



ISSUE NO. 12  
OCTOBER 2018

# THE DRUM

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## UPCOMING EVENTS

### EVERYDAY RACISM IN AMERICA

#### PEACE ACTION FILM SERIES FROM MICHIGAN COALITION OF HUMAN RIGHTS

St. John's Episcopal Church  
26998 Woodward Ave.  
Royal Oak, MI  
Tuesday, October 16th  
7:00pm  
Admission is FREE

### PLANETARIUM SHOW

Wayne State University  
4841 Cass Avenue  
Detroit, MI  
Friday, October 19th  
7pm or 8:30pm  
Admission is FREE

### HISTORY OF AFRICAN AMERICANS IN DETROIT 1850-RECONSTRUCTION

Detroit Public Library  
5201 Woodward Ave.  
Detroit, MI  
Saturday, October 27  
1-5pm  
Admission is FREE

### SADO WORKSHOP SERIES:

#### RETURNING CITIZENS ROUNDTABLE

SADO Detroit  
645 Griswold St, Suite 3300  
Detroit, MI  
Sunday, October 28th  
2-4pm

### CHARLES H. WRIGHT MUSEUM OF AFRICAN AMERICAN HISTORY

DTE Energy Foundation Free Second  
Sunday  
315 East Warren Ave,  
Detroit, MI  
Sunday, November 11th  
1-5pm  
Admission is FREE

## INTERVIEW WITH ERIC ALEXANDER, FOUNDING MEMBER OF ICAN

INTERVIEW BY ANNETTA JOYCE & ANITHA MOHAN

### WHAT IS THE INCARCERATED CHILDREN'S ADVOCACY NETWORK (ICAN)?

ICAN is a network of leaders who were formerly incarcerated as youth and are now home serving their community in very unique ways.

Our members took time on the inside (even though they were JLWOP) to dedicate their lives to self-reform in discouraging environment. We started our change there. Most of us knew if we were ever given a second chance we would contribute to our community in meaningful ways. I began to write youth programs when I was inside, because I wanted to be in classrooms with students who looked like me. Many of these students cannot find a platform to grow socially and emotionally, and end up in a life of crime. When I came home, I began to implement these programs.

### WHAT ARE OTHER ICAN MEMBERS DOING?

ICAN members have created and implemented drug prevention programs, bail reform programs, work within the juvenile justice system, run their own non-profits, and have served in a variety of other professional and advocacy roles.

### WHAT ARE THE FIRST STEPS FOR RETURNING CITIZENS TO BEGIN ADVOCACY WORK?

Plug into a community of individuals who are doing that so that they can train you in best practices. Being able to share your narrative can really change and move people, if you know how to effectively do that. We provide that with ICAN.

### WHAT DOES ICAN PROVIDE FOR RETURNING CITIZENS?

ICAN has an annual convening every year in DC and we like to fly new members there who have recently been released to welcome them to the community. We also have a coaching program that we ask them to apply for. In this program, we link them to a professional in a field they want to go into so they have a snapshot of what a career path in that field looks like. We also can provide connections with colleges where they can apply for scholarships, as many JLWOP fall into the category of non-traditional students.

ICAN believes that we can change the narrative around juvenile lifers. We are happy to say that none of our members have reoffended. ICAN takes a look at the whole person, the self-care journey, and the professional goals of members.

### HOW CAN RETURNING CITIZENS GET INVOLVED WITH ICAN?

In order to get involved with ICAN, you can fill out the following form: [fairsentencingofyouth.org/contact](https://fairsentencingofyouth.org/contact) or reach out to Project Reentry to get in contact with Mr. Alexander.



# JOBS

## FORKLIFT DRIVER

### AMPLITUDE HR

Troy, MI

\$10.25/hour

Open interviews Mondays - Fridays  
from 11am - 2pm.

Must pass pre-employment drug screen.  
Bring two forms of ID, a current resume  
and dress for success.

Apply here:

[tinyurl.com/AmplitudeHRForkliftDriver](http://tinyurl.com/AmplitudeHRForkliftDriver).

## CUSTOMER SERVICE ASSOCIATE

### WALGREENS

Detroit, MI

Flexible work schedule, including evening  
and weekend hours.

Apply here:

[tinyurl.com/WalgreensCustomerService](http://tinyurl.com/WalgreensCustomerService).

## DISHWASHER

### IKEA

Detroit, MI

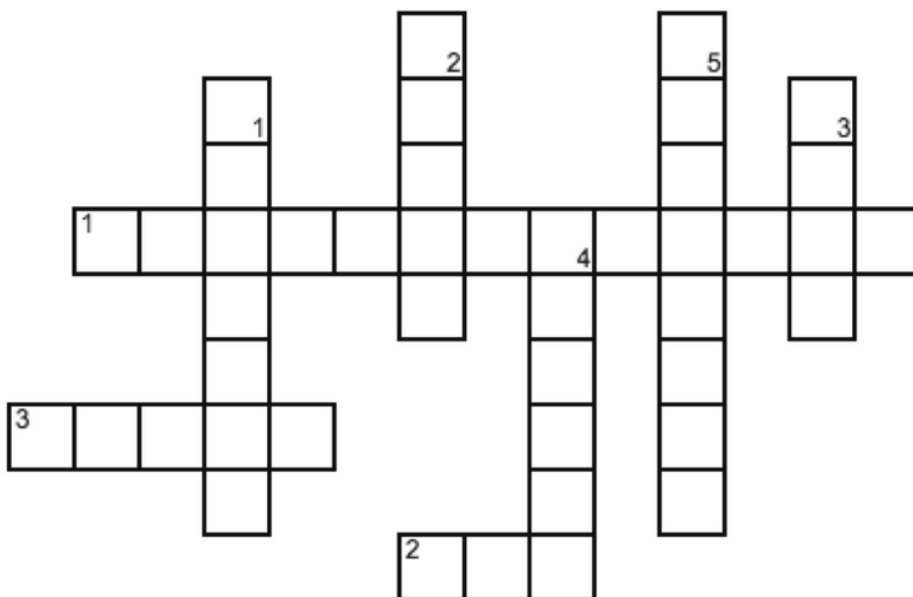
\$10-15/hour

Apply here:

[tinyurl.com/IKEADishwasher](http://tinyurl.com/IKEADishwasher).



## OCTOBER CROSSWORD



### ACROSS

- 1) Detroit stadium and pizza parlor
- 2) Star Wars exhibit displayed here
- 3) Chili, onions, mustard

### DOWN

- 1) Spooky month
- 2) Bees make this
- 3) Electric scooter company
- 4) Respect singer
- 5) Project Reentry location

## CITIZEN SPOTLIGHT DEMETRIUS KNUCKLES

CAME HOME OCTOBER 2018

### HOMETOWN

Detroit, MI

### HOBBIES AND INTERESTS

Reading, writing,  
learning, and teaching.

### SUCCESS SINCE RELEASE

The influence that I  
have had on so many  
of my family members.

### STRUGGLES SINCE RELEASE

I struggle with not being able to do more.

### MESSAGE TO THE COMMUNITY

I have a very simple message: if  
you want things to be better,  
contribute to them getting better.



## LINE COOK

### SEASON 52

Troy, MI

Vacation Pay, 401k Program, Family Meal,  
Health Benefits, Competitive Pay, Employee  
Stock Purchase Plan, Dining Discounts.

Apply here:

[tinyurl.com/LineCookSeasons52](http://tinyurl.com/LineCookSeasons52).

**IF YOU NEED ASSISTANCE  
APPLYING FOR A JOB, PLEASE  
CONTACT PROJECT REENTRY!**



## THE PRISON PORTRAITS VIA THE MARSHALL PROJECT

Written by author Maurice Chammah and illustrated by Mark Loughney, *Prison Portraits* was published October 4th on [themarshallproject.org](http://themarshallproject.org). A Pennsylvania Artist draws hundreds of fellow inmates to show the scale of mass incarceration.



## QUINCY (2018)

This documentary on Netflix tells the story of legendary record producer, Quincy Jones. Jones produced masterpieces such as Michael Jackson's *Thriller* album, and is also known for his work with fellow legend, Frank Sinatra.



## SERIAL - SEASON THREE

Serial is back for its third season. Produced by National Public Radio and narrated by Sarah Koenig, this season follows what happens in a Cleveland courtroom over the course of a year.

LIST BY CAITLIN STADLER

## MEET THE TEAM SARAH LEDER



TEAM MEMBER SINCE SEPTEMBER 2018

### HOMETOWN

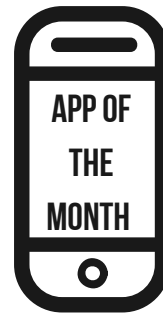
Baltimore, MD

### HOBBIES AND INTERESTS

Cooking, reading, watching movies, traveling, and watching sports other than golf!

### MESSAGE TO THE COMMUNITY

I'm new to Michigan and am so excited to be a part of Project Reentry! I have only been working with the team for a month or so, but I have already learned so much. I am looking forward to working with and learning from SADO and our clients.



Did you enjoy the workshop on yoga and meditation? If yes, or if you missed it but want to practice some mindfulness techniques on your own, check out Calm.

Calm is a free App for IOS and Android users, ranked #1 for meditation and mindfulness. Use Calm to enjoy over 100 guided meditations, lower stress, and sleep better. Calm also provides 10-minute guided video lessons of gentle stretching and mindful moving. To access Calm, visit [www.calm.com](http://www.calm.com) and click "Try Calm for Free".

BY ALLISON GORINE



## MONSTER COOKIES

A SWEET TREAT PERFECT FOR HALLOWEEN!

RECIPE BY ALLISON GORINE

### INGREDIENTS

- 3 eggs
- 1 ¼ cups packed light brown sugar
- 1 cup granulated sugar
- ½ teaspoon salt
- ½ teaspoon vanilla extract
- 1 12 ounce jar creamy peanut butter
- 1 stick butter softened
- ½ cup chocolate chips
- ¼ cup raisins, optional
- 2 teaspoons baking soda
- 4 ½ cups quick-cooking oatmeal (not instant)

### DIRECTIONS

- 1) Preheat the oven to 350 degrees. Grease cookie sheets with non stick spray or line with parchment paper.
- 2) In a large mixing bowl, combine the eggs and sugars. Mix well then add the salt, vanilla, peanut butter, and butter. Mix then stir in the chocolate candies, chocolate chips, raisins, baking soda, and oatmeal.
- 3) Drop cookie batter by tablespoons 2 inches apart onto the prepared cookie sheets.
- 4) Bake for 8 to 10 minutes then let cool for about 3 minutes.

In this second installment in a series on Post-Traumatic Stress Disorder we will be looking at PTSD and its impact on returning citizens.

It is especially important for returning citizens to be aware of PTSD because there may be events before your incarceration, the trial, and events during your incarceration that caused pain that may still be impacting your life. That being said, there is a natural adjustment period for returning citizens, and you may experience some or all of the following symptoms briefly while you get used to life outside prison. Additionally, access to adequate mental health care while incarcerated can be incredibly challenging, and so now you may have more opportunities than ever before to transform past pain into a happy and healthy present and future.

## PTSD MYTHS AND FACTS <sup>2</sup>

**Myth:** PTSD only affects war veterans.

**Fact:** PTSD can affect anyone, regardless of age, gender, race or ethnicity.

**Myth:** People should be able to move on with their lives, and those who can't cope with trauma are weak.

**Fact:** Traumatic experiences can cause stress that impacts a person's mental, emotional, and physical wellness. When this becomes prolonged and changes a person's views about themselves and the world around them, it may indicate the development of PTSD. Recognizing and seeking help is a sign of strength, not weakness.

**Myth:** People suffer from PTSD right after they experience a traumatic event.

**Fact:** PTSD symptoms usually begin within the first few months after a trauma, but can also appear months or even years later. Symptoms may continue for years, or there may be a time when symptoms go away and return later in life. People may not recognize that their current emotional and psychological distress is linked to past trauma, and so it can be helpful to talk to a trained mental health professional to see if these things are indeed linked.

If you or someone you know is in crisis, call **911**. Additional resources are listed below.

National Center for Posttraumatic Stress Disorder (NCPTSD)  
802-296-5132  
[www.ptsd.va.gov](http://www.ptsd.va.gov)

National Suicide Prevention Lifeline  
1-800-273-TALK (8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

Black Mental Wellness PTSD Fact Sheet:  
[tinyurl.com/BlackMentalWellnessPTSD](http://tinyurl.com/BlackMentalWellnessPTSD)

## RECOGNIZING PTSD <sup>1</sup>

In order for a doctor or qualified mental healthcare provider to diagnose someone with PTSD, there must be a specific number of symptoms from each category present for at least one month, and the symptoms must cause significant distress in the person's life or ability to manage daily living.

There are three categories of PTSD symptoms:

1. Reliving the event through repeated nightmares or flashbacks
2. Avoiding reminders of the event, including people, places, thoughts and activities
3. Hyper-arousal, which could include feeling on guard, irritable, or suddenly angry.

To see past versions of The Drum, visit  
[www.sado.org/go/drum](http://www.sado.org/go/drum)

Follow SADO on Facebook and Twitter!

@sadmich  
**HAVE QUESTIONS OR SOMETHING**

**TO CONTRIBUTE?**  
Call:

**THE STATE APPELLATE DEFENDER OFFICE**  
(313) 256-9833

**AND ASK FOR A PROJECT REENTRY TEAM MEMBER**

Send your letter to:

**PROJECT REENTRY  
STATE APPELLATE  
DEFENDER OFFICE  
645 GRISWOLD, SUITE 3300  
DETROIT, MI 48226  
Email:  
REENTRY@SADO.ORG**

## COMMUNITY SOCIAL SERVICES OF WAYNE COUNTY WORTHY ABLE READY (W.A.R.) PROGRAM

BY ELIZABETH STAPLETON

The W.A.R. program helps ease the transition of returning citizens age 18 and older re-entering society from prison. The program assists citizens to secure employment, housing and obtain proper identification including Social Security Cards, Birth Certificates, etc. The program also provides counseling services for those in need.

If you are interested in receiving services from W.A.R. you must be on parole or have a release date that is no longer than 2 years ago. To enroll contact Mr. Daniel Robinson at 313.883.2358 or Mr. Derrick King at 313.883.0611 to make an appointment. They are able to provide a variety of services such as covering the costs for the driving test, other transportation needs, enrolling in school, finding an apartment, and other services. Feel free to contact Elizabeth if you would like assistance contacting them.

<sup>1</sup> <http://www.sidran.org/resources/for-survivors-and-loved-ones/post-traumatic-stress-disorder-fact-sheet-2/>

<sup>2</sup> <http://www.sidran.org/resources/for-survivors-and-loved-ones/myths-and-facts-about-ptsd/>