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DIRECTOR TAKES A RUN AT SAI

Director Daniel Heyns joined Special Alternative Incarceration (SAI) staff and trainees in a two-mile run during their morning physical training (PT) session on Tuesday, August 23. Afterwards, Director Heyns toured the facility, remarking at the level of discipline, organization, and professionalism exhibited by staff running the program.



Over the past few years, SAI has been dogged by rumors the program will be shuttered but Director Heyns said under his tenure he will do what it takes to ensure the program stays in operation. He was impressed with employees, the programming being delivered and the outcomes achieved by the offenders transitioning through the program.

During the tour, Director Heyns experienced a trainee graduation where about 35 trainees reunited with family members while over 100 other trainees watched the celebration. Even casual observers could see how the success of the graduating trainees filtered down to those trainees who were watching, hopeful of their own successful completion in a few weeks.



Director Daniel H. Heyns discusses the SAI program with a female trainee during lunch.

The Director also had a chance to observe programming delivered to trainees by Corporal Robert Kinney, who has over 15 years experience shaping offenders into successful citizens. The program Kinney delivers encourages offenders to examine their thoughts and actions while challenging them to take responsibility for their current situation. Offenders of-

SAI VISIT Continued on page 2)



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SAI VISIT (Continued from page 1)

ten confront each other to think in ways that support success and identify failure. Those offenders who blame others for their own situation are quickly reminded by classmates that their choices got them here, nothing else. It's one of the most intense classes in the SAI program.

Director Heyns also visited the control center and a housing unit, and had lunch in the chow hall with staff and trainees. The overriding concern among staff he talked to was the uncertainty regarding SAI. They were excited to see the new Director and hear his comments about the importance of the program and how it fits into the overall management of the offender population.

The Director was appreciative of all SAI staff, including Warden Burt, Deputy Warden Pass, Corporal Atkins, Corporal Rochefort, Captain Walling and Captain Tellez for assisting with the run and the tour and being such welcoming hosts.

Upon leaving, he said, "This is a professional operation with squared-away staff. I'm impressed." That first impression will be a lasting one, and likely the one necessary to keep SAI around in the coming years.



At Left: Director Heyns (no cap) and Russell Marlan (with cap) run in formation with trainees. **At Center:** Director Heyns discusses SAI with a trainee after the run. **At Right:** Capt. Walling, Director Heyns, Capt. Tellez and Cpl. Rochefort.

NEW HEALTH CARE ADMINISTRATOR NAMED

Sandra L. Maes, the current Director of Chronic Care Services with Allegiance Health in Jackson, will become Administrator of the Department's Bureau of Health Care Services effective September 19, 2011.

Ms. Maes has over 26 years in the health care field and has served as a Director with Allegiance Health since 2008. She holds a Master's Degree in Business Administration from Spring Arbor University and a Bachelor of Health Services and Gerontology Degree also from Spring Arbor University.

During her tenure, her leadership initiatives include the implementation of Electronic Medical Records, compliance oversight, financial oversight, strategic planning, employee recruitment, contract negotiations, expanding service delivery, health system program development, relationship development, patient satisfaction and customer care, and best practices.

Please welcome incoming BHCS Administrator Sandra L. Maes to the team. She is a welcome addition who brings a wealth of experience to one of the Department's most challenging areas.



REENTRY ROUNDTABLE

Reentry Roundtable is a continuing column that provides news, facts, and program successes within the prisoner reentry program.

WEST CENTRAL PRISONER REENTRY SEES SUCCESS THROUGH MENTORING

Through the West Central Area Prisoner Reentry program, Jeremiah, a resident of Mason County completed the mentor screening and training program and is now mentoring two recently paroled men. Jeremiah can understand what these men have been through because he served fifteen years in a Michigan prison. Jeremiah became incarcerated when he was seventeen years old following a childhood marked by abuse and neglect. During his youth, Jeremiah had no guidance and fell victim to negative influences. In prison, however, some caring therapists gave Jeremiah the tools necessary to make better choices. "A light came on in prison. I knew I had to make a change or else I was going to die in prison."

For Jeremiah, his success is about changing core beliefs and recognizing that breaking the law brings negative results. Jeremiah points out, "From moment to moment we have choices. What am I doing in this moment? What will I do in the next moment? What I choose to do right now determines my future."

This perspective governs Jeremiah's life as well as his approach to mentoring. "Every life circumstance is a potential lesson," he says. Jeremiah hopes that the men he mentors will learn from his example and realize that positive change is possible. To ensure everyone is on the same

page, Jeremiah regularly communicates with the parole agents of the men he mentors. He stated, "The most difficult aspect of mentoring is trying to overcome the deeply ingrained core beliefs held by the parolees. They need to realize, like I had to realize, that if you keep doing the same negative things you're going to keep getting the same negative results."

According to Jeremiah, it all boils down to choices. "You have to want to change and you can't let circumstances dictate your emotional values. You have to learn to forgive yourself for the mistakes you've made and let go of the past."

In addition to mentoring, Jeremiah has recently been invited to facilitate life skills classes at the Mason County parole office and to take a leadership role in local substance abuse recovery groups. Jeremiah says of his recent volunteer work, "I feel like I am making a difference. I am planting seeds in the garden of the mind." This is a metaphor he uses frequently. "The mind is like a garden; you have to take care of it, pulling weeds and planting seeds." Through mentoring, Jeremiah is planting the seeds of positive thought. For him, "thought is the primary foundation of everything."

This article was submitted by Capital Area Prisoner Reentry Community Coordinator Rebecca Stieg and written by Dana Bonnell.

Prisoner Reentry



FOA PROBATION OFFICE ADOPTS A HIGHWAY

Mindy Kaiser, a Probation Officer with Kent County Probation, has wanted to do this for several years because she likes things clean and tidy and never understood how so much garbage ends up strewn along our highways. The offending trash gives a poor first impression to visitors of the greater Grand Rapids area. Mindy has seen the results of Adopt-A-Highway's efforts over the years – bags of collected trash stacked near mile markers and signposts on the freeway – and she wanted to be involved because it helps create a healthier community and everyone who uses the highways can see the results. Rather than find an agency that already had adopted a roadway, Mindy went on the MDOT website and researched how to get involved. She then handed out fliers to all staff at Probation and Parole, garnered support for the idea, and with the help of MDOT, Mindy and her coworkers adopted a two-mile section of highway, I-96 from Plainfield, east 2 miles to Knapp.

The cleanup team met early on the morning of July 9, 2011, shared some breakfast fare, and headed to the highway. The first trash collection was free of anything unusual or eventful, and it was actually fun. It was hot, but the group had a supply of cold water and some breeze from passing vehicles.

Mindy is glad to have the first collection done. The volunteers learned what worked well and what didn't logistically, so the 2nd pick-up on

September 24, 2011 should be a breeze!

Adopt-A-Highway is organized by the Michigan Department of Transportation and allows companies, community agencies, or just about any group, to adopt a 2- or 3-mile stretch of highway, to help Michigan's roadways stay clean. Three times each year (April, July and September), the groups pick up litter in their section of highway and MDOT picks up the bags along the side of the road. Statewide, MDOT estimates 32,000 volunteers will be participating this year, which will save them \$1.5 Million in littler cleanup costs for the year.



From Left: Pat Lane, Sue Westerlund, Mary Ann Tyczynski, Andrea Tiller, Erma McMillan, Kristi Giszewski, Mel Atkins, Christine Witters, Ryan Shields, Nick Moore and Rick Tyczynski.

MDOC ON FACEBOOK AND TWITTER



The Department is trying to keep staff and others interested in our agency updated with the latest correctional news. The Department's Facebook page has been around for several months and has over 440 friends. Search Michigan Department of Corrections (government organization) to find our page (don't be mistaken by the FB community site that is based on Wikipedia information). Twitter was just added last week by the Department and we are still playing with the best ways to utilize the social format. If you have a positive story of 140 characters or less you want on Twitter, send it to cordellj@michigan.gov and we'll "tweet" it. The Twitter page is MichiganDOC for those who want to follow. Links are at left.





THINKING DIFFERENTLY

A critical aspect of Smart Stress Management is “Thinking Differently.”

When we think of situations, events, people and places that contribute to or are a source of stress, we often have emotional reactions that become obstacles to forming an effective response to perceived stressors. Our thoughts, or what we tell ourselves, create the negative or positive feelings that we have about a situation. This is why different people may have completely different reactions to the exact same situation. What we think is often processed via “self-talk”, which unfortunately, can be in conflict with reality and actually increase our distress. This prevents smart stress management and focusing on the need for self-care.



The Employee Service Program (ESP) online Systematic Stress Management Program has

several modules to help manage stress, including an excellent module on “Thinking Differently.” Thinking differently helps us to *choose to be in control*, and feel more empowered to cope effectively with whatever life throws our way. This module looks at managing self-talk or thought habits that are self-defeating or result in unwanted distress. It explains how you can distract yourself from having thoughts that are more stressful than you prefer.



For more information on the ESP online Systematic Stress Management Program, or to schedule an individual consultation with an ESP Counselor to better understand “thinking differently” techniques and develop a personalized self-care plan, please contact ESP at 517-373-7630 (Lansing area); 313-456-4020 (Detroit area), or 800-521-1377. ESP also invites you to visit our website at www.michigan.gov/esp.



LAST CHANCE TO REGISTER FOR SEPTEMBER 9 MCA CONFERENCE IN MT. PLEASANT



The Michigan Corrections Association will hold its late summer conference “Change in the Coming Decade: A New Beginning” on September 9, 2011 at the Comfort Inn and Suites in Mt. Pleasant, MI. The conference will focus on the future of corrections in Michigan including prisons, community supervision, courts, and jail operations.

Director Daniel Heyns will serve as the luncheon speaker and State Representative Joe Haveman (R - Holland), Chairperson of the House Appropriations Subcommittee on Corrections, will speak on legislative initiatives impacting corrections. Please visit the MCA website at www.micorrections.org and click on the calendar to register. You can also pay using PayPal through the MCA site. MDOC employees attending the program are considered in training for the day, however registration and travel costs will not be reimbursed and attendance shall not create overtime.

**INTEGRITY MATTERS****BY JOE BOUCHARD**

One of my mentors once told me something about integrity. I'm not sure if these words are his originally. Nevertheless, they are inspiring.

If you have integrity, nothing else matters.

If you do not have integrity, nothing else matters.

At first, this seemed like a play on words. Digging deeper, it made more sense to me. There are some who will do the right thing as a matter of course. On the other hand, there are some who do ignore guidelines and have no qualms about it. Integrity varies from person to person.

Integrity does not always have immediate rewards. Sometimes, this brings us disillusionment and frustration. How do we pull ourselves out of a crisis in integrity? What are some of the ways that we can maintain our work integrity and refrain from obsessing over the performance of others? Here are some tips:

- Remember to focus on your work rather than the work of others. You can only control what is under your control.
- Don't borrow trouble. Obsessing about how much or how little someone else does pulls valuable time away from the job that you do.
- Vent in a healthy manner. Use a loved one or a friend and tell that person of your frustrations. Gauge the listener and do not unload too much. After all, there is a fine

line between venting and complaining.

- Be realistic. Some things are slow to change. There is nepotism, favorites, blindness, and simply too much to watch. Others may not know how hard you work or how little others work. Each person has to acknowledge their own merits and accomplishments.
- Recognition is good but not necessary. True integrity involves doing the right thing for its own sake. When you are acknowledged or rewarded, that is nice. However, that doesn't mean that should (or will) happen all the time. In fact, praise that is overdone is really diluted.
- Avoid self-righteousness. A superior attitude fueled by misplaced pride may awaken the monster of staff division.
- Remember the mission statement.

Above all, integrity remains very important. Without it, operations in all fields would be much less efficient. Innovation would fall. Initiative would drop. Remember:

If you have integrity, nothing else matters.

If you do not have integrity, nothing else matters.

Special thanks to Joe Bouchard, the librarian at Baraga Correctional Facility for submitting this article to F.Y.I.

**F.Y.I. NEEDS YOUR STORIES**

If you have something interesting and informative to share, please submit it to F.Y.I. for consideration. We can't put all of the articles in F.Y.I. but we try to get as many in as possible. Send submissions to John Cordell in the Office of Public Information and Communications at cordellj@michigan.gov.

Thanks for supporting your department newsletter. Enjoy.





RETIREMENTS - JUNE AND JULY 2011



JUNE 2011

Adams, Wade A.....	Lakeland Correctional Facility
Ashley, Gary L.	Bellamy Creek Correctional Facility
Ayotte, Steven R.....	Marquette Branch Prison
Berkshire, Danny L.	Cooper Street Correctional Facility
Berry, David G.	Carson City Correctional Facility
Bieber, Perry L.....	Richard A. Handlon Correctional Facility
Cline, Gregory A.	Charles Egeler Correctional Facility
Clothier, Eddie L.	G. Robert Cotton Correctional Facility
Cram, Joyce O.....	Michigan State Industries
Creisher, Deborah A.	Cooper Street Correctional Facility
Cummings, Alice L.....	Cooper Street Correctional Facility
Defrates, Kevin D.....	Michigan Reformatory
Deline, Darrell A.....	Central Michigan Correctional Facility
Deshambo, Wayne J.	Alger Correctional Facility
Deuman, Glenn J.....	Kinross Correctional Facility
Dibble, Jerome V.	Earnest C. Brooks Correctional Facility
Dobbins, Kenneth L.	Women’s Huron Valley Correctional Facility
Dove, Harry D.....	St. Louis Correctional Facility
Frakes, Douglas G.....	Cooper Street Correctional Facility
Goff, Sue E.	Charles Egeler Correctional Facility
Grimes, Kathi S.....	Cooper Street Correctional Facility
Guenther, Stanley N.	Pugsley Correctional Facility
Harris, William M.....	Charles Egeler Correctional Facility
Hastay, Vicky A.....	Cooper Street Correctional Facility
Hauk, Barbara A.	Lakeland Correctional Facility
Heath, Brian L.....	Charles Egeler Correctional Facility
Hutton, Tanya K.....	Cooper Street Correctional Facility
Johnson, Bernard.	Mound Correctional Facility
Keith, Rickey E.	Lakeland Correctional Facility
Lange, Donald.	Lakeland Correctional Facility

PEOPLE MAKE THE DIFFERENCE



RETIREMENTS (Continued on page 8)



RETIREMENTS (Continued from page 7)

- Little, Chad R. Marquette Branch Prison
- Marek, Michael J. Ionia Maximum Correctional Facility
- Mccall, Rolla R. Pugsley Correctional Facility
- Meyer, Amy S. Muskegon Correctional Facility
- Misener, Robert L. Lakeland Correctional Facility
- Nastase, Nick A. Crane Correctional Facility
- Patterson, Tyrone V. Parnall Correctional Facility
- Perry, Monte J. Marquette Branch Prison
- Pierce, William C. Earnest C. Brooks Correctional Facility
- Piper, Daniel G. Michigan Reformatory
- Pittelkow, Kenton J. Charles Egeler Correctional Facility
- Rawlins, Antonia P. Ryan Correctional Facility
- Robertson, Rhonda. Ryan Correctional Facility
- Roth, Timothy R. Marquette Branch Prison
- Rubitschun, John Central Office
- Scholtens, John W. Michigan Reformatory
- Shie, Charles C. Carson City Correctional Facility
- Siegel, Richard. Earnest C. Brooks Correctional Facility
- Stafford, Monica. Charles Egeler Correctional Facility
- Stapleton, Richard B. Central Office
- Switzer, Robert Michigan Reformatory
- Trapp, Harry L. Gus Harrison Correctional Facility
- Travis, Gerald Central Michigan Correctional Facility
- Turner, Clayton T. Thumb Correctional Facility
- Upton, Edna E. Richard A. Handlon Correctional Facility
- Vanausdale, Lynn Gus Harrison Correctional Facility
- Vanbeelen, Andrew W. Oaks Correctional Facility
- Vincent, David G. Oaks Correctional Facility
- Whalen, Michael Muskegon Correctional Facility
- Williams, Douglas A. Macomb Correctional Facility
- Wintersteen, Frank Women's Huron Valley Correctional Facility



PEOPLE MAKE THE DIFFERENCE

JULY 2011

- Andrzejak, John R. Chippewa Correctional Facility
- Arntz, Kim M. Cooper Street Correctional Facility

RETIREMENTS (Continued on page 9)





RETIREMENTS (Continued from page 8)

Beard, Sandra K.	Charles Egeler Correctional Facility
Bildner, Terry L.	Cooper Street Correctional Facility
Bollinger, Roger	Carson City Correctional Facility
Brim, Leslie M.	Charles Egeler Correctional Facility
Brown, Mary D.	Parnall Correctional Facility
Cataline, Richard D.	Southern CFA Region - Jackson
Chapman, Steven F.	Chippewa Correctional Facility
Colley, Florence I.	Lakeland Correctional Facility
Davis, Vanessa	Macomb Correctional Facility
Debski, Brian S.	Marquette Branch Prison
Dewberry, Patricia A.	Women’s Huron Valley Correctional Facility
Faber, William	Bellamy Creek Correctional Facility
Feighner, Michael K.	Kinross Correctional Facility
Ferris, Jeffrey L.	Central Office
Frankhouse, Kenneth A.	Cooper Street Correctional Facility
Godfrey, Daniel	Woodland Center Correctional Facility
Gould, Thomas D.	Gus Harrison Correctional Facility
Green, Julie A.	Baraga Correctional Facility
Grow, Phillip D.	Earnest C. Brooks Correctional Facility
Gunia, Terry W.	Earnest C. Brooks Correctional Facility
Henline, Gary R.	Michigan State Industries
Kirkland, Samuel B.	Field Operations Metro Region
Lahti, John M.	Marquette Branch Prison
Laitala, John A.	Marquette Branch Prison
Lawnichak, David	Chippewa Correctional Facility
Ludwick, Paula R.	Lakeland Correctional Facility
Mayer, John S.	Carson City Correctional Facility
Mccloskey, Janice	Kinross Correctional Facility
Mccluskey, Garry	Kinross Correctional Facility
Mcquiggin, Gregory	Chippewa Correctional Facility
Moore, Wanda D.	Woodland Center Correctional Facility
Newland, Gordon C.	Kinross Correctional Facility
Newman, Gary L.	Gus Harrison Correctional Facility
Osmer, William R.	Southern CFA Region - Ionia



PEOPLE MAKE THE DIFFERENCE



RETIREMENTS (Continued on page 10)



RETIREMENTS (Continued from page 9)

Peckins, Marilyn R.	Michigan Reformatory
Peterson, Kim A.	Alger Correctional Facility
Pjesky, James B.	Field Operations – Outstate Region
Pritt, Jeffrey D.	Charles Egeler Correctional Facility
Punsky, Howard R.	Gus Harrison Correctional Facility
Reynolds, Shelly A.	Field Operations – Outstate Region
Rohloff, Darlyn S.	Lakeland Correctional Facility
Rosso, Vincent P.	Richard A. Handlon Correctional Facility
Saunders, Annette M.	Lakeland Correctional Facility
Savoie, Donald E.	Kinross Correctional Facility
Shaw, Joseph F.	Pugsley Correctional Facility
Shunk, Susan M.	Chippewa Correctional Facility
Sikkenga, Robert B.	Earnest C. Brooks Correctional Facility
Smith, William R.	Cooper Street Correctional Facility
Smoker, Douglas E.	Lakeland Correctional Facility
Snow, Nancy A.	Lakeland Correctional Facility
Thomas, Patricia A.	Parnall Correctional Facility
Thorbjornsen, Kenneth	Richard A. Handlon Correctional Facility
Tobias, David B.	Charles Egeler Correctional Facility
Vanhartesvelt, Gregory G.	Marquette Branch Prison
Verville, Louis F.	Marquette Branch Prison
Vizena, Daniel R.	Marquette Branch Prison
Wickens, Joseph G.	Women’s Huron Valley Correctional Facility
Wilson, James R.	Gus Harrison Correctional Facility
Zurek, James J.	Cooper Street Correctional Facility



PEOPLE MAKE THE DIFFERENCE

