

October 1, 2022

CREATING YOUR PLAN FOR SUCCESS

**2022 Women Moving Forward Conference
Maryland Correctional Institute - Women**

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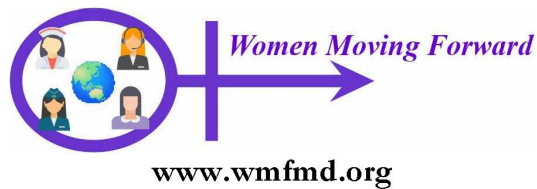
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**Conference Date:**

Saturday, October 1, 2022

Co-Chairs:

Acting Warden Geneva Holland
Hon. Julia B. Weatherly
Shawn M. Flower, Ph.D.

Conference Coordinator

Cadee Eberhardt

2022 Steering Committee:

Elizabeth Adams
Asabi Ayoluwa
Hon. Monise Brown
Rachael Campbell
Richard Chambers
Margaret Chippendale
Mary Joel Davis
Laurie Denham
Mary Pat Donelan
Chief Genieve Goddall
Carol Harmon
Aniya Lewis
Richard Mattingly
Brenda McChriston
Casey McKeel
Rev. Cheryl Mercer, Ph.D.
Hon. Beverly Nash
Virginia Ngugi
Asst. Warden Tikaya Parker
Donna Rojas
Hon. Cathy Hollenberg Serrette
Denise Smith
Roseanna Vogt

Dear Conference Attendees,

The Women Moving Forward Committee, its members, and the National Association of Women Judges are pleased to welcome you to the 2022 conference. After two years of delay due to the COVID-19 pandemic, we were excited to hear that we were invited back to MCIW for an in-person conference. This year's theme is *Creating Your Plan for Success*. Our goal is to encourage you to not only anticipate the challenges you will face when returning to your communities, but to create a viable plan. The volunteers and speakers at this conference want women at MCIW to feel that they are welcome at home.

We began our planning for this conference meeting with several women at MCIW to identify the issues most important to them. Based on their input, we will begin our day with a morning program focused on employment. In addition to our plenary speakers, several experts in employment readiness will join us for interactive discussions in small groups. After our luncheon, catered by Biddle Street Catering, we will have a dynamic duo presenting you with helpful mental health tips. We will offer workshops on many topics from which our conference participants can choose during the afternoon session. Following the workshops, we will regather with role models of success stories from women who have been at MCIW and are now well established in their re-entry journey.

The Women Moving Forward Conference website, www.wmfmd.org, contains a wealth of guides to resources in the community.

After your release, you can go to the website and get information to help you locate services and support.

We wish to thank Virginia Ngugi and the staff at MCIW for their work and assistance with this conference.

Sincerely,

Your co-chairs,

Julie Weatherly

Hon. Julia B. Weatherly

Geneva Holland

Acting Warden Geneva Holland

Shawn Flower

Dr. Shawn Flower



CONFERENCE SUCCESS PLAN

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.).

Table Session and Workshop Conduct

- Take brief notes of main points.
- Participate in the table session and workshop discussions.
- Respect and listen to others' opinions and thoughts.
- Keep side conversations to a minimum.

Conversation Starters

- Always remember that a warm smile and a friendly greeting go a long way.
- Prepare questions before you speak.
- Listen attentively to the reply; do not interrupt.

Application

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



AGENDA

Time	Activity	Location
9:00-10:00 am	Welcome Employment Plenary Panel	Gymnasium
10:00-11:30 am	Employment Table Session	Gymnasium
11:30 am-12:15 pm	Lunch	Gymnasium
12:15-1:00 pm	Managing Mental Health and Yoga Speakers	Gymnasium
1:10-2:00 pm	Workshop I	See Schedule
2:05-2:55 pm	Workshop II	See Schedule
3:00-3:15 pm	Submit Evaluations / Distribute Gift Bags	Gymnasium
3:15-3:45 pm	Closing Keynote Speakers	Gynasium
3:45-4:00 pm	Closing Ceremonies	Gynasium

RENEE MATTHEWS

Challenges: Getting used to being free after 25 years of incarceration.

Advice: I try to remain positive with the support of family and friends. To maintain a positive attitude and be a contributing member of my community, I keep praying, believing, and trusting in God.

The best thing about being home: One of the essential life-changing experiences was being able to see my only child for the first time.



GOAL
Getter

EMPLOYMENT PLENARY PANELIST

Anne-Marie Gentry is a Fiscal Account Tech II at Maryland Correctional Enterprises (MCE). Anne-Marie works with the Cost Accounting Department, maintaining MCE's database for over \$11 million in inventory, assigning item numbers and updating costs as needed. She also works hand in hand with the Chief Fiscal Officer, assisting with financial statement preparation, general ledger maintenance, and has recently been given the responsibility of managing a \$1.6 million budget for the Maryland Department of Health AIDS Administration. In her free time, Anne-Marie loves learning new skills and uses her knowledge to assist her colleagues in accomplishing MCE's mission. Outside of the office you can find Anne-Marie spending quality time with her grandchildren or at home snuggled up with her rescued kittens.



EMPLOYMENT PLENARY PANELIST

Donna Rojas, aka Coach Rojas, has over 20 years of public administration experience, program coordination, project management, public health, case management, and training/coaching experience. For more than nine years, she was actively engaged on the “frontlines,” working with pre-and-post released incarcerated individuals in local correctional settings in Maryland. Donna has been dedicated to improving the lives of justice-involved individuals by delivering passionate and inspirational education and reentry programming.

Donna has a degree in Criminal Justice with a concentration in Human Services. She is certified as an Offender Workforce Development Specialist (OWDS), Offender Workforce Retention Specialist, National Global Career Development Facilitator (GCDF), and Tobacco Addiction Specialist.

Donna’s mission is to serve, empower, and motivate those currently in or reintegrating into “OUR” community.



EMPLOYMENT PLENARY PANELIST

Janet K. Lane is the Director of Reentry Services and the C.A.R.E.S. Program of Maryland Correctional Enterprises (MCE). Janet leads MCE's reentry efforts, which provide pre and post-reentry support and classes for MCE program participants.

She has dedicated over 25 years to serving the justice-involved population, having worked in corrections, parole and probation, and community reentry for two counties.

Janet was also the Director of Maryland's Justice Reinvestment Act implementation. She has taught countless reentry classes in several state prisons and detention centers, including in a maximum security mental health prison unit in Massachusetts.



SARAH CITRONI

Challenges: Preparing all of my medical contacts and general paperwork and bus routes. But with a little diligence and some help, I'm feeling confident with everyday tasks.

Advice: You have to make small goals and work from the inside so that they are achievable when you are released. Network NOW! Talk to and shake hands with everybody you meet. Each new person is a potential resource.

The best thing about being home: Being free and feeling a sense of self-respect that is stripped of you while you're on the inside. I know that the world is my oyster. When faced with a setback I lean on those who have come before me. I called friends who have been successful once released, and I remember what I've been through is worse than what I'm going through now. It's not just about steering clear of infractions but carrying yourself with dignity and integrity daily. The impressions you make on those around you go a long way.



dream

EMPLOYMENT TABLE SESSION

10 Commandments of Keeping a Job

- I. Be on time
- II. Call in if you will be absent/tardy
- III. Try your best, finish your assignment
- IV. Anticipate management's needs
- V. Show a positive attitude
- VI. Avoid backstabbing/gossip
- VII. Follow the rules
- VIII. Look to serve/help co-workers
- IX. Don't criticize boss or company
- X. Volunteer for new assignments



EMPLOYMENT TABLE SESSION

Table Discussion

- Which of these commandments are the most important?
- Which of these do you think you will have the hardest time following?
- Which adjectives that we generated do you want to work on?
- Is there anything else that you think will be important?



MARYLAND AMERICAN JOB CENTERS (AJC) (32 Centers)

(E) = Aqui se habla español (8) (ELA) = English Classes (7) (AE) = Adult Ed. Classes (1) (FS) = Full Service Center (20) (S) = Satellite Center (12)

ANNE ARUNDEL COUNTY

(FS) Anne Arundel County Career Center
613 Global Way
Linthicum, MD 21090
Phone: 410-424-3240 / Fax: 410-508-2002

(S) Fort Meade Outreach Center

(For Military and Spouses)
Building 4432
Fort Meade, MD 20755
Phone: 410-674-5240 / Fax: 410-674-6509

(S) Business Solution Center BWI

BWI Thurgood Marshall
International Airport
P.O. Box 46024
BWI Airport, MD 21240
Phone: 410-684-6838

BALTIMORE CITY

(FS) Eastside One-Stop Career Center
3001 E. Madison Street
Baltimore, MD 21205
Phone: 410-396-9030 / Fax: 410-396-4063

(FS) Northwest One-Stop Career Center

(home of the Re-entry Center)
Mondawmin Mall – Suite 302
2401 Liberty Heights Avenue
Baltimore, MD 21215
Phone: 410-396-7873 / Fax: 410-523-0970

BALTIMORE COUNTY

(E) (ELA) (FS) Baltimore County Workforce
Development Center at Eastpoint
7930 Eastern Avenue
Baltimore, MD 21224
Phone: 410-288-9050 / Fax: 410-288-9260

(FS) Baltimore County Workforce

Development Center at Liberty Center
3637 Orfutt Road
Randallstown, MD 21133
Phone: 410-887-8912 / Fax: 410-496-3136

(FS) Baltimore County Workforce

Development Center at Hunt Valley
11101 McCormick Road, Suite 102
Hunt Valley, MD 21031
Phone: 410-887-7940 / Fax: 410-329-1317

CARROLL COUNTY

(ELA) (FS) Carroll County Workforce
Development
224 N. Center Street
Westminster, MD 21157
Phone: 410-386-2820 / Fax: 410-876-2977

FREDERICK COUNTY

(FS) Frederick County American Job Center
200 Monroe Ave., Ste. 1
Frederick, MD 21701
Phone: 301-600-2255 / Fax: 301-600-2906

HOWARD COUNTY

(E) (FS) Columbia Workforce Center
7161 Columbia Gateway Drive, Suite D
Columbia, MD 21046
Phone: 410-290-2600 / Fax: 410-312-0834

LOWER SHORE

SOMERSET, WICOMICO, WORCESTER
COUNTIES

(E) (ELA) (AE) (FS)

Lower Shore American Job Center
31901 Tri-County Way, Suite 111
Salisbury, MD 21804
Phone: 410-341-6515 / Fax: 410-341-3735

MONTGOMERY COUNTY

(E) (ELA) (FS) WorkSource Montgomery
American Job Center
11510 Georgia Avenue
Wheaton, Maryland 20902
Phone: 301-929-4350 / Fax: 301-929-4383

(E) (FS) WorkSource Germantown

American Job Center
12900 Middlebrook Road
Germantown, MD 20874
Phone: 240-406-5485 / Fax: 301-685-5569

PRINCE GEORGE'S COUNTY

(E) (ELA) (FS) AmericanJob Center -
Largo

1801 McCormick Drive, Suite 120
Largo, MD 20774
Phone: 301-618-8425 / Fax: 301-386-5533

(S) AmericanJob Center – National Harbor

6800 Oxon Hill Road, Suite 298
National Harbor, MD 20745
Phone: 301-968-1658

(S) Youth Career Center

5001 Silverhill Road, Suite 310
Hillcrest Heights, MD 20746
Phone: 301-316-9812

SOUTHERN MARYLAND

CALVERT COUNTY

(S) Southern MD JobSource
District Court Building, 1st Floor, Suite 1900
Prince Frederick, MD 20678
Phone: 443-550-6728

CHARLES COUNTY

(E) (FS) Southern MD JobSource
175 Post Office Road
Waldorf, MD 20602
Phone: 301-645-8712 / Fax: 301-645-8713

(S) Youth and Young Adult Center

50 Post Office Road, Suite 103
Waldorf, MD 20602
Phone: 301-374-8199

SAINT MARY'S COUNTY

(S) Southern MD JobSource
21795-F N. Shangi-La Drive
Lexington Park, MD 20653
Phone: 301-844-6404 / Fax: 240-237-8384

SUSQUEHANNA REGION

CECIL COUNTY

(FS) Susquehanna Workforce Center - Elkton
1275 West Pulaski Hwy
Elkton, MD 21921
Phone: 410-996-0550 / Fax: 410-996-0555

HARFORD COUNTY

(FS) Susquehanna Workforce Center – Bel
Air

Mary Risteau Building
2 South Bond Street, Suite 204
Bel Air, MD 21014
Phone: 410-836-4603 / Fax: 410-836-4640

(FS) Susquehanna Workforce Center – Swan
Creek

2021-D Pulaski Highway
Havre de Grace, MD 21078
Phone: 410-272-5400 / 443-327-8763

UPPER SHORE

CAROLINE COUNTY

(S) American Job Center - Denton
300 Market Street, Suite 201
P.O. Box 400
Denton, MD 21629
Phone: 410-819-4549 / Fax: 410-819-4503

DORCHESTER COUNTY

(S) American Job Center - Cambridge
416-418 Race Street
Cambridge, MD 21613
Phone: 410-901-4250 / Fax: 410-221-1817

KENT COUNTY

(S) American Job Center - Chestertown
115A Lynchburg Street
Chestertown, MD 21620
Phone: 410-778-3525 / Fax: 410-778-3527

QUEEN ANNE'S COUNTY

(S) American Job Center - Centreville
125 Comet Drive
Centreville, MD 21617
Phone: 410-758-8044 / Fax: 410-758-8113

TALBOT COUNTY

(E) (ELA) (FS) American Job Center -
Easton
301 Bay Street, Suite 301
Easton, MD 21601
Phone: 410-822-3030 / Fax: 410-820-9966

WESTERN MARYLAND

ALLEGANY COUNTY

(FS) Allegany County American Job Center
McMullen Building
138 Baltimore Street, Suite 102
Cumberland, MD 21502
Phone: 301-777-1221 / Fax: 301-784-1702

GARRETT COUNTY

(S) Garrett County American Job Center –
Western Maryland Consortium
23789 Garrett Highway
McHenry, MD 21541
Phone: 301-334-8136 or 8137
Fax: 301-359-0324

WASHINGTON COUNTY

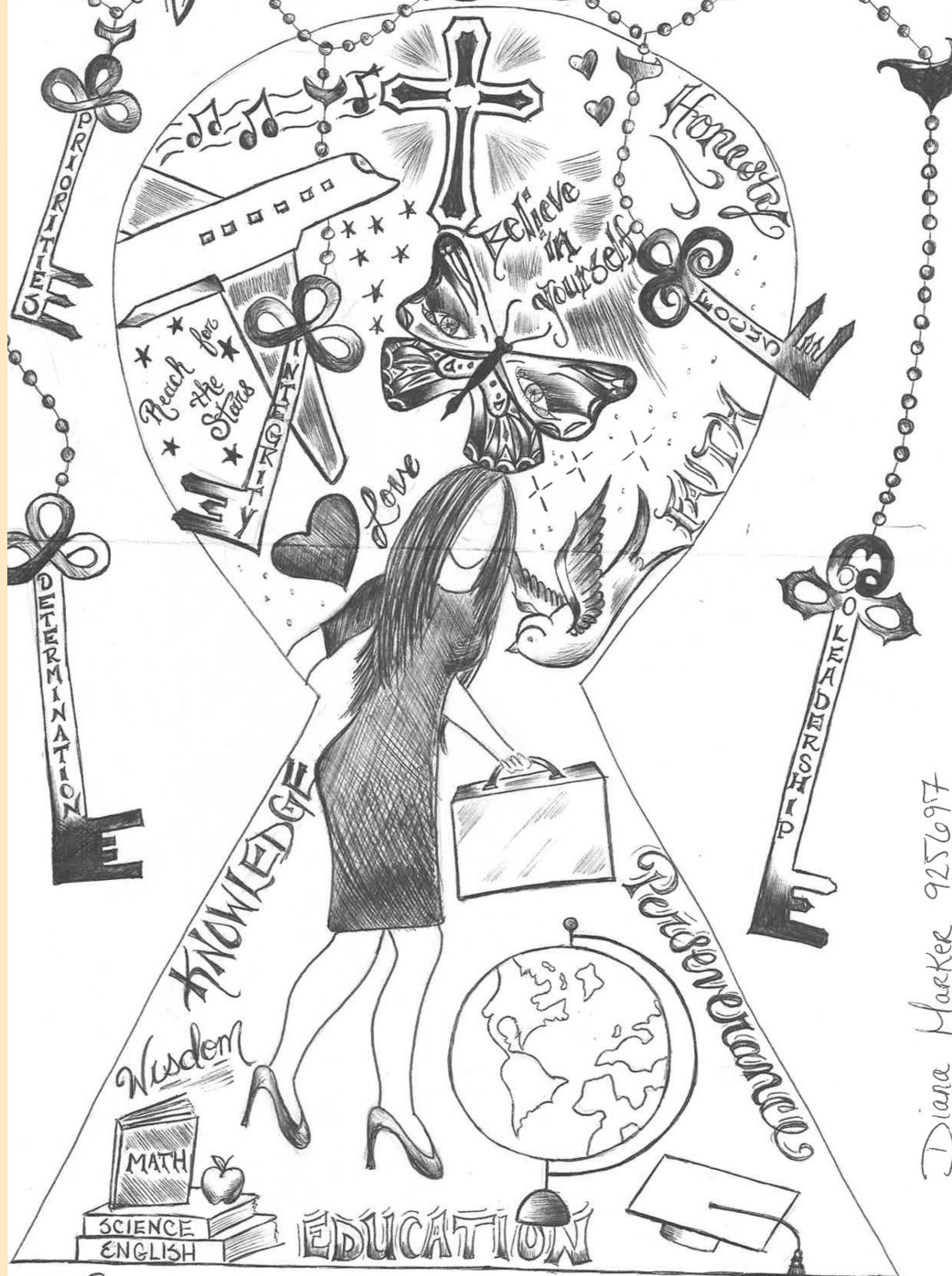
(FS) Washington County American Job
Center
14 N. Potomac Street, Suite 100
Hagerstown, MD 21740
Phone: 301-393-8200 / Fax: 301-791-4673



"Maryland's American Job Center system, a proud partner of the American Job Center network, is an equal opportunity employer/program committed to diversity in the workplace. We do not discriminate on the basis of race, religion, color, sex, age, sexual orientation, national origin, or disability. Please contact a local American Job Center to make arrangements for auxiliary aids, interpreter services, and reasonable accommodations."

Revised: April 2022

Keys to Success



Diana Marker 925697

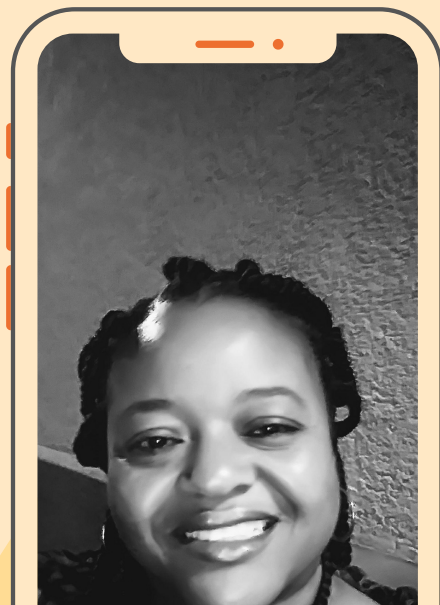
When you do positive things... positive results will follow

TOWANDA JONES

Challenges: Being responsible for myself. I have to pay bills (something new to me), and manage my car, home, and my baby (Thor), while I continue to work full time.

Advice: No matter how hard it gets, keep believing in yourself and never give up. There will be times when you feel as if you can't do it. You have to put forth the effort and strive for what is best for and in you; your freedom. Take every opportunity that is offered to you, all things count when you are trying to maintain a meaningful life beyond institutions. When you plan to succeed, don't rush, set goals for yourself and accomplish them. It really makes a difference.

The best thing about being home: Being home with my family. I can visit whenever I want, talk on the phone without it cutting off in 30 minutes, attend family reunions, and love on everyone all at once without a set number of people whom I can see. Time means everything to me when it comes to my family and I will never take it for granted. Just to see, touch, talk, love, sleep, eat, and work a real paying job is priceless.



*Stay
Fearless*

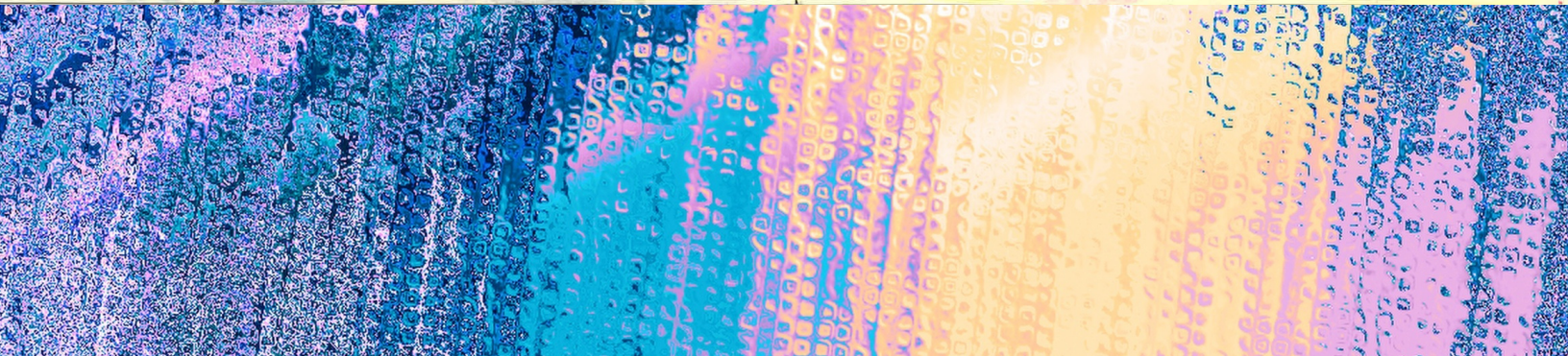
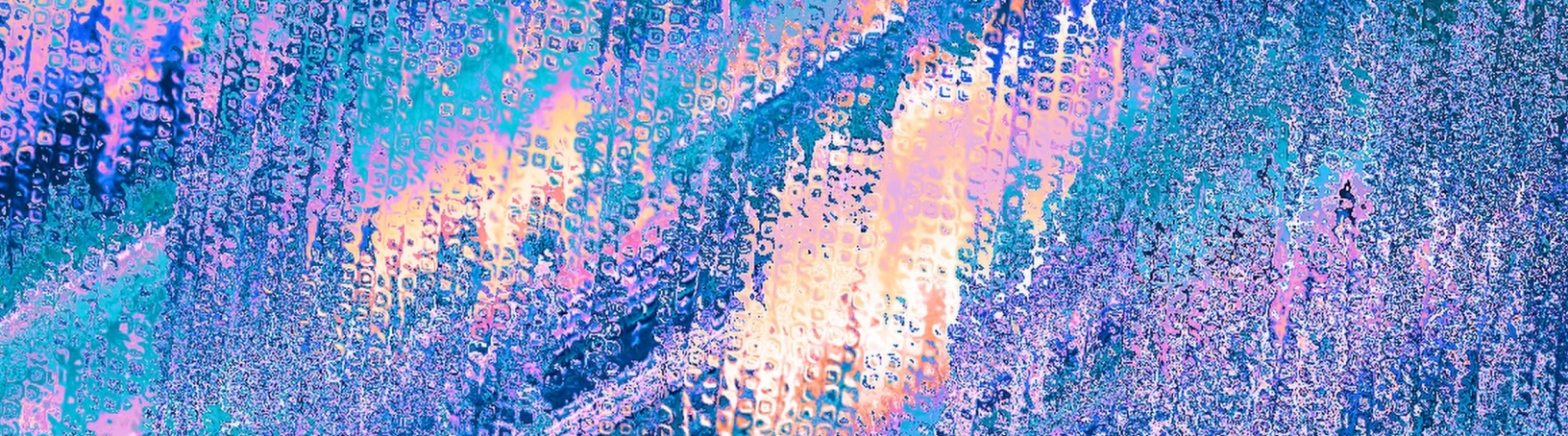
MANAGING YOUR MENTAL HEALTH

A discussion and overview of the challenges and triggers that may arise as you return to the community. This session is designed to provide you with useful coping skills and self-care strategies for mental health and physical well-being to manage those challenges.

Anshu R. Basnyat is the owner of The Empowered Parent and a Licensed Clinical Professional Counselor (LCPC) with over 20 years of clinical experience! Anshu works with individuals, couples, and families who suffer from a variety of issues including anxiety, depression, relationship problems, and/or work-life balance. Anshu enjoys working with people to help them reach their highest potential and life satisfaction. In her spare time, she enjoys traveling, interior decorating, and spending time with family and friends!

Dr. Alexandra S. Wimberly is an Assistant Professor at the University of Maryland School of Social Work. Her research seeks to support people with substance use disorders and criminal and legal system involvement. She is also interested in complementary health approaches for chronic, acute, and everyday stress. As a therapist, she works with individuals and couples to tap into their existing intuition in order to live with greater awareness, peace, and compassion.

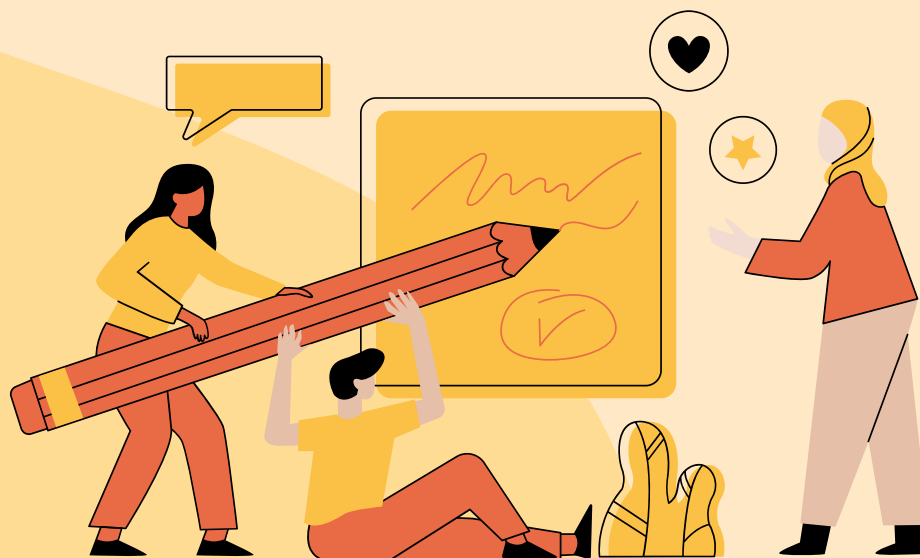




WORKSHOPS

Schedule At-A-Glance

Course Title	Location
My Healthcare-Overcoming Fear & Doubt	Classroom 1
Social Media Etiquette	Classroom 2
Connections, Connections	Classroom 4
Honey, I'm Home	Classroom 5
Me & My P.O.	Post 27 - Library





COURSE DESCRIPTIONS

Social Media Etiquette

Description: What is a post? What are platforms? Who can see what I write? How much can I share? These questions will be addressed in this workshop to help ease anxiety, but also to share the power of social media, with its do's & do not's in personal and professional life. It will also address safety protocols.

Speaker: Elizabeth Adams, Esq. is an attorney with a long career in the public sector. She has reviewed social media posts, texts, emails, and other speech for constitutionality and offensive content, advising her clients about disciplinary matters arising out of speech in or out of the workplace. She has handled employee discipline against employees who have violated policies regarding inappropriate or offensive speech.

Connections, Connections

Description: A multi-faceted source of support can be the key to successful reentry. This workshop delivers tips on sources and resources that a variety of connections can bring to empower and aid reentrants to gain a balanced footing in their personal lives, families, communities, and society overall.

Speaker: Gavata King-Smith is an IT professional and systems trainer for the Federal Government. She is also a licensed minister, and mentors women returning home from incarceration. She is the author of *Get Yourself Together First*.



COURSE DESCRIPTIONS

Honey, I'm Home

Description: Stepping into the role of caregiver, nurturer, working woman, student, and budget director of the home and family after incarceration can be daunting. This workshop promises to address real-life strategies for meeting these reentry challenges.

Speaker: Kelli Davis works as a life coach while working for a mental health facility and working with women at a homeless shelter.

My Healthcare-Overcoming Fear & Doubt

Description: Women's Healthcare is an umbrella under which an overabundance of conditions, choices, decisions, and treatment options are found. It's important that women hear from a female practitioner who can help them to address practical approaches to self-advocacy with proactive measures to secure a healthy future post-release.

Speaker: Dr. Chimene Liburd is a Doctor of Medicine, Board Certified in Internal Medicine, with expertise in healthcare management. She is currently a healthcare consultant, mentoring young startup founders, physicians, and students interested in healthcare. Her mission is to ensure equitable access to healthcare for all.



COURSE DESCRIPTIONS

Me & My P.O.

Description: The roadmap to reentry begins with a plan of action prescribed by Parole & Probation. In this workshop, participants will hear from and interact with Parole Officers who explain their role in assisting reentrants to return home successfully.

Speakers: Shari McCoy, Kaeshawn Stewart, Martha Danner, and Juanita Myers are employed by the Maryland Division of Parole and Probation, and have extensive experience working with returning citizens to successfully complete the conditions of their parole or probation.

LIZ TREMONTE

Challenges: Getting a job that didn't care about my background. I had two jobs working on a horse farm for the first two years and I have been working on cars for the last year. I may be working at a donkey rescue making more money in the near future. Budgeting my money has been hard because I am a part of the International Barrel Racing Association (IBRA) for Maryland which means membership fees, race fees, etc.

Advice: Make sure you have a good support system and a stable place to go. It is important to take one day at a time because it's not as easy as it seems when you come home; you will hit many roadblocks. Make sure you stay strong and don't let it stop you. Always stay positive and prepare for your parole hearing in advance.

The best thing about being home: Being able to be around all my dogs and help my parents. What tops everything off is that I still had my horse and was able to get back into jumping and start barrel racing as I have always wanted to do. I have even rescued another horse and bought another for barrel racing.



*** I CAN & I WILL ***

EDUCATION
FAMILY
SURVIVAL

HEALING
JOB OPPORTUNITIES
BETTER CHOICES

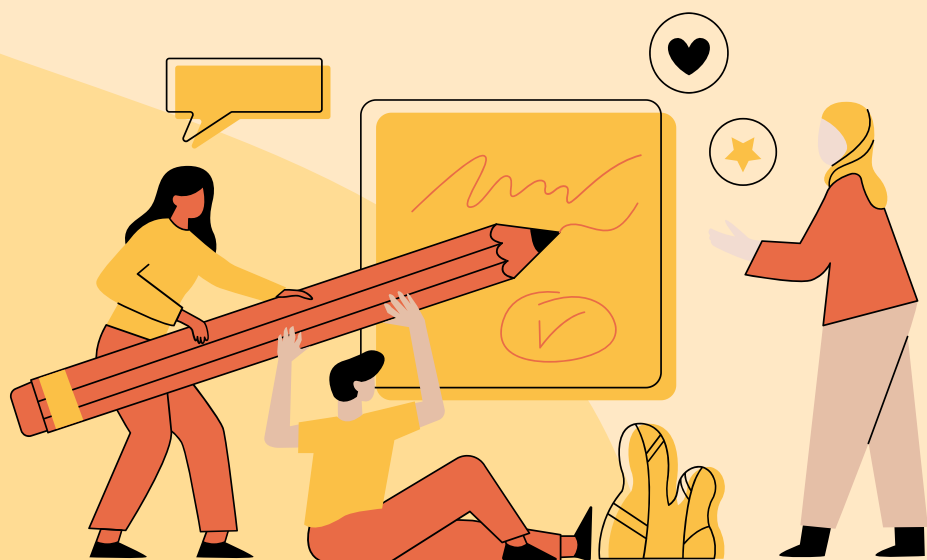
Life is
an
Open Book

PLAN FOR
your
CHAPTER

S. Perry

CLOSING KEYNOTE SPEAKERS

*Carlita (Asabi) Brown
&
Vivian Day*

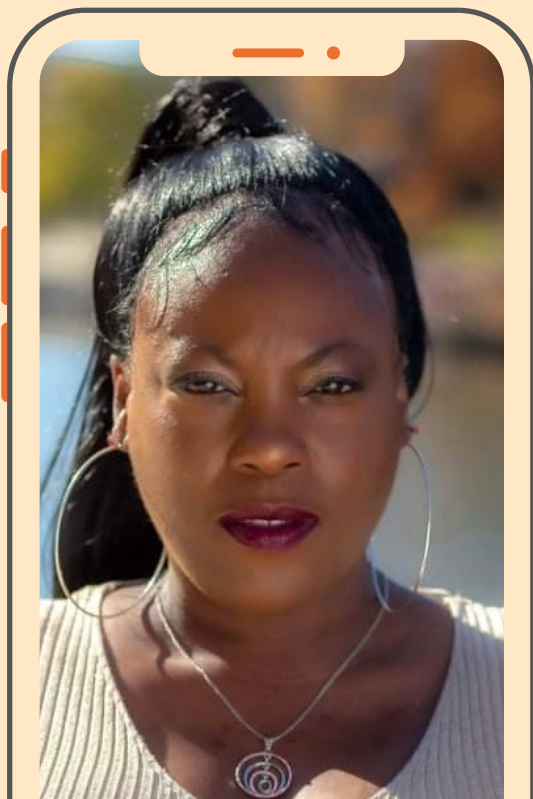


CARLITA (ASABI) BROWN

Challenges: Psychologically adjusting and social engagements

Advice: Have a plan before being released. Your process is not going to look like everyone else's. Create a realistic plan and work on your internal issues now. Forgive, let go, and move forward learning and loving yourself. Discover the woman you want to be, discover your purpose, and desire to be amazing because you have purpose and promise. Lastly, understand that you take yourself everywhere you go. It is imperative that you work on your internal being before being released.

The best thing about being home: I was released to the Mariam House. I currently work for Pivot as a Personal Success Coach Manager and Case Manager. I can experience the things I once dreamed about and talked about to others. When I face difficult challenges I talk to my team or therapist, or I sit still because sometimes I make things difficult.



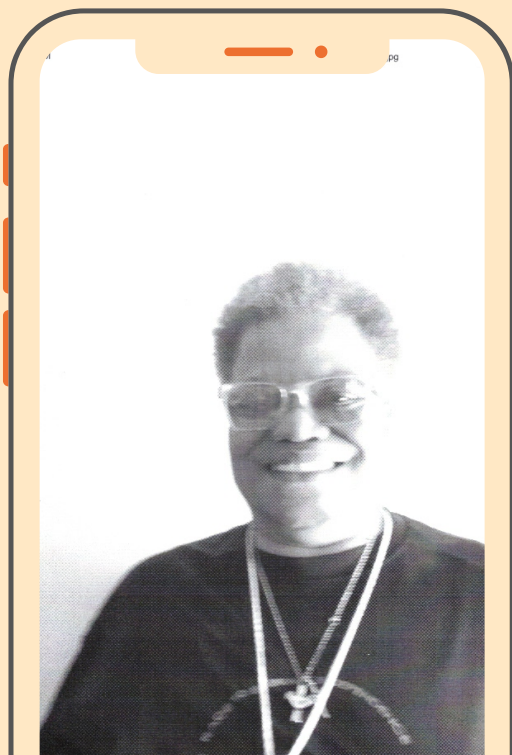
BE
BRAVE

VIVIAN DAY

Challenges: My transition from spending 13 years in prison to now has been both trying and favorable. My everyday challenges are driving and technology. No one stops at red lights or stop signs anymore. I drive like Ms. Daisy's great-grandmother. I can't seem to catch up with today's technology. I call on my 10-year-old nephew to help me with my phone and computer.

Advice: Have a home plan, start with positive people, places, and things. Keep looking up...the view is better.

The best thing about being home: I was able to visit mom three times in San Diego, California before she passed. I completed my Marian House stay and now volunteer as a Peer Recovery House Specialist with the Light of Truth Organization. Overall, I've learned to be a little more patient, and submissive, and be consistent in prayer in all that I do. Mary Joel and a host of others have been a great help with helping me in many areas.



*just
breathe*

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NOTES

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NOTES

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NOTES

are you
ready?



By: Marlaine Rose