

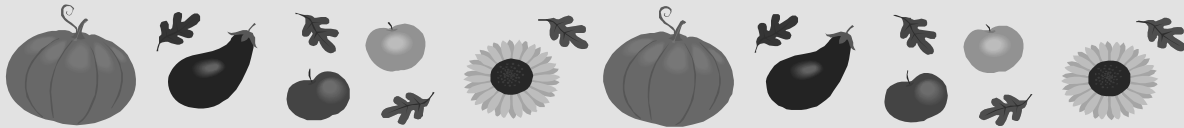


Strafford County Department of Corrections

Family Newsletter

November 2010

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New Support Group to Begin!

We have what I hope is exciting news for families. The Family Reception Center is offering a support group for families. It is not a counseling group but a place where loved ones may come to share feelings, gain support for one another and hear of ideas and resources that may assist you and your family to "make it through the tough times surrounding incarceration of a loved one. Some of the volunteer leaders of the group have had a loved one incarcerated so we know how it feels. We want to offer you the gift of feeling supported in this very stressful time.

As our motto for the Family Reception Center says "Families do time too". To kick this support group off we will have a couple of guest speakers who will talk to us about some coping skills and resources the speakers have available. The group sessions will be held very close to where the Family Reception Center is located so it will be very convenient to participate. Please watch for the upcoming date for this to begin. If anyone has any further questions please don't hesitate to call me at 603-749-3289 or e-mail me at mallen@co.strafford.nh.us . I know it is a big step to share with others but I think you will find it very rewarding at the same time.

Marilyn Allen

Upcoming Events



FREE Holiday Basket Raffle

There will be a free raffle for a holiday basket that includes all the fixings for a holiday dinner, as well as a certificate for a turkey!

Tickets will be available in the Family Reception Center on November 1st.

The drawing will take place on Thursday, November 18th 2010. The winner will be notified by telephone and may pick up their basket anytime during the week of Thanksgiving.

Be sure to stop by the FRC and get your name in for the drawing! Please enter only once per visit.

Santa Visits

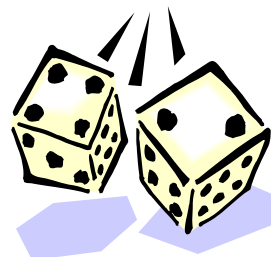
Santa will be here at the Family Reception Center again this year to visit with the children who visit. There will be goodies, gifts, and, of course, free photos with Santa.



*Saturday, December 18th 2010 9:30 am-12:30pm and 1-4pm
and
Sunday, December 19th 2010 1pm-4 pm*

Attendance for all is welcomed with no sign-up needed. However, if you wish to have your child (children) receive a small gift from Santa, please utilize the sign up sheet located on the table in the Family Reception Center.

Let the Good Times Roll



Once again I have been given an opportunity to address everyone at the same time by way of Marilyn Allen and the jail news. Most of you can remember the games and tournaments that we used to have here. I discontinued them, partly because it was a lot of personal aggravation for me and I could see a general sense of entitlement from the units. I was running multiple games each week so there was always a tournament going. I had people complaining about every aspect of the games. One guy did not want to play till they knew what the prize was. Some complained they were tired of winning pizza and wanted chicken from the colonel. It went on and on. Recently with the help of Sandy Miller I have been able to get some commissary items all bagged up to use as seen fit. I started out awarding inmates with consistently clean cells a bag or two depending on how many were in the cell. Recently however one guy in H got me at a good time and without attempting to sell me the Brooklyn Bridge asked if the unit could have some kind of game. That Saturday night I did a ball drop tournament in G&H. I had guys from the units handle the running and monitoring of the games and they went off excellent. The bags were divided up into 5 different winners and everyone had a great time, I really enjoy seeing everyone participating in these things THAT'S what it's about. The game is challenging enough but when I offered to by a pizza for anyone making the half court shot I NEVER THOUGHT IT WAS GOING TO HAPPEN, or I wouldn't have done it. I am glad I didn't say a weekend for two in the Bahamas. NO I AM NOT SAYING THAT NOW EITHER. What I am saying is I will do games on occasion, but not for having the dirtiest unit or for getting disrespectful with staff, benefits are a privilege to be earned, not an entitlement to be taken. So lets all make the best of a bad situation and work together, we are not the enemy and neither are you so bon ton roulette, let the good times roll. You never know what's around the corner.

Peace thru play

Sgt. McGowen

Therapeutic Community Informational

Recently I have had some calls from families wanting to know the details of the TC program. Not so much what it is as what are the rules and guidelines? Consequently, I asked Jake Collins, who is in charge of the Programs Department, if he could provide families with more details. I believe the information printed below will help answer many questions. Thanks, Jake, for this information for the newsletters.

THERAPEUTIC COMMUNITY INFORMATION FOR APPLICANTS

A substance abuse treatment and behavior change program available to both men and women at the Stafford County Department of Corrections

PROGRAM INFORMATION

- The TC Program is made up of three phases. Each phase is a *minimum* of 30 days. Participants can be "set back" for failure to progress, extending the length of the phase. All members receive weekly progress reports. Poor progress reports can result in removal from the program.
- Throughout all phases, program participants are allowed to write and receive therapeutically appropriate letters. Mail from other facilities and mail with content inappropriate to recovery and healthy relationships will be diverted to personal property. During each phase visits and phone calls are restricted to the following:
 - Phase 1: no phone calls, no visits
 - Phase 2: 3 phone calls/wk, 2 visits/phase
 - Phase 3: 5 phone calls/wk, 4 visits/phase

- TC Participants must adhere to a strict schedule which includes being awake and out of bed from 5:30 am until 9 pm. The unit has strict cleanliness standards which must be met. The unit must be ready for scheduled and surprise inspections at all times.
- 7 am-8 pm is considered “programming time” in which community members must participate in didactics, community group, and group counseling sessions led by the counselors or outside instructors. Others programs such as GED (if needed) AA, Yoga, Career Assessment, Computer Class, Parenting, Anger Management, Spiritual Services and Meditation are also required in the program.

ATTENTION

Those who have applied or are interested in applying to the Therapeutic Community (TC) Program:

The Therapeutic Community Committee will now be looking at class attendance and participation records of those applying to the program while you are in the general population.

This means that we will be taking into consideration how often and how meaningfully you are attending the programs offered in your unit such as:

- Drug and Alcohol Class
- Life Skills Class
- GED Class (if necessary)
- Ending the Violence (if applicable)
- AA/NA
- Parenting
- PEPP (if applicable)

If you have not already been interviewed for programs, you may write to the programs department to request a program interview to enroll in classes.

Signing up for and attending classes will be *your* responsibility.

Lack of attendance and meaningful participation will be viewed by the TC treatment team as inability to meet the stricter requirements of the TC program.

As TC participants are held to higher standards of behavior, the following may hinder your placement in the TC program:

- Write ups or disciplinary lock-up
- Lack of program attendance and participation.
- Repeated minor rule violations.
- Patterns of problem behaviors on unit and with other inmates.

Taking medications not allowed in program. (See below)

MEDICATIONS

Numerous medications are not allowed to be taken while in the Therapeutic Community Program. The following is a list of some of these. You must be off prohibited medications prior to entry. (This will be confirmed by medical.)

- Ativan, Xanax, Librium, Valium, Buspar
- Klonopin, Restoril, Hydroxyzine, Doxipine
- Ultram, Tramadol, Benadryl, Vistaril, Flexoril
- Trazadone, Ambien, Lunesta, Sonata. Soma
- Vicoden, Percocet, Codine, Darvocet
- Ritalin, Concerta, Adderall
- Seroquel, Thorazine, Elavil

The TC program does not allow use medications that can lead to dependence and abuse in the program.

OUR LIBRARY

by Victoria Heyl

Let's talk about our library.

The Strafford County Correctional Facility has established a library of books and movies. Currently the library, located on the corner of the medical-booking corridor, houses over 4,000 books and near 500 movies.

ABOUT THE LIBRARY

The Library Cart. On Monday and Thursday mornings at 9:00 the library brings to Units A – F a wide selection of books and informational materials. At 1:00 to Units G and H. On the Cart are approximately 200 books chosen randomly on various topics from several categories. The selections cover action, suspense, war, fantasy, western and mystery novels. Favorite authors are Tom Clancy, Stephen King, James Patterson, John Grisham, Danielle Steel, Nora Roberts, Louis L'Amour, Dean Koontz and Dan Brown among the many others.

The Library Cart also features a variety of Bibles and books on religious teachings. Pamphlets on health, and topics of general interest are offered when available. Every week the Cart brings a different selection of books and articles for you.

The library houses books in French, Russian, and Spanish. The English language is explored with Understanding English Grammar; How to Write and Speak Effectively and A Practical Guide to Writing, etc. In Poetry we have the works of Keats, Frost and Poe among others. There are Biographies and Autobiographies to read. We have a large selection of Religious writings. Books on Parenting, Child Rearing, Marriage and Surviving Divorce are here to help. Motivate yourself with "The Memory Book", "The Power of Positive Thinking", "You Are What You Think" and the "Self – Esteem Teacher."

Explore outer space with "Out of This World, Close Encounters, Black Holes or Carl Sagan's powerful "Contact", the discovery of an advanced civilization in the depths of space. Seek adventure with "Adrift" for 76 days, "Running the Amazon" or "Alive", the ultimate in survival – cannibalism!

We can show you How to Win at Checkers, When to Speak Up and When to Shut Up; How to Get Along With Difficult People; The Science of Getting Rich; The Secret of Staying In Love; How to Draw, Write Songs or Prepare for A Job Interview and what to do When Things Fall Apart.

From the President's Shelf you learn "Facts About The Presidents"; - who was President for only 32 days? With "Decisions of Destiny" you discover the 10 Presidential decisions that changed America - which President suspended the Writ of Habeas Corpus.? Read about Thomas Paine and Benjamin Franklin, the men who helped

shape America. Read the "Convention at Philadelphia" which tells about the meeting that produced the Constitution of the United States. Or read the defining influence of Eleanor Roosevelt in American politics during her husband's four terms as President.

On the Classics Shelf the library brings you Charles Dicken's Tale of Two Cities, Steinbeck's Of Mice and Men; the novels of Hemingway, Faulkner and Mark Twain. We have Brom Stoker's Dracula and Mary Shelley's Frankenstein.

ABOUT YOUR REQUESTS

As you have noticed the library takes your requests personally each Monday and Thursday. This is in addition to the Inmate Requests Forms the library receives every day from the Unit Officers. With on the spot requests the library, in this way, helps you get the books you want sooner rather than later. And Unit Officers are not bothered as often.

The library is regularly asked to provide games, puzzles, magazines and books by certain authors. The library exists on donations received from approved outside sources, generally school and public libraries. Another source for the library's books, games, puzzles and movies is through inmate purchases ordered directly from publishers and distributors such as Amazon.com or Barnes and Noble. The library cannot order books, magazines, puzzles or movies; that you must do for yourself.

Your purchases (games, magazines, books, puzzles, movies etc.) are delivered to you as the property of the Strafford County Department of Corrections and if appropriate are added to the library inventory. As a point of information, no hard-cover books are accepted into the facility from any source.

ABOUT OUR BOOKS

There is not much we can do when puzzles are returned missing pieces and books and magazines are ripped. Not so long ago the library possessed approximately 200 National Geographic magazines. Today there are none. This week, torn books of Tom Clancy, (Executive Orders); Stuart Woods (Hot Mahogany); Patricia Cornwell (Isle of Dogs); John Grisham (the Summons); Michael Connelly (the Narrows); Dean Koontz (the Husband) and James Patterson (You've Been Warned) were taken out of inventory and are no longer available.

This is your library, help it to be the best it can be for you.

As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.

~John Fitzgerald Kennedy