



*A Pre-Release Conference for
Women of the Maryland Correctional
Institution for Women*

Jessup, Maryland

Saturday, October 24, 2009





October 24, 2009

Dear Participant,

Welcome to the second annual “Women Moving Forward” re-entry conference, initiated by the National Association of Women Judges (NAWJ), the nation’s leading voice for women jurists dedicated to ensuring equal justice and access to the courts for women, minorities, and other historically disfavored groups.

Our goal is to provide resources and information to support your successful transition to society. The conference will open with a dynamic keynote speaker, Angela T. Jackson, author and Behavioral Health Specialist with LIGHT, Health and Wellness Comprehensive Services. You will have the opportunity to attend several workshops on topics pertinent to your successful integration into the community such as affordable housing, financial management, drug and mental health resources, education, employment preparation, family reunification and access to healthcare. Also you will have an opportunity to gain interview experience with potential employers as well as enjoy a lunchtime fashion show featuring business wear apparel.

This conference is a collaboration of legal and lay professionals who have each donated their time to organize this event. Some of the groups involved with this effort include: Alternative Directions, Marian House, Girl Scouts of Central Maryland, Maryland Commission for Women, Maryland Women’s Law Center, Maryland Women’s Bar Association, Baltimore City Council, members of Maryland’s House of Delegates and National Women’s Prison Project.

Special thanks to our sponsors, Correct RX Pharmacy Services, The Hoffberger Foundation, Wal-Mart Stores, The National Association of Women Judges-District 4, The Harry and Jeanette Weinberg Foundation and the Maryland Women’s Bar Association, for their generous support of this effort, for without them, this event would not be possible.

On behalf of our sponsors and committee members, know that we care about you, we thank you for attending and hope you find this conference enjoyable and informative. Please know that as you begin this new chapter in your life, the organizations and individuals here today are available to help you ... help yourself once you leave the MCIW.

We wish you much success!

Susan K. Gauvey

Judge Susan K. Gauvey
Co-Chair

Carolyn C. Mattingly

Carolyn C. Mattingly
Co-Chair

WOMEN MOVING FORWARD

A COLLABORATIVE RE-ENTRY PROGRAM FOR WOMEN AT THE
MARYLAND CORRECTIONAL INSTITUTION FOR WOMEN

2009 STEERING COMMITTEE

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Immediate Past Chair, Maryland Commission for Women

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Principal Researcher, Choice Research Associates
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Dr. Natalie Sokoloff
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Inez Watson
Adrienne Watson-Carver

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Girl Scouts Behind Bars Troops 7140 & 7856
Associate Judge (retired), Maryland Court of Appeals
Director, Power Inside
Board Member, The Women's Law Center of Maryland, Inc
President, National Women's Prison Project, Inc.
Professional Model
Heaven on Earth Ministries
Associate Judge, 7th Judicial Circuit – Prince Georges County
Professor, John Jay College
Director, Circle of Angels Initiative
President and CEO, Restorations Ministries, Inc
CEO, Zeni Enterprises
Owner & Executive Director, Studio "A" Modeling Etiquette and Dance Academy

Hon. Julia B. Weatherly
Erin Webb
Dr. Kathleen White
Min. Michele Williams

Associate Judge, 7th Judicial Circuit – Prince Georges County
Associate, Dickstein Shapiro, LLP
Commissioner, Maryland Commission for Women
Associate Minister, First Baptist Church of Glenarden

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Maryland State Department of Education, Correctional Education Program

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Zonta International and the Zonta Clubs of Maryland and Washington, DC

*A special thanks also goes to the many volunteers assisting the
Conference presenters and facilitators.*



<i>Friday Evening October 23, 7:00 p.m.</i>	<i>Gymnasium</i>	<i>Registration & Materials pick up</i>
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Agenda for Saturday, October 24, 2009

<i>9:00 a.m. — 9:30 a.m.</i>	<i>Gymnasium</i>	<i>Welcome Introductions Keynote Speaker: Angela T. Jackson</i>
<i>9:40 a.m. — 10:50 a.m.</i>	<i>See Workshop Schedule</i>	<i>Breakout Session I</i>
<i>11:00 a.m. — 12:20 p.m.</i>	<i>Gymnasium</i>	<i>Lunch and Fashion Show</i>
<i>12:30 pm — 1:40 p.m.</i>	<i>See Workshop Schedule</i>	<i>Breakout Session II</i>
<i>1:50 p.m. — 2:50 p.m.</i>	<i>See Workshop Schedule</i>	<i>Employment Interviews and Resource Fair</i>
<i>3:00 p.m. — 4:00 p.m.</i>	<i>Gymnasium</i>	<i>Walking in My Shoes</i>
<i>4:00 p.m. — 4:30 p.m.</i>	<i>Gymnasium</i>	<i>Closing Ceremonies</i>

Workshop Schedule At-A-Glance

Breakout I

<i>Time</i>	<i>Session</i>	<i>Location</i>
<i>9:40 a.m. - 10:50 a.m.</i>	1A Enhancing Job Retention through Coaching Groups	Classroom #2
	1B Continuity of Medical Coverage	Post 27
	1C Healing From Trauma & Resources	Post 27
	1D Enhancing Local Corrections & Offender Relations	Visitor's room
	1E Raising Him Alone: Strategies for Single Mothers Raising Male Children	Classroom #4
	1F Family Reunification / Strengthening	Library
	1G Credit Matters	Classroom #5

Breakout II

<i>Time</i>	<i>Session</i>	<i>Location</i>
<i>12:30 p.m. - 1:40 p.m.</i>	2A Resources for Alcohol, Drugs, & Mental Health	Classroom #4
	2B The Power of Positive Thinking	Classroom #2
	2C Post-Release Legal Issues in Maryland	Classroom #5
	2D Be Money Smart: Learn About Savings, Credit & Identity Theft	Library
	2E Family Mediation	Visitor's Room
	2F Education Options From Basic Skills to Post Secondary	Post 27
	2G Getting Ready for the Outside... While Inside	Post 27

Breakout III

<i>Time</i>	<i>Session</i>	<i>Location</i>
<i>12:30 p.m. - 1:40 p.m.</i>	Employment Interviews	Dining Hall
	Resource Fair	Gym

Course & Presentation Descriptions

Workshop Session 1:

1A: Enhancing Job Retention through Coaching Groups (Ann Hosmer)

Coaching Groups are interactive sessions based upon a relapse prevention model commonly used in treating addictions. The components of the model are: 1) Problem-solving in the work place, 2) Identifying, and minimizing barriers that may arise, 3) Identifying high risk situations for the offender and coping strategies, and 4) Encouraging the offender to develop a long range plan of action. Workshop attendees will see sample interactive exercises presented in the coaching sessions that provide real work place scenarios requiring specific people skills to manage. By training offenders in real work place people skills, we also make it easier for work place development professionals, who serve them, to reach placement quotas and retention figures in a tough economy.

1B: Continuity of Medical Coverage (Stacey R. Davis)

The presentation will explore the Medical Assistance programs available in Maryland. Information will be shared on who's eligible, how programs may be accessed, and what services are provided. Participants will be given the opportunity to ask questions and will be provided with contact information for further questions. Attention will be given to programs for women entering society after leaving the correctional system.

1C: Healing from Trauma and Resources (Beate Zipperle)

This workshop will teach individuals about Post Traumatic Stress Disorder diagnosis and symptoms; it will also provide coping skills for individuals to cope with symptoms in their current placement and to provide resources for when women re-enter society.

1D: Enhancing Local Corrections and Offender Relations (Bernice Tucker)

The proposed approach provides a seamless transition into the community and proven reduced recidivism. Our program is a gender specific integration of services that include Peer counselors, Psychosocial counseling, Licensed Social Worker, Case management, Client advocacy, Life Skills education, Transitional/Emergency and Permanent Housing, Employment Specialist, three evidenced based behavior change curriculums, GED preparation class, Family Reunification Strategies, Confidential Counseling, Testing & Referral Services and a Coalition of Community Service providers. All services are interrelated. Building a trusting relationship with the client is very important and it begins meeting the client at least three months prior to release. A client centered plan is developed, that will include needs for successful reentry. Discharge planning is critical, all of the players have to be informed, from the penal system to community service providers and offender support system.

1E: Raising Him Alone: Strategies for Single Mothers Raising Male Children (David Miller)

Raising Him Alone is an exciting workshop for single mothers raising boys. The workshop provides mothers/grandmothers with information and strategies designed to support positive male development. The workshop will cover information ranging from coping with the daily struggles of being a single mother raising a male child in a toxic society to creating a positive peer culture (surrounding your son). Other information presented will focus on ways to reconnect fathers and punishment vs. discipline.

Course & Presentation Descriptions

Workshop Session 1: (cont.)

1F: Family Reunification / Strengthening (Cynthia S. Jackson)

This workshop evolves out of the Jail Re-entry Project, a program of Baltimore Rising, Inc. (BRI), a quasi-city governmental organization, an arm of the Mayor's Office of Community and Human Development (CHD). Participants will learn about the Jail Re-entry Project which brokers a range of resources in the community to facilitate the re-entry of returning individuals. These resources include, but are not limited to drug treatment, transitional housing, job readiness, and employment referrals. The family strengthening model includes in-home family sessions and brokering resources to all individuals identified as part of the returning individual's family system.

1G: Credit Matters (Christine Marie Parker)

This workshop will provide participants with information regarding resources available upon their release, increasing their confidence about a successful re-entry. Participants will discover what credit is and learn about the "Three C's" of credit, the types of credit, and tips to build your credit score.

Workshop Session 2:

2A: Resources for Alcohol, Drugs, and Mental Health (Karen V. McNeal)

The presenter will identify the tools necessary to maintain mental health and explain how to use those tools to achieve a successful recovery for those whom are dual-diagnosed. In addition, discussion will focus on drug and alcohol recovery, the dangers that threaten success and propose options and identify programs that intensify outpatient substance treatment.

2B: Positive Thinking (Mary Pat Donelan)

"The Power of Positive Thinking" -- Are you anxious about life on the "outside?" Need some skills to deal with the pressure to deliver and the resulting stress that might occur? Learn about the mind-body connection and the power of positive thinking. Come find out how positive thinking can change your life and increase your chances for success.

2C: Post-Release Legal Issues in Maryland (Professor Michael Pinard)

This workshop will give an overview of some post-release legal consequences of criminal convictions in Maryland. These consequences include ineligibility for certain types of housing, employment-related restrictions, voting restrictions and custody issues, as well as how to deal with some of these issues (i.e., how to discuss a criminal record with a potential employer). The workshop will also include resource lists for the women to deal with these issues post release (i.e., agencies they could possibly contact to help them navigate these issues).

Course & Presentation Descriptions

Workshop Session 2 (cont.):

2D: Be Money Smart: Learn about Savings, Credit & ID Theft (Joan Lok)

This workshop will cover the basics of building wealth through savings; how to improve bad credit and build good credit; and how to prevent ID Theft. It will also include a discussion on starting micro business, and basic bankruptcy.

2E: Family Mediation (Joy Newheart, Tyler Keyworth & Linda Jeming)

Through activities and explanation, we will tell the women residents at MCIW about the possibility to have a supportive person (such as a family member) come to the facility for an in-depth conversation to make plans for life after prison. This conversation is facilitated by professionally trained mediators, who can help those present make and write-up a plan, so as to better the women's chances of staying out of prison in the future.

2F: Education Options from Basic Skills to Post Secondary (Becky Lessey, Greg McPhee & Kevin Massey)

Information will be provided on basic skills courses available at Howard Community College as well as explaining the two types of high school diploma options available in the state of Maryland.

2G: Getting Ready for the Outside....While Inside—Find Out How (Mary L. Davis)

Participate in an interactive workshop to learn how to write business letters that get results and action! Meet and talk with current MCIW residents who have received transitional housing, employment interview offers, acceptance for training programs and more upon their release - as a result of knowing how to write a business letter.

Plenary Session:

Walking In My Shoes: (Mary Joel Davis, Natalie Sokoloff, Michelle Kelly)

Oftentimes, reentry can be a formidable prospect for many incarcerated adults attempting a successful return to the community. Therefore, this very popular workshop has been revisited and expanded as a plenary for all to participate. A panel group of highly successful reentrants will address the audience, speaking on topics to including getting out of gangs, being free from drug addiction and/or drug marketing, living with HIV, and overcoming domestic violence.

Conference Presenters & Facilitators

Mary Joel Davis is Founder and former Executive Director of Alternative Directions, a Baltimore-based nonprofit, to provide civil legal aid to women in prison. The organization opened in 1979; and has operated a program since 2000 to help women make the difficult transition from prison to the community. Alternative Directions boasts a recidivism rate of 20 percent among its clients.

Mary L. Davis is a Training Consultant with over 15 years of experience serving the ex-offender population. Her training expertise includes Employment Readiness Services, Financial Literacy, Parenting, Starting Your Own Business and Women's Health and Nutrition. Ms. Davis has national certifications for both Offender Workforce Development Specialist and as a Offender Workforce Development Specialist Instructor.

Stacey R. Davis is currently the Deputy Director of the Office of Planning with the Health Care Financing Administration of the Maryland Department of Health and Mental Hygiene. Ms. Davis has been with Maryland Medicaid for seven years and has worked primarily in Planning and Finance. Prior to her work with the Department she worked with the NCQA providing oversight for the Health Outcomes Survey for Medicare managed care beneficiaries. Ms. Davis holds a Master of Public Health degree from the University of Michigan and a Bachelor of Arts degree in Sociology from the University of Maryland, Eastern Shore.

Mary Pat Donelan is the Director, Human Resources Division, IRS Office of Chief Counsel, Washington DC where she manages 37 employees that provide HR functions to 2700 employees nationwide. She is also the Vice President of Maryland CURE, a prison reform advocacy group. Finally, she is the facilitator/coach of I-WISH (Incarcerated Women Inside Seeking to Help), a group for women with life sentences at MCIW.

Ann Hosmer is a seasoned trainer with expertise in the development, implementation, and evaluation of specialized programs, with special emphasis upon personal empowerment, effective communication, conflict resolution, financial competence, and employment readiness. Having spent fifteen years in public education and nearly twenty years in the private practice of insurance and investments, Ann is a Chartered Life Underwriter. Ann holds certification in community and family mediation, and is an Offender Workforce Development (OWDS) Certified Trainer.

Cynthia S. Jackson is the Director of the Reentry Program for Baltimore Rising Inc., a quasi-governmental agency that is affiliated with Mayor Sheila Dixon's Office of Community and Human Development. Ms. Jackson is an advocate for the incarcerated and previously incarcerated person; she is a direct service provider who works passionately to provide resources and services to this population. She also serves on several committees, working to address the barriers to service that she encounters in her direct service work and to provide better outcomes for persons who are incarcerated. Ms. Jackson received a Bachelor's Degree in Business Administration from Morgan State University and a Masters in Education from Virginia State University.

Michelle Kelly is the Executive Director of Alternative Directions, Inc. (ADI) and gives oversight to the organization's programs for women and men leaving prison. The program has been highly successful in breaking the cycle of recidivism characteristic of individuals who have a history of substance abuse and incarceration. Inside the prisons, ADI helps incarcerated individuals resolve *pro se* civil problems legal problems, and provides vital information about services available to them and their families after they are released.

Conference Presenters & Facilitators

Becky Lessey has a Masters in Education and has worked at Howard Community College in adult education since the fall of 1983. She is currently the Director of Basic Skills and Special Populations Programs and coordinates grant funded basic skills courses in reading, writing, math, English As a Second Language and high school completion for almost 2000 students. She also supervises classes for transitions for college and enrichment courses for adults with disabilities.

Joan Lok is a Community Affairs Specialist with the Federal Deposit Insurance Corporation. The FDIC is the Federal agency that regulates this nation's savings and loan institutions. The FDIC promotes financial stability and public confidence in the nation's financial system. In that role, it encourages financial institutions to meet the credit needs of the community and promotes laws, regulations, and programs that protect and educate consumers.

Mr. Kevin Massey is assistant to Ms. Lessey and Mr. McPhee.

Karen V. McNeal has over 20 years experience in the Human Services field with a wealth of first hand experience. She is a Certified Addictions Counselor and has served in several positions as a Case Manager, Outreach Specialists, and Program Director serving the underserved population and operating in the capacity of liaison for homeless women who have lost their children to the system of child protective services and the family courts. Karen specializes in "empowering women" to think out of the box and become self sufficient. She is the CEO/Founder of Helping Others Support Themselves, Inc., (HOST), providing supportive services to homeless women and families, and estranged fathers.

Greg McPhee was a student at Howard Community College in 1991 and began his career as a full time employee in 1996. Since 2000, he has worked in the Administration and Advising Department in multiple positions. He is currently an Admissions Advisor and is working on his Masters Degree in Liberal Arts at Johns Hopkins University.

David Miller Exciting, compassionate and highly motivated to improve the quality of life for children in the United States and abroad are just a few adjectives used to describe David C. Miller. Miller is the author of *Raising Him Alone* (a book for single mothers raising boys) 2009, *Dare To Be King: What If the Prince Lives a Survival Workbook for African American Males* (2003, 2004 & 2009), *Lessons I Learned From My Father: A Collection of Quotes from Men of African Descent* (2004), *Dare To Be Queen: Curriculum for Working with Girls* (2005) and *Rhyme & Reason Hip Hop Curriculum for Educators* (2005) .

Joy Newheart For 15 years, Anne Arundel Conflict Resolution Center has provided community mediation services to citizens in the county. Our mission is to provide an avenue other than court or violence or estranged relationships to resolve conflict of all kinds - large or small.

Christine Marie Parker is a Certified Financial Planner (CFP) practitioner and President of Parker Financial, LLC; an Independent Fee-Only Registered Investment Adviser in the state of Maryland providing comprehensive financial planning and investment management services. Mrs. Parker is a graduate of University of Maryland University College with a B.S. in Business Administration, Minor in Finance and Certificate of Financial Management. Mrs. Parker has also achieved a Financial Planning Certificate from Georgetown University, and a CFP designation from the CFP Board of Standards, Inc.

Conference Presenters & Facilitators

Professor Michael Pinard teaches the Re-entry of Ex-Offenders Clinic/LTP, which he co-founded with Professor Sherrilyn Ifill, in addition to Criminal Procedures and Legal Profession. The Reentry Clinic has existed at the University of Maryland since 2003. Professor Pinard supervises law students, who are student attorneys in the clinic. Their work encompasses individual representation, legislative/policy work and community education. Much of their work involves the legal consequences of criminal conviction, which include ineligibility for housing and related benefits, as well as employment-related obstacles.

Natalie J. Sokoloff is Professor of Sociology at John Jay College of Criminal Justice, City University of New York. She is on the board of directors of Alternative Directions, Inc., a prisoner reentry program for women in Baltimore, and The Center on Race, Crime and Justice at John Jay College. Her work focuses on women, crime, and justice; imprisonment and empowerment; and domestic violence. She is the author of many books and articles including *The Criminal Justice System and Women: Offenders, Prisoners, Victims, and Workers, 3rd Edition* (McGraw-Hill) and *Domestic Violence at the Margins: Readings on Race, Class, Gender and Crime*. She is currently doing research on battered women in immigrant communities in Baltimore, MD.

Bernice Tucker is a certified Alcohol and Drugs Addiction Counselor, and has her Masters in Theology. Ms. Tucker is founder and Executive Director of Women Accepting Responsibility, Inc. a gender specific non-profit community based organization. Ms. Tucker has been a Peer Counselor to women re-entering the community from incarceration for seven years. Ms. Tucker who was once a client, is a terrific Role Model and Presenter.

Adrienne Watson-Carver affectionately known as “Mrs. A”, Adrienne Watson Carver is a “Super Woman”! This wife and mother is a gifted dancer, teacher, model, life coach, personal/professional development trainer, and motivational speaker/workshop facilitator. She is the Owner and Executive Director of Studio “A” Modeling, Etiquette and Dance Academy and the Founder of the Studio “A” Foundation Scholarship Cotillion Program in Randallstown, MD. She is a graduate of Hampton University where she earned her Bachelor’s Degree in Sociology. She has done graduate work in the Masters of Divinity Program at Howard University. Also a former National Director of the NAACP Stay-in-School Program, and Baltimore County Public School teacher, her passion lies with the development of America’s youth.

Inez Watson—Zeni Enterprises was started in March 1995 by Inez Watson after working as an administrator in the medical field for over 30 years. She became a licensed clothier with a "Passion for Fashion", bringing to her public, beautiful women's clothing, through private home fashion shows, and other shows throughout the Baltimore Metropolitan area. In the fall of 1996, she added a new dimension, Studio "A" Models. Known today as Studio "A" Modeling, Etiquette and Dance Academy located in Randallstown, Maryland. Studio "A" Academy is owned and operated by her Daughter, Adrienne Watson Carver. In partnership, they have produced shows for department stores, chain stores, boutiques, community organizations, churches and many other non profits groups and organization. To name a few, Baltimore City Health Department, Coppin State Alumni Association, Catherine's Dress Shop, The Dress Barn-Arundel Mills Mall, The Children's Place-Owings Mills Mall. Together they have ventured into this millennium by a storm expanding their operation with a new attitude. "It's A Family Affair".

Beate Zipperle LCSW-C has 15 years experience working with the mentally ill. Ms. Zipperle has been in private practice for three years and provides clinical therapy for individuals and families. A majority of her clients have trauma histories.

Workshop Points I Plan To Use....

Dotted lines for writing.

NO TURNING BACK
NO TURNING BACK



Denise Dalton