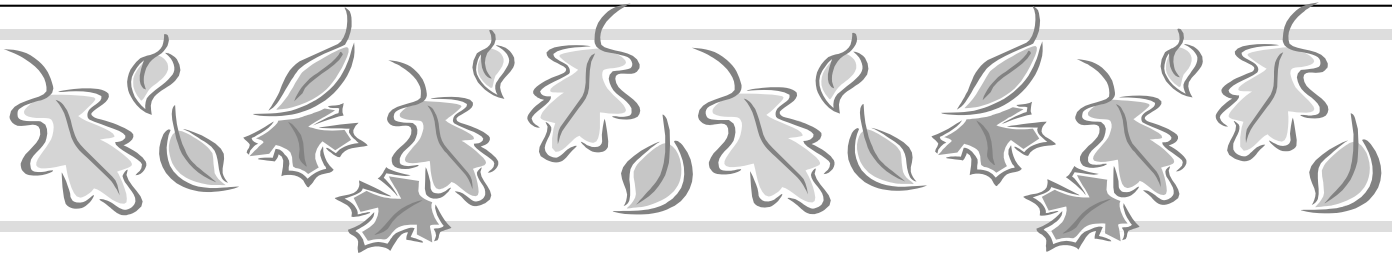




Strafford County Department of Corrections
FAMILY NEWSLETTER
November 2007

Published by Strafford County Jail Industries



Dear Families,

Here we are again. It doesn't seem possible that another year has almost come and gone. This year we have tried to again provide you with information about the facility and your loved ones' possible opportunities offered while at the facility.


Family resource materials have also been available from many agencies as well as various other resources. If you are familiar with computers and have a little time you may browse through past newsletters to obtain some of those varied materials for your use. I will include one of those such pages of resources with this newsletter.

In the Family Reception Area I will provide a couple samples of these resources on line. Remember if you are looking us up on-line; it is www.co.strafford.nh.us/jail then click on Family Reception Center found on the side of the jail screen.

I continue to wonder what information is most valuable to individual families. Very recently a family member thanked me for the inspiring success story by a former inmate of Strafford County Department of Corrections who had participated in the Drug Court offered through this facility. This did convince me that more success stories will be included in upcoming newsletters. If you could share specific topics you would like to see, I will do my best to obtain information in the given area.

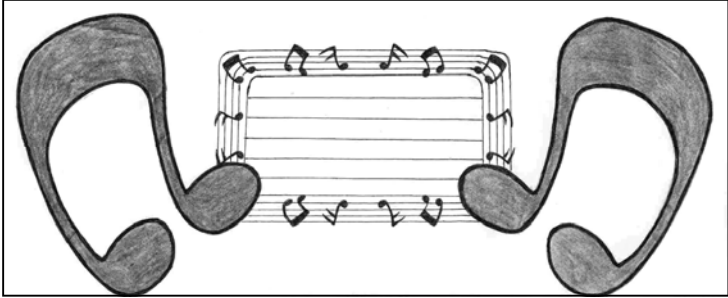
Sincerely Yours,

Marilyn Allen
Family Reception Center Founder & Coordinator

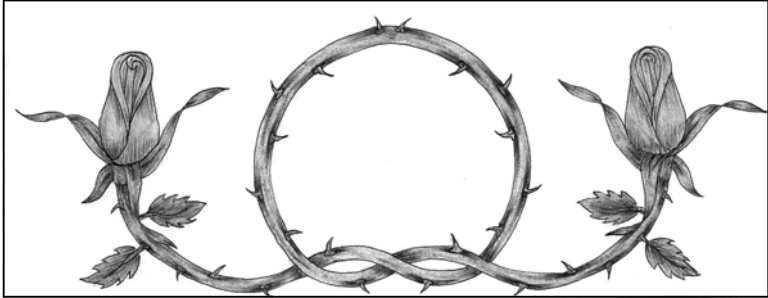
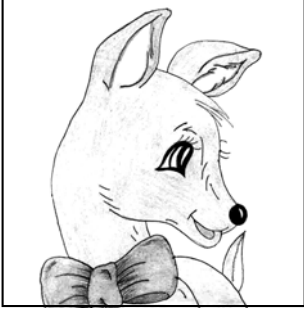
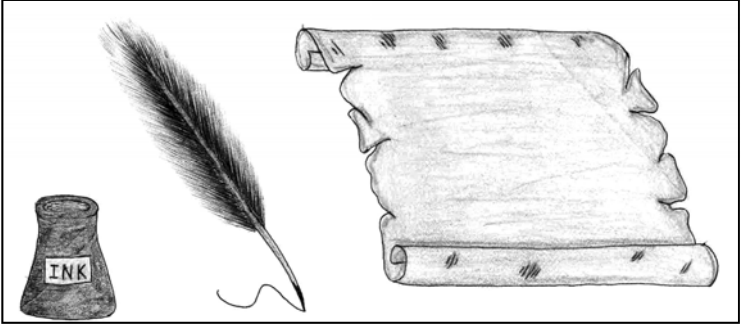


Santa Claus is Coming to Town!

Yes, it's true! Santa will be here for our annual Christmas Party on Saturday, December 15th, from 9:00 am until 3:00 pm. Watch for the sign up sheet in the FRC area if you would like for Santa to give your child a present on that day. Sheets to sign up will be available beginning on Thursday, November 22nd.



**Thanks to D.J. for sharing
this beautiful artwork!**

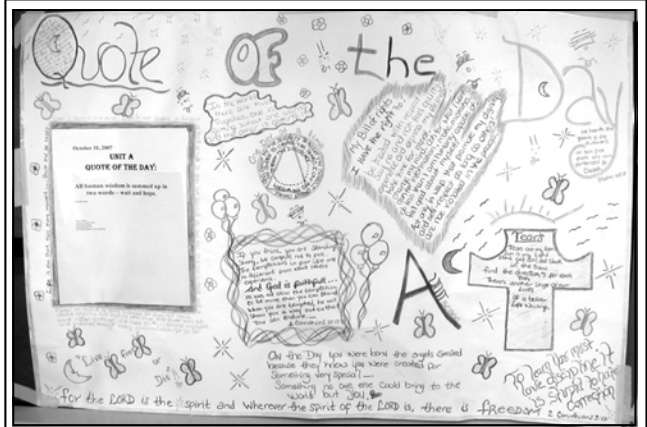


Hope & **LOVE** & *Faith*

High in the Sky by H.L.

If only I could fly South like a bird,
Wings outstretched, flapping, soaring, not a word.
Eyes high in the sky, a multi-blue canvas to paint.
Clouds swirling, curling, making halos for Saints.

I could land, perch, choosing trees I like best.
I'm the leader, appointed and followed by the rest.
Give me some crumbs if you see me flying by.
I'm the one with the smile, high in the sky.



The women in Unit A made this poster to display the Quote of the Day.
Nice job, Ladies!



Time by J.H.

I've seen my daughter for only a short time
Now I'm looking at doing a time
I'm going to miss your hugs and kisses
I better be good or I'll miss more of your wishes
I know I was not thinking of you
I was too busy chasing the High
Now I must say goodbye
trust your mother she has always known
what's been best Now I lay me down to rest
My Soul will rise and God will take the best and help the rest.
and help the rest.
These places and faces are getting old
Careful for what you wish for you might just get it All.



(To the TC program from JH)



Unit J created this "shrine" to the Red Sox...No wonder they won the series!

Untitled by J.N.

I want a raise in life
I want to complete things
I never have before
I do not want to struggle anymore
I do not, once I get scared want to turn
and head for the door
I want to be heard, but I say too much.
I want to not ruin everything
I touch.

I want to be a better me
I want to portray it
for the world to see.
I no longer want drugs
to have a hold on me
I no longer want to never sleep,
to watch my family so desperately weep,
to make promises I just don't keep
It's not wouldn't just couldn't

That was then this is now
I will make it
I know this
Somehow.



Women's Choir

The Program Department is please to announce the formation of a women's choir at SCDOC.

"Voices Within" is led by a local opera singer and teacher. Women who sign up for the program meet weekly for practice. No singing experience is required as the goal of the program is to help those enrolled learn how to sing.

Right now, the women in the program are working on several music pieces for the holiday season. This program is a good opportunity to experience the joy of singing and is open to women housed in unit J.



Resources for Families

These resource agencies include both civil and some assistance with information as it pertains to criminal matters on a limited basis. Feel free to contact these various agencies if you feel that they could possibly be of any help what so ever. Remember there is no such thing as a dumb question!

NH Help Line: 800-852-3388, www.nhhelpline.org - info. & referral service for service agencies and homeless hot-line.

Lutheran Social Services of New England : www.lssne.org

NH Legal Assistance: www.nhla.org 800-562-3174, some criminal and civil assistance

Legal Advice and Referral Center: 800-639-5290 www.larcnh.org

NH Coalition Against Domestic Violence: 866-644-3574, www.nhcadv.org

NH Bar Association Lawyer Referral Services: 603-229-0002, www.nhbar.org

The Low Income Taxpayer Project: (603) 228-6028

You Are My Strength **by S.C.**

Through two years my life will carve
All the while my soul will starve
Hungry for your love, I will feel the pain
In utter loneliness for now I remain
Oh my God! What have I done?
That now keeps me from my cherished one
The times we used to enjoy together
You brought me sun in any weather
But now I sit behind these walls
As many suns will rise and fall
These sleepless nights and endless days
Exclaim the message that crime don't pay
I wish I could go back to the days before
When I felt loves abundance and happiness would pour
I would surely choose a different path
To keep me from this prison's wrath
I'd do things right, we'd see life through
We would be just fine, our love is true
We wouldn't have to feel the sorrows
of the lonely todays and depressing tomorrows
We will survive this, our love is strong
I will return to where I belong
For now I'll be just what I can
To get me through this two year span
I'll live in a cell, lonely and cold
Regretting choices and growing old
I wait each week for six days to pass
To see your smiling face through the glass
We share some laughter, we share some tears
Your company alone conquers all my fears
Even here you bring me hope
Without your love I couldn't cope
Even here I feel moments of pride
Just knowing you are by my side
I can't wait to come home, and when I do
Stand assured I'll never again part from you
I pray each night for God to take care of you
You are one of his angels, what else would he do.

"Call it a clan, call it a network, call it a tribe, call it a family. Whatever you call it, whoever you are, you need one."

~Jane Howard

Following is a sample of the resources available to families online. Another article describing Carol's work with families has been made available at the Family Reception Center. Look for it on the turnstile. The title of the article is "Interfamilial Crime and Prisoner Reentry: The Role of the Family".

**Statement of Carol Shapiro, Founder and President of Family Justice
in Support of H.R. 1704
Second Chance Act of 2005: Community Safety through Recidivism Prevention
Before the Subcommittee on Crime, Terrorism and Homeland Security
of the House Judiciary Committee
November 3, 2005**

Chairman Coble and members of the Subcommittee, it is an honor to appear before you today and speak in support of this important legislation. On behalf of Family Justice, a national nonprofit organization that taps the strengths of government, families, and communities to break cycles of criminal justice system involvement and promote public safety, I am pleased to express my enthusiastic support of H.R. 1704, the *Second Chance Act of 2005: Community Safety through Recidivism Prevention*. As you know, this legislation has broad bipartisan support, including from the White House. I urge favorable, swift action on this bill that will enhance state and local reentry programs, putting in place cost-effective strategies for addressing recidivism and other reentry challenges in communities throughout the United States, thereby increasing public safety.

This legislation is an important step in enhancing state and local reentry programs to support the parents, grandparents, sons, daughters, and whole communities affected by incarceration. Entire families and neighborhoods will benefit from this legislation, not just incarcerated individuals: consider the positive impact enhanced reentry programs will have on the 3,500,000 parents supervised by the correctional system, the 2,000,000 children with a parent in a Federal or State correctional facility, and the countless caregivers who step in when incarceration separates family members. These people will directly benefit from this legislation's support of coordinated planning for release, family-based treatment for substance abuse, and the recognition and incorporation of the role of family, as experts in the lives of their own members, into reentry programming and planning at an institutional and community level.

By engaging government and nonprofit partners to help families stay connected pre- and post release, this legislation also stabilizes our social and economic structures. For communities, this entails increased workforce participation, greater public safety, and lower social service costs. By bolstering research and evaluation of reentry efforts, including additional assessment of the impact on affected families and communities, this initiative ensures that we create evidence based practices that recognize and respond to the context in which people come home from jail or prison. For corrections and community corrections agencies, this requires a complement to existing assessment tools, which measure risks posed by individuals, and a focus on bridging the gap between assessment and the family-focused case management that makes reentry successful. Such tools will also help the field be more cognizant of the ramifications of gender in the reentry experience, an issue that is increasingly important as demographics shift; the number of incarcerated women, for example, grew 4% from 2003 to 2004, compared with a 1.8% increase for men.

Communities are embracing family-focused methods and family-based treatment because it is cost-efficient, customized, and sustainable. Family Justice's experience working with families,² confirmed by other organizations' research, demonstrates the important role families play in the success of people returning home from jail or prison, especially for those coping with addiction. With support, families are a critical resource in reducing recidivism and substance abuse; they are naturally vested in successful reentry, often the first to intervene before issues become crises, available 24 hours, and able to sustain over the long term the gains made by correctional, law enforcement, and nonprofit interventions.

We applaud The Second Chance Act's recognition of the success of family-based treatment. Family-focused methods have been demonstrated as a cost-effective way of decreasing substance abuse, reducing recidivism rates, improving access to physical and mental health care, and increasing overall family well-being.

According to the most recent data from the Bureau of Justice Statistics, the number of drug offenders in prisons and jails has risen from 40,000 in 1980 to more than 450,000 today. More than half of federal inmates were sentenced for drug offenses.¹ These statistics underscore the reality of our criminal justice system: any initiative to reduce criminal justice system involvement is inextricably linked to substance abuse treatment.

As this legislation notes, strong evidence demonstrates that family-based treatment programs help improve outcomes for individuals under criminal justice supervision. An evaluation by the Vera Institute of Justice² of Family Justice's direct service learning center, La Bodega de la Familia, showed that, by focusing on providing family support to people under parole supervision:

- Illegal drug use declined from 80% to 42% after six months—*not as a result of additional time in treatment, but rather family inclusion;*
- Rearrest rates declined; and
- Overall family well-being increased.

Additional research³ documents that the family plays a critical role in achieving sobriety and rehabilitation for drug users.

This bill calls for expanding family-based treatment programs that offer comprehensive treatment services for parents and their children as a complete family unit. In addition to the Council of State Governments Reentry Policy Report, a growing body of literature⁴ highlights the importance of family support in generating efficient and inclusive treatment.

The Urban Institute longitudinal studies of reentry in urban areas, such as Chicago and Baltimore, demonstrate that families of released prisoners are an important source of both emotional and tangible support for people returning home from incarceration. For example, former prisoners living in Chicago four to eight months post-release from custody cited family as the most important factor in helping them stay out of prison⁵:

- 92% reported getting financial support from someone in their family, and 3

- 88% were living with family.

Tapping family involvement in existing government services allows for early prevention and intervention in community justice supervision, preventing drug relapse, technical violations, and reincarceration. Supporting and incorporating families does not necessarily require additional resources. Most families involved in the criminal justice system are already connected to multiple government systems such as child welfare, public housing, and faith-based and social services. Family-focused methods prevent generational criminal justice system involvement because they work beyond the individual under supervision and contextualize the role of family in the reentry process.

We applaud this legislation’s support for local and state initiatives. We have found that successful, replicable programs are created when state and local entities have the guidance, funding, and leadership necessary to foster real change. Reentry provides an opportunity to address many interrelated challenges by uniting law enforcement, community service providers, and families in the common goal to break cycles of intergenerational criminal justice system involvement and improve substance abuse treatment outcomes.

Family Justice supports policies that promote effective reentry programs that integrate families into their prevention and intervention efforts, including reentry planning, substance abuse treatment, and other services. Successful reentry is enhanced by effectively *engaging* families to draw on their insights, strengths, and the other natural support they can provide to address reentry and family issues, rather than focusing only on deficits. By involving the family, prevention and intervention efforts can:

- Tap an existing resource;
- Improve outcomes in multiple areas that contribute to criminal justice system involvement, such as substance abuse, access to and coordination of mental and physical healthcare services, and housing; and
- Integrate long-term prevention and intervention strategies into current community supervision and other efforts.

Family Justice, supported by the U.S. Justice Department, U.S. Housing and Urban Development, the National Institute of Justice, the Substance Abuse and Mental Health Services Administration, the Office of Juvenile Justice and Delinquency Prevention, and state and local governments, has developed, tested, and implemented training and technical assistance for parole and probation agencies and non-profit organizations. Through our local and national work, we have learned that programs that successfully engage families must be culturally and linguistically competent, and program outcome measures must go beyond tracking recidivism rates to examine the factors that contribute to successful reentry.

We admire this legislation’s support for programs and research that integrate reentry planning and social services and look forward to this initiative’s success in uniting assessment, case manage-

ment, and outcome measures to benefit the families and communities affected by criminal justice involvement.

About Family Justice

Family Justice taps the strengths of government, families, and communities to break cycles of involvement in the criminal justice system. Through our unique, cost effective Bodega Model®, we partner with government and families to enhance the health and well-being of poor families and improve the safety of communities with high rates of crime.

Our model helps families build on their strengths to support one another, bolstering the efficacy of services, and marshaling families' previously unrecognized resources. Our work is as much about prevention as it is about intervention, helping families address challenges and live a life without crime as well as improving outcomes for those under criminal justice supervision.

Family Justice addresses the overlapping issues that often occur in families, such as substance abuse, mental health and inadequate housing. This central aspect of our work identifies, and works to find solutions to the challenges that could otherwise hamper an individual's successful return to his or her community. Often, our work recognizes similar issues facing other family members, intervening to find solutions before a problem develops.

References

- 1 Harrison, Paige M. and Beck, Allen J. *Bureau of Justice Statistics Bulletin: Prisoners in 2004*. Washington DC: U.S. Department of Justice, 2005 (NCJ Publication No: 210677). See also Carroll, Rebecca. "Study Shows Upswing in Arrests of Women." *The Washington Post*, October 24, 2005.
- 2 Sullivan, Eileen. *Families as a Resource in Recovery from Drug Abuse: an Evaluation of La Bodega de la Familia*. New York, NY: New York: Vera Institute of Justice, 2002. The evaluation was funded by the National Institute of Justice, the Robert Wood Johnson Foundation, the Jacob and Valerie Langeloth Foundation, and the Fan Fox and Leslie R. Samuels Foundation.
- 3 Center for Substance Abuse Treatment. "Selected Research Outcomes for Family Approaches to Substance Abuse Treatment." *Substance Abuse Treatment and Family Therapy*. (2004). Treatment Improvement Protocol (TIP) Series, Number. 39. DHHS Publication No. (SMA) 04-3957. Rockville, MD: Substance Abuse and Mental Health Services Administration.
- 4 See for example: Travis, Jeremy, Amy Solomon, and Michelle Waul. *From Prison to Home: The Dimensions and Consequences of Prisoner Reentry*. Washington, DC: The Urban Institute, 2001. See also: La Vigne, Nancy G., Visher, Christy, and Castro, Jennifer. *Chicago Prisoners' Experiences Coming Home*. Washington, DC: The Urban Institute, 2004. The Urban Institute. "News release: Family Support, Substance abuse help, and work release programs are essential as ex-prisoners restart lives in Baltimore." Washington, DC: The Urban Institute, March 15, 2004. Human Rights Watch. *No Second Chance: People with Criminal Records Denied Access to Public Housing*. New York: Human Rights Watch, 2004. Council of State Governments. *Report of the Re-Entry Policy Council: Charting the Safe and Successful Return of Prisoners to the Community*. New York: Council of State Governments, 2004. Center for Substance Abuse Treatment. "Data Needs of Client and Family Member" *Comprehensive Case Management for Substance Abuse Treatment*. (1998). Treatment Improvement Protocol (TIP) Series, Number 27. DHHS Publication No. (SMA) 98-3222. Rockville, MD: Substance Abuse and Mental Health Services Administration.
- 5 La Vigne, Nancy G., Visher, Christy, and Castro, Jennifer. *Chicago Prisoners' Experiences Returning Home*. Washington, DC: The Urban Institute, 2004. See also 3La Vigne, Nancy G., Visher, Christy, and Travis, Jeremy. *Returning Home: Understanding the Challenges of Prisoner Reentry*. Washington, DC: The Urban Institute, 2001. *Returning* documenting experiences of prisoners returning to Maryland, Illinois, Ohio, and Texas.

Following is the information contained in the newly revised Medical Handbook. Copies are available at the Family Reception Center.

MEDICAL INFORMATION

Our goal or mission is to be in partnership with the inmate. The Medical Department strives to attain or maintain an optimal level of health and psychological well being.

When an inmate goes through the booking process the correctional officer completes a medical questionnaire. Serious medical issues such as seizure disorders or diabetes are identified. In addition there is a questionnaire about current medications. If needed the Medical Department is notified of the inmate's special circumstances. The nurse will take it from there.

Generally within 24 to 48 hours the inmate meets with a nurse. A medical evaluation is done. Vital signs are taken and a Mantoux test (TB Test) is done. The inmate signs a release of information as necessary to verify current or ongoing medication or testing required. This information may be obtained from a doctor, hospital, former jail or rehab program.

Family members and significant others can best support this process by giving their loved ones a list of medications with the dosage and frequency plus the name and phone number of the ordering Physician or MD. Families or significant others may also help by notifying the Physician or MD that appears on the medications that he or she may be receiving a request for release of information and ask that he or she responds promptly to this.

The Strafford County Dept. of Corrections has a dedicated phone line that you can call to leave medical and/or mental health concerns and information in an attempt to provide quality medical and mental health care for individuals incarcerated at this facility. The phone line is available 24 hours a day, 7 days a week and can be reached by dialing

#603 516-5115.

This phone line does not have an attendant but goes directly to a voice mail option. Please leave your name, relationship with the individual you are calling about, the name of the inmate and a brief description of the medical or mental health concerns. This line will be checked periodically throughout the day. Unless the medical department feels there is a serious emergency you should not expect a call back. Be assured your concerns will be reviewed and, when possible and within the guidelines of this facility's policies and procedures, corrective or preventative action will be taken.

Be aware that the inmates are observed by Officers and medical staff for any and all behavior that may impact physical and or mental health. Over time our officers have become very accustomed to the behaviors of certain mental and health diagnosis.

Once weekly the Medical Director is in to see inmates; the Nurse practitioner is in two days weekly. Mental health is in 5 times per week. Dental consults are done for emergencies only. Our doctor will consult with specialists such as orthopedics, cardiology and surgeons etc. if medically indicated. Financial responsibility is with the inmate if the condition is pre-existing.

Any additional questions will be handled through the questionnaire box located at the Family Reception Center.