of the Michigan Department of Corrections need to be ready for change, but also need to be ready to continue implementing and carrying out the best correctional policy in the United States.

In short, MDOC employees will be tasked with doing what they have always done - being their best, and doing their best to protect Michigan's citizens.



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RE-ENTRY ROUNDTABLE: SAFER NEIGHBORHOODS & BETTER CITIZENS

Re-Entry Roundtable is a continuing column that provides news, facts, and program successes within the Michigan Prisoner ReEntry Initiative.

Mentors Build Community Connections in Thumb Region

Starting with some of the very first conversations about MPRI in the Thumb Region (Lapeer, Sanilac, Huron, Tuscola and St. Clair counties), the community has placed a high value on finding ways to help returning citizens build stronger pro-social ties in the community to support their successful transition. As a result of a close collaboration between the Thumb Region MPRI and Operation Transformation (OT), a faith-based non-profit organization, those early conversations have evolved into a mentoring program considered to be a model of effective practice.

OT staff members Rev. Thomas Seppo (M.Th.) and Terry Kuhns (M.A.) built and manage a model for mentoring that starts prior to an individual's release and continues in the community. Rev. Seppo attends all in-reach sessions and is usually the first member of the local Transition Team to talk with a prisoner during the video in-reach meeting. He asks each individual if they have any interest in the mentoring program. If the answer is yes, OT begins the process of identifying a volunteer mentor in the community for a potential match.

Mentors are recruited from the faith-based community. Churches, minister associations, and individuals are given information on the mentoring process. OT then conducts a two-hour training (either one-on-one or in a group) on what a mentor does and what the mentoring process is about. Individuals interested in volunteering are asked to commit to mentor one hour a week for at least three months.

Terry Kuhns continues the matching process at the Saginaw Correctional Facility, with a three-hour mandatory class on "The Value of Mentoring." The class material covers a variety of topics, including father-absence, healthy relationships, and goal-setting. Testimonials and success stories from both returning citizens and volunteer mentors are read to encourage the class participants to consider the value of participating in the mentor program. Finally, they walk through the steps of developing a strategy for success. Anyone who is interested can then fill out an application to be matched with a mentor when they are released. As part of that application,

returning citizens are asked if they have a preference for a particular faith tradition. OT goes to the returning community and contacts the closest match to their faith background, trying to find a mentor from that church or faith-based group. Approximately

1,200 returning citizens have taken the class, and about 40% end up participating in a mentoring relationship.

When the returning citizen is released (and becomes a mentee), OT matches them up as soon as possible with a mentor. Mr. Kuhns then keeps up with the case management of the mentoring relationship. Mentors turn in a monthly report of the contacts they have made with their mentee and how the mentoring process is progressing.

The mentor relationship is voluntary and can be discontinued by either party, but many relationships go beyond the initial three-month commitment. Some relationships continue for years and have evolved into natural friendships. One



MPRI (Continued on page 3)



MPRI (Continued from page 2)

mentor recently shared, “Frank telephoned my residence this morning and we spoke for approximately 15 minutes. Frank indicated that the reason he called was because he had been out of prison for one year and wanted to thank me for all that I had done for him. Frank indicated that he was doing well and was still working as a handyman in trade for his monthly apartment rent. This is one of those moments when all the headaches are made worthwhile.”

The aim of the mentoring relationship is for the mentee to have a positive, encouraging person to become part of their life and establish a good support system. There are many potential benefits to be gained through the mentoring relationship. Some mentees have found housing, jobs, rides to and from appointments, and a new network of friendship from the churches or faith-based support groups they attend. In the Thumb Region, among returning citizens who have had

meaningful relationships with a mentor, meaning they met together seven or more times, only 16% have returned to prison. Considering that prior to MPRI implementation, 48% of parolees statewide returned to prison within two years of release, it appears that perhaps the greatest benefit of the mentoring program is a safer community.



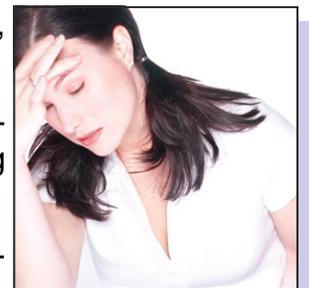
From Left: Terry Kuhns, Director Patricia Caruso, and Reverend Tom Seppo.

OCTOBER IS DEPRESSION AWARENESS MONTH

Depression is a medical condition with mental as well as physical characteristics. One of the most important characteristics is a physiological imbalance of certain chemicals within the brain. These chemicals are called *neurotransmitters* and are responsible for moving signals from one part of the brain to another. When they are out of balance, the signals cannot move efficiently. Symptoms of this imbalance include, feeling “blue” or feeling irritable, lack of energy, not caring about things like you used to, difficulty with concentration or memory, changes in sleep or appetite or thoughts of helplessness, worthlessness.

Often, correcting this imbalance results in relief from most or all of these symptoms. There are a number of options that may help restore balance, including exercise, medication, and counseling.

If you believe you may be suffering from depression, the State of Michigan Employee Service Program invites you to complete a five-minute self-assessment, designed to provide you with anonymous immediate feedback. You will also be provided with information on how to obtain further evaluation and treatment services if necessary. To complete a self-assessment, visit the Employee Service Program Web site at: www.michigan.gov/esp and follow the links to the Interactive Screening Program. A self-assessment screening for alcohol or depression can also be completed by calling 1-800-887-5676 and using your touch-tone keypad to respond to the pre-recorded questions.



FIELD REPORT: WHAT'S GOING ON IN FOA

Parolees Give Back to Community

On 9/13/10, the Kalamazoo Parole Office teamed up with the Kalamazoo Department of Public Safety in a collaborative effort to do "blight" clean up. Agents, community police officers and offenders worked in teams to pick up trash along the sidewalks, streets and vacant lots. The project focused on the east, north and south side Kalamazoo neighborhoods. Community police officers and housing code enforcement officers ticketed abandoned vehicles and wrote citations for housing code violations. The parolees volunteered in effort to "give back to their community." The Kalamazoo Department of Public Safety believes keeping neighborhoods clean reduces crime. It is the Department's position that an offender's successful transition back into the community involves contributing to the community they once victimized. Many of those living in these neighborhoods expressed appreciation for the clean-up efforts. It is anticipated that this will be an ongoing project during the summer and early fall months.



Pictured left to right: Agent Sean Burgess, Supervisor Omar Alston, Anthony Wilder, Greg Hayes, Curtis Jeffries and Community Police Officer Jeremy Schaffer.

Offenders Collect Non-Perishable Items to Help Needy



Field Agents Rebecca Rowley (rear center with white shirt) and Robbie Bradford (far left in the plaid shirt), celebrate the collection of non-perishable food items with Ionia County offenders.

The Ionia County Parole/Probation Female Offender Program has created a non-perishable food collection drive. The female offenders were challenged to provide items to assist others within their community by filling the local food banks with these items. All female offenders in the county are encouraged to participate in the food drive, as well as the gender-specific programming made available in Ionia County. Female offenders have access to monthly programming that includes workshops to build employment skills, how to budget and be financially responsible, as well as how to live a healthy lifestyle. This programming is offered with the assistance of community providers.

With the holiday season quickly approaching, participants are focusing on crafts and other items to help others through the holidays. A primary goal of the program is to have the participants continue to assist each other through mutual support, as well as giving back to the community.



BECOMING PHYSICALLY ACTIVE

“**Being in the Know**” means being an informed consumer about important areas in your life. Do you frequently think about becoming more physically active but don’t quite know where to begin? Included in this article are tips to help you stay active. The Centers for Disease Control and Prevention research has shown that there are many benefits of regular physical activity, which include:

- Reduction in risk of heart disease, stroke, obesity, diabetes and high blood pressure
- Feeling stronger and healthier
- Weight control
- Stress Management



The first step before getting physically active is to consult with your health-care provider. The second step is to get started! If you have *not* been active for a long time it’s a good idea to start out *slowly*, and increase your activities after several weeks and/or months. The next step is to “**Do it Your Way.**” Choose activities you enjoy that fit into your lifestyle and find the time

that works best for you. Be active with and involve family and friends, as having a support group can help you stay on target. (U.S. Department of Health and Human Services, *Physical Activity Guidelines for Americans*, p.1)

According to the *U. S. Department of Health and Human Services, Physical Guidelines for Americans*, adults need at least two types of physical activity to improve their health. These include aerobic and muscle-strengthening exercises. For substantial health benefits, adults should do approximately 30 minutes of moderate-intensity exercise five times a week such as a brisk walk or water aerobics, or 75 minutes (1 hour and 15 minutes) a week of vigorous-intensity aerobic activity such as race-walking, jogging or running.

Adults should also do muscle-strengthening exercises that are moderate or high intensity and involve all major muscle groups two or more days a week.

Aerobic physical activity should preferably be done in at least 10 minute episodes throughout the week. The *U.S. Department of Health and Human Services* research indicates that activity performed at least three days a week produces health benefits.

The *U.S. Department of Health and Human Services, Physical Guidelines for Americans* lists the following examples of moderate-intensity aerobic exercises include:

- Walking briskly (3 miles an hour or faster)
- Water aerobics
- Bicycling slower than 10 miles an hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

Examples of vigorous-intensity aerobics exercises include:

- Race walking, jogging or running
- Swimming laps
- Tennis (singles)
- Aerobic dancing
- Bicycling 10 miles per hour or faster
- Jumping rope
- Heavy gardening (continuous digging and hoeing)



PHYSICALLY ACTIVE (Continued on page 6)



PHYSICALLY ACTIVE (Continued from pg. 5)

Muscle strengthening activities include: (U.S. Department of Health and Human Services, Physical Guidelines for Americans, p. 4)

- Weight training
- Working with resistance bands
- Doing calisthenics (push-ups, pull-ups and sit-ups)
- Heavy gardening (such as digging and hoeing)



Key guidelines for safe physical activity include: (U.S. Department of Health and Human Services, Physical Guidelines for Americans, p. 2)

- Understand the risks of the physical activity you select
- Engage in physical activities appropriate for your current fitness level and health goals
- Increase physical activity gradually
- Protect yourself by using appropriate gear and sports equipment
- Be under the care of a health-care provider if you have chronic physical conditions

Are you ready to start becoming more physically active? If so, there are many resources available to you. **Michigan Steps Up** is one resource which is run by the Michigan Department of Community Health and the Michigan Surgeon General's Office. **Michigan Steps Up** provides information about ways to exercise more. You

can sign up for a free magazine - *Make Health Your Choice*, and a free e-newsletter - *MI Healthy Living*. You can also create your own personal plan, and health goals on their Web site and it's free! For more information about the **Michigan Steps Up** program, and to create your plan visit www.michiganstepsup.org, or you may call them at 1-877-422-4244.

Another valuable resource is the DOC Work/Life Web page. This Web page offers DOC employees a variety of resources in the areas of work/life balance, in particular physical fitness. On the Physical Fitness page there are Web site links to the Centers for Disease Control and Prevention, State of Michigan's Working on Wellness (WOW), the Governor's Council on Physical Fitness, Health and Sports and many more. To get to this Web page click www.michigan.gov/corrections, click on "Human Resources," and the click on "Work/Life Services."

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DON'T FORGET TO CHECK YOUR SMOKE ALARMS

October and the cooler temperatures that come with it bring about the need for indoor heating again. As we fire up the furnaces, wood stoves and fireplaces, it's also a good time to replace batteries in the smoke detector. Most homes only have one smoke detector and no fire extinguishers. Each home should have at least one smoke alarm and fire extinguisher on each floor in a well-marked area that all family members are aware of. Make your home and your family safer today!





HARVEST GATHERING STARTS MONDAY!

This fall marks the 20th year of the Michigan Harvest Gathering, an annual food and fund drive in which State employees have been major partners with the Food Bank Council of Michigan. As in previous years, State employees are being asked to step up and support the food banks throughout Michigan. The 2010 campaign will run from Monday, October 18 through Monday, November 1, 2010. MDOC employees can donate non-perishable canned and boxed food items as well as toiletry items to designated collection sites in your work area.



You may also contribute money to your site coordinator for which you will receive a receipt. Additionally, online donations made at www.feedmichigan.org allow you to donate as a State employee, list your department affiliation and designate your donation to one of the nine regional food banks that provide services throughout the state. Dollar amounts in the hands of food banks go twice as far in purchasing food. All food donations go to local food banks and all funds are directly used to purchase food items and pay for their transport.

For the past six years, Judy Gold (*pictured at right*) has been instrumental in coordinating the Department's Harvest Gathering campaign, and had stepped up to continue those efforts this year. As most of you already know, Judy passed away unexpectedly on October 2, 2010. In her memory, we will dedicate the Department's 2010 Harvest Gathering to her. Judy truly cared about helping others, so in memory of Judy Gold, let's make this the best Harvest Gatherings for the Department ever.



SORTING TECHNOLOGY INCREASES PLASTIC RECYCLING

Recycling plastics is becoming easier and more types of plastic are being recycled thanks to enhanced sorting technology used by recycling centers. Michigan State University (MSU), moving into the second phase of a multiyear recycling plan, began accepting not just the standard milk jugs and water bottles, but basically every other sort of plastic.



The City of Lansing began accepting plastics #4 through #7 through its curbside recycling program earlier this month (it still does not take No. 3 plastic, more commonly known as PVC).

Other communities and recycling centers across Michigan are beginning to utilize the new technology to allow greater recycling of plastics. Some recyclers are seeing a 300% increase in the volume of recycled plastics.

"When you throw it away you don't really realize it, but when you see it pile up in a recycling bag, you definitely realize how much you use it," said one MSU student.

MSU's Public Recycling Center is open 24/7 and is located across from the MSU Surplus Store & Recycling Center, off Farm Lane south of Service Road.

**PUGSLEY CORRECTIONAL FACILITY SUPPORTS SPECIAL OLYMPIANS IN A BIG WAY!**

Pugsley Correctional Facility raised over \$2,157 for Special Olympics. Fund-raisers included a BB gun shoot, Minute-to-Win-It games, spaghetti lunch, casual days and an ice cream social. Not only did staff participate in the fund-raisers, but also the Law Enforcement Torch Run in Traverse City on September 14. Over 23 participants walked/ran a 5K along with more than 20 Special Olympians cheering them on. The Winter Games are held in Traverse City and this year we plan to provide additional volunteers to help with this event. Staff and other recruits are also knitting/crocheting scarves for athletes and participants of the Winter Games. A goal of 100 scarves by January 1st will hopefully be achieved.

*PEOPLE MAKE THE DIFFERENCE***MDOC STAFF LEND A HAND FOR CEDAR RAPIDS MAKE-A-SMILE PROJECT**

Make-A-Smile, the charity formed to redevelop parks and playgrounds in areas devastated by disaster, recently descended on Cedar Rapids, Iowa. NAAWS members and volunteers from across the country, including Michigan's Doyle Foster of Mound Correctional Facility, Mark Rudd of the Ryan/Mound complex, and Dan Godfrey and Patrick Warren of Woodland Center Correctional Facility, joined together to rebuild Time Check Park. Two years ago, this park was under ten feet of water for six days. Hundreds of area homes were destroyed by the disastrous flood!

Although many homes are being rebuilt, the park needed a lot of work. Make-A-Smile installed a new playground and swings, built a new band stand/gazebo, a new picnic shelter, new baseball dugouts, restored and painted the basketball court, revamped the baseball diamond, scraped and painted the baseball fences, leveled and seeded the grassy area of the park, put in horse shoe pits, put in a tether ball pole, painted the park fence poles, cleaned the splash pad, planted trees, and did a general clean up of the park.



The Cedar Rapids Parks Department was so pleased that they are re-introducing organized programs in the park. The result of this hard work by so many is a great neighborhood park; a place where families can go for fun and relaxation, away from the grind of trying to rebuild their lives after a terrible natural disaster.

