

RCM

RETURNINGCITIZENS MAGAZINE

THE OFFICIAL MAGAZINE OF THE JUSTICE INVOLVED COMMUNITY

COVID-19 VACCINE UPDATE: WHAT YOU REALLY NEED TO KNOW

HOPE HAS ARRIVED!

COVID-19 VACCINE



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A vaccine has been approved by FDA. Learn more about the vaccine, when and how it will be distributed, and find answers to some of the myths floating around about the vaccine.

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We LOVE hearing from our readers! Share your thoughts on an article you've read or a subject you would like for us to cover in future editions. Tell us about a touching, inspiring or life-changing experience in your life.

Month-after-month, you have spoken and we've shared your voice in every edition of RCM. Know that every letter we receive motivates us to work harder for the successful reentry of the justice-involved community. Send your letters to:

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FROM THE EDITORS DESK



Dear Friends,

If you're reading this magazine, you're feeding your mind on best practices as it relates to reentry. You know that proper planning will contribute to a softer landing once released. This thirst for knowledge also applies to your health and wellness. We've packed the January 2021 magazine with great resources as it relates to health and wellness. Just as you faithfully read each issue of RCM for reentry tips, also know that we also care about your complete well-being.

We look forward to getting you to the finish line in 2021. Write to us and tell us what type of articles you'd like to see in the 2021 issues of the magazine.

Until the next issue,
Todd

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COVID-19 VACCINE UPDATE: WHAT YOU REALLY NEED TO KNOW

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

Facts about COVID-19 Vaccines

Now that there is an authorized and recommended COVID-19 vaccine in the United States, accurate vaccine information is critical.

FACT: COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development in the United States use the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes

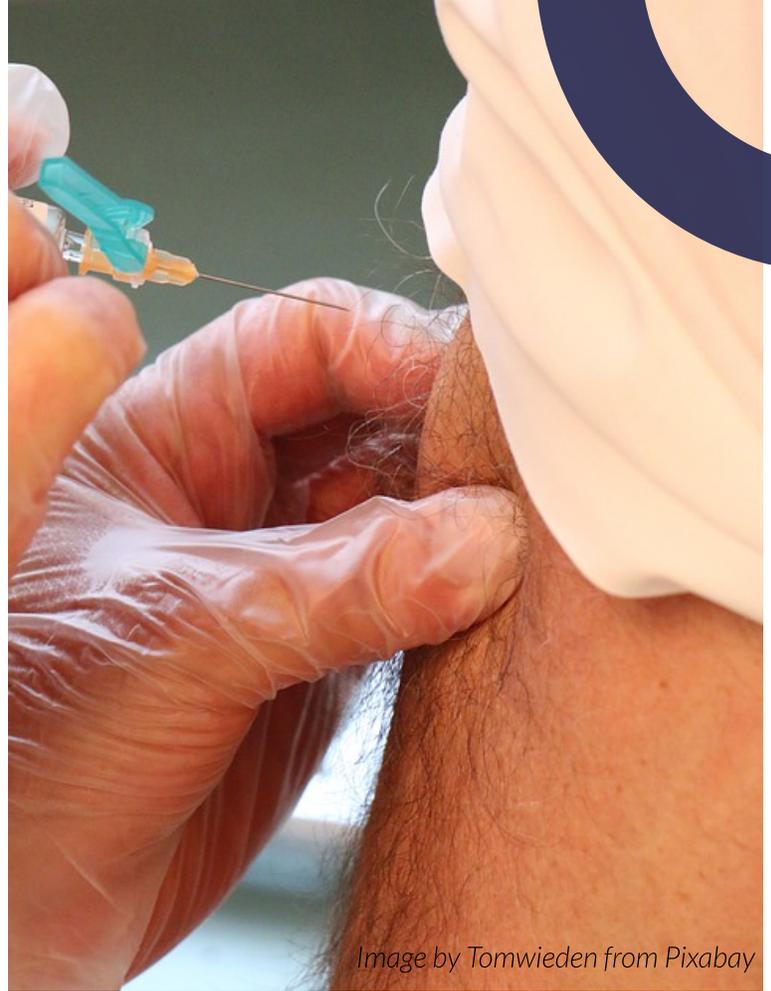


Image by Tomwieden from Pixabay

COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Vaccines currently in clinical trials in the United States won't cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a previous infection and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease.

8 Things to Know about the U.S. COVID-19 Vaccination Program

Now that there is an authorized and recommended vaccine to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

(1) The safety of COVID-19 vaccines is a top priority.

The U.S. vaccine safety system ensures that all vaccines are as safe as possible.

CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.

(2) COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.

You need 2 doses of the currently available COVID-19 vaccine. A second shot 3 weeks after your first shot is needed to get the most protection the vaccine has to offer against this serious disease.

(3) Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities.

Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.

(4) There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come.

The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.

(5) After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection.

The side effects from COVID-19 vaccination may feel like flu and might even affect your ability to do daily activities, but they should go away in a few days.

(6) Cost is not an obstacle to getting vaccinated against COVID-19.

Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost. However, vaccination providers may be able to charge administration fees for giving the shot. Vaccination providers can get this fee reimbursed by the patient's public or private insurance company or, for uninsured patients, by the Health Resources and Services Administration's Provider Relief Fund.

(7) The first COVID-19 vaccine is being used under an Emergency Use Authorization (EUA) from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.

If more COVID-19 vaccines are authorized or approved by FDA, the Advisory Committee on Immunization Practices (ACIP) will quickly hold public meetings to review all available data about each vaccine and make recommendations for their use in the United States.

All ACIP-recommended vaccines will be included in the U.S. COVID-19 Vaccination Program. CDC continues to work at all levels with partners, including healthcare associations, on a flexible COVID-19 vaccination program that can accommodate different vaccines and adapt to different scenarios. State, tribal, local, and territorial health departments have developed distribution plans to make sure all recommended vaccines are available to their communities.

(8) COVID-19 vaccines are one of many important tools to help us stop this pandemic.

It's important for everyone to continue using all the tools available to help stop this pandemic as we learn more about how COVID-19 vaccines work in real-world conditions. Cover your mouth and nose with a mask when around others, stay at least 6 feet away from others, avoid crowds, and wash your hands often.

What to Expect after Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. **Common side effects:**

On the arm where you got the shot:

- Pain
- Swelling

Throughout the rest of your body:

- Fever
- Chills
- Tiredness
- Headache

Helpful tips

If you have pain or discomfort, talk to your doctor about taking an over-the-counter medicine, such as ibuprofen or acetaminophen.

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

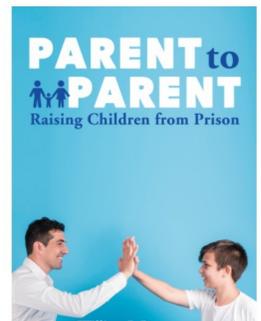
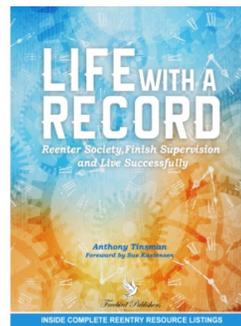
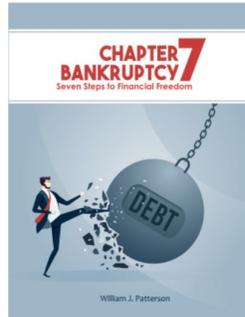
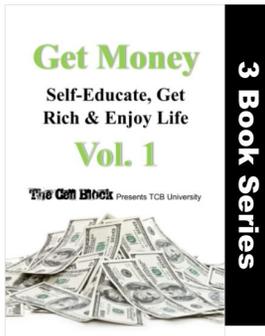
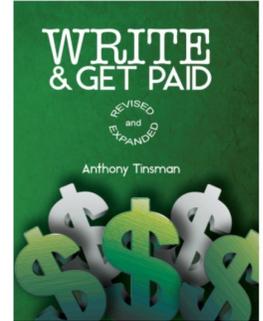
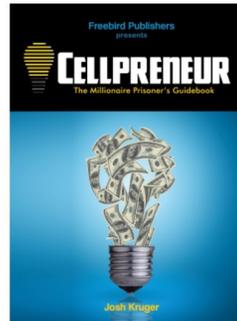
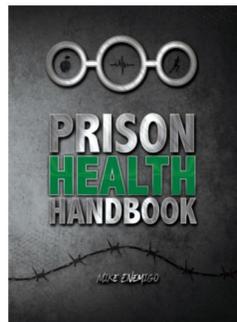
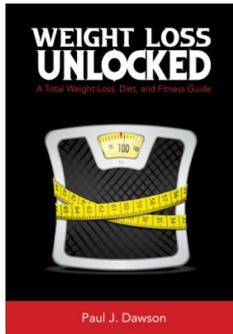
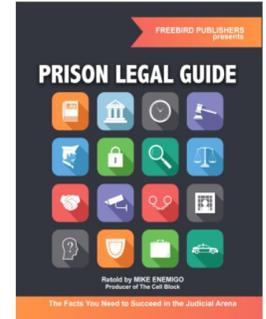
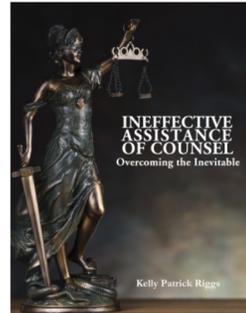
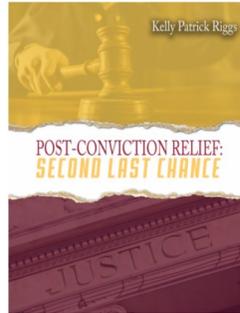
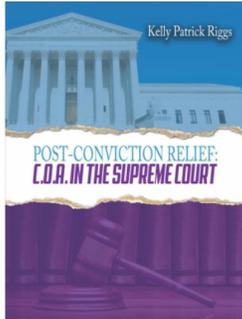
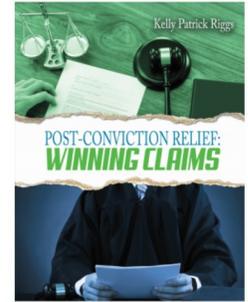
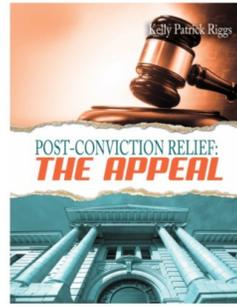
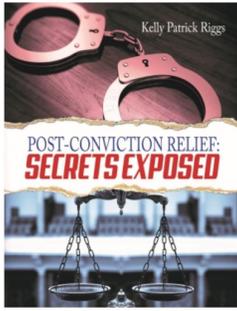
When to call the doctor

In most cases, discomfort from fever or pain is normal. Contact your doctor or healthcare provider:

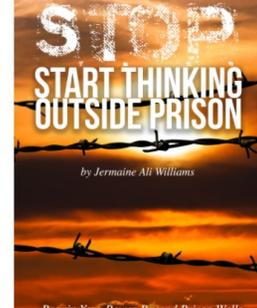
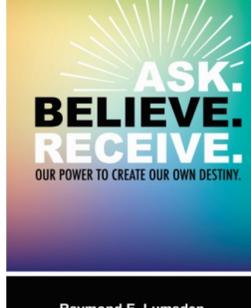
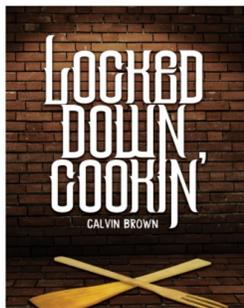
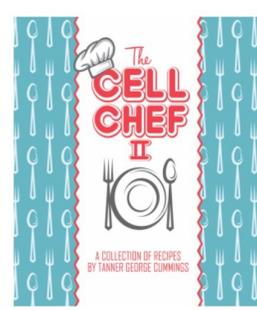
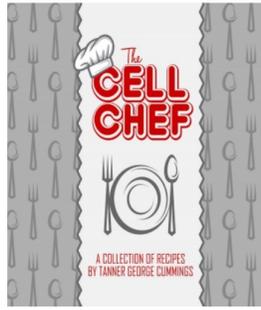
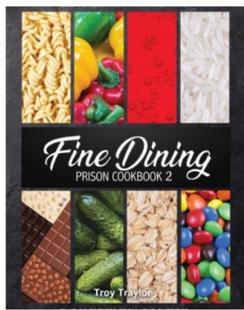
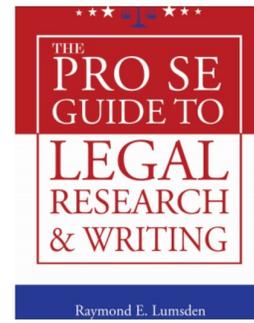
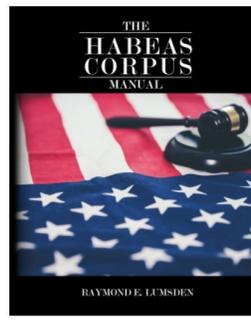
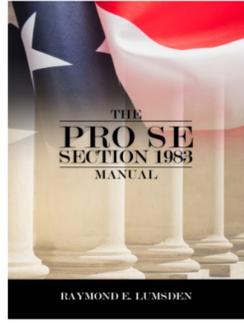
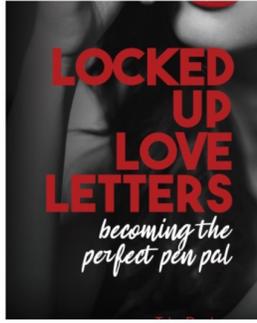
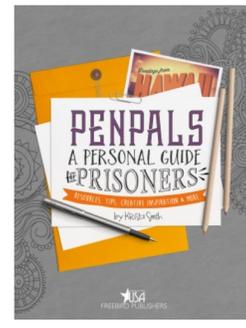
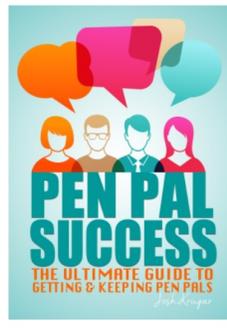
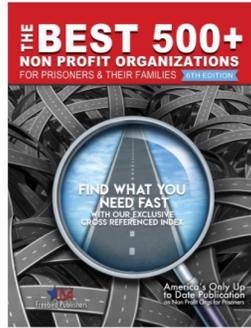
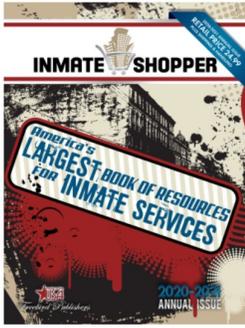
- If the redness or tenderness where you got the shot increases after 24 hours
- If your side effects are worrying you or do not seem to be going away after a few days

Remember

- Side effects may feel like flu and even affect your ability to do daily activities, but they should go away in a few days.
- With most COVID-19 vaccines, you will need 2 shots in order for them to work. Get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get a second shot.
- It takes time for your body to build protection after any vaccination. COVID-19 vaccines that require 2 shots may not protect you until a week or two after your second shot.



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UNDERSTANDING, RECOGNIZING & RECOVERING FROM MENTAL HEALTH

Adapted from [MentalHealth.gov](https://www.mentalhealth.gov)

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Early Warning Signs

Not sure if you or someone you know is living with mental health problems? Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains

- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Mental Health and Wellness

Positive mental health allows people to:

- Realize their full potential
- Cope with the stresses of life
- Work productively
- Make meaningful contributions to their communities

Ways to maintain positive mental health include:

- Getting professional help if you need it
- Connecting with others
- Staying positive
- Getting physically active
- Helping others
- Getting enough sleep
- Developing coping skills



According to a 2005 study by the Bureau of Justice Statistics, 56% of state prisoners, 45% of Federal prisoners, and 64% of jailed inmates suffered from a mental illness. However only 33% of state prisoners, 25% of Federal prisoners, and 17% of jail inmates suffering from mental illness received treatment during incarceration.



Recovery Is Possible

Most people with mental health problems can get better. Treatment and recovery are ongoing processes that happen over time. The first step is getting help.

What Is Recovery?

Recovery from mental disorders and/or substance abuse disorders is a process of change through which individuals:

- Improve their health and wellness
- Live a self-directed life
- Strive to achieve their full potential

Four Dimensions of Recovery

Four major dimensions support a life in recovery:

- **Health:** Make informed, healthy choices that support physical and emotional well-being.
- **Home:** Have a stable and safe place to live.
- **Purpose:** Engage in meaningful daily activities, such as a job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to participate in society.
- **Community:** Build relationships and social networks that provide support.

Develop a Recovery Plan

If you are struggling with a mental health problem, you may want to develop a written recovery plan.

Recovery plans:

- Enable you to identify goals for achieving wellness

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities as well as longer term goals
- Track any changes in your mental health problem
- Identify triggers or other stressful events that can make you feel worse, and help you learn how to manage them
- Get information about Partners for Recovery, which provides technical resources to those who deliver services for mental health and substance abuse conditions.

What To Look For

People can experience different types of mental health problems. These problems can affect your thinking, mood, and behavior.

Anxiety Disorders

People with anxiety disorders respond to certain objects or situations with fear and dread. They have physical reactions to those objects, such as a rapid heartbeat and sweating. An anxiety disorder is diagnosed if a person:

- Has an inappropriate response to a situation
- Cannot control the response
- Has an altered way of life due to the anxiety

Anxiety disorders include:

- Panic Disorder
- Phobias

Behavioral Disorders

Behavioral disorders involve a pattern of disruptive behaviors in children that last for at least 6 months and cause problems in school, at home and in social situations. Behavioral disorders involve a pattern of disruptive behaviors in children that last for at least 6 months and cause problems in school, at home and in social situations. Nearly everyone shows some of these behaviors at times, but behavior

disorders are more serious.

Behavioral disorders may involve:

- Inattention
- Hyperactivity
- Impulsivity
- Defiant behavior
- drug use
- criminal activity

Behavioral disorders include:

- Attention Deficit Hyperactivity Disorder (ADHD)
- Oppositional Defiant Disorder (ODD)
- Conduct Disorder

Eating Disorders

Eating disorders involve extreme emotions, attitudes, and behaviors involving weight and food. Eating disorders can include anorexia, bulimia, and binge eating.

Mental Health and Substance Use Disorders

Mental health problems and substance use disorders sometimes occur together. This is because:

- Certain illegal drugs can cause people with an addiction to experience one or more symptoms of a mental health problem
- Mental health problems can sometimes lead to alcohol or drug use, as some people with a mental health problem may misuse these substances as a form of self-medication
- Mental and substance use disorders share some underlying causes, including changes in brain composition, genetic vulnerabilities, and early exposure to stress or trauma

More than one in four adults living with serious mental health problems also has a substance use problem. Substance use problems occur more frequently with certain mental health problems, including:

- Depression
- Anxiety Disorders
- Schizophrenia
- Personality Disorders

Substance Use Disorders

Substance use disorders can refer to substance use or substance dependence. Symptoms of substance use disorders may include:

Behavioral changes, such as:

- Drop in attendance and performance at work or school
- Frequently getting into trouble (fights, accidents, illegal activities)
- Using substances in physically hazardous situations such as while driving or operating a machine
- Engaging in secretive or suspicious behaviors
- Changes in appetite or sleep patterns
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, or angry outbursts
- Periods of unusual hyperactivity, agitation, or giddiness
- Lacking of motivation
- Appearing fearful, anxious, or paranoid, with no reason

Physical changes, such as:

- Bloodshot eyes and abnormally sized pupils
- Sudden weight loss or weight gain
- Deterioration of physical appearance
- Unusual smells on breath, body, or clothing
- Tremors, slurred speech, or impaired coordination

Social changes, such as:

- Sudden change in friends, favorite hangouts, and hobbies
- Legal problems related to substance use
- Unexplained need for money or financial problems
- Using substances even though it causes problems in relationships

Recovering From Mental Health Problems and Substance Use

Someone with a mental health problem and substance use disorder must treat both issues. Treatment for both mental health problems and

substance use disorders may include rehabilitation, medications, support groups, and talk therapy.

Mood Disorders

Mood disorders involve persistent feelings of sadness or periods of feeling overly happy, or fluctuating between extreme happiness and extreme sadness. Mood disorders can include depression, bipolar disorder, Seasonal Affective Disorder (SAD), and self-harm.

Obsessive-Compulsive Disorder

If you have OCD, you have repeated, upsetting thoughts called obsessions. You do the same thing over and over again to try to make the thoughts go away. Those repeated actions are called compulsions.

Examples of obsessions are a fear of germs or a fear of being hurt. Compulsions include washing your hands, counting, checking on things or cleaning. Untreated, OCD can take over your life.

Researchers think brain circuits may not work properly in people who have OCD. It tends to run in families. The symptoms often begin in children or teens. Treatments that combine medicines and therapy are often effective.

Personality Disorders

People with personality disorders have extreme and inflexible personality traits that are distressing to the person and may cause problems in work, school, or social relationships. Personality disorders can include antisocial personality disorder and borderline personality disorder.

People with personality disorders experience patterns of behavior, feelings, and thinking that can:

- Interfere with a person's life
- Create problems at work and school
- Cause issues in personal and social relationships

Personality disorders include:

- Antisocial Personality Disorder
- Borderline Personality Disorder

Psychotic Disorders

People with psychotic disorders experience a range of symptoms, including hallucinations and delusions. An example of a psychotic disorder is schizophrenia.

People with psychotic disorders lose contact with reality and experience a range of extreme symptoms that usually includes:

- Hallucinations—hearing or seeing things that are not real, such as voices
- Delusions—believing things that are not true

However, these symptoms can occur in people with other health problems, including bipolar disorder, dementia, substance abuse disorders, or brain tumors. Psychotic disorders include:

- Schizophrenia

Suicidal Behavior

Suicide causes immeasurable pain, suffering, and loss to individuals, families, and communities nationwide. On average, 112 Americans die by suicide each day. Suicide is the second leading cause of death among 15-24 year olds and more than 9.4 million adults in the United States had serious thoughts of suicide within the past 12 months. But suicide is preventable, so it's important to know what to do. For more information, go to www.sprc.org.

Warning Signs of Suicide

If someone you know is showing one or more of the following behaviors, he or she may be thinking about suicide. Don't ignore these warning signs. Get help immediately.

- Talking about wanting to die or to kill oneself
- Looking for a way to kill oneself
- Talking about feeling hopeless or having no reason to live
- Talking about feeling trapped or in unbearable pain
- Talking about being a burden to others
- Increasing the use of alcohol or drugs
- Acting anxious or agitated; behaving recklessly
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking

revenge

- Displaying extreme mood swings

Get Help

If you or someone you know needs help, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255). Trained crisis workers are available to talk 24 hours a day, 7 days a week. If you think someone is in immediate danger, do not leave him or her alone—stay there and call 911.

Trauma and Stress Related Disorders

Post-traumatic stress disorder (PTSD) can occur after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over.

Post-traumatic stress disorder (PTSD) is a real illness. You can get PTSD after living through or seeing a traumatic event, such as war, a hurricane, rape, physical abuse or a bad accident. PTSD makes you feel stressed and afraid after the danger is over. It affects your life and the people around you.

PTSD can cause problems like:

- Flashbacks, or feeling like the event is happening again
- Trouble sleeping or nightmares
- Feeling alone
- Angry outbursts
- Feeling worried, guilty or sad

PTSD starts at different times for different people. Signs of PTSD may start soon after a frightening event and then continue. Other people develop new or more severe signs months or even years later. PTSD can happen to anyone, even children.

Medicines can help you feel less afraid and tense. It might take a few weeks for them to work. Talking to a specially trained doctor or counselor also helps many people with PTSD. This is called talk therapy.

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SMH Comedy Society is looking for people to be part of their next Stand Up For Mental Health class, where people with mental health issues do stand-up comedy all about their mental health journeys.

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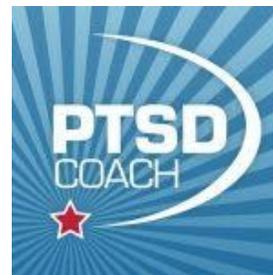
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SMH Society uses comedy to break down the prejudice, stigma and discrimination that surround mental illness

MENTAL HEALTH APPS: AN EFFECTIVE ALTERNATIVE FOR SOME



Happify is an app that gives you the essential tools and techniques to control your emotions. Whether you're feeling happy, sad, confused, or manic, Happify has ways to increase your understanding and improve your control.

Overview: The difference between Happify and many other apps is its quantitative approach. Happify measures your well-being. The app offers simple exercises to promote positive change in the lives of most users within 2 months. Users can complete the activities on a smartphone, tablet, or laptop anytime and anywhere.

Exercises: The simple mental exercises require no previous training on your part – only consistency. As long as you remain dedicated for a short time you can expect to see an increase in happiness.

Your Time, Your Schedule: If you have numerous other obligations in life, then Happify was designed for you. Since no one time or date always works for everyone, the app allows you to complete its exercises on various platforms, whenever you see fit.

Measures: Instead of offering approaches that lack rigidity, Happify uses specifically applied mathematics to measure your progress so you can be instantly motivated by your results. The numbers the app produces let you know how you're doing so you don't aimlessly without a goal of improvement or maintenance.

Created by the VA's National Center for Post-Traumatic Stress Disorder (PTSD), PTSD Coach offers everything from a self-assessment for PTSD, to opportunities to find support, positive self-talk, and anger management. What's great about this app is that you can customize tools based on your own individual needs and preferences, and integrate your own contacts, photos, and music. (Free; [iOS](#) and [Android](#))

PTSD Coach has now been downloaded over 500,000 times in 115 countries around the world.

The PTSD Coach app can help you learn about and manage symptoms that often occur after trauma. Features include:

- Reliable information on PTSD and treatments that work
- Tools for screening and tracking your symptoms
- Convenient, easy-to-use tools to help you handle stress symptoms
- Direct links to support and help
- Always with you when you need it

NOTE: PTSD is a serious mental health condition that often requires professional evaluation and treatment. PTSD Coach is not intended to replace needed professional care.

The questionnaire used in PTSD Coach, the PTSD Checklist (PCL), is a reliable and valid self-report measure used across VA, DoD, and in the community, but it is not intended to replace professional evaluation.

These apps are not meant to replace a diagnosis of a certified mental health physician. In some cases, the apps are meant to assist with self-management while under physician care. Please consult a physician immediately if you believe you are suffering from any mental health disorder.



Calm is the #1 app for Sleep, Meditation and Relaxation. Join the millions experiencing better sleep, lower stress, and less anxiety with our guided meditations, Sleep Stories, breathing programs, stretching exercises, and relaxing music. Calm is recommended by top psychologists, therapists, and mental health experts.

Calm is the perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users. Guided meditation sessions are available in lengths of 3, 5, 10, 15, 20 or 25 minutes so you can choose the perfect length to fit with your schedule.

Sleep Stories are bedtime stories that are guaranteed to lull you into a deep and restful slumber. Calm has 100+ exclusive Sleep Stories for adults and children alike, featuring well-known talent such as Stephen Fry, Matthew McConaughey, Leona Lewis, and Jerome Flynn. Drift off to dreamland and wake up refreshed.

Mindfulness Topics include: deep sleep; calming anxiety; managing stress; focus and concentration; relationships; breaking habits; happiness; gratitude; self-esteem; body scan; loving-kindness; forgiveness; non-judgment; mindfulness at work; mindful walking; calm kids; and so much more...

MindDoc is a leading monitoring and self-management app for mental health disorders like depression, anxiety and eating disorders. How it works:

- A dynamic monitoring recognizes symptoms of mental disorders
- Receive personalized recommendations based on your answers
- Helpful insights and statistics help you to detect patterns and triggers
- Optionally, you can connect Apple Health data to receive insights about the connection between mood and your physical activity
- Psychological courses and mindfulness exercises can help you with mild and moderate symptoms

About MindDoc: The app was developed with psychotherapists and scientists and can be used by anyone - whether as support in the context of regular psychotherapy or as free and anonymous help.

Intended Medical Purpose: The MindDoc monitoring and self-management application medical device provides continuous long-term sign and symptom monitoring of common mental disorders. This protocol is supplemented by courses and exercises. This enables users to recognize patterns in their symptom trajectories which then can be shared with a mental health care provider and used for self-management.



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CREATING HEALTHY HABITS: MAKE BETTER CHOICES EASIER

Adapted from NIH News in Health

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

"It's frustrating to experience setbacks when you're trying to make healthy changes and reach a goal," says NIH behavior change expert Dr. Susan Czajkowski. "The good news is that decades of research show that change is possible, and there are proven strategies you can use to set yourself up for success."

Lots of things you do impact your health and quality of life, now and in the future. You can reduce your risk for the most common, costly, and preventable health problems—such as heart disease, stroke, cancer, type 2 diabetes, and obesity—by making healthy choices.

Know Your Habits

Regular things you do—from brushing your teeth to having a few drinks every night—can become habits. Repetitive behaviors that make you feel good can affect your brain in ways that create habits that may be hard to change. Habits often become automatic—they happen without much thought.

"The first step to changing your behavior is to create an awareness around what you do regularly," explains Dr. Lisa Marsch, an expert in behavior change at Dartmouth College. "Look for patterns in your behavior and what triggers the unhealthy habits you want to change."

Maybe you eat too much while watching TV or join a friend on smoke breaks even when you don't want a cigarette. "You can develop ways to disrupt those patterns and create new ones," Marsch says. For instance, eat meals with the TV off or join friends for healthy activities, like walk breaks.

Make a Plan

Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them.

"If you walk by the vending machine at work and buy junk food every afternoon, try walking a different way to eliminate that decision and bring healthy snacks from home," Czajkowski says. "Whenever possible, make the healthy choice the easy choice."

Consider what you think you'll need to be successful. How can you change things

around you to support your goals? You might need to stock up on healthy foods, remove temptations, or find a special spot to relax.

Get friends and loved ones involved. Research shows that people's health behaviors tend to mirror those of their family and friends. Invite them to join you, support you, and help you stay on track.

It's also important to plan for obstacles. Think about what might derail your best efforts to live healthier. How can you still make healthy choices during unexpected situations, in stressful times, or when tempted by old habits?

Stay on Track

Doing positive things for yourself can feel exciting and rewarding. But there will also be times when you wonder if you can stick with it.

"Identify negative thoughts and turn them into realistic, productive ones," Marsch advises.

Keeping a record can help. You can use a paper journal, computer program, or mobile app to note things like your diet, exercise, stress levels, or sleep patterns. A study of people who lost at least 30 pounds and kept the weight off for at least a year found that they often tracked their progress closely.

"Even when you think you're about to 'fall off the wagon,' hold on," Czajkowski says.

"Continue to track your behavior. Sometimes when you feel like you're failing, you can learn the most."

Marsch and others are working on digital technologies, like mobile apps, that could support you in a moment of weakness. Her team is also using technology to learn more about how to measure and increase the ability to monitor and control our behavior.

"The more you practice self-control, the better you become at it," says Dr. Leonard Epstein, who studies behavior change and decision-making at the University at Buffalo.

"You develop the capacity to act and react another way."

Think About the Future

Epstein has found that some people have a harder time than others resisting their impulses. He calls this "delay discounting," where you discount, or undervalue, the larger benefits of waiting in favor of smaller immediate rewards. This can lead to things like

overeating, substance abuse, drinking or shopping too much, or risky sexual behavior.

"You can learn to postpone immediate gratification through episodic future thinking, or vividly imagining future positive experiences or rewards," he explains. "It's a great way to strengthen your ability to make decisions that are better for you in the long run."

Epstein is now studying how to use this technique to help people who are at risk for type 2 diabetes prevent the disease.

Focusing on how a change might heal your body and enhance your life can help. When you stop smoking, your risk of a heart attack drops within 24 hours. Reducing stress can lead to better relationships. Even small improvements in your nutrition and physical activity can reduce your health risks and lengthen your life.

Be Patient

Sometimes when you're trying to adopt healthier habits, other health issues can get in the way.

"When you're really struggling with these behaviors, ask yourself if more is going on," Czajkowski says. "For example, mental health conditions like depression and anxiety can be tied to unhealthy behaviors."

A health professional can work with you to address any underlying issues to make change feel easier and to help you be more successful.

You're never too out of shape, too overweight, or too old to make healthy changes. Try different strategies until you find what works best for you.

"Things may not go as planned, and that's okay," Czajkowski says. "Change is a process. What's most important is to keep moving forward."



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THE PRISON-INSPIRED WORKOUT THAT'LL GET YOU IN SHAPE

Written by Meg Lappe

Coss Marte used his time in prison to get in shape and save his own life. Now, he's teaching ex-cons to do the same.

Coss Marte used to be one of the biggest drug kingpins on the Lower East Side of Manhattan, making upwards of \$3,000 a day. He started selling drugs when he was just 13 and realized how easy it was to turn \$100 into \$300. He continued throughout high school and college, eventually getting kicked out.

After returning home, Marte picked up right where he left off, selling weed, coke, crack and ecstasy. After taking over the business from a fellow drug dealer, he was a millionaire. The perks of living like a high roller were numerous — cars, Jordans, clothes — but at the same time, Marte stopped moving. He sat in a car for most of the day with someone else handling drop-offs, and the number on the weight scale rose.

In 2009, a partner double-crossed him, and

Marte was sentenced to 12 years. When he entered Ulster Correctional Facility, the doctors told him that in five years he'd likely die of a heart attack. He knew something had to change, so he started working out in his 9' x 6' cell, running every day and doing whatever moves he could in that space. "I built myself up to running around two hours a day basically seven days a week," Marte says. "Sometimes I would be running in two to three feet of snow." He lost 70 pounds in six months.

"It became a routine, an addiction, I just needed to get up and run," Marte explains when asked if he ever got bored. Other men started running and working out with him in prison after they saw the changes he made. He was the group leader. Eventually, Marte received an early release from prison — walking out with everything he did to lose the weight.

"I put this whole 90-day workout plan together while I was in the system," Marte says. He started training friends in the neighborhood, eventually expanding to classes in rented ballet studios, but he wanted to do more. "My whole idea was to build a facility to look like a prison, and I

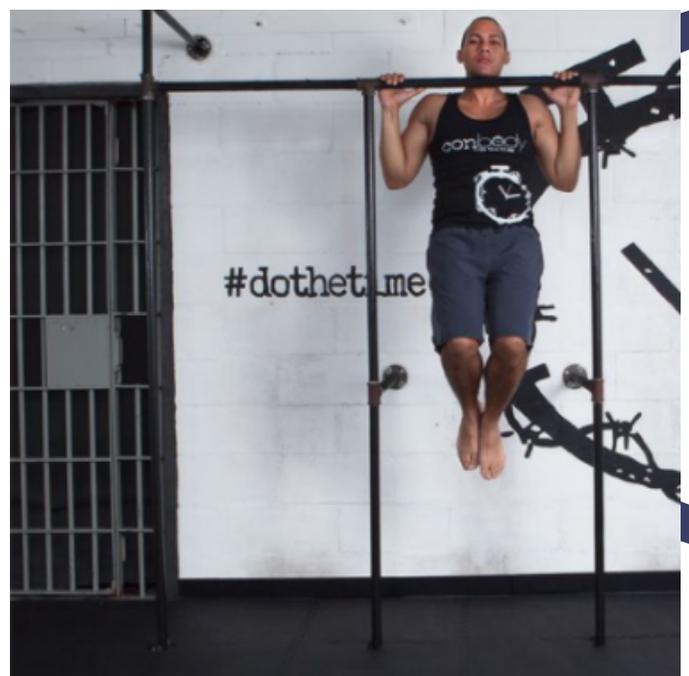
Coss Marte's ConBody Workout

Warm up with a jog, then rotate the following exercises, doing 2 sets of 10 to 25 reps of each. For an added challenge, run a lap around the track between each set.

Jumping jacks: Keep your feet together, hands by your side. Jump and spread feet so that you land with your feet shoulder-width apart. At the same time, raise hands so that they touch over the top of your head as you land. Jump again, bringing feet together so that they are next to each other when you land. At the same time, bring your hands down to your sides. Repeat quickly.

Calf raise: Stand up straight. Bring your heels up off the ground about five inches. Go up and down.

Assisted dip (bench dip): Use something like a chair, bench, or ledge. Sit on it. Bring your butt off the ledge, to the side. Keep your hands on the edge of the surface. Bring



spoke it out into the existence," he says. Marte's Lower East Side studio is now complete with prison bars, 3-minute shower rules and no locks on any lockers. "We tell people to trust ex-cons with your shit," he says.

The workouts have expanded from the 90-day plan Marte wrote in prison, and you can always expect a different bent depending on which trainer you have leading class. "The whole mission of the company is to hire formerly incarcerated individuals to teach fitness classes," Marte explains.

Part of Marte's 90-day program is excerpted below, but we also asked what he does now to stay in shape. Beyond training for the New York City marathon (The goal is to lose 15 pounds in the next two months," he quips), he regularly teaches Monday through Thursday classes at his studio and then puts in the time. "Depending on the day, I'll do up to 500 push-ups. I'll do 200 bodybuilders (they're burpees with a plank jack) and then I'll do a lot of pull-ups. I do 24 sets and max them out, working from the widest position [on the bar] inwards."



our arms to a 90-degree angle as you dip down. Your butt should almost touch the ground but not quite. Then push yourself back up.

Pull-up (wide/close/regular): Grab the pull-up bar at shoulder width, palms facing away from you. Thumbs either wrapped around the bar or tucked under the bar. Pull yourself up until your chin goes past the bar. Lower yourself until your arms are straight. Repeat. Beginners: I recommend practicing by doing one pull-up and then holding for 10 seconds. Build up to doing more reps.

Chin-up (wide/close/regular): Same as a pull-up, except instead of grabbing the bar with your palms facing away, grab with your palms facing yourself.

Push-up: Lay down belly on the ground. Place your hands at your shoulders. Position your arms so that your elbows are at roughly a 90-degree angle and tucked against your side. Push up. Your entire body should leave the ground. Keep your back

flat. Keep your elbows tucked in to your sides instead of letting them spread out sideways. Go up and down, chest to the ground, then back up.

Gravity push-up: On your knees. Place your hands directly over your shoulders, palms facing the sky. Push up against the air. Fully extend arms. Then bring hands back down to shoulders. Repeat.

Arm spin: Fully extend arms to your sides, and do small circles to the front. When rotating them backward, place your palms facing up to the sky and rotate. Fully extended, keep elbows locked.

Sit-up: Sit down. Lie with your back flat to the ground. Tuck your feet back so your knees are up. Place your hands at your temples. Crunch up until your elbows touch your knees. (Do not lock them behind your head — this tends to make people pull against the back of their skull, which puts strain on the neck and the spine.)

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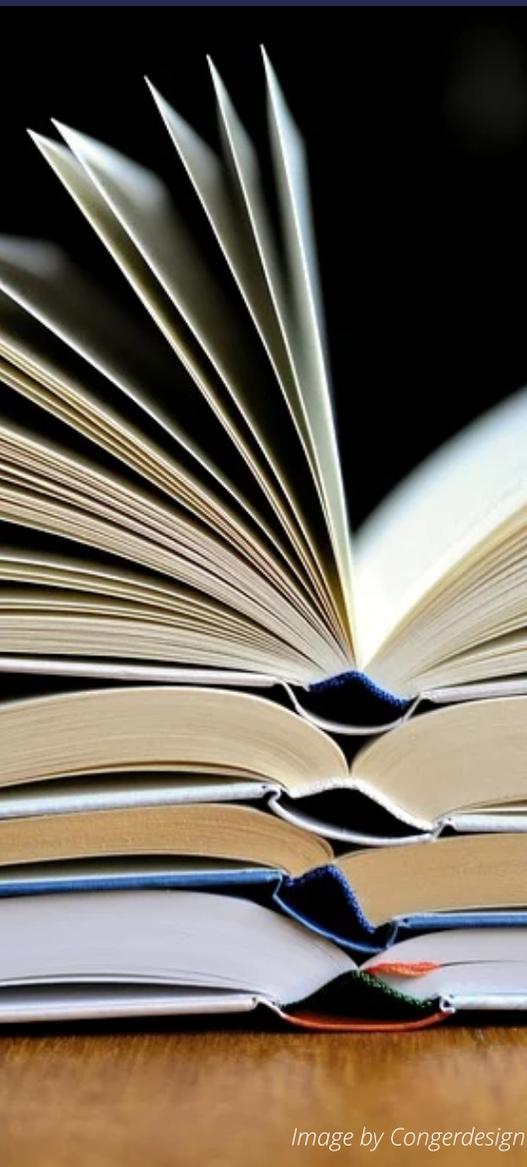
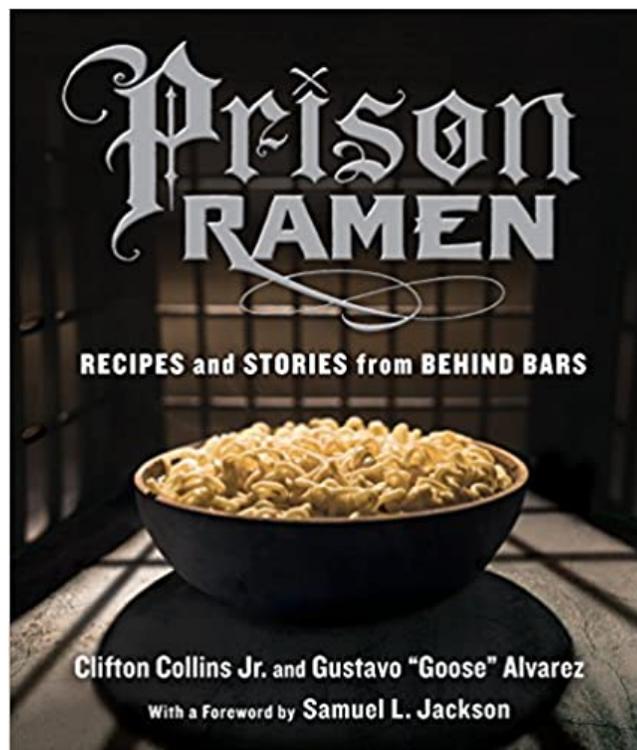


Image by Congerdesign



A unique and edgy cookbook, *Prison Ramen* takes readers behind bars with more than 65 ramen recipes and stories of prison life from the inmate/cooks who devised them, including celebrities like Slash from Guns n' Roses and the actor Shia LaBeouf.

Instant ramen is a ubiquitous food, beloved by anyone looking for a cheap, tasty bite—including prisoners, who buy it at the commissary and use it as the building block for all sorts of meals. Think of this as a unique cookbook of ramen hacks. Here's Ramen Goulash. Black Bean Ramen. Onion Tortilla Ramen Soup. The Jailhouse Hole Burrito. Orange Porkies—chili ramen plus white rice plus ½ bag of pork skins plus orange-flavored punch. Ramen Nuggets. Slash's J-Walking Ramen (with scallions, Sriracha hot sauce, and minced pork).

Co-authors Gustavo "Goose" Alvarez and Clifton Collins Jr. are childhood friends—one an ex-con, now free and living in Mexico, and the other a highly successful Hollywood character actor who's enlisted friends and celebrities to contribute their recipes and stories. Forget flowery writing about precious, organic ingredients—these stories are a first-person, firsthand look inside prison life, a scared-straight reality to complement the offbeat recipes.

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SWITCHED HUSTLES: ESCAPING THE ODDS OF INCARCERATION

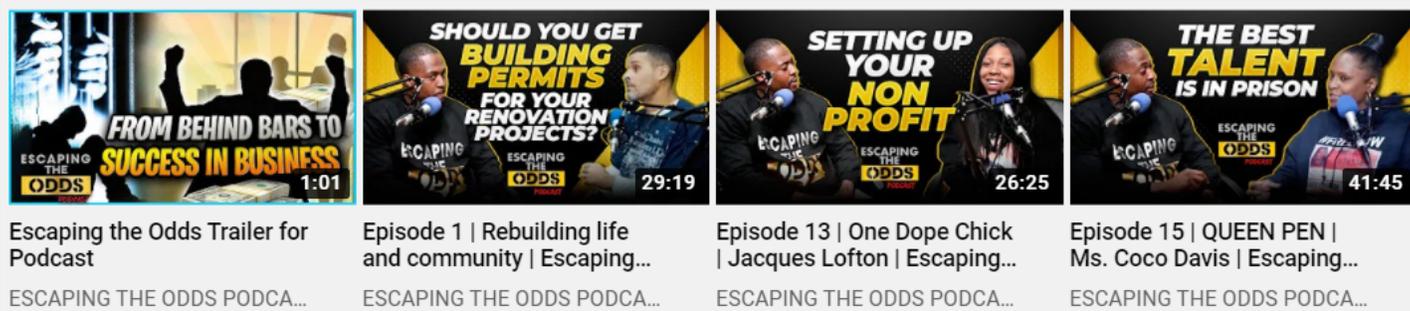
Aaron Smith grew up on the south side of Chicago—an area plagued with drugs and gang violence. In spite of the challenges he still found a way to attend college and earned a bachelor's degree in Business Management from Columbia College of Chicago. But there was another side to Aaron, a dark side. He ran a heroin operation in the Dearborn Homes community, a Chicago housing project, with earnings up to \$15k per day. Eventually this life style led to a federal indictment, and he was sentenced to 12 years as a first time offender. After serving 9 years and 5 months, he was released in February 2019. However, now Aaron Smith's social enterprise, Escaping the Odds, chooses to focus on the other end of that spectrum. He uses his business media platform to highlight the lives of the formerly incarcerated that have become entrepreneurs and escaped the odds of the typical statistics surrounding reentry.

Mr. Smith has always been inquisitive and ambitious, so prison only increased his zest for learning. "I was always a businessman, I was just selling the wrong product", Mr. Smith states. During incarceration, he spent time under the tutelage of some of the men who were detained for white collar crimes and were successful business men in their former lives. To supplement his thirst for

knowledge, he would read the Wall Street Journal each day. Ironically, the WSJ took an interest in Mr. Smith about the Escaping the Odds podcast and the issues individuals faced after returning home, such as a lack of access to financial resources like bank accounts and restoring credit. The article titled "Ex-Inmates Struggle in a Banking System Not Made for Them," was ran in the October 31, 2020 issue of the newspaper.



Guest speakers showcased on Escaping the Odds Podcast are business owners like Aaron Smith, with newly established roles in the community as business leaders. In the podcast's upcoming second season, Mr. Smith will showcase a diverse group of entrepreneurs, ranging from a social media platform for the formerly incarcerated to a prison reentry program that has halted violence in one of the country's most violent maximum security prisons. His sophomore season is scheduled



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STARTING OVER AFTER INCARCERATION

“Time heals all wounds” is an old cliché that may apply to a cut or bruise, but when it comes to your life after incarceration that depends on how you have spent your time. How do I know? I have spent the last nine years putting my life back together after serving a 78-month federal sentence and two years of supervised release. I know first-hand what it feels like to wonder how I was going to fix my relationships, earn as much money as I use to or need, and put this nightmare of imprisonment behind me. I wish I could say it was easy, but nothing would be further from the truth. One thing I do know is, the preparation for returning home begins the moment you start doing time.

“Do the time, don’t let the time do you” is another cliché we hear in jails and prisons throughout the world. While there are many ways to accomplish this task, those who chose to focus on being self-reflective and committed to why they found themselves in jail or prison, are the ones who built up the grit they would need to draw upon once released. Think of working on yourself like making deposits into a bank called YOU, where you are constantly increasing your self-worth, self-efficacy, and self-esteem. Having control or agency over one’s reentry begins with cleaning up what I call your MESS—the Mental, Emotional, Spiritual, and Social factors that are you.

All of us are trapped by invisible bars that cause us to suffer in silence. The bars are the result of being betrayed, abandoned, and rejected, or some sort of combination thereof. In order to look at how we coped with these events as trauma, we need a strategy to unpack the hurt in such a way that we can become better, not bitter as a result of those isolated or cumulative experiences. In order to clean up my MESS, I started asking myself “What was I thinking?” “What was I feeling?” “How was I relating to those involved including myself?” “What was I becoming, or as a woman, how was I being and showing up in the world as a result?” I could have blamed the many failed relationships I had with men, including my co-defendant, but that was too easy and really not the truth. I also felt, if that were the case, I was surrendering my power to them.



I finally got to the real root of how my invisible bars became physical ones by asking “What is one thing you could have done before your arrest and incarceration that could have stopped you from coming to prison in the first place?” The answer became so clear and seemed to come from my wounded soul which was, “I should have loved myself more!” “I should have paid attention to the signs that were there that I did not see, or ignored.” There are always signs.

This revelation helped to propel me to make a commitment to myself, to love me, and help other women in prison with me who may also be suffering from prisons of their own making. I created a course based on my experiences. In eight weeks we would look at ourselves in three frames: pre-, during- and post-incarceration. Sample lectures and homework assignments included writing their own obituaries and eulogies, or answering questions like “What has prevented you from being the person in the future in the present, or now?” “What action steps can you take while here to make the obituary and eulogy a reality?”

Each was encouraged to go back and examine key events that impacted their lives through the MESS lens I created and drills down into each dimension by asking them “why” at least five times instead of settling on the first answer they came up with. By the course end, we were all on a path to healing and crafted personal development plans to make us better not bitter so we could live the good life upon release however it was defined as designed. The goal of the course was to empower the women to face and process trauma, themselves, address the enemy within, and see themselves at the end of the journey as healed and whole; being the heroines in their own lives.

It is never too late to become a better person. Putting your past mistakes behind you may prove difficult, but it is doable. By starting today, using your time wisely now, you too can become a person of character and build your capacity to face the adversity upon release from incarceration that is inevitable. Emotional Intelligence, which includes, self-awareness, self-regulation, and relationship management, is the most important skill to develop and is considered by employers as the elusive “hard-soft- skill” that drives success. Taking time to own your MESS and clean it up will help you to increase personal accountability, and build your Reentry Intelligence, I like to call RQTM, that results in re-branding and launching your life on your own terms. Trust and be honest with yourself. If I did it, so can you!

“We are shaped by our thoughts, we become what we think. When the mind is pure, joy follows like a shadow that never leaves.”
Buddha

Dr. Pamela Y. Keye is an Academic Entrepreneur and Cognitive/Criminal Justice Advocate, and CEO of Keye Global Group, LLC, an educational consulting firm.

INSPIRATION

Give Yourself A Second Chance

Second chances are rare in many situations. It depends on the circumstances and the individuals involved to render such an opportunity. However, in many cases, you cannot wait for others to extend this form of grace. It is paramount that you be kind to yourself regardless of the offense you have committed. Yes, be kind to yourself! The climate of wallowing in shame/regret is cancerous within our global community. Drowning in the quicksand of your misery does not solve anything. Please understand my argument; I believe one should have remorse, and accountability should be a standard.

On the other hand, self-forgiveness is vital for an individual to re-focus and smell something different from their past vices' stench. So, for the one reading this challenge, give yourself a second chance. The act/offense you committed for many could be unforgivable, but I permit you to forgive yourself. More importantly, ask yourself, "what have I learned from these actions?" Secondly, how can I prevent others from not making the same choices? Second chances start in the heart, so let it begin with you.



Dr. Raymond A. Bell, Jr.

Reverend G's Words of Encouragement

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On a Mission to Inspire

Something Better Than A Resolution

As we prepare to put 2020 into the history book and based on the year it has been, I personally cannot wait for us to close the chapter on 2020 and move onto the next chapter in life, but I digress let me get to the point. As the new year begins, we often think about new year's resolutions and what we plan to do different for the new year. However, it should be noted that there has been extensive reporting to indicate that three weeks into the resolution most people give up on their resolution. So maybe we should try something that is better than a new year's resolution. What I mean is this. A resolution is defined as a firm decision to do or not to do something. I am recommending maybe we just make a decision to do one thing and commit to it with 100% tenacity. So, you may be thinking what could that one thing be? I believe the answer is a life of service to others is the ultimate demonstration of something better than a resolution. My belief is based on Matthew 23:11 where it states, "The greatest among you will be your servant." Let us face it most of the times our resolutions are about us, you know like I want to lose weight, or I want to save more money and please do not get me wrong these are great resolutions, but they are self-centered. Just maybe when we know others are depending on us to stick to our new year's goal it will cause us to work harder at it and go beyond the three-week giving up point. Which leads me to the final question of today's topic, how can you be of service to others? Well, I believe if you are currently incarcerated you may be able to mentor to the person that you are sharing a cell with or if you are in the process of reentry into society that you can volunteer your time to talk to youth groups so that they avoid bad decisions in life. These are only a few ways because there are many other ways you just have to figure it out, commit to it and move forward. I want to personally wish you a blessed new year and nothing but success as you transition back into society.

Bible Trivia – Test Your Knowledge

When Mary told Joseph she was pregnant, what did he do?

- a. Threw a Party
- b. Sent her away
- c. Decided to divorce her secretly
- d. Told his Friends

Bible Verse of the Day

And let us consider how to stir up one another to love and good works, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near. *Hebrews 10:24-25 ESV*

Inspirational Quote – Words to Live By

"You are never too old to set another goal or to dream a new dream." - C.S. Lewis

—  —
RGWOE

On a Mission to Inspire
<http://rg-woe.com>

The Answer is "decided to divorce her secretly" – Matthew 1:19

INMATES TO ENTREPRENEURS



CLAUDIA SHIVERS



Written by Alli Thomas
Inmates to Entrepreneurs

Inmates to Entrepreneurs' free video course "Starter U: How to Start, Run, and Grow a Business" is available online and on Edovo's tablets in correctional facilities across the U.S. The organization also provides online classes throughout the country.

For more info about Inmates to Entrepreneurs:

www.inmatestoentrepreneurs.org

info@inmatestoentrepreneurs.org

(910) 460-1880

Claudia Shivers, a lifelong entrepreneur, began her first business as a child in Lexington, North Carolina. “I was selling honeysuckles, but that venture failed before it could leave my front yard. My mother refused to buy the product I was selling. She told me that the flaw in my business was that the product I offered was so readily available and free. The market was saturated. I always kept her words with me,” Shivers explained. She later went on to own CLS Consultations which morphed into Taxes by Claudia and Queen Coffee Bean.

“I have always been interested in freedom and there is no freedom without financial freedom, and the ultimate path to that is entrepreneurship. The Industrial Revolution created the American middle class, and intangible barriers to freedom to previously enslaved people. The ultimate path to freedom is through entrepreneurship,” noted Shivers.

“Ultimately entrepreneurship is a form of art and rebellion. Art brings attention to issues that affect society and entrepreneurship allows us to work as a collective to fix them. I hope that, at the end of my life, at least one person will say that I affected some sort of change through my conscious capitalism.”

At the time, Shivers was sentenced to prison in 2019, Queen Coffee Bean, her current business and passion project, was just launching online. Queen Coffee Bean roasts and sells specialty and gourmet coffees with the intention of helping the growth, development, and redevelopment of overlooked and underserved communities.

“There had to be a way we could provide a safe meeting space outside of home,

work, and school and have a positive impact on a community, so I began to research. I learned the origin of coffee, how it was used in the slave trade, and how it is used around the world today.” This sparked Shivers’ passion.

Shivers graduated from Inmates to Entrepreneurs eight-week course in October 2020 and is currently in training to become a volunteer instructor with the organization.

As for her advice to returning citizens, Shivers notes the importance of growing and surrounding yourself with supportive allies, “The journey to restoration and to your ultimate greatness is at the end of all of the adversity you will encounter, but it’s all worth it. Make sure you have supportive individuals and organizations with you. Your circle of support will have to grow because you have grown. You are not the same as you were before you left. Embrace this opportunity to recreate yourself, and honor your growth. Gratitude is a necessity for your success. Use it. It is available in infinite supply.”



WHERE ARE YOU GOING FROM HERE?

LEAVE PRISON WITH THE TOOLS AND SKILLS NEEDED TO GET A JOB



Tom Johnston Founder/CEO

I am not going to lie to you:

“It’s going to be harder to find a job when you are released.”

But what I want you to know is that our program, ZeroBack, can help you, by teaching you the skills and techniques you will need to find a *meaningful employment*, not just a job.

Let me share with you a bit of my background. I am an executive recruiter and a headhunter. My career has been focused on placing executives into leadership roles at companies around the world.

Each month I am going to share with you a different tool or skill which will help you become a proactive job hunter, not a reactive job seeker. I will help you develop **YOUR** Business Plan for Life (BPFL). Your personalized BPFL will assist you with determining what type of job you want, what steps you need to take to get that job and then outline a plan for how you are going to get there. Every month in Returning Citizens Magazine I will teach you a new technique which you can add to your job-hunting toolbox to assist you when you are released.

Most importantly we will be here to assist you when you are released. At ZeroBack's online platform, www.myhuntpath.com, you will be able to continue gaining the skills you need, as well as having access to individualized support, coaching sessions, and on-line training tools.

Let's get started:

The first step in your journey is to determine where you want to go or as I like to ask . . .

Where's Your Buffalo?

For us, Buffalo isn't an animal that roams the prairie, Buffalo is the destination of *your* choice, where you wake up everyday doing what you want, where you want, earning the salary you want.

You may be saying to yourself, "That's a nice concept Tom, but how am I going to get there from here?"

Great question and that is the most important step in the journey to your "Buffalo," setting a plan for your trip.

Join me next month where we will get into the details of how to begin setting the plan for your ideal career destination.

If you are going to be released this month, you can continue this series by subscribing to MyHuntPath at www.myhuntpath.com and Returning Citizens Magazine at www.returningcitizensmag.com.



Leave prison with the tools and skills needed to a get a job

Zeroback is here to help now!

Learn how to identify what job fits your passion and skill-set
Gain the tools needed to secure that job upon release

Upon Release

- Online access to job coaches
- Individualized support

Essential Tools for Successful Reentry

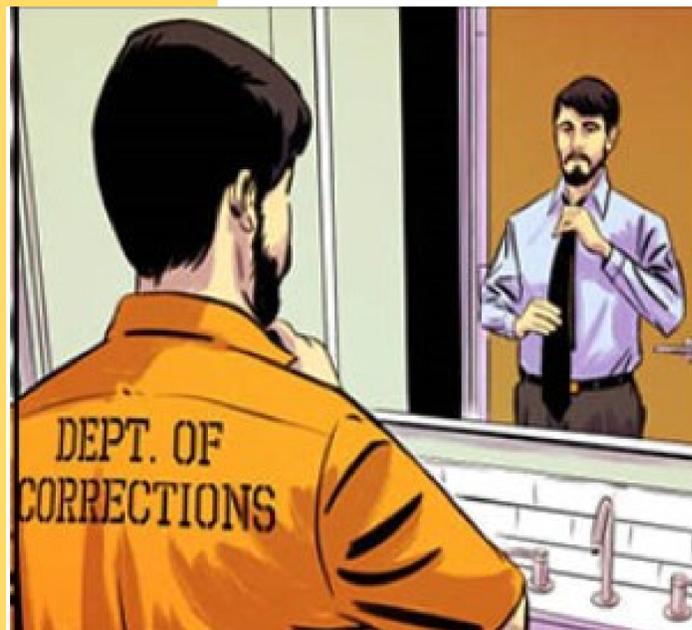
- Develop YOUR personal Business Plan for Life
- Where are you going?
- What job do you want?
- What steps do you need to take to get there?
- Leave prison ready and employable

Meaningful post release employment:

- Assists returning citizens mend broken family relationships
- Stabilizes safety and economic aspects of our communities
- Improves the self-esteem and self-worth of returning individuals

Allowing for positive reentry into our communities

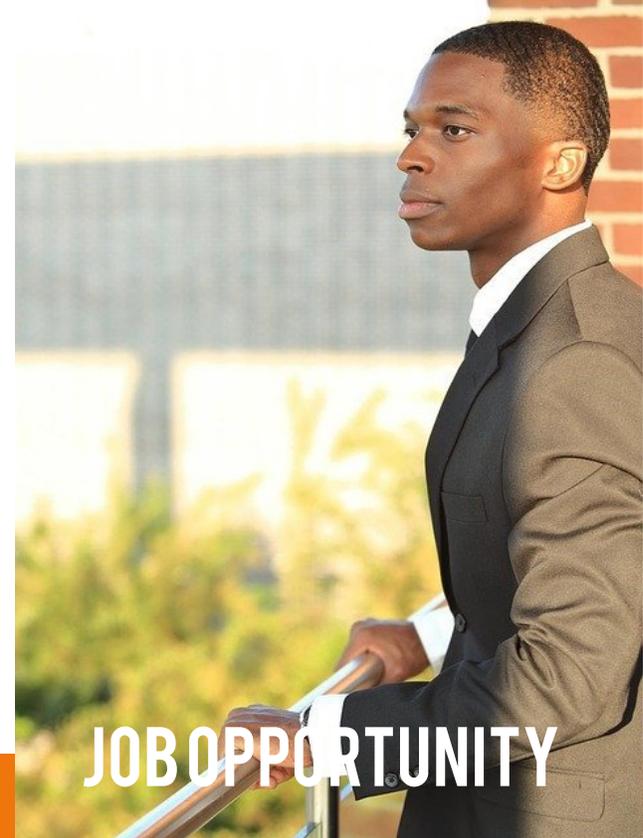
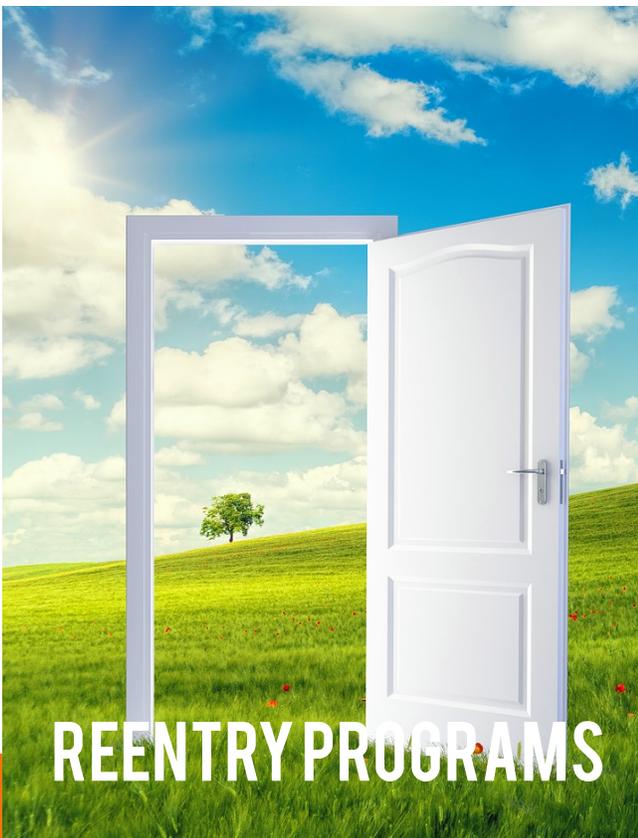
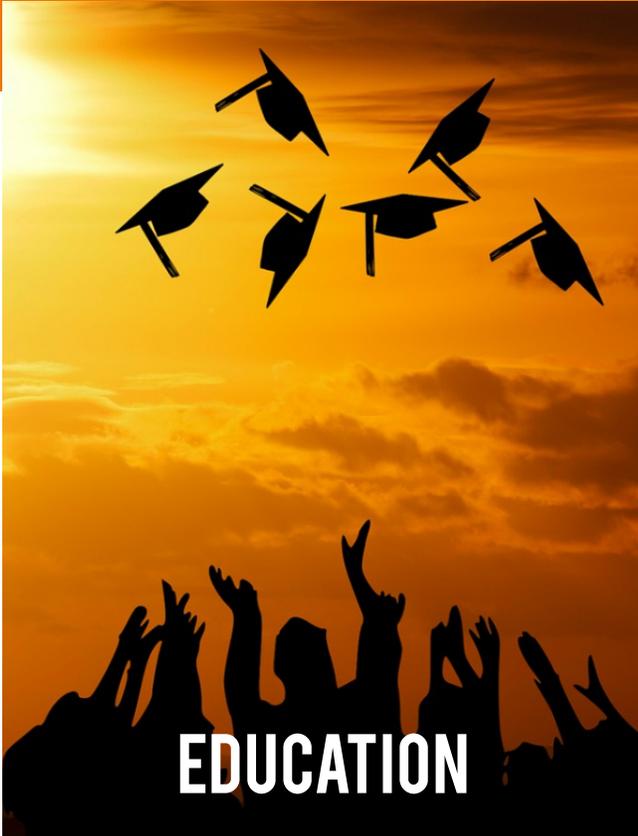
Discover new tools every month in Returning Citizens Magazine available on inmates tablets around the country.



Access our online platform:
www.myhuntpath.com

Contact us:
coach@zeroback.net

RESOURCES FOR YOUR SUCCESS



Mobile Apps for Stress Management FOR THOSE WHO'VE SERVED



PTSD Coach

This app is developed for service members who may be experiencing symptoms of Post-Traumatic Stress Disorder (PTSD), and contains educational information about PTSD, a checklist to help with diagnosis, skills for managing symptoms, and resources for getting support.



Free



Virtual Hope Box

This multi-media app provides relaxation techniques, coping skills, and activities to reduce stress. Activities include distraction games that require focus, artistic activities with a focus on gratitude, and photo galleries.



Free



Tactical Breather

Tactical Breather uses mostly verbal instruction with guided mindfulness and breathing exercises for stress management. The app offers a visual aid designed as a circle with a timer that changes color as one follows the instructed audio.



Free



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National Sexual Assault Hotline
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rainn.org

**LGBT NATIONAL
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**Veterans
Crisis Line**
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- Responsible Fatherhood
- Job Readiness
- Financial Literacy

Week 2

- OSHA 10
- First Aid
- HazMat
- CDL
- Customer Service
- Forklift
- Microsoft/Computer Literacy

Upon completion of the program, participants will get:

- DL Recovery Assistance
- Child Support Reduction Assistance
- Job Placement Assistance
- 60-days of Case Management/Follow up
- Legal/Expungement Assistance

Prerequisites:

- Currently on child support
- Unemployed

FOR ADDITIONAL INFORMATION, PLEASE CALL
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(THREE) WAYS TO GET MENTAL HEALTH HELP ANONYMOUSLY



HOTLINES. 24/7 hotlines are available to provide support and information for general mental health concerns and specific issues, including:

- **The National Suicide Prevention Hotline:** 1-800-273-TALK (8255)
- **Crisis Text Line:** Text HOME to 741741



APPS. There are apps available on Android and iPhone that provide mental health resources and support, including Pacifica, 7 Cups, and Talkspace.



ONLINE SPACES. Online spaces are available that provide peer-to-peer support, chatroom discussions, or therapy.

**Information provided by the MHFA curriculum.*

MENTALHEALTHFIRSTAID.ORG



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NATIONAL HELPLINE

SAMHSA
Substance Abuse and Mental Health
Services Administration

1-800-662-HELP (4357)

It's Okay to Ask for Help

Mental Health Resources for Yourself and Your Friends



National Suicide Prevention Lifeline

1-800-273-TALK (8255)
Veterans: Press 1



Crisis Text Line

Text TALK to 741741 to text with a trained counselor for free



The Trevor Project

TrevorLifeline: 1-866-488-7386
TrevorText: Text TREVOR to 1-202-304-1200
TrevorChat: Via thetrevorproject.org



RAINN

National Sexual Assault Hotline
Lifeline: 1-800-656-4673
Chat: Via hotline.rainn.org



TWLOHA

Connect to mental health resources in your community
twloha.com/find-help



National Eating Disorders Association

Helpline: 1-800-931-2237
Chat: Via myneda.org



Seize the Awkward

seizetheawkward.org
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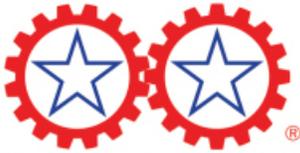
My3 App

Define your network and your plan to stay safe
my3app.org

afsp.org/resources



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or SSDI

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ages of 18 - 64

If you are looking
for work

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- Participate in Mock-Interviews.
- Overcome employment gaps, work accommodations, a criminal background or other barrier to employment.

- Develop an individual work plan which will lead to full time employment in your desired career field!
- Find referrals for clothing, transportation and other local resources.

To register for an Orientation Session or learn more information,
please contact Shamica Baxter at 917-922-8373 or sbaxter@americaworks.com
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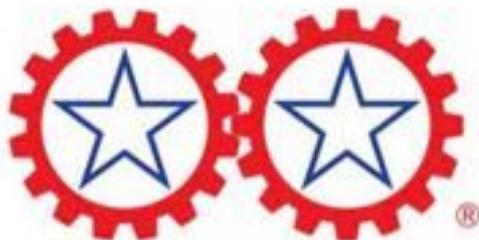
America Works Food Stamp and Employment Training Program

To help families fight hunger, Work First provides able-bodied adults with individualized career and job preparation services. Our programming helps unemployed individuals prepare and obtain successful and sustainable employment with potential for growth and upward mobility. **Individuals must be receiving food stamps to participate in the program.**



Justice-involved individuals are encouraged to apply!

For any questions, please contact:



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aburdette@americaworks.com

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tbower@americaworks.com

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Military Community and Family Policy Fact Sheet

Military OneSource can help

Military members have a place to go for support. Our priority is to make sure all current and former service members receive the care they need.

Additional information

Military OneSource
<https://www.militaryonesource.mil>
800-342-9647

Background

Talk to someone who gets it — Military OneSource has expanded confidential services for service members and their spouses by adding peer-to-peer specialty consultations. Peer consultants are veterans and spouses who have experienced military life and understand its unique challenges.

Highlights

Military life is full of exciting and challenging times, and Military OneSource is here to listen. Talk to someone who understands what you're going through. Get confidential support from people like you — veterans and military spouses — through Military OneSource peer-to-peer specialty consultations.

Here's what you need to know:

- All Military OneSource peer-to-peer consultants have experienced military life firsthand and have a master's degree in psychology or a social science field as well as specialized peer training.
- Service members, and their spouses, are eligible to receive confidential peer-to-peer specialty consultations up to 180 days after separation from the military.
- Schedule your free, confidential peer-to-peer specialty consultation by calling Military OneSource anytime at 800-342-9647.
- Using Military OneSource confidential services will not negatively affect your career or your spouse's career.



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