





Women Moving Forward

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

October 26, 2013

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October 26, 2013

Dear Conference Participants,

Welcome to the sixth annual "Women Moving Forward" (WMF) reentry 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.

The goal of the WMF conference is to provide information and resources to support your successful transition back into your community. The conference will open with a dynamic keynote speaker, Christopher Wilson who, after serving 16 years in prison, has forged a successful career in business. You will have the opportunity to attend several workshops on topics pertinent to your return home, including affordable housing, drug and mental health resources, education, employment preparation and even starting your own business. You will also attend a resource fair with a number of community organizations, participate in practice job interviews and enjoy a lunchtime fashion show. The conference will close with a panel of formerly incarcerated women who will share their experiences of returning home.

In addition to the items in your conference bag, you will also be receiving a 1GB USB Flash Drive. It will be kept in your base file and given to you the day of your release. Your flash drive will be preloaded with a resume template along with very valuable resource information including 12 step meeting listings, a healthcare insurance application, social services information, birth certificate and social security card applications, pro se legal resources, conflict resolution information, and other resources such as the best business clothing for your body type and personal development skills. It is our hope that this small gift, along with your participation in the 2013 WMF Conference, will enable each of you to move forward with confidence.

This conference is a collaboration of legal and lay professionals who have donated their time and talents to facilitate your success. Some of the groups involved with this effort include: Alternative Directions, Maryland Commission for Women, National Women's Prison Project, and clergy members.

We would like to give special thanks to our sponsors, including Warden Parish, The Harry and Jeanette Weinberg Foundation, Correct Rx Pharmacy Services, Inc., The National Association of Women Judges-District 4, Choice Research Associates, and Alternative Directions, Inc. We also wish to recognize the staff of MCI-W for their generous support, for without them this event would not be possible.

On behalf of our sponsors and committee members, know that we care about you. Thank you for attending and we hope that you find this conference helpful and informative. As you begin this new chapter in your life, the organizations and individuals here today are available to help you help yourself, both inside and outside MCI-W.

We wish you much success!

M. Brooke Murdock

The Honorable M. Brooke Murdock Co-Chair Cheryl Mercer

Rev. Cheryl Mercer Co-Chair



TIPS FOR A SUCCESSFUL CONFERENCE EXPERIENCE

PREPARATION

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

WORKSHOP CONDUCT

- Keep your eyes on the speaker. Resist the temptation to turn your head in direction of noise or movement.
- Put non-agenda items in a "parking lot" for discussion at another time.
- Take <u>brief</u> 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.**
 - **♦ If something is not clear, ask the speaker a question.**
 - **Pass if you have nothing to add.**

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.





2013 STEERING COMMITTEE

CHAIRPERSONS

PROFESSIONAL AFFILIATION

Hon. M. Brooke Murdock Rev. Cheryl Mercer National Association of Women Judges Calvary HealthCare, Inc.

CONFERENCE COORDINATOR

Yvette Gordon

Georgetown University

PARTICIPANTS

PROFESSIONAL AFFILIATION

Wanda Ashley-Williams

Chief Cynthia Briscoe Maryland Correctional Institution for Women

Rachael Campbell Correct Rx Pharmacy Services, Inc.

Chaplain Lettie Carr Maryland Correctional Institution for Women

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Dr. Shawn M. Flower Choice Research Associates
Michelle Kelly Alternative Directions, nc.

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Clean Slate America, Inc.

Carolyn Mattingly Maryland Commission for Women
Casey McKeel Baltimore Green Careers

Casey McKeel Baltimore Green Careers Christie Meiring Women Moving Forward

Hon. Brenda Murray National Association of Women Judges

Jennifer Muskus, Esq. Muskus & Muskus, LLC

Warden Carroll Parrish Maryland Correctional Institution for Women

Alfreda Robinson-Dawkins National Women's Prison Project, Inc.

Pastor Carol Saunders Heaven and Earth Ministries

Hon. Cathy Serrette National Association of Women Judges
Lisa Small Maryland Correctional Institution for Women

Sylvia Stokes Harbor Light Community Development Corporation

Roseanna Vogt Circle of Angels Initiative Robin M. Waley Restoration Ministries, Inc.

Inez Watson Studio "A" Modeling, Etiquette and Dance Academy

Hon. Julia B. Weatherly
Rev. Michele Williams
National Association of Women Judges
First Baptist Church of Glenarden

Special Thanks to Our Sponsors:

(as of October 9, 2013)

Patron Sponsors (\$1000-\$2499)







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Jonathan H. Hyde
Carolyn Mattingly
Rev. Cheryl Mercer
Pastor Carol A. Saunders

Special Thanks to Our In-Kind Service Providers:

(as of October 9, 2013)

Carroll Parrish, Warden, Maryland Correctional Institution for Women Chesapeake Garden Club, Calvert County

Choice Research Associates

Dress Barn, Arundel Mills Mall

Kenwood Garden Club, Montgomery County

Maryland Commission for Women

Maryland Correctional Enterprises

Maryland Department of Public Safety and Correctional Services

Maryland State Department of Education, Correctional Education Program

Studio "A" Modeling Etiquette & Dance Academy

Success in Style

Zeni Enterprises

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.





Friday October 25, 2013 7:00 p.m.	Gymnasium	Registration & Materials pick up
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Agenda October 26, 2013

9:00 a.m. — 9:40 a.m.	Gymnasium	Welcome Introductions: Hon. M. Brooke Murdock Rev. Cheryl Mercer Keynote Speaker: Christopher Wilson
9:50 a.m. — 10:50 a.m.	See Workshop Schedule	Breakout Session I
11:00 a.m. — 12:30 p.m.	Gymnasium	Lunch and Fashion Show
12:40 pm — 1:40 p.m.	See Workshop Schedule	Breakout Session II
1:50 p.m. — 3:10 p.m.	See Workshop Schedule	Employment Practice Interviews & Resource Fair
3:15 p.m. — 3:45 p.m.	Gymnasium	Walking in My Shoes
3:45 p.m. — 4:00 p.m.	Gymnasium	Closing Remarks

Keynote Speaker Christopher Wilson

In addition to working as the Director of Community Workforce Development at the Greater Homewood Community Corporation, co-owning a furniture repair and upholstery business (which was developed to create training opportunities and jobs for hard-to-employ individuals), owning a demolition/cleaning company and being a fitness model, Christopher is working to obtain his Business Administration degree in the Entrepreneurship Fellows Program at the University of Baltimore.



Christopher is on a mission to help build and advance an ecosystem and infrastructure supportive of social innovation and inclusive economic development throughout Baltimore City. He believes this is the perfect time for the city of Baltimore to adopt a more entrepreneurial approach to creating a realistic and sustainable job market for the disadvantaged population living in Baltimore City. By creating a new model that addresses the specific needs of the city's large, low-skilled population it will serve not only as a benefit to businesses but also to the community atlarge. Just imagine what a small group of enlightened, well-equipped social entrepreneurs can do to improve Baltimore's communities in five to seven years with the right support.

When he is not focused on building his business empire, Christopher spends a lot of time reading and cycling. He is originally from Washington D.C. He loves to learn about different cultures and really appreciates a well told story. He believes that every single person has something to offer society; some people just need a push or a hand up. He grew up in a really tough environment, but he's never let that hold himself back from obtaining his goals.

Workshop Schedule At-A-Glance

Breakout Session I: 9:50 a.m. – 10:50 a.m.

Program	Location
1. No More Drama Mama!	Post 27 Classroom M-13
2. Credit Matters and Entrepreneurship	Post 27 Library
3. Post-Release Legal Issues	Post 27 Classroom M-14
4. Mindfulness Meditation: Tools for Life	Visiting Room
5. Avoiding the Grip of Gangs	Center Hall Classroom 4
6. Finding a Path Past Addictions: Getting the Support You Need to Avoid Relapse	Center Hall Classroom 2
7. Preparing Your Parenting Plan	Center Hall Classroom 5
8. Educational Opportunities: From Basic Skills to Post-Secondary Degrees	Post 27 Classroom M-15

Breakout Session II: 12:40 p.m. – 1:40 p.m.

Program	Location		
1. My Life, My Needs, My Journey	Post 27 Classroom M-13		
2. Healing From Trauma	Post 27 Library		
3. Working Together to Stop Domestic Violence	Post 27 Classroom M-14		
4. Counting Dollars and Sense	Visiting Room		
5. A Bit of G.R.I.T.!	Center Hall Classroom 4		
6. Moving from Dependence to Independence	Center Hall Classroom 2		
7. Getting Ready for the Outside While on the Inside	Center Hall Classroom 5		
8. Restart Your Life: Health and Chronic Illness Management	Post 27 Classroom M-15		

Breakout Session III: 1:50 p.m. – 3:10 p.m.

Program	Location		
1. Employment Interviews	Dining Room #2		
2. Resource Fair	Gymnasium		

Course & Presentation Descriptions

Breakout Session 1:

1. No More Drama Mama! Presenters: Teresa Vogt Alfreda Robinson-Dawkins

This workshop will give you skills to non-violently solve past problems and new ones that may arise. We will also discuss skills needed to lead a life with minimum amounts of drama. The workshop is driven mainly by discussion and practicing scenarios to help you decide how you would act in certain situations.

Teresa Vogt graduated from the University of Maryland with a degree in Conflict Resolution. She believes in empowering others to make their lives better. Her focus is on integrating nutrition, fitness, rest, and spirit to help others live their best lives. Follow her thoughts at www.abitofgrit.com.

Alfreda Robinson-Dawkins learned advocacy while serving a ten year Federal sentence. Since her release in 2000, she continues 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 with women both behind the fence and those released, she conducts workshops and educates women who are affected and infected by the realities of life.

2. Credit Matters and Entrepreneurship Presenter: Lorie Woodruff

This workshop addresses why your credit is important and how to have the best credit with the resources available. It will also address what it takes to be able to control your income, hours and job security. Maybe you would like to increase your opportunities and income by becoming an entrepreneur. Make a difference, change your life, and find out how the hard work you're putting into today is increasing and benefitting your future financial opportunities.

Lorie Woodruff is a realtor, a speaker and an entrepreneur. She gets satisfaction in empowering others with financial awareness. Her approach to credit matters is focused on getting to know her clients, offering continuous financial and credit education, and providing integrity from beginning to end. She loves to travel, decorate homes, spend time with family and friends, cook, and stay familiar with home construction and market trends.

3. Post-Release Legal Issues Presenter: Rodney Mitchell

Criminal convictions carry legal consequences, even after your sentence has been served. This workshop will address post-release legal issues such as employment-related restrictions, ineligibility for certain types of housing, voting restrictions, and custody issues. It will also help you to better deal with some of these issues.

Rodney Mitchell is known as an effective attorney and zealous community advocate. Directly out of law school, he served as a judicial law clerk in the D.C. Superior Court. Later, as a 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.

Course & Presentation Descriptions Breakout Session 1 (cont.):

4. Mindfulness Meditation: Tools for Life! Presenter: Carole Clem

This workshop is a basic introduction to mindfulness meditation as a tool to assist you in paying attention or staying focused, consciously selecting specific actions to help calm you down when emotionally triggered, and helping you to relieve stress. Mindfulness Meditation introduces ways to become alert to emotions or impulses as they begin to arise. This awareness provides greater response flexibility, such as pausing before taking action and considering options and choosing the best one when responding. Mindfulness Meditation plants the seed that peace lies within each of us and, when practiced on a regular basis, mindfulness meditation becomes a lifetime skill.

Carole Clem is a retired Federal employee with nearly 40 years of government service. She has been a volunteer at Montgomery Hospice for 17 years as an "At Home" patient volunteer, bereavement volunteer and co-facilitator of 6-week grief support groups. She has also been a volunteer at Whitman-Walker Clinic for 14 years as a co-facilitator of a 10-week peer support group and a one-on-one peer support volunteer. For the past two years, she has taught Mindfulness Meditation at the Rockville Pre-Release Center through the Insight Meditation Community of Washington.

5. Avoiding the Grip of Gangs Presenter: Tony Avendorph

Gang life is violent, brutal, dangerous, and likely to get you re-incarcerated. So, why do women find their way into gangs, and how do they find their way out? A counselor who has been working with men, women and teens in gangs will bring you new insight about the dangers of gangs, both for you and for your families.

Tony Avendorph is a court recognized expert on several major street gangs and has appeared twice on the television series Gangland. Mr. Avendorph has lectured about gangs to students, inmates, judges, and in police departments throughout the United States.

6. Finding a Path Past Addictions: Getting the Support You Need to Avoid Relapse Presenter: Lilly Dorsey

Anyone who has ever battled drug and alcohol addictions needs support and treatment upon their release. This workshop will give you advice to building healthy relationships to help you avoid relapse and allow you to continue on a path to success.

Lilly Dorsey is nine years clean of addiction. Previously incarcerated, she is now committed to helping women successfully return to society. She started working at Crossroads Centers as a Receptionist and has worn many hats there, assisting clients with various issues during their recovery. Lilly is currently studying Chemical Dependency Counseling at the Community College of Baltimore County. She is also an active board member with the National Women's Prison Project.

Course & Presentation Descriptions

Breakout Session I (cont.)

7. Preparing your Parenting Plan Presenter: Marcy Jackson

This workshop is based on Parenting Petals, an active, learner-centered parent education workshop based on Shamayin Education Svc, LLC's Seven Parenting Principles©. It will provide you with a brief overview of all seven parenting principles, emphasizing two that significantly help to develop and sustain healthy mother-child relationships. The principles of nurture and emotion are explored through critical factors such as attention, discipline, education, behavior, anger, attitude, and anxiety. You will also gain awareness of the power of two productive parenting strategies, modeling and communication.

Marcy Jackson is a professional educator of 20 years and a rising social entrepreneur. She is a certified program planner, facilitator, trainer and education advocate, She writes and delivers presentations, training sessions, workshops, and manuscripts on topics of parenting, educational leadership, early child education, special education, school selection, workforce development, transportation safety and development driver education, leadership and motherhood. She is rooted in her faith and wears multiple full-time hats as a proud wife, mother of six, and a community college program director.

8. Educational Opportunities: From Basic Skills to Post-Secondary Degrees Presenter: Cheneda Kane

This workshop will provide comprehensive information and counseling on enrolling in community college, four year college, and graduate programs as well as two year and four year trade schools, technical schools and other short-term training opportunities. The process for acquiring a GED or External Diploma will also be discussed.

Cheneda Kane is a Counselor/Resource Specialist with the Maryland Educational Opportunity Center. She attended the University of Maryland, College Park and the University of Baltimore. She conducts educational and motivational workshops at penal institutions, schools, and agencies in Baltimore and surrounding communities. She is a published author of "Pits, Prose and Poetry" and entrepreneur/owner of Heavenly Bliss Homemade Organic Ice Cream.

Breakout Session II

1. My Life, My Needs, My Journey Presenter: Jocelyn Tate

This interactive workshop is back by popular demand and has been expanded from the miniworkshop offered at last year's Resource Fair. It features a needs assessment that is focused on your life and problem-solving skills. This workshop will help you to design a plan for your future and plot a course for your life's journey.

Jocelyn Tate attended George Washington University and is currently at the National Commission of Career Arts and Science (aka Cosmetology Arts and Sciences). She has worked as an education specialist and family support partner helping families with accessing help and support while maneuvering social, educational, and judicial systems. She has assisted people with finding and lending their voice to the "wraparound systems process" to make a better life for themselves and their families.

Breakout Session II (cont.)

2. Healing From Trauma Presenter: Bea Zipperle, LCSW-C

Trauma is a common experience of women in our communities, especially women who have been incarcerated. This workshop will help you to identify the symptoms of trauma and how it affects your life. This workshop will also provide strengths-based skills to help you cope with symptoms in your current placement. It will also provide resources for you when you reenter society.

Bea Zipperle, LCSW-C has expertise in both clinical and forensic social work. She earned her Masters Degree in Clinical Social Work from the University of Maryland and is a licensed clinical social worker. She also holds degrees in Human Services Administration and Mental Health Technology. She has been a certified addictions counselor for over 15 years. She started her private practice in 2006 and believes in treating all clients with both dignity and nurturance. She practices from a strength's perspective and treats clients as strong, resilient people who are worthy of unconditional respect and clinical treatment that is specific to their individual needs.

3. Working Together to Stop Domestic Violence Presenter: Jocelyn Skinner

Together we can work to stop domestic violence. You will learn the skills to live independently and eliminate homelessness and abuse from your life. You will hear about the House of Ruth's program and approach to help women break the cycle of violence in their lives, as well as establish emotional and physical safety, experience feelings without impulsively acting on them, and create goals for the future. Part of that planning requires knowing your legal rights. The program also connects women with resources in the community.

Jocelyn Skinner attended American University as an undergraduate and received her law degree from Georgetown University Law Center. She is a staff attorney at the House of Ruth in Baltimore, where she works to ensure the legal rights of victims of domestic violence so they can build safe, stable lives and reach their highest potential.

4. Counting Dollars and Sense Presenter: Mythili "Lee" Bachu

This workshop will provide information on personal budgeting and will help you to build financial confidence by shedding insight on computing your expenses, managing your money and credit, and creating a balance that will help you meet your responsibilities and work to create financial independence.

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

Breakout Session II (cont.)

5. A Bit of G.R.I.T.!

Presenter: Teresa Vogt

You'll get through it with a bit of grit. Grit is courage and resolve, strength of character. Acronymically it is Good Food, Recovery, Intuition, Training. Learn how to balance nutrition, fitness, rest, and spirit to live your best life. This interactive workshop will focus on movement, positive thinking, relaxation techniques, and foods that support a healthy lifestyle.

6. Moving from Dependence to Independence Presenter: Nancy Gibson

This workshop will discuss what it takes to move from dependence to independence and to break free of addictions and dependence patterns. It will also include tools to live a lifestyle free of using substances as a crutch and how to find healing from hurts, hang ups, and habits.

Nancy Gibson is a child/adolescent therapist working at the Marian House, a transitional housing facility in Baltimore. She has a well-rounded background in counseling victims of domestic violence and sexual assault, youth in transitional housing, and those suffering from addictions.

7. Getting Ready for the Outside While on the Inside Presenter: Katherine Coates

This workshop uses writing, goal setting, and poetry to help you prepare for your reentry into the community. It focuses on analyzing, challenging, and changing old patterns to identify your main goals inside and outside prison.

Katherine Coates works as a reentry coordinator at the Baltimore City Detention Center. Among other duties, she is creating a reentry curriculum for the Center. She also teaches a weekly writing/reentry class for women at the Center. She has a Masters Degree in Criminal Justice and has been working with mentally ill offenders in the jail and in the community for several years. She is passionate about empowering and educating people and she believes that change is possible.

8. Restart Your Life: Health and Chronic Illness Management Presenter: Amy Kalman, RN

This workshop focuses on medical issues and chronic illness management and will include techniques to deal with a chronic illness, appropriate use of medication, effective communication, and treatment evaluation.

Amy Kalman, RN's health career started at age 14 when she began volunteering at Children's Hospital of Princeton Medical Center. After years of volunteer work at Children's Hospital of Philadelphia (CHOP) as a child life specialist, she was inspired to attend Johns Hopkins University School of Nursing. She has worked as a Nurse Clinician at the Sidney Kimmel Comprehensive Cancer Center at the Johns Hopkins Hospital since 2006. She also volunteers at Learning is for Tomorrow (LIFT), a non-profit adult learning center. She also makes jewelry and is learning how to play the drums.

Resource Fair Scavenger Hunt

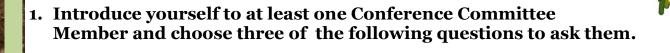
To help you to take full advantage of the Resource Fair, we created a Scavenger Hunt. Please do as many of the following activities as you can and focus on those things that both challenge you (e.g. introducing yourself to new people) and things that really interest you (e.g. attending one or more of the mini-workshops) Talk to the representatives of the organizations who are here today. They want to help!! As you complete each activity, check it off and see how many you can get done. Have fun!

Your Name: ___

Dreams/Hopes/Needs	Name the Resource or Orga Achieve; List Contac	nnization To Help You ct Information
1.	1.	
2.	2.	
3.	3.	
Get contact information for at least <u>tv</u> Organizations that may be able to hel		√ Done!
Attend two mini-workshops:		
 Entrepreneurship – Yvonne River Family Law – Hon. Julia Weather 		
Find at least 15 words in the Word Se	arch Puzzle	
Get to know a WMF Conference Comm Write the Name of Committee Membe	• •	
Be a resource for someone else. What	t did you do to help?	
Name one thing you learned to day th	at surprised you:	



Ice Breaker: Getting to Know One Another



- 2. They will also ask you three questions.
- 3. Remember -- feel free to ask WHY they responded as they did this is about getting to know one another; you may have more in common than you thought!

Committee Members Name
What is your favorite book or movie?
Where is your dream vacation?
Who would you want with you on a deserted island?
If you could wave a magic wand and change anything, what would it be?
Would you rather find true love or win the lottery?
If you could wave a magic wand and change anything, what would it be?

Reentry Success Word Find Women Moving Forward Conference

Find the words in the grid to inspire you for when you return home! You are limited only by your imagination and determination to succeed. Words can go horizontally, vertically and diagonally in all directions.

yaemntgcdteetmkhne sh f c t a c e e h n r a c c d m r uytchrrnttgiahope erflteieeraboclct icteailirrgsmovie ptdieepmnecyolss ylimafhtiwdetinue tneistemnndhbocmi grneyuoeaugigchnt sfyimchytfsoeyi badtrrhiinastosn serenityojsirhyi fsvinaiphtllteeni uedtrssenippahors ndegoemebsnisprasa eathraaasadylefeo oesabttlpnelenlp apymbs i espnntshcem

Never Coming Back
Success
Hope
Happiness
Employed
Engaged
Learning
Reunited with Family

Sports Music Safe Movies Reading Joy Gratitude Serenity Stability
Responsibility
Helping Others
Fun
Faith
Healthy
Possibilties
Determination



Conference Points I Plan To Use.....

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Conference Points I Plan To Use.....

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