



ISSUE NO. 19
MAY 2019

THE DRUM

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UPCOMING EVENTS

PROJECT REENTRY DIGITAL LITERACY WORKSHOP

May 19th, 2019

2:00P.M. - 4:00P.M.

State Appellate Defender Office

645 Griswold St. Suite 3300

Detroit, MI 48226

Join us in collaboration with Detroit School for Digital Technology (DSDT) for a presentation by COO, Karlos Harris, followed by tech break-out sessions. Break-out sessions will include information on the latest smartphone apps, basic email and Google Drive functions, using different GPS navigation platforms, and networking on social media.

FREE | Refreshments provided

TRAUMA & TRAUMA CARE BEFORE, DURING, & AFTER INCARCERATION

June 1st, 2019

8:30A.M - 3:30P.M.

Michigan State University Law School

648 N Shaw Ln.,

East Lansing, MI 48824

Hear from doctors, social workers, corrections administration, and formerly incarcerated individuals about how trauma impacts people affected by the criminal justice system and what is being done about it. If interested in attending, please contact Project Reentry by May 29th.

DETROIT HERITAGE THEATRE FESTIVAL

May 18th, 2019

2:00 P.M. - 6:00 P.M.

Detroit Public Library

5201 Woodward Ave.

Detroit, MI 48202

FREE event consisting of a monologue competition and a play competition. A space to showcase the talent of Detroit and integrate artistry toward community enrichment.

DETROIT RUMMAGE SALE

May 19th, 2019

12:00 P.M. - 6:00 P.M.

Tangent Gallery and Hastings Street Ballroom

715 East Milwaukee Ave.

Detroit, MI 48202

FREE event selling, trading, and possibly gifting away all sorts of used items, from vintage collectibles to everyday needs.

CRIMINAL JUSTICE REFORM TASKFORCE COMES TO MICHIGAN

BY TAYLOR BONNER

Although crime rates have been at a 50-year low, Michigan's population of people incarcerated pretrial, or before being convicted of a crime, more than tripled between 1978 and 2013. To address this disparity, Governor Gretchen Whitmer recently signed an executive order establishing a new taskforce aimed at taking a comprehensive look at the state of criminal justice in Michigan. "We believe that we need to take a comprehensive look at the state of our criminal justice system in Michigan," Whitmer said. "Because we know this: the status quo isn't working. It's not working for the accused and it's certainly not working for those convicted of crimes." This task force titled The Michigan Task Force on Jail and Pretrial Incarceration is co-chaired by Lieutenant Governor Garlin Gilchrist and Chief Justice of the Michigan Supreme Court, Bridget Mary McCormack. The full taskforce will be comprised of 21 individuals who are stakeholders from the state's criminal justice system—including citizens impacted by it.

The taskforce mainly seeks to review jail and court data while creating and implementing alternatives to incarceration. More broadly, the goal is to "improve the effectiveness of the front end of Michigan's justice system." Other tasks include conducting research from counties around the state regarding Michigan's jail populations and collecting data from other states' criminal justice policies to create policy recommendations for Michigan.

Various policies aimed at reforming the state's criminal justice system such as Raise the Age legislation and cash bail reform, have been on the rise, making it an opportune time for the taskforce to make significant changes to the state of Michigan.

The taskforce's first meeting is to be held this summer and has received overwhelming support from the Michigan Chapter of the American Civil Liberties Union (ACLU) and the Michigan Sheriffs' Association.

WORKFORCE DEVELOPMENT

NASHVILLE CAREER FAIR

May 21st, 2019
11:00 A.M.-close
Adoba Hotel
600 Town Center Drive
Dearborn, MI 48126
Driving employers and future employees together faster than ever. Dress nicely and bring a resume as they do on the spot interviews!

DETROIT AT WORK, WORKSHOPS AND CLASSES

The entire month of May. Contact Project Reentry or Detroit at Work (313 -962-9675) for details. Hours and location vary. Looking to update your resume? Need some pointers on how to master an interview? From job-related training like interviewing, resume writing, and improving computer skills, to career specific training opportunities, Detroit at Work Career Centers have workshops for everyone.

HAPPENING NOW



ACLU Smart Justice Campaign

On May 11th the ACLU is kicking off their nationwide Smart Justice Campaign: "The ACLU of Michigan's Campaign for Smart Justice is challenging racism in the criminal legal system & cutting incarceration rates in half. We're fighting in the legislature, in the courts, and in the voting booths to reform Michigan's bail practices, sentencing policies, and to hold our prosecutors accountable."

Kick off event in Oak Park

May 11th
2pm-5pm
David H. Shepard Park
Oak Park, MI 48237

Visit aclumich.org
for more
information.



Better than a dozen roses.

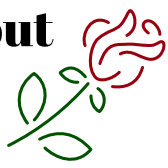


Thank you to Michigan Liberation for organizing the Michigan Black Mama's Bail Out and all the hard work you do fighting for justice! This Mother's Day consider helping bail Black Mamas out of jail. For more information visit the event page on Facebook at Michigan Black Mama's Bail Out. To contribute to the bail out visit



<https://secure.actblue.com/donate/mothersbailout>

#FREEBLACKMAMAS



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

CITIZEN SPOTLIGHT

EDDIE SPILLER

CAME HOME MARCH 2019

HOMETOWN

Flint, Michigan

HOBBIES AND INTERESTS

Using power tools to fix things around the house. I have a lot of catching up to do in terms of gaming, and have been playing Battlefield

3.

SUCCESS SINCE RELEASE

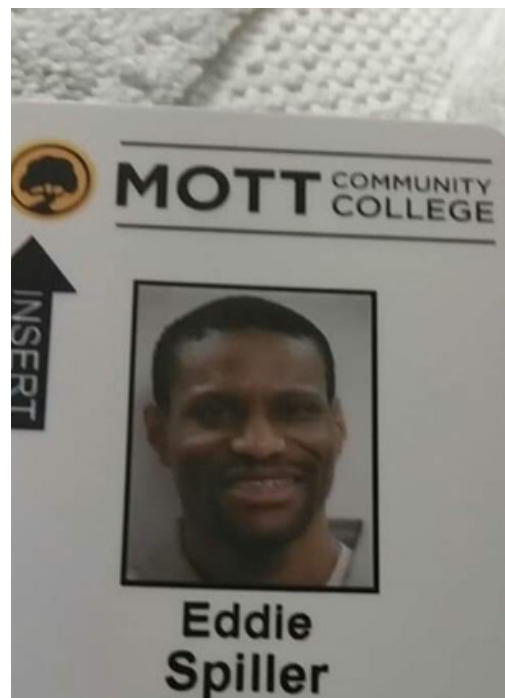
Getting my driver's permit and being able to interview for Kroger. I had to go to Kroger at 11pm to meet the 3rd shift manager. I talked with the manager for 45 minutes and she signed off to give me the job of 3rd shift manager. I attended orientation for a full-time, two-year degree as an electrical technician at Mott Community College. I am in the process of creating a budget so I can buy a car. I also do volunteer work at a church, helping with meal prep and serving meals.

STRUGGLES SINCE RELEASE

The only time I ever felt bad was after my eye exam when I realized how expensive prescription glasses were. I sat in the car and I was really quiet and overwhelmed by the cost.

MESSAGE TO THE COMMUNITY

As soon as you get home, find stuff to do, whether it's fixing things, cleaning, or washing clothes. It's important to have little things to do to stay busy while you're waiting for things to happen.



THANK
YOU

to PCAP members Megan, Cozine, and Patrick for facilitating last month's awesome art workshop and to everyone who attended! We also extend gratitude and appreciation to Al Ameer restaurant and Shatila Bakery for supplying delicious food and pastries for the workshop. If interested in facilitating a workshop or donating refreshments, please contact Marilena David-Martin at mdavid@sado.org



READ/WATCH/LISTEN BY LISA ROCHOW



HEARTLAND BY SARAH SMARSH

Sarah Smarsh examines the life of America's rural poor through the microcosm of her extended family. Growing up working-class and white on the Kansas plains, Smarsh enjoyed the freedom of a country childhood, but witnessed the hideous legacy of poverty in her relatives' untreated illnesses, unsafe job conditions, abusive marriages, and addictions to everything from cigarettes to opioids.



HIP HOP: BEYOND BEATS & RHYMES

A 2006 documentary film written, produced, and directed by Byron Hurt. The documentary explores the issues of masculinity, violence, homophobia and sexism in hip hop music and culture, through interviews with artists, academics, and fans.



12 LITTLE SPELLS BY ESPERANZA SPALDING

According to her website, Spalding was a child prodigy, playing the violin with the Chamber Music Society of Oregon at only 5 years old. She is now a professor at the music department at Harvard University. Her courses on songwriting, arranging and stage performance combine elements of musical theory and social justice. Her songs combine elements of pop, hip-hop and classic eclecticism. In recent years, she has deliberately used her music to speak out about social injustice.



CO-STAR

What is your Zodiac sign? Whatever it is, if you want to learn more about astrology and how your sign corresponds with daily challenges, opportunities, or relationships, Co-Star is the app for you. Download the app for free on Apple (iOS) or Android phones. Take it a step further and connect with friends on the app to see who you are most compatible with based on your sign. Not a believer in Zodiac signs? Try it out for fun!



BBQ CHICKEN PIZZA

SERVINGS: 2

PREP TIME: 15 Minutes

TOTAL TIME: 35 Minutes

INGREDIENTS

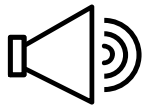
Cooking spray
1 lb. refrigerated pizza dough, divided into 2 pieces
2 c. cooked shredded chicken
3/4 c. barbecue sauce, divided
1 c. shredded mozzarella
1/4 medium red onion, thinly sliced
1/3 c. shredded gouda
Pinch crushed red pepper flakes (optional)
2 tbsp. freshly chopped cilantro
Flour

MATERIALS

2 Large baking sheets
Parchment paper
Medium bowl

DIRECTIONS

Preheat oven to 500°. Line two large baking sheets with parchment paper and grease with cooking spray. In a medium bowl, stir together chicken and 1/4 cup barbecue sauce. On a lightly floured surface, roll out pizza dough into a large circle, then slide onto prepared baking sheet. Top each pizza with 1/4 cup barbecue sauce, then half the chicken mixture, spreading in an even layer and leaving 1" around the edge bare. Next add an even layer of mozzarella and red onion, then top with gouda. Sprinkle with crushed red pepper flakes if using. Bake until cheese is melty and dough is cooked through, 20 to 25 minutes. Garnish with cilantro before serving.



On May 6th, Project Reentry's Allison Gorine joined Kim Woodson, founder of Redeeming Kimberly, and Cinque Layne of Recover Road Fellowship, on Detroit's WMKM 1440AM. The conversation was facilitated by Pastor Barry and Sr. Warden Tamika, of Detroit's Church of Messiah. Woodson shared her story and expressed the importance of supporting youth and showing young people who may be caught in a bad situation there is another path. The three also discussed the need for communities to increase opportunities for formerly incarcerated persons and stop stigmatizing people for crime(s) committed in the past. Gorine, Woodson, and Layne hope to expand their existing programs and continue to collaborate in the future. **To continue the conversation or invite Kim Woodson to speak please email redeemingkimberly5317@gmail.com or call 313-957-1410 to reach her directly.**



WAIT. THERE'S MORE FROM KIMBERLY WOODSON!

If you are a juvenile lifer please contact Kim directly at 313-957-1410 to join ICAN, the Incarcerated Children's Advocacy Network and their Campaign for the Fair Sentencing of Youth (CFSY).



SAVE THE DATE



Silent Auction for Redeeming Kimberly. All proceeds will go towards people coming home from prison.

June 21st

6pm-8pm

Church of Messiah
231 E. Grand Blvd.
Detroit, MI 48207

HOW TO CONTRIBUTE



If you would like to donate a gift to the silent auction in support of Redeeming Kimberly or know of an organization that would, please contact Project Reentry at 313-256-9833 or Kim at 313-957-1410.

Throwback article by former Project Reentry intern in honor of Mental Health Awareness Month

MENTAL WELLNESS: HOW TO SUPPORT SOMEONE EXPERIENCING PTSD

BY KATE YUGO

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 MHCPs 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.

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, makes us weak. 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.

Connect

If you need assistance connecting with a mental health professional contact your local Community Mental Health agency or Project Reentry for referrals or information on resources.

Talk

If you or someone you know is in crisis call the National Suicide Prevention Lifeline at **1-800-273-TALK (8255)** or the Michigan Department of Community Health Crisis Hotline at **1-866-289-2641**.

RESOURCE OF THE MONTH

M.A.D.E INSTITUTE

The mission of M.A.D.E Institute is "to provide comprehensive programming, for at-risk-youth and returning citizens in the area of workforce development, social advocacy, training and research, and violence prevention." Services include reentry care packages and entrepreneurship education. For more information visit madeinstitute.org or connect using the contact information below.

4119 N. Saginaw St.
Flint, MI 48505
(operations)
810-294-0222

MEET THE TEAM

TAYLOR BONNER

HOMETOWN

Detroit, MI

HOBBIES AND INTERESTS

Reading, eating, learning, and surrounding myself with friends and family.



MESSAGE TO THE COMMUNITY

I'm grateful for the work I have been able to do with SADO. This is only the beginning for what's to come. And I am thrilled to continue working with clients and being a champion for reentry services.

TAYLOR'S QUICK TIP

If you are planning on getting a start to your spring cleaning, here is a cheap and green method to make your stainless steel sink shine. All you need is lemon and salt, then proceed to scrub your sink. Also, after you've wiped out the sink, chop up the lemon and run it through the garbage disposal—your garbage disposal will not only be clean, but your kitchen will smell great!

BAKING FOR GOOD



On the Rise Bakery

8900 Gratiot
Detroit, MI 48213
Phone: 313-922-8510

Hours: Tuesday-Saturday 8am-6pm

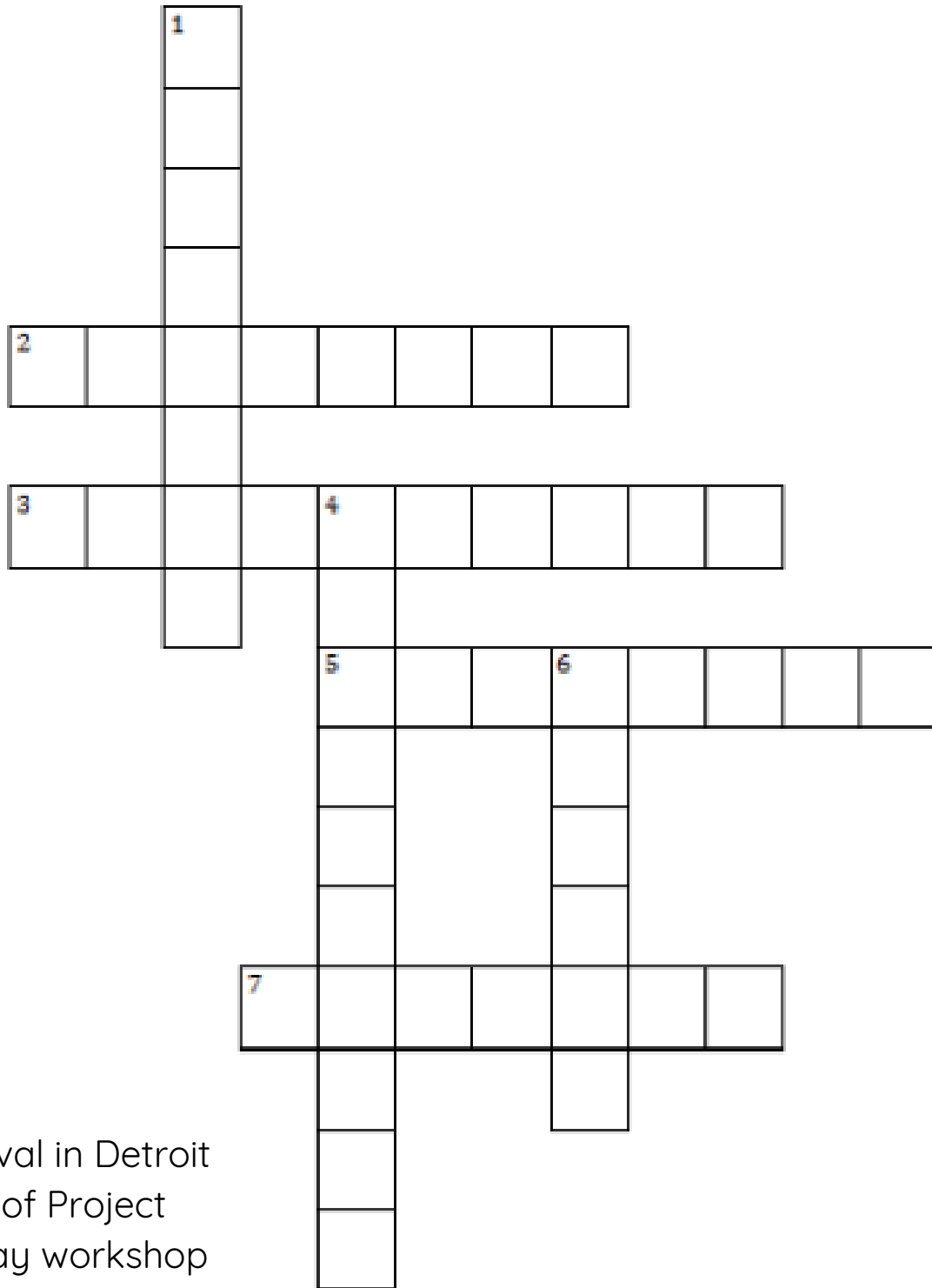
On the Rise Bakery is a program started by Capuchin Soup Kitchen in Detroit, MI. The bakery hires people who have recently returned home from prison or received substance abuse treatment. Money from purchased from baked at On the Rise helps provide supportive housing, educational programs, and counseling for community members in need. If you're in the area, try one of their delicious items and feel good about your purchase.



The 490 Bakery

The 490 Bakery in Muskegon provides employment, training, support, and hope to previously incarcerated men and women. The bakery was founded by Davine Calkins and her husband after recognizing the need to support people returning from prison by increasing employment opportunities. The company ships delicious cookies nationally and internationally. To purchase cookies or get involved, call 231-329-2756 or visit their website www.the490bakery.com.

MAY CROSSWORD



DOWN

1. Music festival in Detroit
4. The focus of Project Reentry's May workshop
6. Matriarch of the family

ACROSS

2. We celebrate _____ Day on May 27th
3. Upcoming annual celebration commemorating the abolition of slavery
5. COBO Center will be renamed by _____ Bank
7. April showers bring May _____

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

HAVE QUESTIONS OR SOMETHING TO CONTRIBUTE?

CALL (313) 256-9833

AND ASK FOR A PROJECT REENTRY TEAM MEMBER

OR EMAIL US AT

REENTRY@SADO.ORG

OR SEND A LETTER TO

PROJECT REENTRY

STATE APPELLATE DEFENDER OFFICE

645 GRISWOLD, SUITE 3300

DETROIT, MI 48226

SADO Technology Workshop

Join SADO's Project Reentry for a hands-on technology workshop led by the Detroit School for Digital Technology. Break out sessions will include information on the latest smart phone apps, basic email and Google Drive functions, using different GPS navigation platforms, and networking on social media.

ALL ARE WELCOME.
SNACKS WILL BE
PROVIDED. PLEASE
RSVP TO MARILENA
DAVID-MARTIN AT
MDAVID@SADO.ORG
OR 313-670-0309

SUNDAY MAY 19,
2019
2:00-4:00 PM
645 GRISWOLD ST
33RD FLOOR
DETROIT, MI
48226