

CLIMB



EVERY MOUNTAIN



10th Annual Women Moving Forward Reentry Conference

April 14, 2018

CONTACT US

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Dear Conference Attendees,

You would think it would be easy to go home. After all, it is what you have been dreaming about, counting down the months, weeks, days. Head home and put your time at MCIW behind you. But life gives us challenges and you still have mountains to climb to achieve your goals.

Welcome to the 2018 “Women Moving Forward” reentry conference. This year’s theme is “Climb Every Mountain”. The conference is a collaborative effort led by the National Association for Women Judges (NAWJ), and partnered with other organizations such as Alternative Directions, Maryland Commission for Women, Maryland’s Women’s Bar Association and many individuals who support your successful return home.

Our goal is to provide resources and information to support your transition back to the community. Nineteen 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 first-hand reentry experiences from previously incarcerated women. 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 useful information on legal issues and successfully completing probation. We will begin our day with our keynote speaker, Kemba Smith Pradia, who like you found herself convicted and incarcerated. You will find her story and her present success educational and inspirational. To close the conference, Chris Wilson, who has built a national profile following his reentry, will inspire you.

The Women Moving Forward Conference website, www.wmfmd.org, contains a wealth of guides to resources in the community. A sampling of those resources are listed in your conference program. As you approach your release date, we hope the information provided by this conference will help you be prepared for the tasks ahead of you. After your release, you will be able to go to the website and get information to help you locate services and support.

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 MCIW 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 MCIW. We wish you much success.

Sincerely,

Julia B. Weatherly

Hon. Julia B. Weatherly, Co-chair

Mary Pat Donelan

Mary Pat Donelan, Co-chair



Climb every mountain,
Search high and low,
Follow every byway,
Every path you know.

Climb every mountain,
Ford every stream,
Follow every rainbow,
'Till you find your dream.

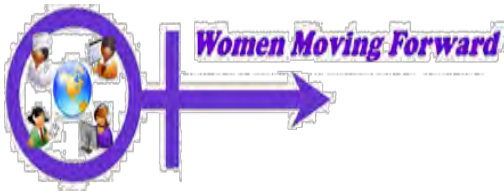
A dream that will need
All the love you can give,
Every day of your life
For as long as you live.

Climb every mountain,
Ford every stream,
Follow every rainbow,
Till you find your dream

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Sponsors *

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Gerard and Kathleen Albanese

Friend Sponsor (\$500—\$999)

Hon. Julia Weatherly

Good Will Sponsor (\$50—\$499)

Betty May
Jean Gover
Mary Pat Donelan
Second Chance for Women
Women's Bar Association

In-Kind Service Providers *

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Choice Research Associates
Kenwood Garden Club—Montgomery County
Laura Gerhard Web Design
Zonta International
Zonta Clubs of Maryland and Washington, DC

***As of April 1, 2018**

2018 Conference Steering Committee

Name

Professional Affiliation

Chairpersons:

Hon. Julia B. Weatherly
Mary Pat Donelan

National Association of Women Judges
Maryland CURE

MCI-W:

Margaret Chippendale
Virginia Ngugi
Teresa Stone & Consuela Green

Warden
Volunteer Coordinator
Resident Representatives

Conference Coordinator:

Casey McKeel

Committee Members:

Tawanda Bailey

Maryland Commission for Women

Magistrate Monise A. Brown

National Association of Women Judges

Rachael Campbell

Correct Rx Pharmacy Services, Inc.

Mary Joel Davis

Second Chance Act

Shawn M. Flower, Ph.D.

Choice Research Associates

Denise Kumani Gantt

Second Chance Act

Sonya Gomes, Esq.

Women's Bar Association of Maryland

Jean Gover

MD Dept. Public Safety & Correctional Services

LaShanta Harris, Esq.

United States Department of Labor

Bronwyn Hunter, Ph.D.

University of Maryland, Baltimore County

Hon. Karen Murphy Jensen

National Association of Women Judges

Velvet D. Johnson

Maryland Commission for Women

Richard Mattingly

The Luv u Project

Betty May

Conference Volunteer

Rev. Cheryl Mercer

Clergy Ambassador, U.S. Attorneys Office, D.C.

Hon. Beverly Nash (Retired)

National Association of Women Judges

Donna Rojas

Conference Volunteer

Hon. Cathy H. Serrette

National Association of Women Judges

Roseanna Vogt

Circle of Angels Initiative, Inc.

Reentry 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
 - ◇ Annapolis
 - ◇ District of Columbia
 - ◇ Other Areas in Maryland

Healthcare:

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

Identification:

- ◆ Birth Certificate Information/Application
- ◆ Social Security Card Application
- ◆ Driver's License Information

Employment and Resume

- ◆ Interview Checklist
- ◆ List of One-Stop Centers in Maryland
- ◆ Resume Template

Domestic Violence

- ◆ Housing
- ◆ Opportunities for Legal Representation
- ◆ Protection Orders
- ◆ Immigrant/Migrant/Refugee Women

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:

- ◆ Fashion Tips - Dressing for your body shape
- ◆ Making Winning Decisions
- ◆ Reentry Resource Guide

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



CONFERENCE AGENDA

<u>Time</u>	<u>Activity</u>	<u>Location</u>
9:00a.m.—9:10a.m.	Welcome & Introductions	Gymnasium
9:10a.m.—9:40a.m.	Keynote Speaker	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



BASIC GEAR FOR A SUCCESSFUL CONFERENCE

PREPARATION

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

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.



KEYNOTE SPEAKER: KEMBA SMITH PRADIA

Growing up as an only child in Richmond, Virginia, Kemba Smith graduated high school and continued her education at the prestigious Hampton University. What happened to Kemba in her new campus environment was a nightmare, and led to a 24.5-year sentence in a federal prison. In December 2000, after serving 6.5 years, President Clinton commuted her sentence to time served. Kemba went from college student, domestic violence survivor, federal prisoner, mother, public speaker, advocate and author. Kemba is a graduate of Virginia Union University and was a past recipient for a two year Soros Justice Postgraduate Fellowship for advocates. In December 2014, Kemba was appointed a member of the Virginia Criminal Sentencing Commission by Governor Terry McAuliff. She has spoken at the White House, testified before Congress and the United Nations regarding a variety of criminal justice issues including: crack cocaine sentencing, mandatory drug sentencing, women and incarceration, felony disenfranchisement, and re-entry.

She is a popular speaker at colleges, universities, high schools, juvenile facilities, churches and national conferences around the nation. She has received numerous awards and recognitions for her courage and determination to educate the public about the devastating consequences of current drug policies and for her commitment in serving young people. Kemba believes in sharing her story as an educational tool to prevent other youth from going down a similar path.



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.

Workshop Schedule At-A-Glance

Workshop Session I - 9:50a.m. to 10:50a.m.	Location
Building Your Resume	Library
How to Start and Grow a Business	Computer Lab
Credit Repair & Reaching Your Financial Dreams	Classroom 2
Get & Keep Health Insurance	Post 27 Conference Room
Developing Support Outside of Gang Membership	Classroom 4
Freedom from Abuse	Visitors Room
A Healthy Tool: Al-Anon	Classroom 5
Stay Motivated to Get Justice	Classroom 1
Lunch and Entertainment - 11:00a.m. to 12:30p.m.	Gymnasium
Workshop Session II - 12:40p.m. to 1:40p.m.	Location
Job Interview Practice (Bring your resume)	Library
Moving Beyond the Number to Earning An Income	Classroom 1
Your Banker as Your Partner in Achieving Your Money Goals	Computer Lab
Get & Keep Health Insurance	Post 27 Conference Room
The Medical Profession in Your Recovery from Internal and External Emotional Conflict	Classroom 5
Developing Support Outside of Gang Membership	Classroom 4
Make Probation A Smooth Process	Classroom 2
Walking in My Shoes	Visitors Room

Workshop Schedule At-A-Glance

Workshop Session III - 1:50p.m. to 2:50 p.m.	Location
Job Interview Practice (Bring your resume)	Library
Training to Plan Your Successful Business	Visitors Room
Improve Your Relationship with Money	Computer Lab
The Medical Profession in Your Recovery from Internal and External Emotional Conflict	Classroom 5
Parenting and Mediation	Classroom 4
Using Mindfulness for Stress Reduction	Classroom 1
Make Probation a Smooth Process	Classroom 2
My Life, My Needs, My Journey	Post 27 Conference Room





Course Descriptions and Presenter Biographies

Building Your Resume

Workshop Session I - Library

Fred Chandler & Resume Review Team



Think About It: What's best to put on an online application? How do I explain my incarceration? Get honest and positive feedback!

Bring your resume. This workshop will focus on writing a resume and discuss how to answer questions on an online job application. You will get tips on resume development; online job search and application processes; and how to explain a criminal record when applying and during an interview.

Fred Chandler has extensive experience in job development and training services to previously incarcerated individuals. He recently retired from WorkSource Montgomery where he managed a digital literacy training program for individuals under community supervision as well as providing other workforce development services.

Resume Review Team – You will be matched with a professional in a small group where your resume will get a brief review or, if you don't have one, you will be advised on what to include in your resume.

How to Start and Grow a Business

Workshop Session I – Computer Lab

Vanessa Bright, Tamara Jackson & Michelle Sullivan



Think About It: Is the internet a helpful tool in growing my business? Is a non-profit considered a business? How do I stay inspired when things go wrong in startups? Where do I go to get actionable advice, tips, and techniques on growing my business?

This workshop will encourage and motivate you to think about earning income as a business owner. Maybe you can think about income in a different way? BeeHavin' is a "servicepreneur" business. It will be used as a model to inspire you to start your own business.

Vanessa Bright, Family and Consumer Sciences Educator at UMd Extension, is an experienced educator with a diverse background in financial services, insurance, non-profit and government industries. 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. To hire previously incarcerated individuals is part of the business model for BeeHavin' LLC.

Course Descriptions and Presenter Biographies

Michelle Sullivan is the Program Outreach Specialist for Charles County at the Nonprofit Institute of the College of Southern Maryland. She is also 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.

Credit Repair and Reaching Your Financial Dreams

Workshop Session I – Classroom 2

Mythili “Lee” Bachu, Christian Bowie & Patricia Marks



Think About It: When it comes to credit wouldn't a do-over be nice? How can I find my credit score? How do I set credit goals? Can I be successful and build wealth with my present credit score? Will rebuilding my credit erase past mistakes?

In this workshop about personal finances, you will learn how to build wealth and repair your credit. You will be given the opportunity to 1) develop financial goals; 2) apply money management tools and tips; and 3) learn to track progress toward financial goals. You will learn about and discuss your relationship (positive/negative aspects) with money as well as learn specific skills for budgeting, saving, and creating a financial portfolio.

Mythili “Lee” Bachu, has an MBA in Business Administration. As founder and president of MGA Consultants, Inc., she has extensive experience in building wealth for her clients. She has served as Chair of the Maryland Commission for Women and Vice Chair of a Hindu religious and cultural association. She is on the board for the Sri Siva Vishnu Temple (SSVT), a large Hindu Temple in the D.C. area and a Steering Committee member for the 9/11 Unity Walk.

Christian Bowie was previously incarcerated and will inspire you with her experiences in locating work and making a successful living while transitioning into the community.

Deaconess Patricia N. Marks, Ph.D. is a dedicated criminal justice advocate. She was commissioned as a Deaconess in 2005 concurrent to graduating from Wesley Theological Seminary and receiving the first Certificate in Missions for work in social justice. She is a world traveler and returned Peace Corps Volunteer (Samoa). She created and enhanced volunteer recruitment, training, and team-building for several social justice programs and faith based non-profit organizations. She has served on dozens of Kairos Prison Ministry teams in four prisons and as a volunteer lay chaplain in two prisons. She is the author of Peter's Promise/ Paul's Passion a book of reflections on the 137 biblical references to incarceration. She is a graduate of Financial Peace University and the Maryland Creating Assets, Savings and Hope (CASH) Campaign to coach returning citizens to set and achieve financial goals.

Course Descriptions and Presenter Biographies

Get & Keep Health Insurance

Workshop Sessions I, II – Post 27 Conference Room

Health Insurance Navigators from Maryland Health Connection:

Luis Bordon, Ana Fonseca & Iris Cruz



Think About It: What kind of health insurance can I get? Where do I begin? Is health insurance affordable for me? How do I enroll? How do I keep it? Now that I have it what next?

In this workshop Health Insurance Navigators from Maryland Health Connection MarylandHealthConnection.gov / MarylandHBE.com will offer health insurance information for you as you transition back into the community. Maryland Health Connection is our state's official health insurance marketplace where you can enroll in private health plans or Medicaid and get financial help to lower the cost. The health insurance enrollment specialists will talk about your coverage options and how you can get enrolled.

Developing Support Outside of Gang Membership

Workshop Sessions I, II – Classroom 4

Gerald Collins & Richard Gibson, Jr.



Think About It: Are you a PARENT whose child might be involved with a gang? Do you or someone you know want to get out of a gang? Do you want to LEARN more about gangs in DC/VA/MD?

Gangs continue to be a presence on our streets, inflicting violence on its enemies and its own members. Learn how to protect yourself and your children from this brutal, all too real danger. This workshop could save your life.

Gerald Collins is a D.C. native. He holds a B.A. Degree in Criminology and Criminal Justice and a law degree. As an Assistant District Attorney, his assignments included juvenile and gang prosecution. After being cross designated as a Special Assistant U.S. Attorney, he now serves as the Division Chief of the Major Investigations Unit in the State's Attorney's Office for Baltimore City. He supervises a team of attorneys focused on the proactive investigation and prosecution of violent criminal organizations and repeat offenders utilizing various investigative means, including the grand jury, cooperating witnesses, undercover operations, electronic surveillance, and wiretaps. He also teaches courses in criminal law, criminal procedure, criminological theory, and corrections at the Sojourner Douglass College and the UMd University College. He has been honored with several prestigious recognitions including two awards in 2017, the Prosecutor of the Year Award by the Mid Atlantic Regional Gang Investigators Network (MARGIN) and Maryland State Bar Association Leadership Academy 20/20 Alumni award recognizing his contributions to law and bar associations, and the community.

Course Descriptions and Presenter Biographies

Richard Gibson, Jr. received a Bachelor of Science degree in Law and Justice and a law degree. While in law school, he was an associate editor for the Social Justice Law Review and participated in the Street Law and Howard Law mentoring programs. After beginning his career as a prosecutor in District Court, he went into Juvenile and Circuit Court and was coordinator for the Juvenile Drug Court. He was promoted to the Firearms Investigations Violence Enforcement (F.I.V.E.) Unit and then to the Homicide Unit. After being selected for the elite Major Investigations Unit, he was responsible for overseeing the investigation, planning, and implementation of specific prosecutorial and policing strategies to target individuals who pose the greatest risk to the safety of the community. Elevated to his current position as a Team Captain within the Major Investigations Unit, he supervises a team of trial attorneys who are focused on the strategic targeting and prosecution of violent repeat offenders. In 2016, he was recognized by the Mid-Atlantic Regional Gang Investigators Network as Prosecutor of the Year. He serves in a leadership role in several law associations as well as political committees. He also volunteers for Voices for Children, a non-profit organization.

Freedom from Abuse

Workshop Session I – Visitors Room

Hon. Cathy Serrette & Kemba Smith Pradia



Think About It: When getting emotionally attached to someone, you tend to excuse, overlook or minimize key signs of serious trouble. How do I protect myself from domestic violence?

Too many women end up in prison as a result of bad relationships. Learn what tools, resources, and strategies are available to protect yourself from domestic violence.

Hon. Cathy Hollenberg Serrette is an Associate Judge on the Prince George's County Circuit Court. As an active member of the National Association of Women Judges, she has served on the steering committee for the Women Moving Forward conference from the beginning. She served as an international electoral monitor (South Africa). She has held many leadership positions in the court and as a member of prestigious law associations locally and nationally. She serves on committees that work on correctional reform and to eliminate barriers to legal services. She has been an Advanced Science and Technology Adjudication Resource Fellow. Among her many honors, she received recognition as one of Maryland's Top 100 Women in 2012 and an Innovator of the Year award in 2015.

Kemba Smith Pradia is the keynote speaker for the 2018 Women Moving Forward conference. She is an author and motivational speaker. See page 11 to review her complete bio.



Course Descriptions and Presenter Biographies

A Healthy Tool: Al-Anon

Workshop Session I – Classroom 5

Women of Hope in Al-Anon: Fran Battey, Jill Brawner, Pamela Crockett, Gloria Ducker & Judy Rosenthal



Think About It: Do you worry about how someone's drinking has caused a self-destructive behavior? Do you have money problems because of someone else's drinking? Do you feel that if the drinker cared about you, he or she would stop drinking? Do you want to know how you can help?

Find out if Al-Anon is for you and how to locate meetings once you've returned home. Members of Al-Anon want and need help. They share their own experience, feelings, frustrations, strength, and hope with each other. Come to this workshop for information and to experience a role playing meeting session. In Al-Anon you will learn a better way of life and to find happiness whether the alcoholic is still drinking or not. Al-Anon is a self-help group for people whose lives are impacted by someone who is addicted. Members of Al-Anon will answer questions about the group.

Stay Motivated to Get Justice

Workshop Session I – Classroom 1

Etta Myers, Walter Lomax & Out for Justice



Think About It: Could I be wrongly accused of a crime? Who can help me? How do I stay motivated when all else seems to fail? What advocate program can help me or can I help? How can I be exonerated or what does restorative justice look like?

The presenters in this workshop will tell you to never give up hope. Listen to their stories and learn what you can do to change your story. Be inspired to improve your prospects when you return to the community.

Etta Myers lives in Baltimore. After 38 years of imprisonment, she was released as the first woman under the Unger case. In the 2012 *Unger v. State*, a Maryland court ruled that for decades jury instructions had been fundamentally flawed, denied due process, and entitled certain people to a new trial, thus allowing for her release. About 250 people serving long sentences for serious crimes committed more than 30 years earlier were affected. As the Director of the Maryland Justice Project focusing on prison reform, she works on reform of Maryland's process for parole-eligible life sentences. She advocates for the rights of formerly incarcerated individuals and others affected by mass incarceration.

Course Descriptions and Presenter Biographies

Walter Lomax served nearly 40 years in prison. He continues the advocacy work he and other prisoners serving life-sentences began in 1995, the year the governor ended all work-release programs and parole for lifers. His organization, the Maryland Restorative Justice Initiative, advocates for humane sentencing policies for prisoners serving long sentences. His initiative and the Justice Policy Institute produced a documentary "Blocking the Exit," which features stories of people serving life sentences, their victims and families. Since his release, he has become a mentor to other men released from prison after long sentences, including some released under the Unger decision, an appellate court decision that ruled many trials before 1980 were unfair because of faulty jury instructions. He fought for and was granted a new trial but the state's attorney's office immediately dropped the original charges against him because the state failed to hand over key evidence for his defense during the initial trial, including the responding officer's police report and a suspect composite sketch based on witness accounts.

Out for Justice: Nicole Hanson, Board President, Legislative Liaison & Carly Wais, Housing Justice and Social Equity Advocate

Out for Justice is an ex-offender, member-led organization seeking to change 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 to society.

Job Interview Practice

Workshop Sessions II, III - Library

Fred Chandler & Interviewer Team



Think About It: I've got an interview – What are they going to ask me? What do I wear? Get honest and positive feedback!

Bring your resume. You won't get another chance like this one. A number of volunteers who are professionals will meet with you individually or in a small group for these interviews.

Fred Chandler has extensive experience in job development and training services. He trains the interviewers for most effective practice interviewing.

Interviewer Team – You will be matched with a professional who will give you practical tips for skills and/or experience to add to your resume and will provide suggestions for what to emphasize during your interview.

Course Descriptions and Presenter Biographies

Moving Beyond the Number to Earning An Income

Workshop Session II – Classroom 1

Donna Rojas



Think About It: Do you wonder who will hire you when you go home? How do you handle work when it interferes with getting to know your family again?

This workshop will provide information to remove the stigma of being institutionalized behind the walls to being successful in the community, on the other side of the walls. Upon completion of this program, you will be able to: See yourself as employable and an asset to any company/ employer. Learn how to move beyond your criminal record to being a productive and unique woman in society. Build yourself from the inside out and enjoy your freedom.

Donna Rojas currently serves as Program Specialist and Coach at the Montgomery County Correctional Facility's American Job Center in Boyds, Maryland. She has over 14 years of experience in public health, case management, and training/coaching. Coach Rojas says, "We work on everything from resumes (job ready) to baby mama drama (life ready)." Passionate about building positive self-images through interactive training, people learn how to work, not just work. They can reintegrate with their families as well as network within their community. As a certified Offender Workforce Development Specialist (OWDS) and National Global Career Development Facilitator (GCDF), she helps the inmate population (especially the female population) to grow and maximize their strengths, reach their potential, and achieve positive results.

Your Banker as Your Partner in Achieving Money Goals

Workshop Session II – Computer Lab

Traci Horne



Think About It: Do you know women have both *financial* advantages and disadvantages in the investing world? How can banks help me with trusts, wills, health care directives and powers of attorney? How do I keep my money? How useful are savings accounts?

Change your life by taking control of your money. You will be encouraged to ditch costly check-cashing locations, pay-day loans and other predatory services and determine the types of accounts that best meet your needs, strategies for managing your money, building savings, planning for housing and other goals. Find out how your hard work today can build a solid financial foundation and benefit your future.

Traci Horne is a personal banker with Wells Fargo which invests in Maryland's schools and communities through corporate and foundation giving, and through its employee team member volunteer and community support programs. She is a Senior Relationship Manager who has also been a financial specialist. Her degree is in mass communications and public relations.

Course Descriptions and Presenter Biographies

The Medical Profession in Your Recovery from Internal and External Emotional Conflict

Workshop Session II – Classroom 5

Alisha Saulsbury & Bronwyn Hunter



Think About It: Help! What do I do if I've been diagnosed with a mental illness, trauma, addiction? What can I do to promote successful reintegration when I sometimes feel out of control? Is there recovery for me outside? How do I lead a productive life with my diagnosis? What if it's a family member?

Trauma hurts. You can recover; there is a promise of emotional and physical safety. You can experience feelings without impulsively acting on them. You can create goals for the future and achieve them. Learn the tools for living an optimal life filled with self-awareness, discovery, trust and courage by finding out what skills are needed to eliminate drama and abuse from your life. Trauma-informed medical professionals will deliver hope that you can heal. They will answer questions about what you need to heal from trauma and to deal with chronic illness, mental health, addiction, recovery, suicide prevention, anger management, and other medical concerns.

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 TAMAR (Trauma, Addictions, Mental health And Recovery) 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 and 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. She is particularly interested in using participatory methods to develop university-community partnerships to effect individual, community, and policy change.

Make Probation a Smooth Process

Workshop Sessions II, III – Classroom 2



Think About It: How does parole fit into my successful reintegration? Where does the DA fit in? When will I be finished with my sentence?

William Stevens, Lisa Thomas, LaShanta Harris, Esq. & Sonya Gomes King, Esq.

To successfully finish your sentence, you may have to remain under the supervision of the Department of Probation and Parole. Attend this workshop to find out how it will affect your transition back into society and to talk to attorneys who will explain the process when the state is required to prosecute and how to avoid a violation.

Course Descriptions and Presenter Biographies

William Stevens is Field Supervisor 1 assigned to the Upper Marlboro field office. Mr. Stevens served in the US Navy as a Cryptologic Technician aboard submarines. He 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, and joined 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 participates in activities with the Maryland Special Olympics.

LaShanta Harris, Esq. is a trial attorney at the U.S. Department of Labor. Prior to taking that position, she served as an attorney in the Office of the State Attorney for Prince George's County. She received her J.D. from Howard University. She is an active member of the Women Moving Forward conference steering committee.

Sonya Gomes King, Esq. is Assistant Attorney General in the Office of the Attorney General for the District of Columbia. Prior to her position there, she was an attorney in the Office of the State Attorney for Prince George's County. She is an active member of the Women Moving Forward conference steering committee. She received her B.S. and J.D. from Penn State University.

Walking in My Shoes

Workshop Session II – Visitor Room

Moderator: Mary Joel Davis / Panel: Christian Bowie, Julie May & Towanda Jones



Think About It: What do I say to people when I return home? What can I expect from my family, my children? How do I get help transitioning from prison to the community?

A panel of previously incarcerated women will describe their first-hand experiences on returning to the community. Panelists will recount their stories of what worked and what didn't. They will give tips for best practices on reentry.

Mary Joel Davis will moderate the panel. She is the founder and former Executive Director of Alternative Directions, a Baltimore-based nonprofit created to provide civil legal aid to women in prison. The organization has operated a program to help women make the difficult transition from prison to the community.

Course Descriptions and Presenter Biographies

Training to Plan Your Business

Workshop Session III – Visitor Room

Chris Wilson



Think About It: How do I decide what business to choose? Do I need a business plan? Where do I get help to make my business successful?

The presenter of this workshop is a successful serial entrepreneur who will share insights for doing business that will earn an income you can live on. He is in the business of second chances. He will talk to you about what it takes to own a business and what it's like to transition back into society from his own personal experiences.

Chris Wilson is the motivational speaker for the 2018 Women Moving Forward conference. He is an entrepreneur, mentor, and inspirational storyteller. See page 12 to review his complete bio.

Improve Your Relationship with Money

Workshop Session III – Computer Lab

Rev. Valerie S. Pearson & Christian Bowie



Think About It: Do you have a love/hate relationship with money? Would you like to have a healthy relationship with your money?

This workshop will empower and equip you to break your unhealthy ties with money. Earning money is important to live life in a meaningful way. This workshop will teach you how to live life on purpose with purpose. You will learn how to empower yourself to transform your thinking about money. Women who have worked on their relationship with money have transformed their lives. Possibilities are endless when you realize you control your thinking about money.

Rev. Valerie S. Pearson is a preacher, teacher, author, and founder of the nonprofit, A Remarkable Woman Ministry. Her book, *A Remarkable Woman, Discovering the Authentic You!*, encourages women to be transformed and learn about their true authenticity. Prior to founding the nonprofit, Rev. Pearson served in church management and ministry development as the Chief of Ministry Staff at the New Psalmist Baptist Church in Baltimore, where she managed a staff of nine full time ministers/lay persons and more than 80 ministries. She is a conference speaker, workshop presenter, and conducts leadership training for church staff, associate ministers, and ministry leaders.

Christian Bowie was previously incarcerated and will inspire you with her experiences in finding a way to make a successful living while transitioning into the community.

Course Descriptions and Presenter Biographies

Parenting and Mediation

Workshop Session III – Classroom 4

Frieda Dawkins & Leah Berry



Think About It: How will my children and family act towards me? How do I forgive or ask for forgiveness? Is there help with the anger and frustration? Is it possible to restore relationships and trust?

This workshop will explore ways to lessen the impact of your incarceration on your children and family. You will learn about healthy expectations when developing or redeveloping family ties. Mediation is a tool to consider when you return to society. It can be part of your strategy to reconnect with your family that you can take advantage of while still on the inside. This workshop will suggest strategies you can implement today.

Alfreda Robinson-Dawkins “Frieda” is a Baltimore native. She married early and gave birth to her son, David, at 15 years old. She divorced at 16. She taught in the public school system, then became a guidance counselor for Johns Hopkins University. She completed two Master’s Degrees while raising her son as a single Mom. She was indicted as a conspirator for making a phone call on behalf of her son who was selling drugs. She was sentenced to 10 years in Federal Prison. Her son was sentenced to 45 years. Upon her release in 2000, she founded the National Women’s Prison Project. After 13 years directing the nonprofit, she now does special projects to help non-profits flourish while still helping those involved in the criminal justice system.

Leah Berry is the Prisoner Reentry Specialist at the Anne Arundel Conflict Resolution Center. The mediation center provides quality mediation for inmates to resolve disputes with outside parties. It also provides conflict resolution workshops and anger management classes. Mediation is also for families. There are mediators especially trained to mediate between family members and parents and teens.

Using Mindfulness for Stress Reduction

Workshop III – Classroom 1

Nancy Gibson



Think About It: Do you know how a Tibetan bowl sounds and how it can relax you? How can you relieve your stress?

In this workshop you will learn techniques to reduce stress.

Nancy Lynch Gibson, LCPC, is a child/adolescent clinical counselor at Marian House. She holds a Masters of Arts in Pastoral Counseling and a Masters Plus in Psychology. She has counseled victims of domestic violence and sexual assault as well as provided rehabilitation services. She was a program supervisor at a residential home for vulnerable, abused, and homeless youth for ten years.

Course Descriptions and Presenter Biographies

My Life, My Needs, My Journey

Workshop III – Post 27 Conference Room

Jocelyn Alexander & Thalia Bishop



Think About It: What will I do on the day after I'm released from MCIW? How about all the days after that?

Take a needs assessment in this interactive workshop to re-focus and focus on your life and how to effectively make a successful transition home. Take this time to work on an achievable plan for your future. You will learn techniques for success in this workshop.

Jocelyn Alexander (MA, EdS) is an educator who is a native Washingtonian. She provides educational consulting and training. She has worked as a family support partner helping families to navigate social, educational, and judicial systems. She has advocated for a “wraparound systems” process for social, educational, and judicial systems work with 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 in 2012 and an M.S. degree in Clinical Psychology at Loyola University Maryland in January 2016. 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 the Zicklin School of Business, Baruch College CUNY. She has over ten years of experience in the business sector, including administrative, supervisory, and training roles.

Velvet Johnson, Esq. is an attorney and political strategist with experience in defense, foreign policy, and intelligence. In 2014, she was appointed by President Obama to serve as a 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 served as Senior Counsel to the U.S. Senate Homeland Security and Governmental Affairs Committee.





Some people
Cross your
path and
Change your
whole life
direction

