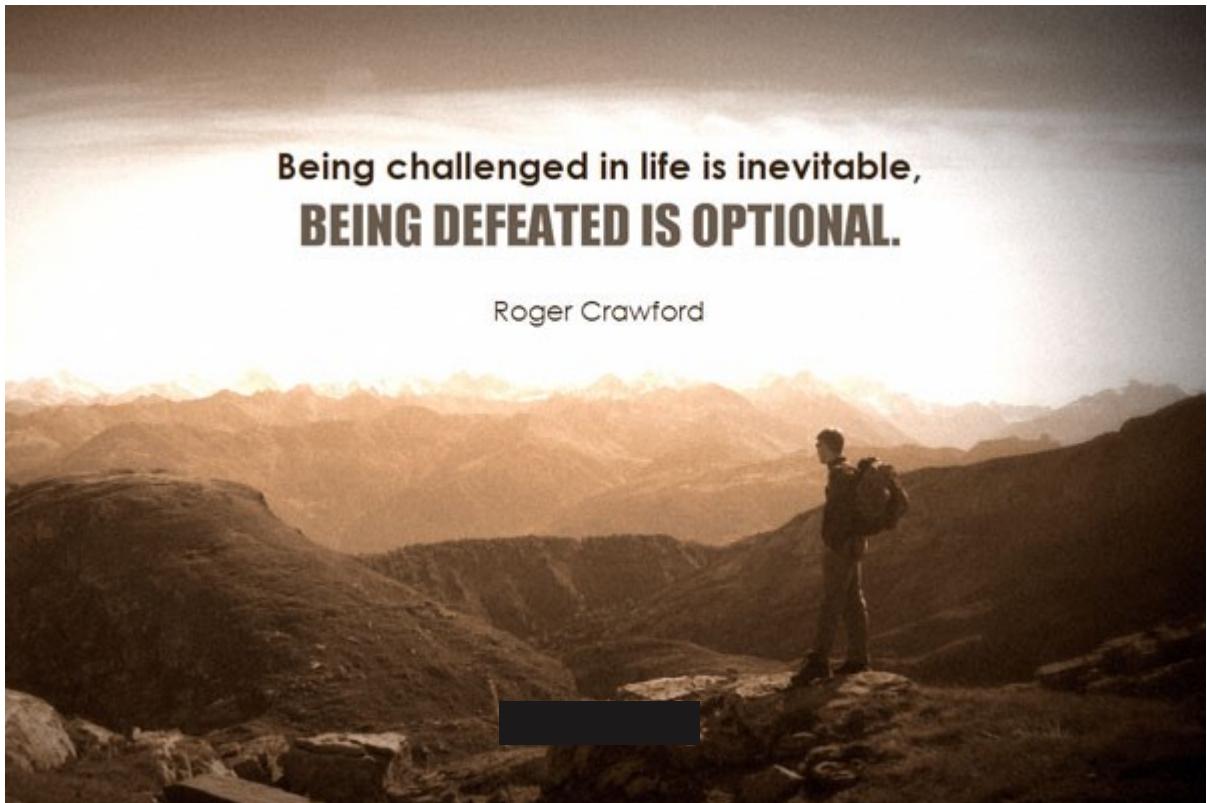


September 2019



Being challenged in life is inevitable,
BEING DEFEATED IS OPTIONAL.

Roger Crawford

Are you interested in writing or drawing?

Are you interested in poetry, journaling, fiction or non-fiction? Are you writing a book? Come join us for a writing class. Learn useful writing skills and share some of your work if you are interested. The *Write for Your Self* is a non-judgmental break from the noise of the dorm.

Call for Artists!

We are asking graphic artists to join us in publishing their work. We need illustrations of all kinds for our writing. We have space for you to draw while we write. All skill levels are welcome and encouraged.

If you are interested in writing or illustrating, we meet Wednesday nights from around 6:00 to 8:30.

New groups start each month. You must be on call-out to attend.
Kite Mr. Stueve in Education if you are interested in participating.

Caseload Reset

Correctional Counselors' caseloads have been rearranged in order to better serve those most in need. These changes are necessary if the Oregon Department of Corrections (DOC) is to provide quality case management services to the adults in custody (AIC) most likely to reoffend as determined by their Automated Criminal Risk Score (ACRS).

ACRS is a statistical calculation developed by the DOC Research Unit to predict your risk of reoffending within three years of release. Your score is automatically calculated at Coffee Creek Intake Center (CCIC) and is based upon the following: age, earned time, revocations, sentence length, custody number, thefts committed, prior incarcerations, and person to person crimes. The score is recalculated whenever any of these items change. Another way to understand ACRS is to look at it from a percentage standpoint. The scores range from .01 to .99. If your ACRS is .15, then you have an estimated 15% chance of reoffending within three years of your release.

If DOC had the resources it needed, Institution Counselors would provide cognitive interventions through case management to all AICs who need it. Because DOC does not have the capacity to provide case management services to everyone, Counselors' caseloads have been adjusted to provide cognitive interventions to AICs most likely to reoffend.

To make caseload sizes more manageable, DOC had to significantly adjust the ACRS cutoff score. Due to resource discrepancy across the institutions, the cutoff scores won't be consistent and are as follows:

SRCI, OSP, TRCI, EOCI

.01 - .24 ACRS = Low Supervision

.25 - ACRS and higher = High/Medium Supervision

OSCI

.01 - .34 = Low Supervision

.35 ACRS and higher = High/Medium Supervision

CRCI, DRCI, PRCF, SCCI, SCI, SRCI Minimum, TRCI Minimum

.01 - .34 = Low Supervision

.35 ACRS and higher = High/Medium Supervision

WCCF

.01 - .39 = Low Supervision

MCCF, SFFC

.01 - .49 = Low Supervision

.50 ACRS and higher = High/Medium Supervision

CCCF, CCCM

.01 - .19 = Low Supervision

.20 ACRS and higher = High/Medium Supervision

Low Supervision:

If you are placed on a Low Supervision caseload (as determined by your institution), you will not meet with your Institution Counselor on a regular basis and will only be seen for emergencies or unusual circumstances. Any reporting will be through written communication. If you need an in-person meeting, you will need to provide specific details in your request.

Although you will not have regular contact with your Institution Counselor, your eligibility to attend programming offered by Pathfinders (group cognitive classes and parenting classes) and participate in our alcohol and drug treatment programs will not be impacted. Eligibility and placement into these programs remain the same.

High/Medium Supervision

If you are placed on a High/Medium Supervision caseload (as determined by your institution), you will meet with your Institution Counselor on a regular basis, working on your customized Behavior Change Plan and receive cognitive interventions from your counselor.

Each time you are transferred from one institution to another, you will receive an Intake Information Sheet and Contact/Resource List that provides information specific to that facility. You will also have the opportunity to ask questions at your institution's Admission and Orientation program for new arrivals to help you manage your affairs during your incarceration.

These changes will be implemented June 1, 2019, for male institutions and July 1, 2019, for women at CCCF.

Thank you,

CCM Central Office

PRAS Reminder: When you request and receive a complimentary copy of your PRAS print out by the 7th of each month, and you believe there are discrepancies, please discuss those discrepancies with your Supervisor and have them verify to Ms. Wells the dates in question. All dates worked must be verified, in writing, by staff in order to credit for working. Do not kytic Ms. Wells for corrections, as she will advise you to discuss all discrepancies with your Supervisor, which will cause delay. Thank you.

Incentive Level Overrides

SCCI offers incentive level overrides to inmates who have demonstrated that they can maintain clear conduct while at Level 2 at this institution.

The following is information about when inmates are eligible for override consideration.

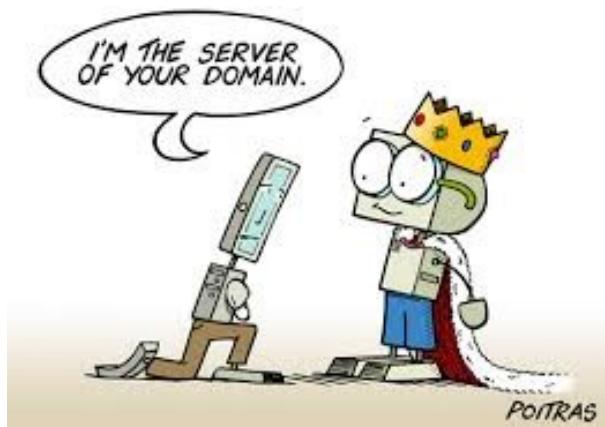
Incentive Level Override Minimum Standards:

- At Level 2 for at least 3 months.
- Housed at SCCI for a minimum of 3 months
- No Conduct Orders in the last 3 months
- No Misconduct Reports in the last 6 months
- No Program Failures in the last 3 months

If you meet all of these requirements, you may request an override by sending an inmate communication form to Ms. Paluch in Administration. Once the request for override is received, your history will be reviewed, and a determination will be made on your override status.

Counselor Open Call Outs Tuesday

Open call out is every Tuesday from 1pm to 3pm for Counselors. Please wait to see the counselors after your unit has been called to canteen and you have picked up your canteen and returned it to your locker. If you are not getting canteen for the day you are welcome to come at any time. If you are waiting in line to see a Counselor and you leave that line to go to Canteen you will receive a Conduct Order for Unauthorized Area.



"Wait a minute, those aren't yellow bricks, those are good intentions. Oh. Oh no..."



Where's the Fiber!

Did you know that the average American consumes only about half the recommended amount of dietary fiber each day? High-fiber foods support a healthy digestive tract and may guard against cancer, heart disease, diverticulosis, obesity and diabetes. Fiber only occurs in fruits, vegetables, beans & legumes, grains and nuts & seeds. There are two

main types of fiber; Soluble and Insoluble. Soluble fiber dissolves in water and can help lower blood glucose and cholesterol. **Oatmeal, nuts, dried beans, lentils, apples and berries are good sources.** Insoluble fiber does not dissolve in water and helps move food through your digestive system, preventing constipation and reducing risk of developing hemorrhoids, diverticulosis and colon cancer. Foods with insoluble fiber include **whole wheat products, brown rice, legumes, fruits with skins and a variety of vegetables.** How much fiber do I need? On the average, most adult men need approximately 35 g daily and women 25 g.

You may have noticed, beginning with the Spring/Summer Menu cycle, the increased number of servings of whole wheat bread products, brown rice, beans and legumes. ODOC is working to meet USDA fiber recommendations. This is an ongoing process and will continue with the winter menu cycle.

**The education department
is proud to announce the
newest GED graduate:**

Eastep, Andrew





State of Oregon Department of Corrections Commissary

Date: Tuesday, August 13, 2019

To: Adults in Custody

From: Anita Nelson, Statewide Commissary Operations Manager

Subject: Commissary News, Updates and Reminders

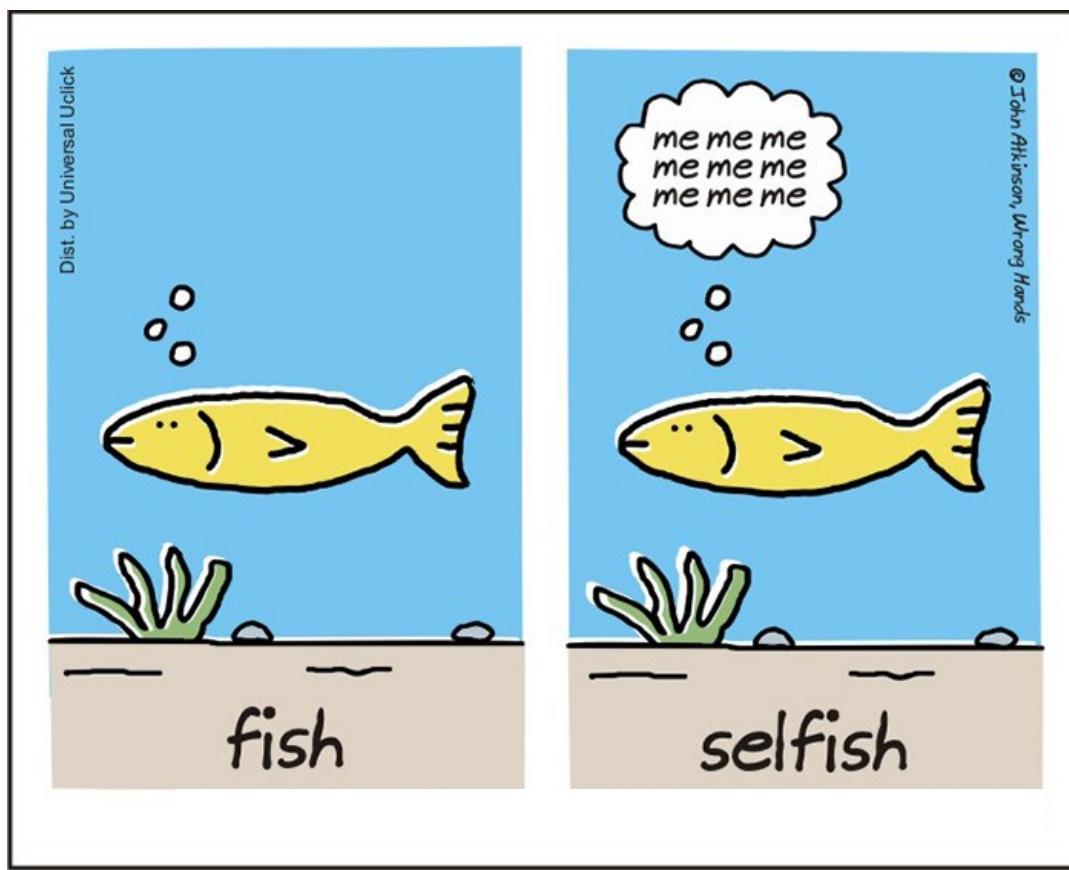
Commissary News:

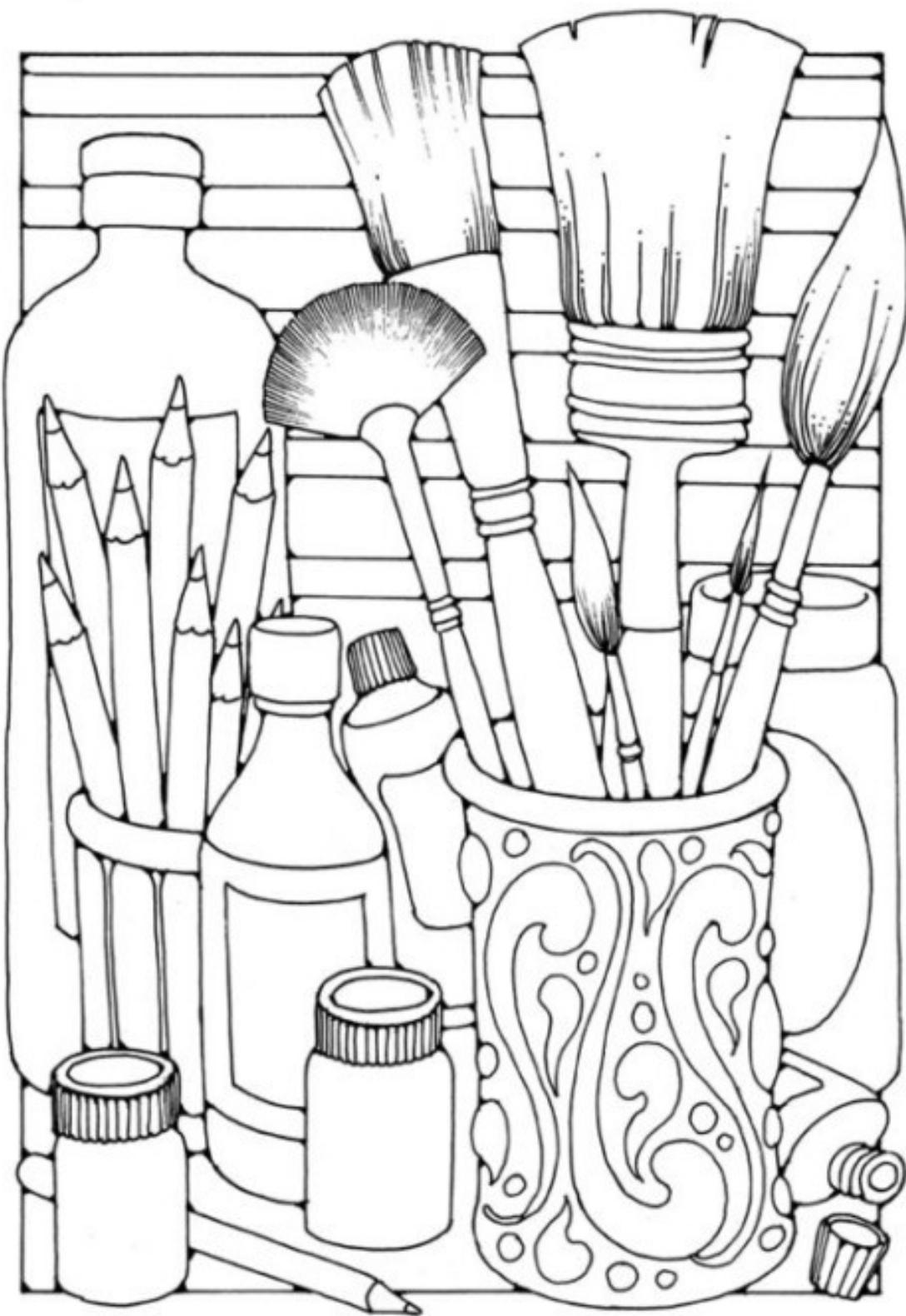
Last year commissary sent out notification that our vendors may be raising prices due to rising freight costs, domestic and international economic production increases and commodity crop market fluctuations. The good news is, a majority of our vendors did not increase their prices last year as anticipated.

Unfortunately, this year, with the renewal of our contracts, we will see those price increases from the majority of our vendors. The price increases are expected to be from 2.5 – 5 percent across the board. We expect to see these price increases take effect almost immediately.

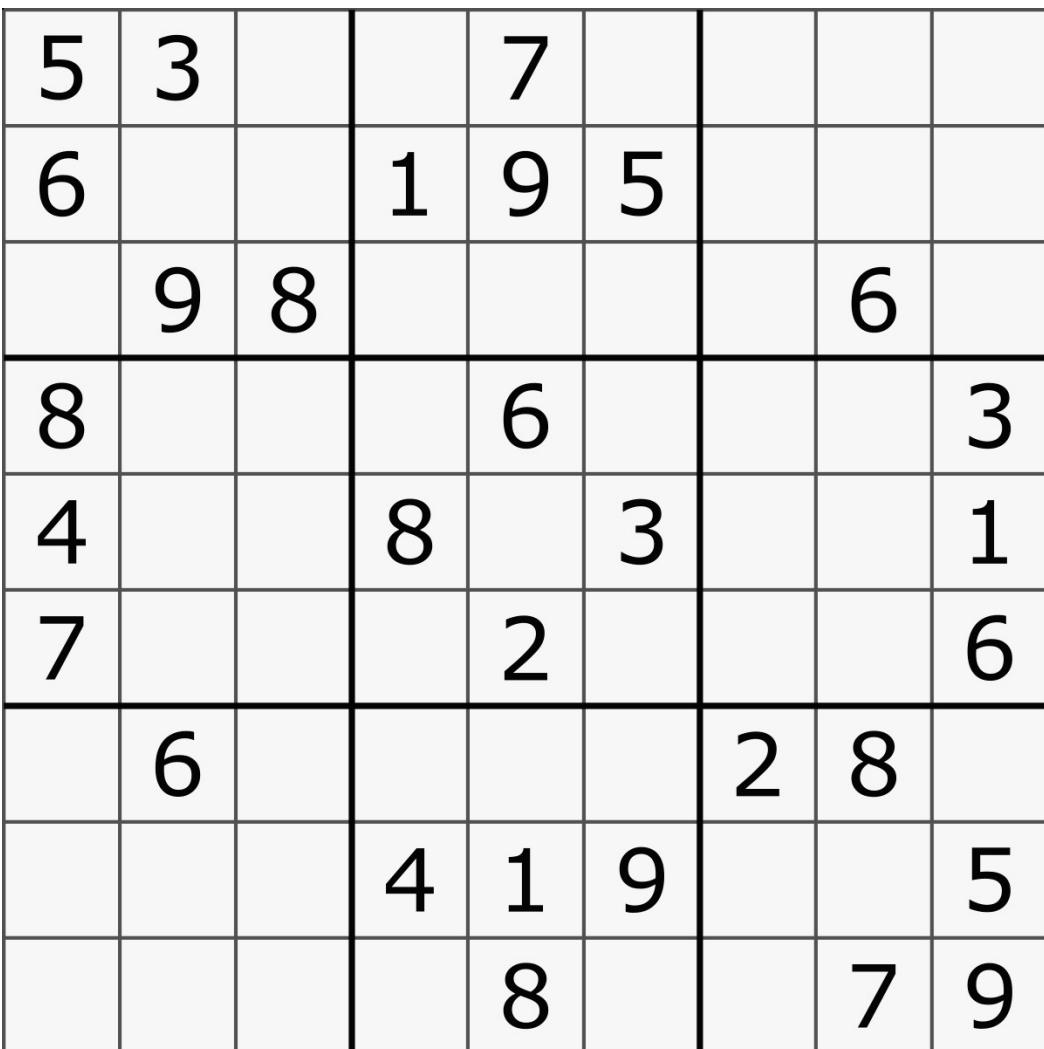
Please note, commissary will keep the order forms updated to reflect the price increases and do what we can to ensure you have the most current forms; however, prices are subject to change without notification.

We appreciate your support of ODOC Commissaries.





FOR YOUR COLORING PLEASURE



Complete the grid so every row, column, and box contains every digit from 1 to 9 with no repeats in a row, column, or box

Last Months Answers

1. Sean Connery, George Lazenby, Roger Moore, Timothy Dalton, Pierce Brosnan, and Daniel Craig
2. Chucky
3. Savvy?
4. Snow White and the Seven Dwarfs (1937)
5. Dr. No (1962)
6. Gluttony, Envy, Pride, Lust, Sloth, Greed and Wrath
7. Monkey - Jackie Chan; Crane - David Cross; Tigress - Angelina Jolie; Viper - Lucy Liu; Mantis - Seth Rogen Swan
8. Ghost face
9. Never tickle a sleeping dragon
10. Smeagol
11. The Big Lebowski (1998)
12. Casino, Goodfellas
13. Willis
14. The Notebook
15. Back to the Future

This Month's Contest: Write in the correct answer below. Answer at least 14 correctly to be put in a drawing for a chance to win a candy bar. Answer at least 17 for a second chance to win. Correctly answer all 20 for a third chance to win. Entries must be received by Wednesday, September 11th. A total of 5 candy bars will be given away. You can use these pages to submit your answers. One entry per person and only one answer for each puzzle.

To: Ms. Paluch

From: _____

SID: _____ **Dorm/Bunk:** _____

1. Who is the author of series of Harry Potter?
2. Is it possible to lick your elbow?
3. What were the Hawaiian Islands originally known as?
4. Which is the largest state in the United States of America?
5. When did World War II begin?
6. In which year did the Titanic sink?
7. Which President did John F. Kennedy succeed?
8. Who invented airplanes?
9. Who was the oldest US president to take office?
10. Which is the largest freshwater lake in the world?
11. Which is the last Grand slam tournament (tennis) in a calendar year?
12. Who is the speaker of the famous speech 'I have a Dream'?
13. What is Norma Jeane Mortenson famously known as?
14. Which spacecraft took the first man on the moon?
15. Which bird is used as the sign of peace?
16. Which animal is the official symbol of the World Wildlife Fund?
17. Which ocean goes to the deepest depths?
18. Who is the sister-in-law of your dad's only brother?
19. What do most farmers use to tell their cattle apart?
20. Most people eat which part of an Easter Bunny first?