



ISSUE NO. 13
NOVEMBER 2018

THE DRUM

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UPCOMING EVENTS

DOWNTOWN TREE LIGHTING

Campus Martius, Detroit
Friday, November 16th
5pm-10pm
FREE

SADO WORKSHOP: MENTAL WELLNESS

SADO Office
645 Griswold Ave, Detroit
Sunday, November 18th
2pm-4pm

THANKSGIVING DAY PARADE

Woodward Ave. and Kirby
Thursday, November 22nd
8:50am
FREE

BLACK FIRE SPEAKEASY

SERIES: CONVERSATION WITH TONGO EISEN-MARTIN

Detroit Public Library
5201 Woodward Ave. Detroit
6pm-8pm
FREE

FAREWELL TO PROJECT REENTRY TEAM MEMBERS

Five members of SADO's Project Reentry team will be leaving in December. Join us for a celebration to say farewell!

SADO Office
645 Griswold Ave, Detroit
Tuesday, December 11th
5:30pm

FIDELITY BONDING PROGRAM: A TOOL FOR EMPLOYMENT SEEKERS

BY KATE YUGO

The Fidelity Bonding Program (FBP) of Michigan serves a dual purpose. It encourages employers to hire returning citizens (among other employment seekers considered "high risk"), while also eliminating the financial risk for employers. Ideally, employers would not discriminate against returning citizens, but we know this does not reflect many people's lived experiences, and being informed about FBP may be one tool for addressing this particular employment barrier.

The FBP covers the cost of insurance for the first six months of employment at no cost to the employer or employee. It insures the employer against employee dishonesty and theft. According to the State Bonding Coordinator's Blog, 1,011 Fidelity Bonds were issued nationally in 2016 alone, and since 1994 only 56 claims have been filed. From Bonds4Jobs.com:

Why Is Fidelity Bonding Needed for Job Placement?

1. Employers may view ex-offenders and other at-risk job seekers as potentially untrustworthy workers, thereby denying them job-hire.
2. Insurance companies will not cover risky job applicants under commercial Fidelity Bonds purchased by employers to protect themselves against employee dishonesty.
3. Anyone who has ever "committed a fraudulent or dishonest act" is deemed NOT BONDABLE by insurance companies, a situation leading to routine denial of employment opportunities for such persons.
4. Persons who are NOT BONDABLE can ultimately become commercially BONDABLE by demonstrating job honesty during the 6 months of bond coverage under the Federal Bonding Program.

What is not covered by the Fidelity Bond?

The Fidelity Bonding Program does not cover the following:

1. Liability due to poor workmanship, job injuries, or work accidents
2. Bail bonds or court bonds for the legal system
3. Contract bonds, performance bonds, or license bonds for the self-employed

For a complete look at the application process and requirements visit Michigan Talent Investment Agency at:
www.michigan.gov/documents/wda/FidelityBondingProgramFactSheet_559034_7.pdf.

Additional information can be found at:
Michigan Talent Connect: www.mitalent.org/bonding
Federal Bonding Program: bonds4jobs.com

If you have experience with the federal employment bonding program and would like to share your story with The Drum, you can contact Kate Yugo (kyugo@umich.edu) or Project Reentry.

INTERESTED IN OWNING YOUR OWN BUSINESS?

RecoveryPark and ProsperUS Detroit, will offer free entrepreneurship training in Detroit for returning citizens with children starting January 2019. Space is limited, so respond quickly! Email prosperus@swsol.org for any additional details. The application deadline is December 1, 2018.

HIRING FAIRS AND JOBS

STAFFWORKS JOB FAIR/ON-THE-SPOT INTERVIEWS

November 20, 2018

2pm-4pm

Livonia Michigan Works!

30246 Plymouth Road

Livonia, MI 48150

(734) 513-4900

Staffworks will be featuring over 50 jobs for their single-employer job fair. If you are interested in attending, please bring multiple copies of your résumé in addition to professional dress. If you cannot make this event, please send résumé to Justin Skibin at jskibin@edsisolutions.com.

METRO DETROIT CAREER EXPO

November 28, 2018

9:am-3pm

Doubletree Hotel 5801

Southfield Service Drive

Detroit, MI 48228

(734) 956-4550

This upcoming career expo is free for all job seekers to attend.

CANINE TO FIVE

Canine to Five is hiring at its Detroit and Ferndale locations. To apply, please send your resume to hr@caninetofive.com.

Detroit:

3443 Cass Avenue

(313) 831-3657

Ferndale:

1221 E Nine Mile

(248) 556-5675

COACH SERVICE ATTENDANT

CITY OF DETROIT, DEPARTMENT OF TRANSPORTATION

Salary: \$21,611 - \$29,099 annually

To apply head over to

www.governmentjobs.com/careers/detroit and enter

Job ID: 20170160631014JT

CITIZEN SPOTLIGHT

JAMES HOWARD

CAME HOME AUGUST 2017

HOMETOWN

Detroit, MI

HOBBIES AND INTERESTS

Reading, playing basketball, and mentoring children.

SUCCESS SINCE RELEASE

Keeping children off the path that I was on as a child. My friend and I take children to games, help them know what to do and what to stay out of. A child wants to see results, and I'm the result of what they might see if they choose to go on the wrong path that I went on. I did 36 years and 6 months. I want to start a nonprofit called Destruction to Production to help children learn. What I feel personally is that children are not getting all the proper information from the elders. Nowadays it seems like there is a gap between children and citizens. This organization would bridge the gap between the children and the citizens.

STRUGGLES SINCE RELEASE

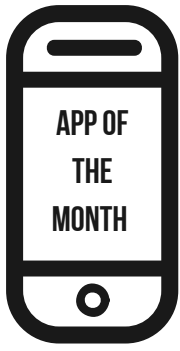
It took me a while to get all the proper ID, social security, and all that. You need those things as a life line to get a job. That was the struggle. I have a big family, so the other necessities weren't hard. I have no problem with asking my family for help. I ask my grandniece for help all the time. Everybody can help you adjust to society. I'm still adjusting as we speak, so I still have no problem asking for help. There's no age limit on who I ask for help.

MESSAGE TO THE COMMUNITY

Communication. That's the biggest thing. Communication leads to understanding. Once you start communicating and building understanding, you start networking and getting resources from everywhere, so you can adjust and maintain. One of my favorite lines is "no man lives unto his self, for every living thing is bound by cords to every other living thing."



FOR ASSISTANCE APPLYING TO JOBS OR TO BE CONNECTED TO EVENTS AND RESOURCES IN YOUR AREA, PLEASE REACH OUT TO PROJECT REENTRY.



BY ANNETTA JOYCE

ibotta

WHAT IS IBOTTA?

Ibotta is a cash back rewards mobile app that allows you to get rewards and savings from your every day purchases. A few popular stores that are promoted through the app are Walmart, Kroger, Amazon, Walgreens, Best Buy, Home Depot and many others.

HOW IT WORKS:

1. Make account. Download and create an Ibotta account via your app store. Creation includes personal details such as name, email address, and zip code or you can login using a Facebook profile.
2. Find offers. Add your specific cash back deals in the Ibotta app before going shopping.
3. Go shopping. Buy from your favorite retailers, grocery stores, restaurants, apps, etc.
4. Redeem offers. Snap a photo of your receipt in the app after completing or link a loyalty card to keep track of your savings.
5. Cash out. Withdraw your cash via Paypal, Venmo, or a gift card.

CORN PUDDING

RECIPE BY SARAH LEDER

Serves 6, but can double or triple for larger gatherings.

INGREDIENTS

- 2 sticks of softened butter
- 1 cup of sugar
- 1/2 cup of flour
- 3 eggs
- 1/8 cup of milk
- 1 1/2 cans of cream style corn
- 1 teaspoon baking powder

BAKING DIRECTIONS

1. Preheat the oven to 325° F
2. Lightly grease a casserole dish
3. Cream butter, sugar, and flour well
4. Add the eggs, corn, and milk in two parts
5. Stir baking powder into the mix
6. Pour mixture into casserole dish
7. Bake for 75 minutes (1 1/4 hours)

OUT AND VOTING!

BY ALLISON GORINE



Demetrius Knuckles and Corey Bibbs walked out of Macomb Correctional Facility a little over one month ago, just in time to vote in the November election. Much of their time behind bars was spent mentoring other incarcerated individuals, facilitating groups, and learning as much as they could for the purpose of helping others. Put simply, they were leaders. Since being out, they continue to walk the talk and lead the way for others within their communities, taking what they learned from their experience and putting it into action. In the month leading up to election day, Knuckles and Bibbs raised awareness about the importance of voting by organizing discussions amongst community members and canvassing throughout different neighborhoods. The image (above) shows Knuckles and Bibbs campaigning with their Get Out The Vote team on election day.



MEET THE TEAM CAITLIN STADLER

HOMETOWN

Flint, MI

HOBBIES AND INTERESTS

Listening to podcasts, reading, exploring Detroit, spending time with my friends and family, cat-related activities

MESSAGE TO THE COMMUNITY

It's a privilege to be able to intern at SADO working on Project Reentry. My fellow staff members and our clients are all great. I look forward to meeting more and more of you!

**PROJECT REENTRY
TEAM MEMBER
SINCE SEPTEMBER
2018**

READ THE ALCHEMIST BY PAULO COELHO

The Alchemist follows a shepherd from Andalucía, Spain as he journeys to Egypt to fulfill his Personal Legend, “what you have always wanted to accomplish.” In the book you learn that the journey to fulfill one’s personal legend is just as important as the accomplishment itself. This book is a short read and allows one to reflect on their own Personal Legend. I like to read this book whenever I go through transitions in life and I get something different from it each time. You can get a copy of the Alchemist from your local library. If you have a library card with the Detroit Public Library, you can also checkout the audiobook through the Detroit Public Library website or their Libby app.

WATCH MARIE KONDO: BASIC FOLDING METHOD

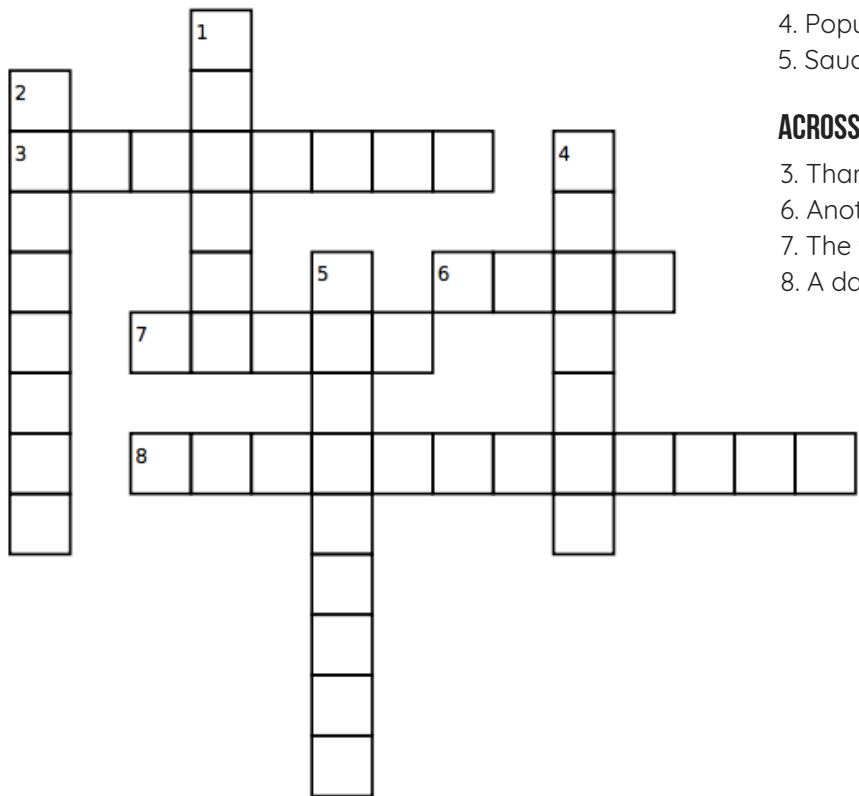
Marie Kondo is a professional organizing consultant and author of the popular book The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing. In this video Marie Kondo shows you the most efficient way for folding and storing clothes. It’s a great method if you have limited space and it works well for packing suitcases. You can find this video on YouTube after searching Marie Kondo: Basic Folding Method.

LISTEN STRANGER BY TUNDE OLANIRAN

Tunde Olaniran is an artist from Flint, MI and is embedded in the Detroit music scene. His new album Stranger has themes of individuality and self-belief through hard work. Songs on the album range from ballads to jammers with thoughtful lyrics and genre bending melodies. Every song on the album is worth listening to and can be found on streaming services Sound Cloud, Youtube, and Spotify. Tunde Olaniran has performed at free festivals in the summer, such as the Ferndale DIY Festival and the Hamtramck Labor Day Festival. So be on the lookout next summer because his live show is amazing!



NOVEMBER CROSSWORD



UNTITLED BY JOSÉ HERNANDEZ, PROJECT REENTRY INTERN

I hurt because I run from past distraught
It engulfs me at night and in the gap of my thoughts
And trails me about as a silhouette wrought
Changing seasons have not lessened my blight
For I have not yet decided to stand up and fight
Unless i incise myself with the truth
Much like I am on the hunt like a sleuth
Can I realize that I cause more harm by suppression
Therefore, I must heal myself by expression
I forgive you not because you are fit
But because I don't want to relive it
Now that I have expunged myself
I start anew as if I cleaned a dusty shelf
Now I can love myself for who I am
And progress ahead as if water over a dam

DOWN

1. Macy’s has a famous one every year
2. Bread cubes, eggs, celery, broth
4. Popular Thanksgiving pie
5. Sauce at Thanksgiving dinner

ACROSS

3. Thanksgiving is on this day
6. Another name for sweet potatoes
7. The team the Lions play on 11/22
8. A day of thanks

To see past versions of The Drum,
visit www.sado.org/go/drum
Follow SADO on Facebook and Twitter!
@sadamich

HAVE QUESTIONS OR SOMETHING TO CONTRIBUTE?

CALL (313) 256-9833

AND ASK FOR A PROJECT REENTRY TEAM MEMBER

OR SEND A LETTER TO

PROJECT REENTRY

STATE APPELLATE DEFENDER OFFICE

645 GRISWOLD, SUITE 3300

DETROIT, MI 48226

OR EMAIL US AT

REENTRY@SADO.ORG

MONTHLY MENTAL WELLNESS: HOW TO SUPPORT SOMEONE EXPERIENCING PTSD BY KATE YUGO

In this third and final installment on Post-Traumatic Stress Disorder we will be focusing on how to get (and give!) support to those experiencing PTSD symptoms.

Self

PTSD can be treated using a variety of techniques, and the best way to find what will work best for you is to connect with a mental health care provider (MHCP). You can find MHCP's covered by your insurance by contacting your provider by phone or looking online. If you are already seeing a primary care physician/family doctor, they are also able to diagnose PTSD and refer you to treatment.

It can be helpful when first meeting a therapist to find out whether they are familiar with or specialize in the treatment of PTSD. Some evidence-based practices that are currently being used to treat PTSD are:

- Prolonged Exposure Therapy – A therapy that teaches individuals to gradually approach trauma related memories, feelings, and situations that they have been avoiding since their trauma.
- Cognitive Behavioral Therapy – A therapy that helps the individual learn how to modify and challenge unhelpful beliefs related to the trauma.
- Eye Movement Desensitization & Reprocessing (EMDR)- An eight-phase psychotherapy that uses bilateral stimulation to transform the meaning of painful events on an emotional level.
- Prescription medication- Some people benefit from a combination of medication and talk therapy, while others may be fine with just therapy or medication. Talk to your doctor or MHCP to find what will work best for you.
- See The Drum's June article "Balance Your Body and Mind" on additional ways to manage stress.

A Loved One

It can be challenging to know that a loved one is in distress, but know that while you cannot "fix" the pain, you can support them in their recovery journey.

- Learn about PTSD- having PTSD can feel lonely, and having people who try to understand that experience is a way to show that your loved one is not in this alone.
- Be patient- Recovery does not happen overnight, and there may be setbacks along the way.
- Listen- If and when your loved one wants to talk with you, know that this may make them feel vulnerable and fearful of being judged. Your job is to listen with an open heart and mind.

A Note on Stigma

Talking about mental health challenges is generally not an easy thing for people to do. Often we are raised to think that having a diagnosis like depression, anxiety, PTSD, etc. makes us weak, and it is up to each of us to change that aspect of American culture. None of us makes it through life unscathed, and we demonstrate strength when we can admit we are in pain and need help. We are more than the pain we have experienced, and taking care of our mental health is a way to promote a brighter, healthier community and future.

CENTER FOR EMPLOYMENT OPPORTUNITIES (CEO) BY ELIZABETH STAPLETON

CEO is a national organization that connects returning citizens with employment. They recently opened a Detroit Office, located at 7300 Woodward in the New Center Area. CEO offers a four-day Pathways to Employment training program. Following the successful completion of the training, CEO will provide you with employment. CEO also has job coaches that meet with clients weekly to create a career plan. Once you have a permanent job placement, CEO continues working with you for a year to ensure your job success. To enroll in CEO, you must ask your parole agent to refer you to the program. If you are no longer on parole, you may still be eligible for services but you should contact Project Reentry for referral assistance. If you have any questions, you can contact their office at 313-400-0274