

VOTING P6.1
RAMONEVANS SPOTLIGHT P6.2
SUMMER EVENTS P6.2
MEET THE TEAM P6.2
BEES IN THE D P6.3
READ / WATCH / LISTEN P6.3
THERAPY: WHAT IT IS AND WHERE TO FIND IT P6.4

### **UPCOMING EVENTS**

### OBA WILLIAMKING: POETIC STORYTELLER Join nationally known storytelling and musician Oba William King for a celebration of African-American history &

Saturday, June 2 3:00-4:00pm Detroit Public Library 5201 Woodward Ave. Detroit, MI 48202 FREE

### STARTING A BUSINESS WORKSHOP

A workshop designed for individuals who are at the beginning stages of starting a business. It will help aspiring entrepreneurs assess their abilities to lead and manage a company, as well as evaluate market and sales potential for their products/services.

Call (248) 858-0783 for more information

Tuesday, June 5 9:00-11:30am Michigan Works! Southfield 21415 Civic Center Dr., Suite #116 Southfield, MI 48076 FREE

GREGORY PARDLO WITHSPECIAL GUESTPEACEBELL Pulitzer Prize winning poet Gregory Pardlo will discuss his latest book, Air Traffic: A Memoir of Ambition and Manhood in America, featuring readings by special guest poet Peace Bell.

Saturday, June 9 2:00-4:00pm Detroit Public Library 5201 Woodward Ave. Detroit, MI 48202 FREE

## YOUR BEST LIFE WORKSHOP SERIES:

THEEASTERNMARKET
Sunday, June 24
2:00-4:00 PM
SADO Office
645 Griswold, Suite 3300
Detroit, MI 48226
ERFF

#### **GMRENCENROOFTOP YOGA**

Every Wednesday in June 5:00-6:00 pm Beaubian Place Garage 521 Atwater St. Detroit, MI 48226 FREE

### ARE YOU EXERCISING YOUR RIGHT TO VOTE?

by Anitha Mohan

The ability to vote in local, state, and national elections is a basic right for a citizen of the United States. Voting allows us to declare where we stand on important issues and ensure the individuals we elect to represent us truly do just that. Michigan is one of 14 states where an individual who was incarcerated is eligible to vote immediately upon release. This means that even when you are on parole or probation, you are still able to cast a vote in any election.

Registering to vote in Michigan just takes a few quick steps.

You can register to vote:

- In Person. You can go to any Secretary of State branch office in Michigan OR go to your county, city, or township clerk's office. You can also register to vote when you are applying for services at any state agencies that provide public assistance, such as Medicaid, SNAP benefits, or disability services.
- By Mail. You can fill out a mail-in voter registration application and mail it to your local clerk office. You can get mail-in voter registration applications from any county, city, or township clerk's office, from most public libraries, or download the form online at <a href="http://www.michigan.gov/vote">http://www.michigan.gov/vote</a>.

Once you are registered to vote, you can find the closest polling place to you by calling (888) 767-6424 or online at <a href="https://webapps.sos.state.mi.us/MVIC/">https://webapps.sos.state.mi.us/MVIC/</a>.

It is crucial to register to vote 30 days before an election if you want to exercise this important right. This year, there are some very important statewide elections in Michigan. There is a state primary and a state general election. During the primary, which will be this August, voters from the Republican, Democrat, and Libertarian parties will choose their nominees. Then, in the general election, which will be this November, voters will elect a new Governor of Michigan, as well as other important roles, such as Secretary of State, Attorney General, state senators, state representatives, members of the Michigan Supreme Court and U.S. senators and representatives.

Source: ACLU of Michigan

IMPORTANT DATES FOR VOTING IN MICHIGAN

JULY 9, 2018
LAST DAY TO REGISTER FOR THE AUGUST STATE PRIMARY

OCTOBER 9, 2018
LAST DAY TO REGISTER FOR THE
NOVEMBER STATE GENERAL
ELECTION

AUGUST 7, 2018 STATE PRIMARY ELECTION

NOVEMBER 6, 2018 STATE GENERAL ELECTION

## **THANK YOU!**

Project Reentry would like to thank First United Methodist Church of Birmingham for donating clothes and toiletries to clients on the day of their release from prison!

IF YOUHAVE RECEIVED ONE OF THESE BACKPACKS AND WOULD LIKE TO SEND A PERSONALIZED THANK YOUNOTE PLEASE CONTACT ELIZABETH

1

# **SUMMER IN THE D**

CHECK OUT THESE FREE ACTIVITIES HAPPENING ALL SUMMER LONG IN DETROIT!

### **VISITEASTERNMARKET**

Address: 2934 Russel St., Detroit, MI 48207 Hours: Every Tuesday, June 5-September, 9:00 a.m.-3:00 p.m. Every Thursday, June 21-September 20, 5:00 p.m.-10:00 p.m. Every Sunday, June 3-September 30, 10:00 a.m.-4:00 p.m. Admission: Free!

You can use your Bridge Card to shop at the Market. Visit the Welcome Center (1445 Adelaide St., Detroit, MI 48207) Saturday 7:00 a.m.-4:00 p.m. Tuesday 9:00 a.m.-3:00p.m.

or Sunday 10:00 a.m.-4:00 p.m. to receive tokens.

### VISITDABL'SMBAD AFRICANBEADMUSEUM

Address: 6559 Grand River
Ave., Detroit, MI 48208
Phone: (313) 898-3007
Hours: MondaySaturday, 12:00
p.m.-7:00 p.m.
Admission:
Free!
Adm

# VISIT THE DETROIT INSTITUTE OF ARTS

Address: 5200 Woodward Ave., Detroit, MI 48202 Phone: (313) 833-7900 Hours: T, W, TH 9:00 a.m.-4:00 p.m.

Friday, 9:00 a.m.-10:00 p.m. Sat. & Sun., 10:00 a.m.-5:00 p.m.

Admission: Free for residents of Wayne, Macomb, and Oakland Counties; bring a valid ID with your address!



CLAIRE NAGEL

**HOMETOWN** LeClaire, IA

### PROJECT REENTRY TEAM MEMBER SINCE

January 2018 MSW, Law Intern

### **HOBBIES & INTERESTS**

Reading fiction, discovering new music, watching Hawkeye football and Cubs baseball, singing in my a cappella group, and spending time with my friends, family, and my cat, Melrose.

### MESSAGE TO THE COMMUNITY

I am so grateful to be a part of the Project Reentry
Team here at SADO because the clients we get to
work with are so wonderful! I feel humbled each
day by the stories our clients share with us,
motivated to work hard to ensure successful
transitions for clients, and inspired by our
clients' successes.

### WATCH A MOVIE OUTDOORS AT NEW CENTER PARK

Address: 2998 W. Grand Blvd., Detroit, MI 48202 Hours: Movie screenings Wednesday and Friday evenings, June 1-September 14 Doors open at 8:00 p.m. in June and July, at 7:30 in August, and at 7:00 in September. Movies start at sunset.

Go to <u>www.newcenterpark.com</u> for a schedule of which movies are showing.

Admission: Free!

FUN EVENTS ARE
HAPPENING ALL OVER.
TO FIND FREE EVENTS IN YOUR
AREA, WE SUGGEST SEARCHING
"FREE EVENTS (YOUR CITIES NAME
HERE)" INTO GOOGLE. IF THAT DOESN'T

WORK.FEELFREE TO CONTACT US FOR

DON'TLIVEIN

**DETROIT?** 

ASSISTANCE!

# **CITIZEN SPOTLIGHT**

RAMON EVANS RELEASED JANUARY 2018 **HOMETOWN**Detroit, MI

### **HOBBIES & INTERESTS**

Bike riding and rollerskating around the neighborhood and spending time with family. Work and school are keeping him busy, but he plans to get back into playing the drums. His favorite genre to play is jazz, his favorite artists being Paul Brown, Norman

Brown, and Gary Taylor. Traveling is also an interest, and he hopes to go as far as the Dominican Republic once he's off supervision.

### SUCCESSES SINCE RELEASE

Learning how to weld, getting his driver's license, overcoming difficult family conversations and dynamics, and overall, being able to live up to the expectations he set for himself. Transitioning back to society has been an adjustment but he's happy to say that he's been able to do everything that he's wanted to do thus far.

### STRUGGLES SINCE RELEASE

It's hard to get back with your family after being gone for so long. Navigating a relationship with his daughter and re-establishing trust has been a process. It's easy to make promises that you can't keep, so he's been committed to keeping his word to better his relationships.

### MESSAGE FOR THE COMMUNITY

"Stay focused and don't let the temptations of society jeopardize your freedom. When you come up against something, think about all of the people that have supported you thus far. Even if I let myself down, I don't want to let my supporters down—that's what keeps me motivated to keep working. Prove to society that you are worthy of this second chance. My support system has been everything for me. We need that support—thank you to everyone that has supported me."



by Annetta Joyce

Detroit Hives works to transform vacant city lots into thriving bee farms to conserve honey

bees, help spread bee awareness, and to educate our communities and local schools about bees and their contribution to our environment. The founders, Timothy Paule and Nicole Lindsey, are Detroit natives who hope to add as many as 200 hives in the city in the next decade through the organization. Their goal is to make deals with socially conscious companies to sponsor hives and teaching other people, including schoolchildren, about bees.

Whether all life would be wiped out if bees became extinct is debatable, but there is scientific agreement that bees, which have seen declines in their population all over the planet, are essential to sustaining a healthy ecosystem. Without bees, which transfer pollen and seeds from flower to flower, fruit quality suffers. Studies show that bees in more urban areas are exposed to fewer pesticides and herbicides, and they have a wider variety of plant life, wildflowers for instance, for pollination. This makes Detroit a great asset for bee farms across the city. Currently Detroit Hives have two farm locations on the East side of Detroit, where they operate under the fun slogan "Work Hard, Stay Bumble."

To look into volunteer opportunities or to tour the bee farms, contact Detroit Hives by email <a href="mailto:honey@detroithives.com">honey@detroithives.com</a> or call (248) 808-8467

JOBS

### **PAIDINTERVIEWS**

Digital Skills of the University of Michigan is looking to interview returning citizens about how you search for jobs and how you use digital technology.

Interviews will be in person and will last 60-90 minutes.

Compensation: Participants will be compensated \$30 for their 60-90 minute interview.

Email <u>digitalskills@umich.edu</u> or call (989) 372-0835 for more information.

# THE RESOURCE NETWORK COMMUNITY OR IENTED HIR INGEVENT

Come dressed to impress/interview ready.
Bring proper I.D., SS Card, and Resume.
Tuesday, June 19
10:00am-2:00pm
DABO's Sheffield Center
12048 Grand River Ave.
Detroit, MI 48204

RESOURCES

#### OUT4LIFE CLASSES

Out4Life is offering Life Skills and Employment Readiness classes every Tuesday (6:00-7:30pm) and Friday (11:00 am-12:00 pm).

Tuesday classes are held at: Michigan Round Table New Center One Bldg. 3011 W. Grand Blvd., Suite 525

Friday classes are held at: Neighborhood Legal Services 7310 Woodward Ave., Suite 301 Detroit, MI 48202

CIAO LINE Facebook Group
Tri-County Job Resource
Search "Ciao Line" on Facebook or go to
https://www.facebook.com/groups/ciaoline/
workforce develop programs

DETROIT AT WORK Job Search Website
Job listings, trainings, and events for
employment seekers in Detroit.
Note: Not all jobs listed on site are felony
friendly.

Go to <u>detroitatwork.com</u> for a list of jobs and other resources in the Detroit area.

# WATCH

### )"WE NEED TO TALK About an injustice"

Bryan Stevenson's TED Talk
"In an engaging and personal talk—
with cameo appearances from his
grandmother and Rosa Parks—
human rights lawyer Bryan
Stevenson shares some hard truths
about American's justice system."

Search "We need to talk about an injustice" on YouTube.com

READ

### **JUST MERCY**

/ by Bryan Stevenson

'An unforgettable account of an idealistic, gifted young lawyer's coming of age, a moving window into the lives of those he has defended, and an inspiring argument for compassion in the pursuit of justice." Available on Amazon.com or your local library.

### **RESTORED JUSTICE**

Radio Show on Silver Line Radio "Hello everybody! My name is Tyrone Kemp. The mission of my show is to restore individual's lives back to the justice that God gives. To help restore peoples integrity and to restore those who have been imprisoned with hope and encouragement. You can tune in and listen to my show every

Wednesday at 10:00 pm on Silver Line Radio.

Go to www.silverlineradio.com to

To see past versions of The Drum, visit <a href="https://www.sado.org/go/drum">www.sado.org/go/drum</a>

listen.

Follow SADO on Facebook and Twitter! @sadomich

### HAVE QUESTIONS OR SOMETHING TO CONTRIBUTE?

Send your letter to:

PROJECT REENTRY
STATE APPELLATE DEFENDER OFFICE
645 GRISWOLD, SUITE 3300
DETROIT, MI48226

Call:

THE STATE APPELLATE DEFENDER OFFICE (313) 256-9833

and ask for a Project Reentry Team Member

or e-mail:

REENTRY@SADO.ORG

# THERAPY: WHATITIS, HOWIT CANHELP, AND WHERE TO FIND IT

by Kate Yugo

### INDIVIDUAL THERAPY

Individual counseling is recommended for people with a variety of mental health needs and concerns. It can be helpful when managing chronic issues like PTSD and depression, and can also be a support during times of heightened stress. Providers may be psychologists, social workers, counselors, or members of your religious community.

#### **PROS**

- You work one-on-one with a therapist to create an individualized treatment plan
- Scheduling is flexible
- Individual therapists can refer you to psychiatrists or other specialists, if needed.

### CONS

- Can be more expensive than support groups and group therapy
- If you are uncomfortable with one-on-one interactions this may not be the best fit for you

### **GROUP THERAPY**

Group therapy can be provided by the same types of providers as individual therapy, and is recommended for people who want to practice skills in a semi-controlled environment that they want to integrate into their personal life. There are multiple clients who meet weekly with one (or more) therapists, and work together to meet each person's goals. Often people in group therapy share a common diagnosis (ex: bipolar disorder, PTSD), or a recent life event (loss of a family member, recently returning citizen).

#### **PROS**

- Group therapy may be less expensive than individual therapy
- It is structured to meet each person's individual goals
- Allows natural practice of social and interpersonal skills

### CONS

- Can be stressful if you are uncomfortable in group environments
- Requires trust between clients
- Services may not be covered by insurance
- Set schedule of sessions that may not fit your availability

### **HOW TOFINDIT**

Psychology Today has a searchable database of therapists and counselors, which is helpful because you can filter results by the type of insurance they accept and where they are located. Other websites that can be helpful are 2II.org, Google, and your insurance provider's website. Calling your county's Community Mental Health Agency (CMHA) can also direct you to low-cost providers in your county.

Your local church may host AA/NA meetings or have information where you can find the closest meeting. You can also look at <a href="www.aa.org">www.aa.org</a> to find local chapters of Alcoholics Anonymous.

In Detroit, the Detroit Mercy Counseling Clinic provides individual, group, and family counseling at no charge for members of the Detroit community. You can call (313) 993-1093 to make an appointment.

Don't be afraid to ask people you know for referrals. If you know a friend or family member in therapy, they may have recommendations for you. Your family doctor may also be able to refer you to a therapist, and if all else fails you can always call your insurance provider (if you have one) for a list of therapists and counselors whose services they cover near you.

### COUPLES/FAMILY THERAPY

Couples and family therapy are similar to individual therapy, in that treatment goals are designed specifically for the people getting services, but will work with multiple members of a family or both members of a couple to reach their common goal. Some people will seek these services when they are going through a rough patch in their relationship, while other people may wish to see a therapist together on a long-term, regular basis.

### **PROS**

- You can address difficult family issues with the help of professional guidance
- Therapists can model healthy communication skills and give helpful feedback

### CONS

- Health insurance may not cover these services
- It can be difficult to coordinate schedules between multiple family members

### AA/NASUPPORT GROUPS

Support groups like
Alcoholics Anonymous and
Narcotics Anonymous can
provide ongoing guidance and
support, and are often free of
charge. Meetings can be held at
schools, churches, and other community
venues in order to be most accessible to
participants.

### **PROS**

- Often low cost or free and regular attendance is not always required or expected
  - Provides a sense of community
  - Groups meet at a variety of days, times, and locations to best meet your schedule

### CONS

- Groups are not always run by certified professionals
  - Some support groups may embrace particular religious views that may not align with your own