



## DOC TALK...

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# MOUNTAIN VIEW GETS 100%

### *Gerald Merrill, Accreditation Manager*

On March 16, 17, and 18, 2009, American Correctional Association Auditors, Jeff Rogers (Chair) and Kathy Montag conducted a re-accreditation audit of the Mountain View Youth Development Center. During the three days the audit team toured the facility, reviewed 454 standards, inspected procedures and practices, and interviewed staff and residents.

During the exit conference, Chairperson Rogers stated that he was "impressed with what happens with juveniles in the State of Maine. The Mountain View Youth Development Center is one of the finest facilities in the United States of America." He also had high praises for the professionalism of the medical staff, the fantastic educational system, "You all do a fine job, from the small engine repair class, to the art teacher, music, **Sheena (Lundin)** and all the volunteers, **Sam (Bradeen)** and your maintenance staff, **David (Lovejoy)** your staff and support and keeping everyone happy.... That does not happen with out some pretty good leadership from Mr. Hansen."

Chairperson Rogers was also impressed with the condition of the files. "We did not ask for one piece of documentation the entire time we were here. I've never experienced that." **Jerry (Merrill)**, "you have perfected this process; the files were so well documented it made our job easy."



David Lovejoy, Deputy Superintendent; Jerry Merrill, ACA Manager; Auditor Kathy Montag; Auditor Jeff Rogers; Barry Stoodley, Associate Commissioner; Eric Hansen, Superintendent; and Larry Austin, Deputy Superintendent



Manning the Grill: Jerry Merrill ACA Manager, Larry Austin Deputy Superintendent, and Eric Hansen Superintendent

The score was announced to a gathering of about 100 people and cheers erupted, and a few tears of pride and joy were seen.

During the tour portion of the audit it was noted that the knowledge and caring of the security staff was exemplary. Every question was answered with out hesitation and right on the mark.

In celebration the following week we had a breakfast with **Larry Austin** and **Sue Ackerman** cooking, at noon-time we had the "Freeze your buns off" cookout, with **Eric Hansen**, **Larry Austin**, **Paul Dunfee**, **Peter Ippoliti** and **Jerry Merrill** cooking; **Carol Conner**, **Cheryl Quinn**, **Pat**

*(Continued on page #6)*

## Facility & Region Newsletter Contributors & Staff

David George.....Maine State Prison  
 Brad Fogg ..... Maine Correctional Center  
 Sally Kinney.....Bolduc Correctional Facility  
 Judy Bailey..... Charleston Correctional Facility  
 Debbie Day .....Downeast Correctional Facility  
 Jenny N. Ardito....Central Maine Pre-Release Center  
 Lisa Wojcik ..... Long Creek Youth Dev. Center  
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## Stress Relief Breathing Technique

One major way to combat stress and its negative effects is through tactical breathing. There are only two **autonomic nervous system** actions you can consciously control; breathing and blinking.

Of the two, controlling your breathing will be of great benefit during a stressful situation. You can decrease your heart rate by practicing tactical breathing.

The breaths should be deep 'belly breaths', that is, during inhaling; your stomach expands like a balloon.

Each step is done while mentally counting to four.

The four simple steps to this breathing are:

- ★ Breathe in through the nose: two, three, four.
- ★ Hold: two, three, four.
- ★ Breathe out through the mouth: two, three, four.
- ★ Hold: two, three, four.

This tactical breathing sequence is most effective when repeated at least four times.

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## From the MDOC Archives

The photo in this article shows the prison products that were manufactured at the "Old" Maine State Prison in Thomaston in the 1890's. The products included a number of different size horse-drawn carriages (including a funeral

carriage with glass windows to carry a coffin). The smaller items are wheelbarrows, chairs, sleds, and small tables. The quality of these products looks to be of the highest standards.



This photo was included in a collection that was provided by Gary LaPlante.

If anyone has any old MDOC photographs that they would like to submit to the *DOC TALK* to use for this section, please contact Ellis King at 287-4342. The photographs may be published and will certainly be returned to the sender.

**IMPORTANT NOTE ON THIS ARTICLE:** I have nearly depleted my existing supply of old MDOC photographs and I am having difficulty developing future archive articles. If anyone has old photographs from the MDOC's "Good Old Days" please let me use them for our newsletter. Ellis

The Appropriations Committee tabled the Board of Corrections' request that includes the \$3.5M. The tabling motion was made by Rep Millett who continues to speak positively about the unification initiative. The committee will finalize the budget this week and then go back and make the changes to the FY09, FY10, and FY11 budgets to address the recent revenue shortfall.

## BOARD OF CORRECTIONS

The Board of Corrections submitted a report on April 28, 2009, to the Criminal Justice and Public Safety Committee with recommendations for amending laws relating to the unified correctional system or the board. It also initiated the rulemaking process determining facility use and purpose. The Legislature must review the rule before its final adoption.

The Board has set a very rigid schedule of meetings right through to June for public hearings on the proposed rule concerning major mission changes, to vote on the final rule concerning major mission changes, to review FY10 budgets for counties without major mission changes, and to review FY10 budgets for counties out major mission changes.

To keep up to date on the Board of Corrections, check out the website at: <http://www.maine.gov/corrections/BOC/index.shtml>

## APRIL IS ALCOHOL AWARENESS MONTH

### Did You Know?

#### What Better Time to Join the Campaign to Eliminate Drunk Driving?

April is dedicated to the serious issue of alcohol dependence and abuse. As a result, MADD wants to raise awareness about its [Campaign to Eliminate Drunk Driving](#).

Drunk driving threatens our families and our communities. Consider these staggering statistics:

- A drunk driving traffic fatality occurs **every 30 minutes** in the United States.
- Every month, **more than 1,000 families** have a loved one killed by drunk driving, and even more have someone injured.
- **One out of three Americans** will be impacted by a drunk driving crash in their lifetime.
- At any given moment, American families share the roads with an estimated **two million three-time or more** and **400,000 five-time or more drunk driving offenders**.
- As many as **75% of drunk drivers continue to drink and drive** even when their licenses have been revoked.

MADD's **Campaign to Eliminate Drunk Driving** is a bold initiative with the ambitious but attainable goal of eliminating drunk driving once and for all through the following programs:

1. [High visibility law enforcement](#)
2. [Ignition interlocks for all convicted drunk drivers](#)
3. [Advanced vehicle technology](#)
4. [Grassroots support](#)

For more information visit the Mothers Against Drunk Driving (MADD) website



## THANK YOU

All the bowlers who bowled for Big Brothers and Big Sisters would like to thank all the people who sponsored them and also to MCC for putting this design on the DOC and Friend's t-shirts, "Spare Hearts, Sparing Time and Sharing Hearts for the Future."



Martha Boynton, Kelene Barrow, Bob Tiner, Helen Barnes, Jane Tower

## PERFORMANCE MEASUREMENTS WITHIN THE MAINE DEPARTMENT OF CORRECTIONS

### MEASURING VOLUNTEER SERVICES

by Ellis King

The increase in Volunteer Service Hours is one measure for assessing the progress of the Maine Department of Corrections (MDOC) in meeting the goals that are outlined in the Department's Strategic Plan. This measure specifically addresses **Objective B-2**: To reduce the rate of recidivism of offenders who have been released from the department's supervision.

Volunteer Services includes any work or service that is performed for the MDOC by a person that is not employed by the MDOC. Examples of Volunteer Services are literacy volunteers, mentors, religious program providers, substance abuse program providers, and education service providers. If the volunteer receives any monetary benefit for his/her labor it is not considered volunteer services.

The total MDOC Volunteer Services performed for 2008 were 25,443 hours in both juvenile and adult correctional facilities. The financial value of these services can be based on a hourly rate of \$10.00/hour would be \$ 254,430.00. This is a low estimate because the professional services that are being provided by the volunteers would cost much more if the services were provided by MDOC staff or contracted services.

The services which are provided by volunteers that offer services to the MDOC can be contrasted to the Community Services (These services were described in the last issue of the DOC TALK) that are provided to the communities by offenders that are incarcerated in the custody of the MDOC. The MDOC and the local communities of Maine have established a collaboration that exchanges services so that it results in a win-win situation for everyone involved in either the volunteer program or the community service program.

The goal of the MDOC Strategic Plan is continual improvement, each year the department should increase the number of hours that are provided by volunteers. Each adult and juvenile correctional facility has a volunteer coordinator to recruit, train, and schedule volunteers. Continual program evaluation and regular contact with the volunteer ensures that he/she is being used effectively and feels valued for the services that he/she is providing.

*A special thanks to the volunteers that are contributing their time and expertise to provide the offenders with much needed services. And thanks to the individuals within the MDOC that are working with the volunteer programs and documenting the services for the performance measurement.*

For additional information on volunteer services within the Maine Department of Corrections contact the Volunteer Coordinator at the correctional facility in which you are interested, or contact Ellis King in MDOC Central Office at 287-4342 or e-mail at [Ellis.King@maine.gov](mailto:Ellis.King@maine.gov)

# MAINE DEPARTMENT OF CORRECTIONS



Luncheon: Staff enjoying the cookout.

Gillis, Sheena Lundin and many other staff helped set up the visit room and shuttle food. That evening we had a pizza /sub party for residents and staff. Throughout the day an ice cream sundae party was enjoyed by all.

It was truly a collaborative effort from staff, residents and our Central Office Team.

**"ACA - THE RIGHT WAY."**



Unit residents enjoying their ACA Pizza party



## CONGRATULATIONS TO JEFF VANCE!

*J.F.O.S. Jeff Vance* who received the MVYDC Staff Benefit Fund "Staff of the Quarter". Jeff is very committed to his work and never too busy to help anyone, and always has a pleasant smile. Winners receive a front parking spot and a 25 dollar gift certificate to "Dick's Sporting Goods"

## CONGRATS JACKIE!



*Jackie Wilcox, Senior Staff Accountant* at Mountain View Youth Development Center, was recently recognized as DAFS, Department of Corrections Service Center's employee of the month.

Jackie started her career at Charleston Correctional Facility in 1990 as an Account Clerk I and has held the SSA position at MVYDC since 2004. Jackie is a familiar face with staff at MVYDC, CCF, and Downeast Correctional Facility, as she manages the accounting departments for these facilities in the region. Not deterred by the distance, Jackie makes herself accessible to staff, and guides the accounting operations with a gentle, consistent approach. Jackie has handled major challenges including the switch to CORIS and Advantage ME. She is always willing to go the extra distance (literally) to ensure processes are in place. She is known for her quick laugh and gentle nature, and can best be described as "an outstanding employee, supervisor, and friend." Please join us in congratulating Jackie Wilcox as the employee of the month!!

**THE ELEVATOR TO SUCCESS IS NOT AN EASY RIDE YOU MUST CLIMB THE STAIRS.**

## JMG CELEBRATES SIX MONTHS OF CHANGE & ACCOMPLISHMENT WITH A HOME COOKED MEAL FOR STUDENTS AND STAFF

By Pat Gillis, JMG Program Manager



There's no better way to show appreciation than to cook a good meal, serve it, and clean up after it so that the guests of honor need not lift a finger and can simply enjoy the food, the company and the fact that they are part of an amazing JMG team. It was my pleasure to prepare this meal for JMG students and team leaders. It came straight from the heart. The JMG team here and the staff at Mountain View are amazing and I hope this event can happen every year.

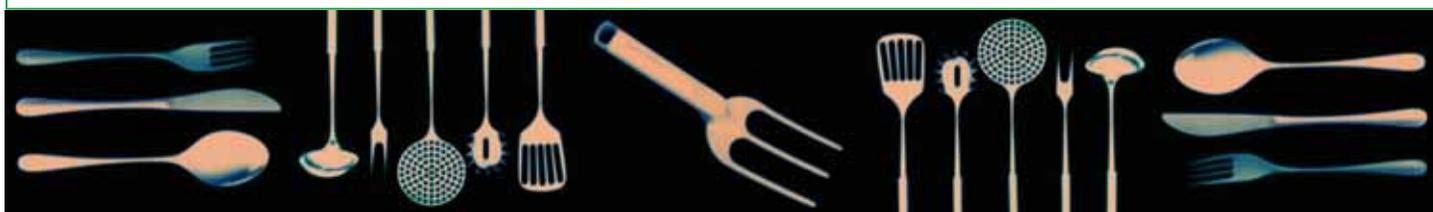


The menu, complete with appetizer prepared by Guidance Counselor **Martin French**, and dessert provided by Principal **Cheryl Quinn**, was prime rib with au jus sauce, baked potato with fixings, and tossed salad. The occasion marked six months of hard work, change, growing pains, set-backs and successes that JMG students and team leaders have been through since the start of the new school year. This special luncheon came at the end of a long preparation for the ACA audit for which MVDYDC received a 100% rating. JMG teams worked very hard to help get the facility ready for inspection and many individuals did more than their fair share. The recent graduation ceremony was another important event in which JMG teams participated. Not only were 10 out of the 13 graduates JMG students, but the

Culinary Arts and Custodial/Maintenance JMG crews worked beyond their normal duties to clean and set up the gymnasium and prepare food for over 100 guests. As if this were not enough excitement for JMG, it was announced recently that another business in the local community has signed on to become a host for the JMG Experiential Learning Program. Along with Tradewinds Supermarket which has been participating since January, Tate's Strawberry Farm will be accepting eligible students for summer internships. It has been a busy and rewarding six months for JMG and I am so proud to be a part of it.

**Special thanks to:** Cheryl Quinn, Doris Darling, Mark Spahr, Chad A. Cooper, Paul Dunfee, and Marty French for their indispensable assistance...

*I couldn't have pulled it off without you.*



MVYDC continued



## FISHERIES BIOLOGIST VISITS MVYDC

April 23, 2009, Tim Obrey, Regional Fisheries Biologist for the Department of Inland Fisheries and Wildlife, talked with residents and staff about his work as a biologist and presented information from the Department's fish tagging project on Chamberlain Lake. The project consisted of netting and inserting electronic tags in Brook Trout during the fall of 2006. During the fall and winter months the fish were tracked by biologists using monitors that picked up the signal from the tags. The presentation was of great interest to the fisherman

## ATTITUDE

"The longer I live, the more I realized the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than, what other people think or say or do. It will make or break a company... a church... a home. The remarkable thing is you have a choice everyday regarding the attitude you will embrace for that day. We cannot change the inevitable. The only thing we can do is to play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it." And so it is with you. ~ Charles Swindall

## MAINE ADULT CORRECTIONAL EDUCATION ASSOCIATION (MACEA)

The recent MACEA meeting was held at the new Somerset County Jail (SCJ) in Skowhegan, Maine on March 20, 2009. Almost twenty people attended the meeting and represented state, county, and community adult correctional agencies.

The staff of the SCJ hosted the MACEA meeting in one of the correctional facility's large meeting rooms. Michael Berube, SCJ Staff Development Specialist welcomed the group to the SCJ, described the jail's current correctional education programs, and conducted a tour of the new jail.

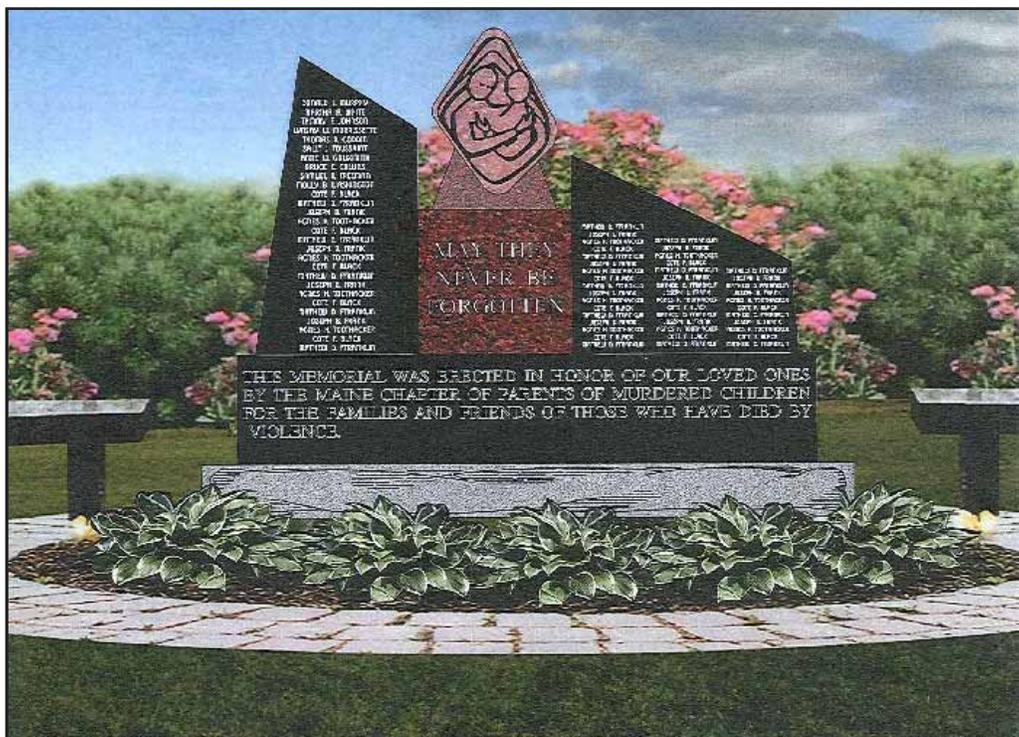
The highlights of the MACEA meeting included:

- 1) A detailed presentation by Irv Faunce, a member of the State Board of Corrections (SBC) on the history, mission, roles, and responsibilities of the SBC. This great presentation was followed by a discussion of the possible role of MACEA in the future decisions concerning correctional education programming in the new unified correctional system in Maine.
- 2) A presentation and demonstration of the Webex system for electronic communications and meeting formats using the internet. The Webex system offers the capability of having group meetings with each person attending the meeting through his/her personal computer. This Webex demonstration corresponds to the goal of MACEA to provide an electronic meeting format so the participants do not have to travel long distances to attend the MACEA meetings. This part of the meeting was conducted by **Gary Upham** (MSP) and Josh Dolby (Webex).

The next meeting of MACEA will be on June 19, 2009 @ 9 a.m. at the Maine State Prison in Warren, Maine.

Please contact Ray Therrien, President of the Maine Adult Correctional Education Association (MACEA) for more information at 778-3460 or at [rtherrin@msad9.org](mailto:rtherrin@msad9.org)

## VICTIM SERVICES



### MAY THEY NEVER BE FORGOTTEN

The inscription reads: **This Memorial Was Erected In Honor Of Our Loved Ones By The Maine Chapter Of Parents Of Murdered Children For The Families And Friends Of Those Who Have Died By Violence**

On January 28, 2009 Representative Patsy Crockett testified before the Joint Standing Committee on State and Local Government. Representative Crockett presented LD 117, "Resolve, To Facilitate the Creation of a Memorial for the Families and Friends of Children Who Have Died by Violence"

This bill will allow the Maine Chapter of the national nonprofit organization Parents of Murdered Children, Inc. to build a memorial on state land to remember all homicide victims who have died by violence. The memorial will be built on the east campus by Riverview, on land that has been set aside for such purposes. This proposal will not need any general fund money.

LD 117 Passed!!!! POMC will realize their dream.

On April 26, 2009 the Maine Chapter of Parents of Murdered Children observed the 2009 National Crime Victims' Rights week, "25 Years of Rebuilding Lives" with a program held at the Calumet Club in Augusta. After lunch, Chapter Leader Art Jette kicked-off the program by reading the Proclamation signed by the Governor. The members heard important comments from DOC's Deputy Commissioner, Denise Lord. Representative Patsy Crockett shared crucial information to the group about statues recently passed that impact crime victims. Pam Roberts, victim/witness advocate from the York County District Attorney Office sent heart-felt remarks that were read by Mary Farrar, Victim Advocate from the Office of the Attorney General.

Parents of Murdered Children's fourth annual program was highlighted by admired speakers and attended by homicide survivors rebuilding their lives. Twenty-five years after the passage of VOCA, the victim services field has much to celebrate.

I especially want to thank **Denise Lord** for her enduring commitment and dedication to crime victims.

## CENTRAL MAINE PRE-RELEASE CENTER

**Sgt. Ben Beal** was assigned the duties of Work Release Coordinator effective April 1st, 2009, taking over the duties that were previously assumed by **Sgt. Ralph Colfer** for the better part of the past decade. Good luck Ben and hopefully this new task won't end up being a cruel type of April Fool's joke on you given the current tough economic times we find ourselves in. It most definitely is an employers market out there.

Requests for assistance by way of the Public Restitution Work Crews has increased dramatically this year, possibly in response to the harder economic times that we find ourselves in. Towns, municipalities, and church groups are all trying to stretch the shrinking dollar further and as a result our work crews are currently scheduled into the summer months with job requests. Looks like it will be a busy year.

We are currently collaborating with HealthReach RSVP volunteers for the Thresholds Decision Making class here at CMPRC. Twelve men are actively participating in this course that teaches effective decision making skills. Several men recently completed the Inside Out Dad parenting program. Spectrum Health Systems received a grant from the Maine Children's Trust Fund to implement the parenting program.

While employment opportunities are difficult to secure right now, many of the men here have been participating in local job fairs. Most recently, 20 men attended the Women Unlimited Job Fair at the Senator Inn in Augusta. Men spoke with potential employers from Reed & Reed, Cianbro and Pike Industries, to name but a few.

All the staff here at Central Maine Pre-Release would like to wish **Carl McHatten** a long and wonderful retirement. Thank you for your many years of service to the MDOC!

## CHARLESTON CORRECTIONAL FACILITY

We have made it through the winter by burning wood and been able to save more than the projected amount of money. Thanks to all the staff that volunteered and worked outside their regular hours to make this possible.

On February 21<sup>st</sup> CCF staff and community members held a benefit supper for **Dean Tuttle** to assist him and his family while he spent time in Boston for cancer treatments. The supper raised \$4000 and Dean showed up for a few minutes to say hello, all were happy to see him. Our thoughts are with Dean as he continues to battle cancer.

17 Prisoners will graduate from the first Construction Boot Camp Class on 4/24/09. It has been a very nice collaborative with Women Unlimited and has provided many prisoners with new opportunities for work and support after release.

Other News:

- All facility areas are preparing for ACA
- Fire crews have started their annual training
- Security and Support staff continues to work on Unit Management practices and the level system. After 5 months of the level system implementation combined with sound security practices, there has been a 60% reduction in institutional misconducts.
- Planning to have a fun filled week for Correctional Employee Week May 4-8!



## DOWNEAST CORRECTIONAL FACILITY

**Captain David Daniels** has coordinated the annual fire training for the prison crews. Ranger Andy Gacek and Ranger Paul Perry of the Maine Forest Service, Jonesboro, provided the instruction. Prisoners eagerly await the fire crew training each year. Not only do the Rangers provide classroom instruction but also field training by bring the Forestry trucks to the Facility and setting up pumps and hoses which allows the prisoners to get hands on experience before the actual fire season.

Last year the Prisoner Fire Crews were able to provide 1256 man hours for both mop up and fire suppression.

### *Maintenance*

Our community restitution programs are gearing up for the spring cleanup. Crews headed by **JJ Tibbetts**, **Toby Sawtelle**, **Jesse Davis** and **Gary Magee** will be working in local communities.

### *Programs*

**Tony Jans**, our vocational trades instructor, has returned from his tour of duty in Iraq. WE can't thank him enough for the sacrifice he and others make for our freedom. **Ann Grange** has seen a 50% increase in the number of GED's earned by the prisoners over this year. **Craig Smith** heading our welding program continues to work on projects for the Maine Forest Service and Inland Fisheries and Wildlife Departments.

### *Anniversaries*

20 years	10 years	15 years	5 years
<b>William Day</b>	<b>James Dolan</b>	<b>Paul Johnson</b>	<b>Morris Moffat</b>
		<b>Deborah Day</b> (combined State Service)	



### TEAMWORK

Everyone Has It In Them To Achieve  
Great Things,  
When We Work Together,  
We Can Travel Farther  
And Climb Even Higher!

## MAINE STATE PRISON & BOLDUC CORRECTIONAL FACILITY



Staff appreciation was shown to **Sherri MacEachern** who was selected as the Maine State Prison Employee of the Month for January, 2009. Sherri has worked as an Office Associate II at the prison since May, 2007. In addition to providing administrative support for the Deputy Warden of Prisoner Services and other members of the administrative staff, she is often asked to work on special projects.

Her excellent administrative skills combined with her business intellect and ability to work well with others has been a tremendous asset to the prison. There would be unanimous agreement from all staff who know Sherri that she is unfailingly pleasant, energetic, organized and exceptionally efficient.

**Officer Amanda Wade** has been selected as MSP'S March 2009 Employee of the Month. She has been employed with the Maine

State Prison since January of 06, having been assigned to the Close Unit the entire time, but has worked most areas of the institution.

She is a member of the Maine Army National Guard currently with the Military Police Unit in Brewer Maine where she holds the rank of Sergeant. She was deployed to Iraq in June 2007 and returned in September 2008. She is very professional in her dealings prisoners and well respected by her peers and supervisors.



All her evaluations have been above average. She received a commendation for a job well done while conducting extra security rounds and finding a prisoner who required an immediately medical response..



We are pleased to announce that **Officer Jeffrey King** has been selected as the Maine State Prisons Employee of the Month for April 2009. Officer King has been employed as a Correctional Officer at the Prison since August 2004. Officer King is currently assigned to the night shift, but routinely volunteers to work other shifts.

Officer King is very professional, displaying a polite but firm demeanor in all his contacts with prisoners and is very respected by his peers.

### THE MAINE STATE PRISON WOULD LIKE TO WELCOME THE FOLLOWING AS NEW EMPLOYEES.

**Correctional Officers:** Robert Lamontagne, Christopher Alderson, Anthony Soucy, Lawrence Tardiff, Randy Bean, Eric Crabtree, Edward Fortier, Corey Leclerc. We would also like to welcome **Wes Andrenyak** to his new position as the Staff Development Coordinator.

## *Bolduc Correctional Facility*

### SGT. WILLIAM MARTIN AND C.O. JOSH LAMOREAU NAMED CO-EMPLOYEES OF THE YEAR FOR 2008

By Captain R. Ivey

Sergeant William Martin and Officer Josh Lamoreau were selected "Co-Employees of the Year" for the year 2008.



Sergeant Martin has been employed with the Department of Corrections since 9/3/96. He has worked at the Old Maine State Prison, the New Maine State Prison, the Maine Correctional Institution, and is currently working at the Bolduc Correctional Facility.

Officer Lamoreau has been employed with the Department of Correction since 9/24/01 and has been assigned to the Bolduc Correctional Facility since that time.

Sergeant Martin and Officer Lamoreau are both fine examples of the "consummate professional" and are well respected by their peers. Both individuals were instrumental in the ACA accreditation process in 2006 and continue their role as key players for re-accreditation in October 2009. Congratulations from all the staff at the Bolduc Correctional Facility for your dedicated service and professionalism!

Deputy Warden Barlow says good bye to Sergeant Roland Ames whose last day, as 3<sup>rd</sup> shift supervisor, was April 30, 2009. He started working for the Maine State Prison on October 7, 1985 – 23 years of dedicated service.



Officer Jeff Powell was selected as Employee of the Month for March. His willingness to help in any way is much appreciated. He has been a correctional officer for 15 years.



## LONG CREEK YOUTH DEVELOPMENT CENTER

5, 4, 3, 2, 1...JUMP!

Our very own JPW **Augustine Hartman** and Guidance Counselor **Peter Hennessy** are veterans when it comes to splashing into the icy Atlantic Ocean each January for the annual Lobster Dip.



So what's in it for these brave souls? Hartman enjoys helping the Special Olympics and the delicious lunch provided after the plunge. As far as the cold water, he likens himself to a polar bear, stating, "You just block it out, it's all psychological".



Hennessy goes all out and plunges in decked out in crazy clothes, knowing his efforts are going to a great cause.

Hartman and Hennessy hope to grow a team of Dippers here at Long Creek. The goal is to have a group of 5 making the plunge the 1<sup>st</sup> of next January. A special challenge goes out to all our DOC colleagues, in hopes to create State wide support for this chilling challenge!

### BASKETBALL BANQUET "DUNKADELIC"

The Bear's were treated to a special banquet honoring their accomplishments during their first season of high school basketball.

Recreational Director and mastermind of the operation, **Kim Deering**, presented an awesome power point display showcasing all the players and their moves. Her talents were also exhibited by the hip-hop music that she wove through the presentation.

JPW Coach, **Chad Sturgis** gave a heartfelt speech that addressed each team member individually. His words came easy; a reward for the rapport that



one earns being a great coach. **Coach Sturgis at the podium**

Our resident's had the opportunity to be acknowledged in the presence of their family members, as well as enjoying a lovely meal provided by our own Culinary Arts teacher **Bob Foley** and his class A students.

A great way to wrap up the season and look ahead to the future!

★ The culinary team setting up dinner



## WRITING FACILITATES EMOTIONAL HEALING AT LONG CREEK

4/8/09

by Anne Allen, Personnel Office Associate II

In September of 2008, Susan Casey, MSW, and MFA candidate at USM, introduced a twelve week therapeutic writing program to 6 girls from the Cedar Unit at Long Creek Youth Development Center. Using writing as a therapeutic tool to facilitate healing, the curriculum was based on social work practices pertaining to Strength-Based Perspectives (SBP) and Positive Psychology. The writing program offered the girls the ability to express their experiences through a narrative which enhanced the opportunity to explore their past and present, and develop tools to pursue a positive future.

Working with Susan on Monday nights, the girls, aged 15-18, were committed to fulfilling each writing exercise that allowed them to heal from the trauma and hardship previously experienced in life. As the writings progressed, the girls were able to bond as group and with genuine support for one another. "Gratitude night", the highlight of the program, allowed each girl to read a gratitude letter to someone at Long Creek who has been particularly helpful to them. Susan also made books from the girls writings, which can be shared with family members and friends. This writing forum became so successful for the girls that the program continued for months beyond the 12 week period and has expanded to include a curriculum for the boys.

Jean Peck joined Susan three weeks ago to work with the boys from the Pine Unit. Each week Jean has found the boys writing to be insightful, introspective, hopeful and positive. Their essays and poems, illustrative of their personnel strengths, portray talent, creativity, and plans for the years ahead. Like the writing produced by the girls, it is hoped that the boys will see writing as a creative outlet that can showcase talent as much as any other activity at Long Creek.

## CENTRAL OFFICE

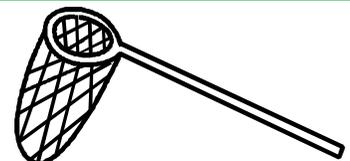
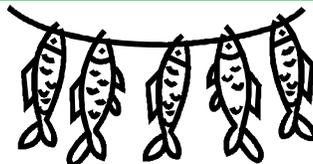
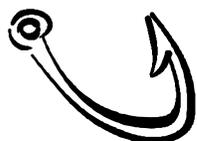
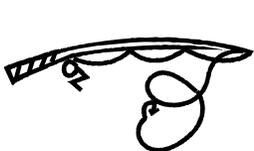


### CARL MCHATTEN RETIRED

Carl McHatten, the Department's Director of Classification, retired effective April 24.

At his Central Office "good bye brunch", Scott Jones, Director of DCF, presented Carl with a plaque recognizing his years of service as one of the original members of the Department's SITCON team.

Carl, you will be missed. Enjoy every second of your retirement!



## ADULT COMMUNITY CORRECTIONS Region 3

### OTB (OUTSIDE THE BOX) READING GROUP

The OTB (Outside The Box) Reading Group is facilitated by MDOC Probation Officer's **Bud Hall and John Lorenzen** (Region 3-A in Augusta). The reading groups read a selection of short stories and then get together, on a weekly basis, to discuss one of the stories. The OTB group is so popular that the group had to be split into two groups in order to fit into the meeting room.

Bud and John pick short stories that are usually based around decision making and the group discussion centers around the pros and cons of these decisions.

The most recent book "Slow Monkeys and Other Stories" was written by Jim Nichols, who happens to live in Maine. Bud and John invited Jim to visit a session of the OTB group. Jim sat in on both groups that met on Monday, April 27<sup>th</sup>. The men and women who attended the group were very impressed that the author took the time and interest to talk to them. Jim talked about his experiences in writing the book and answered the many questions about the short stories. Jim autographed and wrote personal comments in many of the individual's books.

The books for the OTB group are provided by the U.S. Dept of Education's Youthful Offender Grant that is administered by the Office of Correctional Education.

Julia Walkling from the Maine Humanities Council also attended the event. Julia is administrator of the "New Books – New Readers" Program that is offered in many of the MDOC Adult Correctional Facilities.



*Author Jim Nichols, Julia Walkling and John Lorenzen.*

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