



ISSUE NO. 10
AUGUST 2018

THE DRUM

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UPCOMING EVENTS

JAZZ ON THE AVE

Wednesday Nights in August
7pm-9pm
Old City Hall Park, located at
13615 Michigan Avenue.
Dearborn, Michigan.
FREE

DREAM OF DETROIT STREET FAIR

A friendly event celebrating the spirit of
community, entrepreneurship, arts, and
healthy living.
Saturday, August 25th
11am-7pm
Near The Muslim Center on Woodrow
Wilson and Davidson Street.
Detroit, Michigan.
FREE

WOODWARD DREAM CRUISE

*The world's largest one-day car event
is back!*
Saturday, August 18th
Woodward Avenue
Detroit, Michigan.
For information on where to park,
head to
<http://www.woodwarddreamcruise.com>.

SADO LIVE YOUR BEST LIFE WORKSHOP SERIES: YOGA AND MINDFULNESS

*Join us for a yoga and mindfulness
workshop, conducted by Gayatri Mohan-
lyengar. This workshop will include
gentle yoga, grounding breathing
exercises, and mindfulness practices. No
previous experience is required and all
levels of comfort with yoga are welcome.*
Sunday, September 23rd.
2pm-4pm.
SADO Detroit
645 Griswold Street, Suite 3300.
Detroit, Michigan

HOW TO BE YOUR OWN BOSS

BY BROOKE WOLTERS

"A unique thing about returning citizens is that our previous circumstances resulted in us being extremely creative—'necessity is the mother of invention'. We're used to applying our energy to thinking out of the box to make it work. In reality, our population has a lot of visionaries and trailblazers. On the outside we think we need to act and operate differently, so we put these ways of thinking behind us. What I've learned is that it takes just as much energy to create an opportunity for yourself as it does working for someone else. We need to learn to advocate for ourselves, and tap into the tools that we have to create our own opportunities."

- Antonio Williams, came home July 2017



There are opportunities that exist for you to work for yourself. Typically, these professions include the following:

- Electrician License
- HVAC (Heating, Ventilation, and Air Conditioning) License
- Barber/Cosmetology License

You can pursue these professions through trainings and classes, but these professions also require a license that is granted by the State through the Department of Licensing and Regulatory Affairs (LARA). Upon completion of a training program in one of the areas listed above, you are not allowed to work until you get licensed in that area. Although every state is different, Michigan reviews applications for licensure on a case-by-case basis, taking into account any past felonies. Although your past does not automatically exempt you, it is up to the state whether they will grant you your license or not. Because of this, applying for one of these programs can be a gamble. It may be that you pay for your training and then your license gets denied. If your license does not get denied, working in one of these fields not only makes you more likely to get hired, but presents the opportunity for you to work for yourself. If you are interested in getting trained and possibly receiving your license, below are some schools that offer programs in these areas near Detroit.

Dorsey Schools offers certification training in Electrical, HVAC, and Cosmetology/Barber trades.

Dorsey Schools Campus Locations and Certifications Offered

Cosmetology: Madison Heights, Roseville, and Taylor Campuses
HVAC: Wayne Campus
Electrical Technician: Dearborn Campus

Northwestern Technology specializes in HVAC and works with Michigan Works! to access more opportunities for financial aid and job placement upon completion of the training. Northwestern Technology is located in Southfield, MI.

To get more information about certification, training, and licensure in one of the areas above, we recommend contacting your local Michigan Works! and their MRS (Michigan Rehabilitative Services) to see the financial aid they could provide. Once you talk to them, contact the financial aid office of the school you are interested in. If you need assistance applying for financial aid, contact Project Reentry.

CITIZEN SPOTLIGHT

ERIC BROWN

CAME HOME APRIL 2018

HOMETOWN

A nice town in Louisiana.

HOBBIES AND INTERESTS

I am a hands-on type of person: I like doing leatherwork, engine repair, and carpentry. I am also a big fan of indigenous cultures around the world and learning about various cultures and spirituality practices in other cultures. Spirituality is universal, limitless, and infinite. I am an introspective person.

SUCCESSSES SINCE RELEASE

I haven't been back.

STRUGGLES SINCE RELEASE

Patience, or in Yoruba, *suuru*. I have to be constantly reminded that I can't play catch-up after 32 years. I instead have to take life as it comes, and deal with new incidents that come up. The moment you feel like you wrap something up, something else will arise.

MESSAGE TO THE COMMUNITY

Be a community. Don't just become concerned or get involved after tragedies happen. Cultivate and create a community. In the Yoruba religion, there is a spirit called Oshosi that is invoked to show us a straight path. Oshosi is a warrior, who always hits the mark with his arrow. This is a good reminder to ourselves to find our path in lives, our purpose. This is similar to the Hindu notion of a dharmic path, where we must seek inspiration and purpose to guide our lives.

**IF YOU NEED ASSISTANCE
WITH YOUR RESUME, OR
WITH APPLYING TO A JOB,
DO NOT HESITATE TO REACH
OUT TO PROJECT REENTRY!**

RESTAURANT TEAM MEMBER CHIPOTLE

Troy, MI
Benefits: Medical, Dental, Tuition Assistance, Free Food, Paid Vacation
Apply online at www.jobs.chipotle.com
or in-person at
3129 Crooks Road
Troy, MI.



JOBS



DETROIT WAREHOUSE NIGHT SELECTOR SHERWOOD FOOD DISTRIBUTORS

Detroit, Michigan
\$11.00/hour
Benefits: Medical, Dental, Vision,
Company Paid Life Insurance -
starts after 80 days.
Shift begins at 6:00PM.
Apply at
www.sherwoodfoods.com/apply

LANDSCAPE LABOR AND PROFESSIONALS ALLISON OUTDOOR, LLC.

Eastpointe, MI
\$10.00-\$18.00/hour
Full-time
Must have valid driver's license.
Apply at
www.allisonoutdoorllc.com/jobs

ADMINISTRATIVE ASSISTANT KANAAN COMMUNICATIONS, LLC.

Westland, MI
\$24,000 - \$34,000/year
Benefits: Medical, Dental, Vision,
Paid Life Insurance, Educational
Reimbursements
Apply at
www.kanaancomm.com/career-opportunities

BAKERY PRODUCTION ASSOCIATE LAJOY GROUP

Plymouth, MI
\$18.50 /hour
Full-time
Benefits: Medical, Vision, Dental,
Retirement
Apply or view other openings
at www.lajoy-group.workable.com

GOOGLE MAPS

Google Maps allows users to find available directions through driving, public transportation, walking, or biking.

Google Maps Navigation offers voice-guided, turn-by-turn directions. Other features include: street view, satellite imagery, and traffic surveillance.

HOW TO GET DIRECTIONS USING GOOGLE MAPS

1. Type in the name OR address of your starting location and destination. If your mobile device is connected to Wi-Fi or using cellular data, Google Maps will automatically locate your current location.
2. Tap "directions."
3. Choose the icon that best matches how you plan to travel to your destination (i.e. car, bus, walking, or bike).
4. To view a list of step-by-step directions, tap the icon located in the lower left corner labeled "Steps."
5. To add additional stops, share directions, set a reminder to leave, find parking near your destination, or view alternative route options tap the icon located to the right of your starting location.
6. Once you are satisfied with your route option and confident in the directions, tap "Start" and enjoy your trip!
7. View the blue arrow to see where you are in relation to your destination. The red icon will mark your destination.
8. While in route, you can view step-by-step directions by tapping the bottom of the map.
9. Click on "directions" when the option window appears.
10. View step-by-step directions without exiting from your route!



PTSD: WHAT IS TRAUMA? BY KATE YUGO

This month's article is the first installment of mental health articles looking at Post-Traumatic Stress Disorder and Returning Citizens.

Post-Traumatic Stress Disorder, commonly known as PTSD, is a condition between 7-8% of Americans experience at some point in their lives. Research suggests Americans who are incarcerated experience PTSD at much higher rates—27.9% of men and 49.5% of women. The Drum hopes to explain why this discrepancy exists, and how we can better support returning citizens with PTSD.

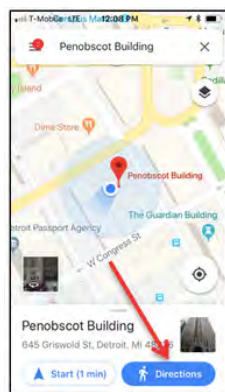
Put most simply, PTSD can develop after experiencing or witnessing a traumatic event, and its symptoms can include nightmares, flashbacks, avoidance, feeling jittery, difficulty sleeping, and feeling on "high alert," among others.

Often people associate the word "trauma" with a particular kind of distressing event, when in reality trauma is a subjective and differs from person-to-person. So what exactly is trauma?

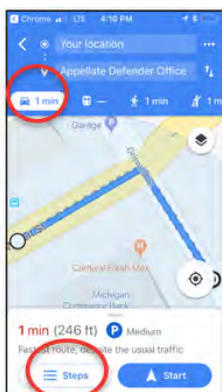
Characteristics of events that can cause trauma are:

- Fearing for your life or safety
- Shocking or unexpected events
- Witnessing violence against others
- Loss of a loved one
- Childhood abuse or neglect
- War or systemic forms of violence (ex: police brutality)
- Accidents or natural disasters (ex: car accident, flood)
- Emotional or sexual abuse
- Medical interventions (ex: surgeries, painful procedures)

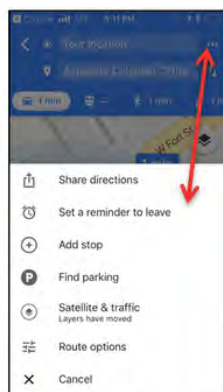
- 1 <https://www.ptsd.va.gov/professional/PTSD-overview/epidemiological-facts-ptsd.asp>
- 2 Gergő Baranyi, Megan Cassidy, Seena Fazel, Stefan Priebe, Adrian P Mundt; Prevalence of Posttraumatic Stress Disorder in Prisoners, Epidemiologic Reviews, Volume 40, Issue 1, 1 June 2018, Pages 134-145, <https://doi.org/10.1093/epirev/mxx015>



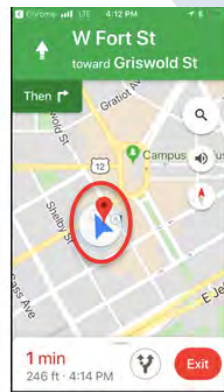
Steps 1 and 2



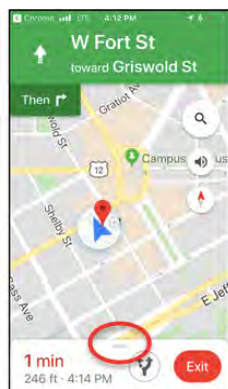
Step 3 and 4



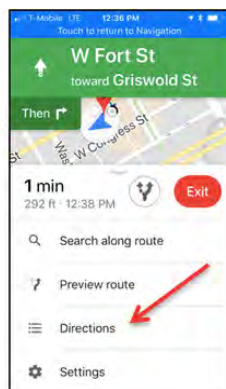
Step 5



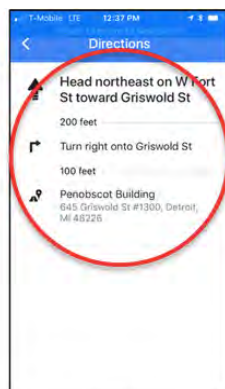
Step 7



Step 8



Step 9



Step 10

IF YOU OR SOMEBODY YOU KNOW IS EXPERIENCING A CRISIS:

- Call 911
- Go to the nearest emergency room
- Call the Suicide Prevention Lifeline at 1-800-273-8255

Next month, we will dive into what Post-Traumatic Stress Disorder is, and how it might affect returning citizens.

TAKE A HIKE! BY ANITHA MOHAN

Before frigid winter temperatures are upon us, enjoy the last bit of summer in August by exploring some of the best and most beautiful nature trails Detroit and the surrounding area have to offer!

DEQUINDRE CUT

Check out the Dequindre Cut, which spans about two miles from Mack Avenue to Atwater Street. The greenway, which was formerly a Grand Trunk Railroad line, is a scenic path lined with vibrant graffiti art, murals, and greenery. The pathway has designated walking and biking lanes. You can hop on and off the Cut throughout the duration of the walk.

Entrance ramps to the Cut are located at Atwater Street, Franklin Street, Woodbridge Street, Lafayette Street, Gratiot Avenue, Wilkins Street and Mack Avenue. Parking can be found at Eastern Market. Bathrooms are located in Eastern Market near Shed 3 and at Rivard Plaza along the Detroit River.

DETROIT RIVERFRONT

A timeless classic, the Detroit Riverfront offers a leisurely stroll along the Detroit River. Boasting many events and festivals, and an always intriguing place to people-watch. The RiverWalk is also a great place to take in some breathtaking views of Downtown Detroit and the beautiful skyline of neighboring Windsor, Canada.

MILLIKEN STATE PARK

If you are feeling particularly motivated, head over to Milliken State Park, located on the RiverWalk. This park is known for its iconic lighthouse and marina. Located in the center of Downtown Detroit, the park is a welcome respite from busy city life. There are many places to grill, gather, and gallivant. Milliken State Park is located at 1900 Atwater Street, Detroit, Michigan and offers free parking on the premises.

ROUGE RIVER GATEWAY GREENWAY AND HINES PARK TRAIL

This lengthy walk stretches 19.5 miles, from Dearborn to Northville. Starting at the Michigan Avenue trailhead in Dearborn, the Rouge River Gateway Greenway spans north through the University of Michigan–Dearborn campus, over Ford Road, and then transforms into Hines Park Trail. If you're lucky, you can spot a cool vintage car or a Model-T Ford along Edward N. Hines Drive, a noted car-buff gathering spot. Located in Hines Park are dog parks, picnic benches, and a cultural center that houses local wildlife, such as turtles!

The trail can be accessed at many points along Edward N. Hines Dr. between Dearborn and Northville, with parking lots at frequent intervals. For specific addresses, head to www.trailink.com/trail/hines-park-trailrouge-river-gateway-greenway.

ANNETTA JOYCE'S BLAZIN' BUFFALO DIP

PREP TIME: 5 minutes

COOK TIME: 20 minutes

INGREDIENTS:

- 2 cups of shredded cooked chicken
- 1 (8 oz. pkg) cream cheese, softened
- 1/2 cup of Hot Sauce (preferably Frank's RedHot)
- 1/2 cup of Ranch dressing
- 1/2 cup blue cheese crumbles (optional)

DIRECTIONS:

1. PREHEAT oven to 350°F.
2. COMBINE all ingredients and spoon into shallow 1-quart baking dish.
3. BAKE 20 minutes or until mixture is heated through; stir. Garnish with chopped green onions if desired and serve with crackers and/or vegetables.

*Recipe can also be made in the microwave (HIGH 5 minutes until hot) or in a slow cooker (HIGH setting for 1 1/2 hours).

MEET THE TEAM

HOLLY WICKHAM

PROJECT REENTRY TEAM MEMBER

SINCE JANUARY 2018



HOMETOWN

Fort Meyers, Florida

HOBBIES AND INTERESTS

Crosswords, camping, cooking, basketball, gardening, teaching myself guitar, hanging out in the sun, spending quality time with my cat Willis Reed.

MESSAGE TO COMMUNITY

I'm so grateful to be part of such an incredible team and to get to work with truly amazing people. Thank you to everyone that's been part of the project and made this such an exceptional place to work.

TEAM PICK

Reply All is one of my favorite podcasts. It's all about the internet and how it impacts modern life.

READ HOW 'BOUT THAT FOR A CRACK BABY: KEYS TO MENTORSHIP & SUCCESS

This recommendation comes from one of our readers—thank you! Shawn Blanchard is a speaker, educator, and mentor who believes “Everyone is destined for their own greatness.” Blanchard understands the need for and impact of positive mentorship. Growing up in Detroit, he saw one brother lose his life to gun violence, and another go to prison, which motivated Blanchard to seek alternative role models and ways of living. Since embarking on his journey, he has become a University of Michigan math professor, headed the Grow Detroit’s Young Talent youth employment initiative, and served as the Detroit Mayor’s Office Liaison of President Obama’s “My Brother’s Keeper” initiative. In this book, Blanchard weaves together his own history with mentorship guidance.

WATCH LET THE FIRE BURN

Jason Osder’s documentary tells the story of a violent standoff between the Philadelphia Police Department and the Philadelphia-based, black liberation group MOVE. The film is comprised entirely of found archival footage from news reports, interviews, and other media surrounding the 1985 bombing of MOVE’s residence by Philadelphia Police. The film shows with painful clarity how power can be used to suppress dissent, and amplifies the voices of those who have been largely left out of US history books.

LISTEN SUN RA “JAZZ BY SUN RA”

Afro-Futurism has influenced audio and visual artists alike, and one of its pioneers was the avant-garde jazz composer and musician, Sun Ra. Originally from Birmingham, Alabama, Sun Ra became an innovator of freeform improvisation, was an early adopter of electronic keyboards and synthesizers, and was known for a mythology combining elements reminiscent of Ancient Egypt and Saturn. Ra’s influence can be seen in the funk music of the 1970s, all the way to current-day artists like Erykah Badu and Janelle Monae.

THANKS TO ALL WHO ATTENDED OUR JULY WORKSHOP!

To see past versions of The
Drum, visit

www.sado.org/go/drum

Follow SADO on Facebook
and Twitter!

@sadowich

**HAVE QUESTIONS OR SOMETHING
TO CONTRIBUTE?**

Send your letter to:

PROJECT REENTRY

STATE APPELLATE DEFENDER OFFICE

645 GRISWOLD, SUITE 3300

DETROIT, MI 48226

Call:

THE STATE APPELLATE DEFENDER OFFICE

(313) 256-9833

AND ASK FOR A PROJECT REENTRY TEAM MEMBER

Email:

REENTRY@SADO.ORG

SPECIAL THANKS TO ALLEN LEE, OF THE RESTAURANT OPPORTUNITIES CENTER





YOUR BEST LIFE: REENTRY WORKSHOP SERIES

Y O G A
&
M I N D F U L N E S S
W O R K S H O P

Join us for a yoga and mindfulness workshop, conducted by Gayatri Mohan-Iyengar. Gaya is a certified yoga instructor and has been practicing yoga for over 25 years. She has been trained both in USA and India. She specializes in teaching low impact yoga to adults and seniors. This workshop will include gentle yoga, grounding breathing exercises, and mindfulness practices. No previous experience is required and all levels of comfort with yoga are welcome. All are welcome and lunch will be provided.

SUNDAY, SEPTEMBER 23
2:00PM - 4:00PM
STATE APPELLATE DEFENDER OFFICE
645 GRISWOLD ST., SUITE 3300
DETROIT, MI 48226

CALL OR TEXT ELIZABETH (989.385.0952) TO RSVP BY
THURSDAY, SEPTEMBER 20