



Women Moving Forward

9th Annual Women Moving Forward Reentry Conference
Building Your House—A Blueprint for Success
April 8, 2017

CONTACT US

Web: www.wmfmd.org

Email: tellusyourstory@wmfmd.org

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Dear Participant,

Welcome to the 2017 “**Women Moving Forward**” reentry conference. This year’s theme is “Building Your House – A Blueprint for Success”. The conference is a collaborative effort led by the National Association of Women Judges (NAWJ), a leading voice for women jurists dedicated to ensuring equal justice and access to the courts for women, minorities, and other historically disfavored groups. NAWJ has partnered with other organizations such as Alternative Directions, Maryland Commission for Women, Women’s Bar Association of Maryland and many individuals who support your successful return home.



Our goal today is to provide resources and information to support your transition back to the community. Fourteen workshops will be offered on important topics such as handling your finances, finding resources to help you with your physical and mental health needs, and accessing assistance with necessities such as housing, food, and transportation. Recognizing the need for income, workshops will offer help with interviewing, resume writing and explore the opportunities for self-employment. Workshops will focus on reestablishing healthy relationships with family and building parenting skills. Other professionals will present solid information on legal issues and successfully completing probation. Setting the tone for the day, our fabulous key note speaker, Tonier Cain, will share her personal experience for achieving success. To close the conference, Chris Wilson, who has built a national profile following his reentry, will inspire you. At the end of the day, you should have a blueprint for answering the question, “*What do I need to prepare to move successfully forward?*”

In your conference bag and in this program you will find guides to resources in the community. In addition you will receive a **USB Flash Drive**. This device can be plugged into any computer, including the one in your local library, and will give you important information such as healthcare applications, social services information, birth certificate and social security card applications, help for victims of domestic violence, legal services, and a form for your resume. **The Flash Drive will be kept in your base file and presented to you on the day of your release.**

We would like to give a special thanks to our sponsors, The Luv u Project, Correct Rx Pharmacy Services, NAWJ and the individuals listed in the program for their financial contributions. We wish also to recognize Warden Chippendale and the staff at MCI-W for their work and continued support of the Women Moving Forward conference.

Finally, as you begin this new chapter in your life, we would love to hear about your experience returning home. **Please send us an email at Tellusyourstory@wmfmd.org or go to our website, www.wmfmd.org and complete the form.** We would love to hear how we can make future conferences even more meaningful to the women at MCI-W. We wish you much success.

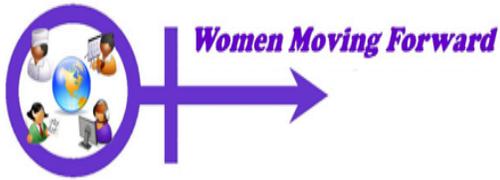
Sincerely,

Julia B. Weatherly

Mary Pat Donelan

Hon. Julia B. Weatherly, Co-chair

Mary Pat Donelan, Co-chair



Sponsors *

Leadership Sponsor (\$2,500 and up)

The Luv u Project

Patron Sponsor (\$1,000—\$2,499)

Correct Rx Pharmacy Services, Inc.

National Association of Women Judges—District 4

Friend Sponsor (\$500—\$999)

Hon. Julia Weatherly

Shawn M. Flower

Good Will Sponsor (\$50—\$499)

Alternative Directions

Mary Pat Donelan

Maryland Commission for Women

In-Kind Service Providers *

Chesapeake Garden Club—Calvert County

Classroom 5 Comedy Club—Jared Margulies & Jessica Garrett

Choice Research Associates

Kenwood Garden Club—Montgomery County

Laura Gerhard Web Design

Two The Point Line Dance Co.—Tonya Johnson

Zonta International

Zonta Clubs of Maryland and Washington, DC

***As of March 30, 2017**

Steering Committee

Name

Professional Affiliation

Chairpersons:

Hon. Julia B. Weatherly
Mary Pat Donelan

National Association of Women Judges
Maryland CURE

MCI-W:

Margaret Chippendale
Lisa Small
Lettie Carr
Alicia Shaw
Verlyncia Coleman

Warden
Volunteer Coordinator
Chaplain
Resident Representative
Resident Representative

Conference Coordinator:

Casey McKeel

Committee Members:

Jocelyn Alexander

UMUC, Education Specialist Contractor

Tawanda Bailey

MD Commission for Women's Education & Outreach
Committee

Marlene Beckman

Retired DOJ, Montgomery County Criminal Justice
Coordinating Council

Rachael Campbell

Correct Rx Pharmacy Services, Inc.

Fred Chandler

WorkSource Montgomery

Mary Joel Davis

Second Chance Act

Susan Eberhard

Maryland CURE

Shawn M. Flower, Ph.D.

Choice Research Associates

Denise Kumani Gantt

Second Chance for Women

Sonya Gomes, Esq.

Women's Bar Association of Maryland, Prince George's
County Chapter

Jean Gover

MD Department Public Safety & Correctional Services

Nicole Hanson Mundell

Out for Justice

Steering Committee

Name

Professional Affiliation

Committee Members:

LaShanta Harris, Esq.	Prince George's County Office of State's Attorney
Bronwyn Hunter, Ph.D.	University of Maryland, Baltimore County
Marcy Jackson	Shamen Resh Motherhood
Velvet D. Johnson	Maryland Commission for Women
Michelle Kelly	Alternative Directions, Inc.
Kathy Korin	Conference Volunteer
Hon. Patrice Lewis	National Association of Women Judges
Richard Mattingly	The Luv u Project
Hon. Brenda Murray	National Association of Women Judges
Hon. Beverly Nash	National Association of Women Judges
Carol A. Overton	New Plateau Worship and Performing Art Center
Freda Robinson-Dawkins	Bon Secours Community Works
Donna Rojas	Conference Volunteer
Hon. Cathy H. Serrette	National Association of Women Judges
Roseanna Vogt	Circle of Angels Initiative, Inc. / Circle of Angels





USB Flash Drive 101

When you're working on a document or other computer file, you can always save it to your computer's **hard drive**. But sometimes you may want to **bring your file with you** and open it on a different computer. A flash drive is a **small, removable hard drive** that plugs into a **USB port** on your computer.

To connect a flash drive:

1. **Insert the flash drive** into a **USB port** on your computer. You should find a USB port on the front, back, or side of your computer (the location may vary depending on whether you have a desktop or a laptop).
2. If you're using **Windows**, a dialog box may appear. If it does, select **Open folder to view files**. On a **Mac**, a **flash drive icon** will usually appear on the desktop.
3. If a dialog box does not appear, open **Windows Explorer**—or **Finder** if you're using a **Mac**—and select the flash drive on the left side of the window. Note that the **name** of the flash drive may vary.
3. Once you've connected a flash drive, you can work with it just like any other folder on your computer, including moving and deleting files.



Flash drives make it easy to carry your important files and documents with you in a portable form. You should always back up the files on your flash drive elsewhere, however, just in case it gets lost or breaks.

Reference: <http://www.gcflearnfree.org/computerbasics/bringing-your-files-with-you/1/>

USB Flash Drive Resource List

Alcoholics Anonymous/ Narcotics

Anonymous:

- ◆ AA Meeting Listings for:
 - ◇Annapolis
 - ◇District of Columbia
 - ◇Montgomery County
 - ◇Prince George's County
 - ◇Frederick
 - ◇Hagerstown
- ◆ NA Meeting Listings for:
 - ◇Baltimore
 - ◇District of Columbia
 - ◇Southern Maryland

Healthcare:

- ◆ Maryland Health Connections Fact Sheet and Income Eligibility
- ◆ Maryland Mental Health Consumer Handbook

Identification:

- ◆ Birth Certificate Information/Application
- ◆ Social Security Card Application

Employment and Resume

- ◆ Interview Checklist
- ◆ List of One-Stop Centers in Maryland
- ◆ Resume Template - About.Com
 - ◇Resume Writing Guide
 - ◇Types of Resumes (Chronological, Functional, etc.)
 - ◇Resume Writing Tips
 - ◇List of Links to Sample Resumes & Cover Letters

Apprenticeships:

- ◆ Lists of various programs and requirements, by region

Legal Issues and Family Reunification:

- ◆ District Court Self-Help Center
- ◆ Maryland Courts Department of Family Administration - Local Contacts
- ◆ Maryland Circuit Courts - Family
- ◆ Maryland Judiciary Family Law Pro Se Project
 - ◇Listing by County of hours/services

Conflict Resolution:

- ◆ Community Mediation Maryland
 - ◇Listing of centers by County
- ◆ Community Conferencing Center, Baltimore

Social and Other Services/Information:

- ◆ Social Services Application
- ◆ Maryland Housing and Disability Services Guide
- ◆ Maryland Network Against Domestic Violence

Miscellaneous:

- ◆ Reentry Resource Directories by State
- ◆ Fashion Tips - Dressing for your body shape
- ◆ Wardrobe Color Coordination - Three Things to Consider While Looking Great, Saving Time, Stress and Money
- ◆ Essential Life Skills for Personal Development
- ◆ Making Winning Decisions
- ◆ Reentry Resource Guide
- ◆ Reentry Resource Chart-Rainbow of Resources
- ◆ Reentry Myth Busters

Note: These materials are also available on our website: www.wmfmd.org



CONFERENCE AGENDA

<u>Time</u>	<u>Activity</u>	<u>Location</u>
9:00a.m.—9:40a.m.	Welcome & Introductions	Gymnasium
9:50a.m.—10:50a.m.	Morning Workshop I	See Workshop Schedule
11:00a.m.—12:30p.m.	Lunch and Entertainment	Gymnasium
12:40p.m.—1:40p.m.	Afternoon Workshop II	See Workshop Schedule
1:50p.m.—2:50p.m.	Afternoon Workshop III	See Workshop Schedule
3:00p.m.—3:15p.m.	Submit Evaluations	Gymnasium
	Receive Goodie Bag	
3:15p.m.—3:45p.m.	Motivational Speaker	Gymnasium
3:45p.m.—4:00p.m.	Closing Ceremony	Gymnasium



TOOLS FOR A SUCCESSFUL CONFERENCE

PREPARATION

- ◆ Prepare your heart to receive instruction (e.g. prayer, meditation, etc.).
- ◆ Get enough rest the night before.
- ◆ Review your assigned workshops and presentation descriptions in advance.

WORKSHOP CONDUCT

- ◆ Keep your eyes on the speaker. Resist the temptation to turn your head in the direction of noise or movement.
- ◆ Put non-agenda items in a “parking lot” for discussion at another time.
- ◆ Take brief notes of main points. Ask yourself what the information calls for you to do.
- ◆ Participate in workshop discussion. Respect and listen to others’ opinions and thoughts. Keep side conversations to a minimum.

CONVERSATION STARTERS

- ◆ Rule #1: Always remember that a warm smile and a friendly greeting go a long way.
- ◆ Say your name and extend your hand for a handshake.
- ◆ Maintain eye contact.
- ◆ Prepare questions before you speak. Listen attentively to the reply; do not interrupt.
- ◆ Thank the representative for participating in your conference.

APPLICATION

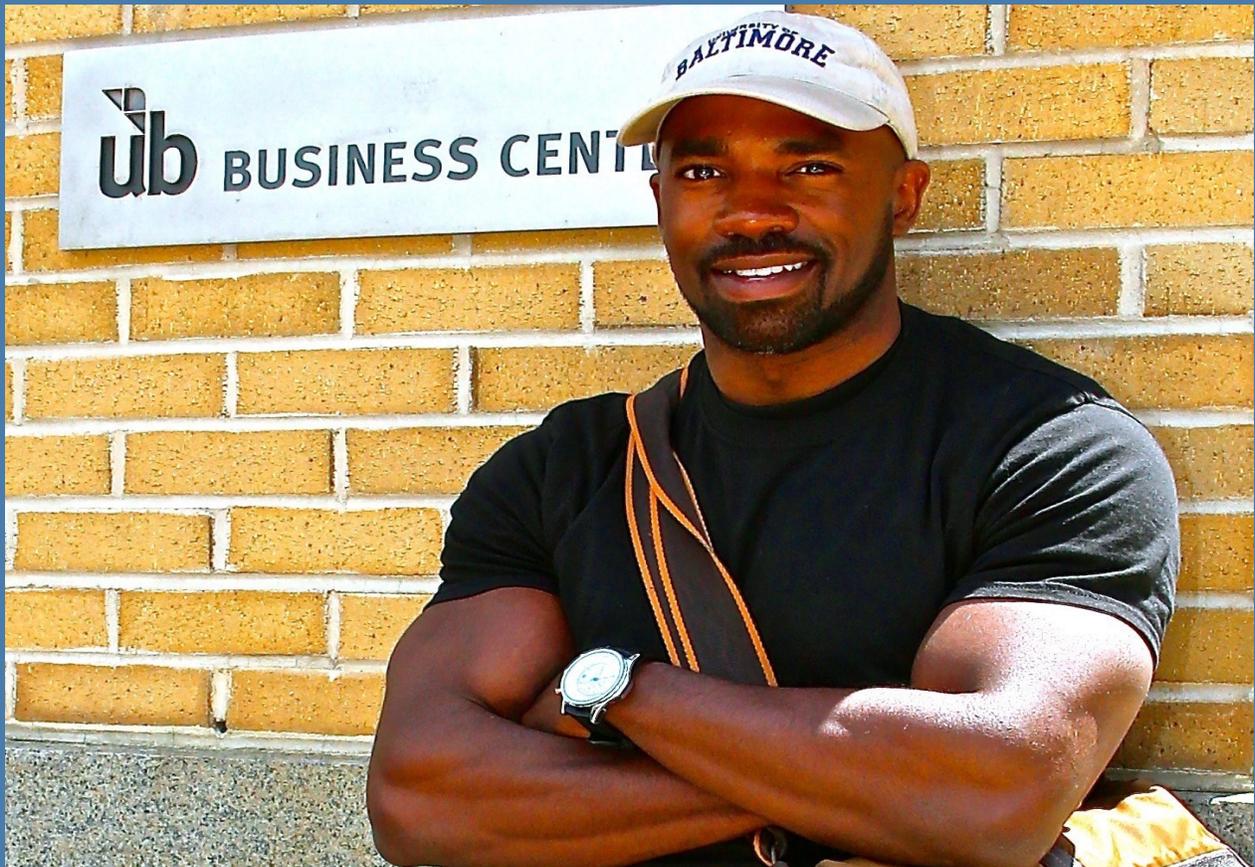
- ◆ Highlight points that you plan to apply.
- ◆ Review conference materials regularly.
- ◆ Discuss points learned with friends and family.



KEYNOTE SPEAKER: TONIER CAIN

Tonier “Neen” Cain lived on the streets for twenty nightmarish years. Years filled with hunger, brutality and a lifestyle when described seems unconscionable. Incarcerated and pregnant in 2004, someone finally took the time to ask: “what happened to you?” instead of “what’s wrong with you?.” It is at that moment she began her journey to become a survivor and for the first time in her life began to live with more hope than fear. Featured in the documentary “Behind Closed Doors: Trauma Survivors and the Psychiatric System,” and the subject of the award winning film “Healing Neen.”

After surviving a childhood of unspeakable sexual abuse, unrelenting violence, and betrayal by systems that were charged with helping, Ms. Tonier Cain stands before her audiences today, a testimony to the resiliency of the human spirit exemplifying the innate human instinct to survive.



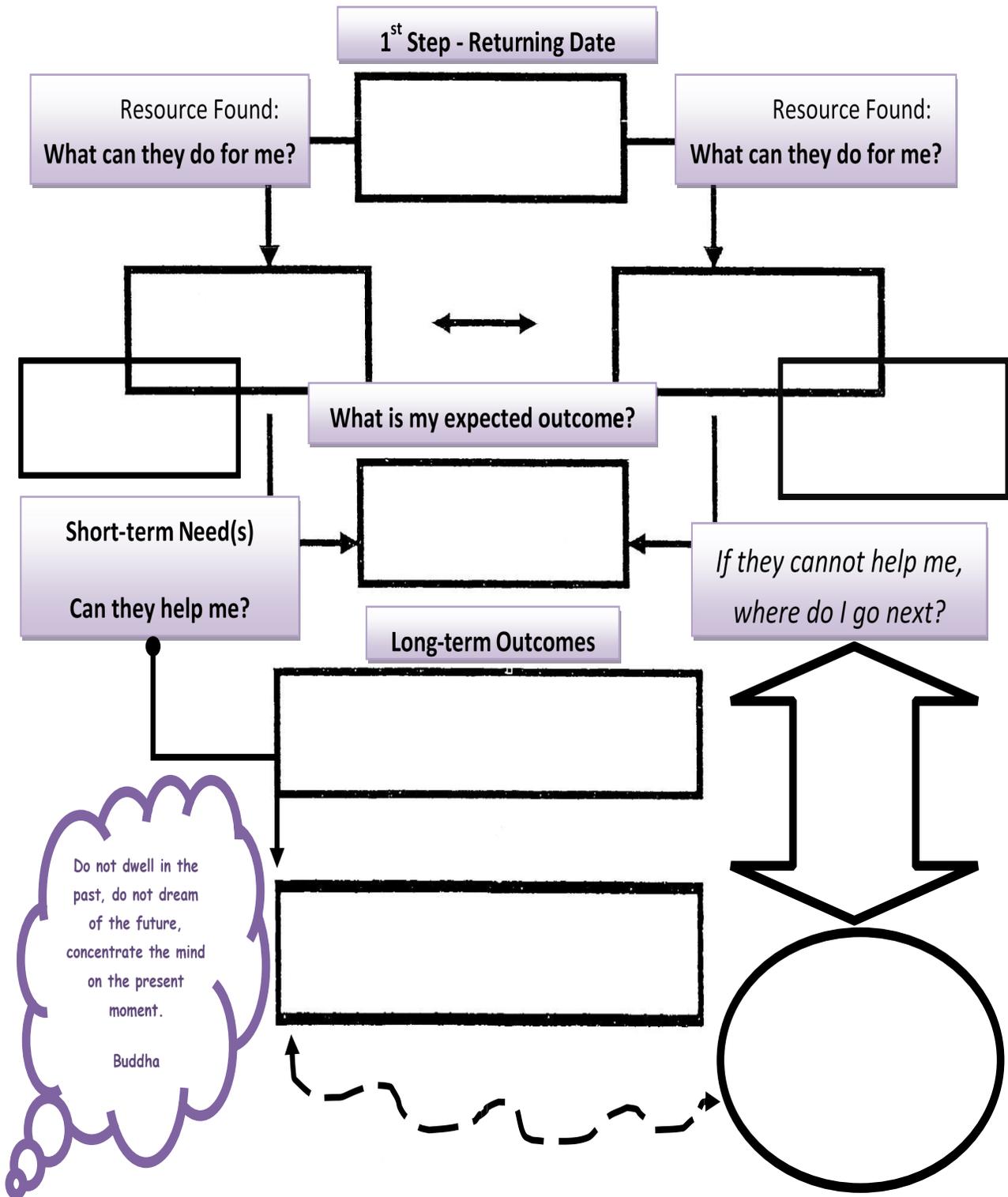
MOTIVATIONAL SPEAKER: CHRIS WILSON

Born and raised in Washington D.C., Chris Wilson grew up under extremely difficult circumstances. Poverty, drug addiction, and gun violence was the everyday norm in his community. At the age of 17, he was charged with a crime, convicted, and sentenced to natural life in prison. While imprisoned, he earned his high school diploma, graduated from all of the vocational shops, earned an Associate of Arts Degree in Sociology from Anne Arundel Community College and taught himself to speak and write in several foreign languages. He became a mentor, started a career center, book club and after serving 16 years in prison, he has returned to society a changed man.

Chris is currently pursuing a B.S. in Business Administration as an Entrepreneurship Fellow at the University of Baltimore. He is also an inspirational storyteller and a strong advocate for education and criminal justice policy reform.

Fundamental Requirements
 Sketch of "My Life, My Needs, My Journey!"

JalexTbish2017©



Fundamental Requirements
Sketch of “My Life, My Needs, My Journey!”

JalexTbish2017©

Creating the Foundation

My Main Concern(s) _____

Scheduled Release Date _____

Scheduled Return Address/Area _____

Important Questions to Consider

What about **transportation**? _____

How about **housing**? _____

What do I do about **employment**? _____

Where will I go for **medical care, including medication and mental health services**?

Where do I get my **identification (e.g., driver’s license, non-drivers state issued ID, etc.)**?

Do I have my **Social Security card** and **birth certificate**? If not, how can I get them?

Do I need help with **outstanding legal issues**?

Do I want to go back to **school**? If yes, how do I make that happen?

Dealing with Stress

Five things you can do in the moment to help deal with stress...

- 1) Seek help from a qualified mental health care provider if you are overwhelmed, feel you cannot cope, have suicidal thoughts, or are using drugs or alcohol to cope.
- 2) Stay in touch with people who can provide emotional and other support. Ask for help from friends, family, and community or religious organizations to reduce stress.
- 3) Recognize signs of your body’s response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angry, feeling depressed, and having low energy.
- 4) Avoid dwelling on problems. Note what you have accomplished at the end of the day, not what you have been unable to do.
- 5) Exercise regularly—just 30 minutes per day of gentle walking can help boost mood and reduce stress.

About the Authors: **Jocelyn Alexander** (BS, MA, EdS) is currently an Adjunct Associate Professor of Communications Studies at the University of Maryland University College and a Lead Navigator for Prince George’s Community College Workforce Development’s Youth at Work Program.

Thalia Bishop (MBA, MA, MS, PA) is currently a Clinical Psychology doctoral student at Loyola University Maryland and a Psychology Associate. She has experience providing therapy services and psychoeducational assessments for children, adolescents and adults. Her research and clinical interests include working with marginalized groups, especially individuals and families impacted by incarceration.

Workshop Schedule At-A-Glance

Workshop Session I - 9:50a.m. to 10:50a.m.	Location
First on the Blueprint - Interview to Income	Library
Where will you build? Legislative and Community Issues	Visiting Room
Fundamental Requirements - Creating a Foundation for Your House	Classroom 1
Building Your House Within Your Budget	Classroom 2
Wiring Your House for 21st Century Communication & Technology	Computer Lab
Mediation and Legal Affairs	Classroom 3
Maryland Parole & Probation: Tips to successfully finish your sentence from agents and prosecutors! Not the favorite room on the blueprint, but important.	Classroom 5
Health and Chronic Illness Management	Classroom 4
Lunch and Entertainment - 11:00a.m. to 12:30p.m. Classroom 5 Comedy Club presents: "Everything you wanted to know about reentry but were too afraid to ask."	Gymnasium

Workshop Session II - 12:40p.m. to 1:40p.m.	Location
First on the Blueprint - Interview to Income	Library
What If I Can't Find a Job? Next consideration - entrepreneurship... back to the blueprint!	Classroom 2
Painting Your Walls the Color of Money	Visiting Room
P.A.R.E.N.T.S. & Goal Digging! - Rolling out the blueprint on parenting	Classroom 1
Wiring Your House for 21st Century Communication and Technology	Computer Lab
Housing, Utilities and Other General Resources - Well, your house will be bare without these essentials!	Classroom 5
Stocking Your Kitchen - Transportation & Food	Classroom 3
Health and Chronic Illness Management - Let's sit down at the kitchen table and talk medical issues	Classroom 4

Workshop Schedule At-A-Glance

Workshop Session III - 1:50p.m. to 2:50 p.m.	Location
First on the Blueprint - Interview to Income	Library
What If I Can't Find a Job? Next consideration - entrepreneurship... back to the blueprint!	Classroom 2
Painting Your Walls the Color of Money	Visiting Room
P.A.R.E.N.T.S. & Goal Digging! - Rolling out the blueprint on parenting	Classroom 1
Self - Care - You're on the Second Level now!	Classroom 3
Housing, Utilities and Other General Resources - Well, your house will be bare without these essentials!	Computer Lab
Maryland Parole & Probation: Tips to successfully finish your sentence from agents and prosecutors! Not the favorite room on the blueprint, but important	Classroom 4
Stocking Your Kitchen - Transportation & Food	Classroom 5



Course Descriptions and Presenter Biographies

First on the Blueprint - Interview to Income



Think About It: What experience do I have that should go on my resume? What kinds of questions will I be asked and how should I answer? What do I wear? And other pertinent questions!

Presenter: Fred Chandler provides intensive job development and job training services to previously incarcerated individuals at MontgomeryWorks and WorkSource Montgomery. He coaches job seekers on resume development; online job search and application processes; and explanation of criminal record during the interview. He develops and facilitates job readiness workshops and manages a digital literacy training program. He works to bring the employment community and this underserved population together to effect more positive community outcomes. He believes everyone deserves the opportunity to obtain gainful employment and to provide for themselves and their families.

What If I Can't Find a Job? Next consideration: Entrepreneurship - Back to the Blueprint



Think About It: *So, I can't find a job!* There's always a way to do what you want. Maybe you would like to increase your opportunities and income by becoming an entrepreneur? Did you know you can get help at no cost to you to start a business? What types of jobs are available in the community now? Perhaps even become a volunteer.

Presenters: Gerald Grimes, Thomas Luginbill and Michelle Sullivan

The state has resources to help you start a business or find opportunities for employment. If you've tried to find a job or have difficulty holding one, maybe you should own your own business. This workshop will address on-line research, where you can go for in-person help to start a business or look for opportunities for employment. The presenters will point you to the resources, education, and/or certifications you need to craft your dreams into a business plan that will make them into a reality. They will equip you with a "servicepreneur" business model to empower and inspire you to start your own business.

Gerald Grimes is a Project Manager at the Mayor's Office of Employment Development (MOED) Northwest Career Center, one of Baltimore's One Stop Career Centers. Within its structure, the career center features The Reentry Center where staff and partners assist citizens with criminal background issues in employment preparation, job search and placement assistance, skills training opportunities, barrier removal, educational supports and access to computers and computer training. He has enjoyed a long and rewarding 35 year career in workforce development, with 28 of those years with MOED. He received a BA from Beloit College in Wisconsin, attended graduate school at Loyola College in Maryland, in the Executive MBA program, and is also a graduate of the United States Marine Corps Officer Candidate School.

Course Descriptions and Presenter Biographies

Tommy Luginbill is the Director of the Entrepreneur & Innovation Institute at the College of Southern Maryland and a member of the business faculty department. His focus is on strategic planning, innovation culture, and helping entrepreneurs. Before completing a degree in finance from the University of Delaware (UD), he founded UD's Sigma Pi fraternity. After graduation he launched Grey Matter, a Maryland-based technology firm that specializes in smart fabrics. He holds an MBA from the Smith School of Business at UMD.

Michelle Sullivan is the Program Outreach Specialist for Charles County at the Nonprofit Institute of the College of Southern Maryland. She is also the Executive Director of All Ages Read Together, a nonprofit organization dedicated to providing free school readiness programs to low income children who would otherwise enter kindergarten without any preschool exposure. Michelle will discuss community resources available that may not be related to publicly funded programs.

P.A.R.E.N.T.S. & Goal Digging! - Rolling out the Blueprint on Parenting



Think About It: What do I do to prepare my parenting plan? Are my plans for family reunification realistic?

Presenter: Marcy Jackson

This workshop will provide a brief overview of all seven parenting principles, from *P*-Providing the essentials of proper foods, clothing, home health and nurture, to establishing *S*-Safety from sexual, physical and verbal abuse. You will learn how to set your SMART Goals (a top ten leadership practice), and strategically reach them. Most importantly, you will gain awareness of the power of modeling, communication and emotional control for healthy relationships. This workshop is based on the training program, P.A.R.E.N.T.S.®, which blends literacy and leadership with life-skills for adults using a parenting framework.

Marcy Jackson, CPP is certified in Facilitative Leadership by Interaction Institute for Social Change and a graduate of the Special Needs Advocacy Institute. She is the Project Director for the Maryland DLLR EARN MOVE Transportation Partnership and champion of two innovative programs for special needs young adults: LIFE-ACT Language and Developmental Driver Education. She also champions ShamenResh Motherhood Corporation and StrongHOUSE Trainings, for strengthening relationships. She has a Bachelor's degree in International Relations and is seeking a masters in Adult & Higher Education. She lives with her husband and seven children, develops special education resources, writes about parenting/family education, and teaches on the subject of motherhood to women in prison.

Course Descriptions and Presenter Biographies

Maryland Parole & Probation (P&P): Tips to successfully finish your sentence from agents and prosecutors! Not the favorite room on the blueprint, but important.



Think About It: What can I expect and where and how do I report? Does the P&P Office help people with learning/other disabilities or the mentally ill? Can the office be made part of the support team for that individual? If so, how? If not, what are the limitations? Will I be drug and/or alcohol tested? Is there a cost for P&P? How do I move from one jurisdiction to another? What can happen if I violate P&P?

Presenters: William Stevens, Lisa Thomas, Sara Nurse and Sonya Gomes, Esq.

Chances are that when you leave MCI-W and return home, you will be under the supervision of the Maryland Department of Probation and Parole.

William Stevens is Field Supervisor I assigned to the Upper Marlboro field office. He served in the U.S. Navy as a Cryptological Technician aboard submarines and is the recipient of several medals including the National Defense Medal and Coast Guard Special Ops Service Ribbon. He worked at a secure facility for delinquent juveniles, later at the Department of Juvenile Services in St. Mary's County, then joined MD DPSCS in Waldorf. He supervised sex offenders and VPI offenders. Mr. Stevens graduated from Hood College with a degree in mathematics.

Lisa Thomas is a Field Supervisor with the Maryland Department of Public Safety and Correctional Services Division of Parole and Probation. While with the Division, she has worked extensively with the Adult Recovery Court Program and served on the St. Mary's County Overdose Review Team. Prior to P&P, she worked as a Caseworker and Social Worker with the Maryland Department of Social Services specializing in child abuse and neglect, foster care and reunification services. She has a Bachelor's Degree in Social Work from Salisbury University and a Master's Degree in Social Work from the University of Maryland School Of Social Work. She volunteers and participates in activities with the Maryland Special Olympics.

Sara Nurse is a Senior Agent within the Maryland Division of Parole and Probation. She began her career for P&P supervising a general caseload comprised of all individuals released on P&P but subsequently switched to supervising sexual offenders for ten years. She is now the Prince George's County Circuit Court Liaison Agent for Parole and Probation. Her duties include presenting the Court with evidence to hold individuals accountable for any violations incurred while on supervision or to inform the Court of their progress since their release. She received a Bachelor's Degree in Criminal Justice from the University of Maryland.

Sonya Gomes, Esq. is Assistant Chief of the Juvenile Division within the Office of the Attorney General for the District of Columbia. She served as a prosecutor in Prince George's County for seven years. As an Assistant State's Attorney, she litigated cases in the District Court, Juvenile, Gun and Drug Teams, Major Crimes, and Post-Conviction units. She received both her B.S. and J.D. from Pennsylvania State University. A native New Yorker, she moved to Maryland upon her graduation to clerk for the Honorable Nicholas E. Rattal on the 7th Judicial Circuit of the State of Maryland.

Course Descriptions and Presenter Biographies

Mediation and Legal Affairs



Think About It: What does the Mediation and Conflict Resolution Office do? How can an attorney help me with reentry? Are there solutions to ineligibility for certain types of housing, employment-related restrictions, voting restrictions and custody issues?

Presenters: Rodney Mitchell, Esq., Brandon Booth and Leah Berry

This panel includes an experienced attorney and mediators who can describe what your legal and social challenges could be. What can you do if you have child custody/ access issues, need an independent Individualized Education Program (IEP), or have issues with your family upon your return? Mediation is the perfect opportunity to make plans for coming home PRIOR to your release! It is also a safe and confidential space to discuss anything that needs closure between you and your loved ones so that you can begin to rebuild the relationship!

Rodney Mitchell, Esq. is an attorney and community advocate. As the legal advisor and reentry policy analyst for the D.C. Criminal Justice Coordinating Council, Mitchell played a pivotal role in the development, planning and implementation of the District of Columbia's first reentry program.

Brandon Booth is the Executive Director of the Anne Arundel Conflict Resolution Center. He is a certified mediator in the inclusive model and is trained in the parenting plan, reentry, attendance, independent IEP facilitation, and conflict management training for students, youth mediation and large group facilitation. He served on the board of directors for Prodigy Youth Services and is currently the CEO of Engage Baltimore, LLC and an international consultant for Rehema International Ministries.

Leah Berry is the Prisoner Reentry Specialist at the Anne Arundel Conflict Resolution Center. Her expertise provides quality mediation between inmates and outside parties, along with conflict resolution workshops and anger management classes.

Fundamental Requirements - Creating a Foundation for Your House



Think About It: Where do I go from the other side of these walls? How will I travel from here? Where will I travel to? What will I do on day number two of my release?

Presenters: Jocelyn Alexander and Thalia Bishop

This popular interactive workshop features a needs assessment that is focused on your life and problem solving skills. It will help you to design a foundation for the blueprint for your future and make a solid plan for building your house.

Course Descriptions and Presenter Biographies

Fundamental Requirements - Creating a Foundation for Your House (cont.)

Jocelyn Alexander, MA, EdS is a native Washingtonian with years of dedicated work in education. As an Education Specialist she provides educational consulting and training. She has worked as a family support partner helping families with accessing assistance and support while maneuvering social, educational and judicial systems. She has assisted people with finding and lending their voice to the “wraparound systems” process as social, educational, and judicial systems work with them to make a better life for themselves and their children/families. She is currently an Adjunct Associate Professor of Communications Studies at the University of Maryland University College and a Lead Navigator for Prince George’s Community College Workforce Development’s Youth at Work Program.

Thalia Bishop is a licensed Psychology Associate in the state of Maryland. She is currently a student in the Clinical Psychology doctoral program at Loyola University Maryland. She has earned two masters degrees in psychology, including an M.A. degree in General Psychology at the Catholic University of America and an M.S. degree in Clinical Psychology at Loyola University Maryland. She is experienced in providing therapy services and psychoeducational assessments for children, adolescents and adults. Her research and clinical interests include working with marginalized groups, especially individuals and families impacted by incarceration. Through the years, she has volunteered with several organizations in D.C. and Maryland providing services to families impacted by homelessness, incarceration, and poverty. She completed an M.B.A. degree at Baruch College CUNY. She has over ten years of experience in the business sector, including administrative, supervisory and training roles.

Building Your House within Your Budget



Think About It: How do I maximize a limited budget AFTER my Homecoming? How much financial assistance will I receive from the state? What will I do with it?

Presenters: Robin Nelson and Mythili “Lee” Bachu

The presenters will help you to understand how to take control of your money. Credit is important in modern life. Financial institutions, such as banks and credit unions, offer safe, secure and convenient services that can help you save money. They are an alternative to costly check-cashing locations, payday advance loans and other predatory services. Personal budgeting, figuring expenses, managing your money and credit help you meet your responsibilities and create financial independence.

Robin Nelson is a personal banker with Wells Fargo, the nation’s second largest bank in deposits, and with \$1.2 trillion in assets, the fourth largest by assets. Wells Fargo began their Maryland operations in Baltimore in 1914 handling express contracts on the Baltimore & Ohio Railroad. It merged with Wachovia in 2008. Wells Fargo is invested in Maryland’s schools and communities through corporate and foundation giving, and through its employee team member volunteer and community support programs.

Course Descriptions and Presenter Biographies

Building Your House within Your Budget (cont.)

Mythili “Lee” Bachu, has an MBA in Business Administration and is the founder and president of MGA Consultants, Inc. She has extensive experience in retirement and both small and large pension plans. She is Chair of the Maryland Commission for Women and has served as Vice Chair of an association whose goal is to promote Hindu religious and cultural activities in North America. Mythili is also on the board for the Sri Siva Vishnu Temple (SSVT), one of the largest Hindu Temples in the D.C. area. She is also a Steering Committee member for the 9/11 Unity Walk.

Painting Your Walls the Color of Money



Think About It: Why does credit matter? Can felons get credit? What do I have to do to get good credit with the resources now available? Where can I find additional financial assistance, specifically available to felons? What is financial freedom?

Presenter: Michelle Singletary

How can you prepare now for your financial future? This nationally syndicated columnist has the advice you need. Find out what you need to do now to ensure you can keep and grow your income.

Michelle Singletary is a nationally syndicated personal finance columnist for The Washington Post. Her column, "The Color of Money" is an award-winning column that is carried in about 100 newspapers across the country. She has a masters degree in business from Johns Hopkins University and is the author of three books, including her latest, The 21 Day Financial Fast: Your Path to Financial Peace and Freedom. She teaches a five-week course of workshops through the MCE Cares reentry program at Central Maryland Correctional Facility (CMCF) in Sykesville, Maryland.

Health and Chronic Illness Management



Think About It: How can I get my medication when I leave? How do I choose where to go for medical care? How do I get there - medical transportation, metro access and support services? How do I transfer and secure my prescriptions and insurance? How do I choose a doctor or nurse practitioner?

Presenters: Alisha Saulsbury, Bronwyn Hunter, Aliya Weberman and Susan Shin

This high powered panel of medical professionals will answer questions on what you need for continuity of medical coverage, healing from trauma, dealing with chronic illness, mental health, addiction/recovery, suicide prevention, anger management and other medical concerns.

Course Descriptions and Presenter Biographies

Health and Chronic Illness Management (cont.)

Susan Shin, MPH, Health Policy Analyst for the Deputy Secretary for Health Care Financing, Department of Health and Mental Hygiene, has a diverse portfolio of experience ranging in community outreach, policy, communications, and operations touching on Medicaid and public health issues. In her current role, she works on projects that pertain to the Deputy Secretary's Medicaid policy priorities, which includes coverage for the justice-involved population.

Alisha Saulsbury, LCSW, conducts trauma-informed care nationally. Her practice as an outpatient psychotherapist is through the Mid-Shore of Maryland. She also coordinates the Mid-Shore Trauma, Addictions, Mental Health and Recovery (TAMAR) Program. She graduated from the University of Maryland with a Masters of Social Work.

Bronwyn Hunter, PhD, is an Assistant Professor in the Department of Psychology at the University of Maryland, Baltimore County. Her degree is in Community and Clinical Psychology. She has written or co-authored several scholarly publications on reentry issues which identify factors that promote successful reintegration. Her work examines stigma, health, and well-being among individuals with criminal justice and substance abuse histories.

Aliya Webermann, M.A., is a student in the Clinical/Community Psychology track of the Human Services Psychology doctoral program at the University of Maryland, Baltimore County (UMBC). She researches prevention and treatment of partner abuse, specifically focusing on college dating violence and men's perpetration of partner abuse as well reentry experiences of justice-involved individuals, most notably their experiences of stigma, discrimination, and rejection. Her clinical experience includes working with women and children in a domestic violence shelter, conducting assessments with adults with complex trauma disorders, and coordinating school-based assessments and interventions with children with anxiety problems.

Wiring Your House for 21st Century Communication and Technology



Think About It: Who is the best email service provider...how do I set it up? You mean I can check email on a Smartphone? Do I have to have a Smartphone? What's the best cell phone plan? How should I answer my phone. and what is the proper greeting for my voicemail? What about Social Media...do I need it? How do I use Social Media when looking for a job? I can watch movies on a Smartphone? What does that mean for wiring my house?

Presenters: Tony Shropshire, Chris Comer and Colbi Alexander

The presenters are experienced professionals who will discuss challenges such as texting, answering the phone call of a potential employer, spammers, cable and entertainment options, communication devices and tools, cell phone options and plans, email choices, document storage, and much more.

Course Descriptions and Presenter Biographies

Wiring Your House for 21st Century Communication and Technology (cont.)

Tony Shropshire is the Manager of Technical Operations at Comcast in Waldorf. His career began as an installer or cable technician, then he moved through the ranks to online technician to technical supervisor to manager. He studied Information Technology at Essex Community College.

Chris Comer joined Comcast's Beltway Region in March of 2000 as Director of Government Affairs. His responsibilities include monitoring all franchise commitments, coordinating public relations programs and directing overall government and community affairs matters. He received a B.A. from Virginia Commonwealth University.

Colbi Alexander is a graduate of Aveda Institute, DC, and a Salon Spa Front Desk Manager with expertise in esthiology, hair, nails and makeup. She has had classes in marketing, social media, web and graphic design and other technology.

Housing, Utilities and Other General Resources - Well, your house will be bare without these essentials!



Think About It: What exactly can I ask 2-1-1 Maryland? What do I do if I can't pay my gas and electric bill? Where do I go for help? What other services are available in my area?

Presenters: Josh Pedersen, Michelle Kelly, Elizabeth Morse and Katherine Coates

This resource workshop has an experienced panel and will be filled with information about housing, utilities, emergency help, and general resources and how to obtain this information.

Joshua Pedersen, President and CEO of 2-1-1 Maryland, has worked and volunteered in the nonprofit industry for 21 years. He led the implementation of the 2-1-1 service throughout Utah, served as Director of Services for the Utah Food Bank, Vice President of United Way of Northern Utah and most recently as CEO of United Way of Frederick County, MD. Today he works for 2-1-1 across the State of Maryland. He serves on the board of Maryland Nonprofits, the Governor's Commission on Service & Volunteerism, and the Frederick County Health Care Coalition. He has a bachelor's degree in Communication from Weber State University.

Michelle Kelly, Executive Director, Alternative Directions, Inc. (ADI), has served as a case manager for women in reentry. Under her leadership, ADI achieved the Maryland Association of Nonprofit Organizations' highest award, the Seal of Excellence. She maintains strong relationships throughout the reentry community including the Department of Corrections, foundations, social service agencies, faith-based groups and the nonprofit community. ADI provides pro se family civil legal services to the incarcerated throughout Maryland. The Children Having Incarcerated Parents program provides mentors to at risk children. The After Care Transition Program serves women about to reenter the community by bringing resource providers into the women's prison.

Course Descriptions and Presenter Biographies

Housing, Utilities and Other General Resources - Well, your house will be bare without these essentials! (cont.)

Elizabeth Morse is the Reentry and Prevention Specialist for the U.S. Attorney's Office, District of Maryland. She assists various nonprofits and state and local agencies to implement a variety of Reentry programs throughout the state of Maryland. She has worked behind the walls in various institutions, including MCI-W and is thrilled to be continuing her work on a Federal level.

Katherine Coates, MS, was Program Manager at a nonprofit with a focus on reentry for women. She has been a reentry coordinator at the Baltimore City Detention Center where she created a reentry curriculum. She has a Masters in Criminal Justice and has worked with mentally ill offenders in the jail and community for several years.

Stocking Your Kitchen - Transportation & Food



Think About It: Where do I go from the other side of these walls? How will I travel from here? Where will I travel to? What will I do on day number two of my release? What will I eat and feed my family? How will I plan meals?

Presenters: Clayton Roberts, Latine M. Halstead and Vanessa Bright

The panel will discuss the recent changes in transportation and food delivery that have happened because of the internet. They will answer questions about how to get around with Lyft, Uber, and other new forms of transportation. Two of the panelists have expertise in food preparation, food budgeting, and other food-related matters and can respond to questions on such matters as meal planning, farmers markets, and nutrition.

Clayton Roberts is a regional administrator and recruiter for Lyft, a new transportation option. He has been with Lyft for almost three years. He started as a driver and then became a mentor. In that capacity he inspected potential drivers and approved or disapproved their joining the platform. He is also a recruiter and ambassador for Lyft. As an ambassador he contacts businesses and attends events such as this conference. Before Lyft he worked in employment services and as director of admissions for private colleges.

Latine M. Halstead is a Family Investment Level II Case Worker with the Prince George's Department of Health and Human Services a/k/a "social services." She has worked with the Food Supplement Program community assisting on employment readiness. When her youngest child began attending a public charter school which did not provide transportation, she started a van service to and from school called The Student Cab. She also acts as a mystery shopper for a local bank providing feedback on customer service experience and general bank business related activities. She holds a B.A. in Psychology from the College of New Rochelle and an MBA from the University of Phoenix. She worked in the financial services industry for several years.

Course Descriptions and Presenter Biographies

Stocking Your Kitchen - Transportation & Food (cont.)

Vanessa Bright, Family and Consumer Sciences Educator at UMd Extension, is an experienced educator with a diverse array of skills honed over time spent in the financial services, insurance, non-profit and government industries. She is dedicated to educating adults and youth on the basic principles of financial literacy and providing them with the skills to become financially free and fiscally responsible adults. She is the author of Dollars and Sense for Parents and Children available on Amazon and President/Founder of BeeHavin' LLC, a natural lip and skin care products line.

Where will you build? Legislative and Community Issues



Think About It: Who do I talk to if I want to share my story? Where can I find people who want to listen? Where can I volunteer? How does advocacy for change happen?

Presenters:

Maryland Commission for Women:

Judith Vaughan-Prather, Executive Director

Yun Jung Yang, Esq., Commissioner

Nicole Ingram, Commissioner

The Maryland Commission for Women (MCW) is on a Listening Tour around the state to ask women to "talk to them" about their needs and concerns as women. Once all the data is collected from the tour, MCW will write a report to the Governor and state legislature outlining what they have learned. Recommendations for improvements for Maryland women and their families will be part of the report. They really want to include the voices of the women at MCI-W in this project.

Out for Justice:

Nicole Hanson, Board President, Legislative Liaison

Seanniece Bamiro, MPP, Policy Advocate at Job Opportunities Task Force

Carly Wais, Housing Justice and Social Equity Advocate

Out for Justice is an ex-offender, member-led organization seeking to change the perceptions of the community for ex-offenders. They want to tell you how legislation works and suggest what you can do to improve matters when you return home.

Course Descriptions and Presenter Biographies

Self - Care - You're on the Second Level Now!



Think About It: I'll do my hair and nails; that's really essential. But, what else should I do to take care of myself? What if I'm frazzled? How do I deal? How do I take care of myself if I don't have any money?

Presenter: Pastor Carol A. Overton

This workshop will give you the tools to relieve stress, calm down when emotionally triggered, and focus on yourself.

Pastor Carol A. Overton is a wealth of information on many subjects. She has taught parenting classes at Arlington Detention Center and Prince George's County Correction Center in Upper Marlboro for several years and Empowerment through the Arts at MCI-W. She is the Founder of L.I.P.S., Living with Incarcerated Parents and Still Surviving.

Stand-by Presenters:

Velvet Johnson, Esq. is an attorney and political strategist with more than a decade of experience in defense, foreign policy and intelligence inside and outside of government. In 2014, she was appointed by President Obama to serve as a presidential appointee and security advisor at the U.S. Department of Defense, where she helped to shape national policy and programs in support of cybersecurity and critical infrastructure. Previously, she held several leadership roles on Capitol Hill, and most recently served as Senior Counsel to the U.S. Senate Homeland Security and Governmental Affairs Committee. Ms. Johnson graduated with a bachelor's degree in Business Administration from the University of Richmond and holds a law degree from the University of Maryland School of Law.

Alfreda "Freda" Robinson-Dawkins learned advocacy while serving a ten year Federal sentence. Following her release in 2000, she continued to advocate on behalf of women and was voted Baltimore's Best Advocate in 2005. She founded the National Women's Prison Project in 2002. Working both behind the fence and with those released, she has provided workshops and education to women who are affected and infected by the realities of life.

**are you
ready?**



