

# Coffee Talk

September 7, 2022



## What's New in the News at The Creek?



### Flu Vaccines   Central Health Services

[Can't I wait and get vaccinated when/if flu hits my community?](#) It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely it is that you will be fully protected once flu begins to circulate in your community.

[Flu vaccines can't give you the flu.](#) Even if you got a flu vaccine, there are reasons why you might still get flu or a flu-like illness. • You may have been exposed to a non-flu virus before or after you got vaccinated. The flu vaccine can only prevent illnesses caused by flu viruses. It cannot protect against non-flu viruses that may cause flu-like illness. • Or you might have been exposed to flu after you got vaccinated but before the vaccine took effect. It takes about two weeks after you receive the vaccine for your body to build protection against the flu. • Or you may have been exposed to an influenza virus that was very different from the viruses included in that year's vaccine. The flu vaccine protects against the influenza viruses that research indicates will cause the most disease during the upcoming season, but there can be other flu viruses circulating. • Unfortunately, the flu vaccine doesn't provide the same protection for everyone. How well the flu vaccine works (or its ability to prevent flu) can range widely from season to season and also can vary depending on who is being vaccinated

[You need to get a flu vaccine every year.](#) You need to get a flu vaccine every year to protect yourself against the viruses that research suggests are most likely to circulate each season. There are two reasons for getting a flu

vaccine every year: a) The first reason is because flu viruses are constantly changing, flu vaccines may be updated from one season to the next to protect against the viruses that research indicates may be most common during the upcoming flu season. b) The second reason annual vaccination is recommended is that a person's immune protection from the vaccine declines over time. Annual vaccination is needed for optimal protection.

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## **Vacunas contra la gripe**

[¿No puedo esperar y vacunarme cuando/si la gripe llega a mi comunidad?](#) Lo mejor es vacunarse antes de que la gripe comience a propagarse. La vacuna contra la gripe tarda aproximadamente dos semanas en proporcionar una protección completa, por lo que cuanto antes se vacune, es más probable que esté completamente protegido una vez que la gripe comience a circular en su comunidad.

[Las vacunas contra la gripe no pueden contagiarle la gripe.](#) Incluso si se vacunó contra la influenza, existen razones por las que aún podría contraer la influenza o una enfermedad similar a la influenza. \*Es posible que haya estado expuesto a un virus que no sea de la gripe antes o después de vacunarse. La vacuna contra la gripe solo puede prevenir enfermedades causadas por los virus de la gripe. No puede proteger contra virus que no son de la gripe que pueden causar enfermedades similares a la gripe. \* O es posible que haya estado expuesto a la gripe después de vacunarse, pero antes de que la vacuna surtiera efecto. Se necesitan aproximadamente dos semanas después de recibir la vacuna para que su cuerpo desarrolle protección contra la gripe. \* O es posible que haya estado expuesto a un virus de influenza que era muy diferente de los virus incluidos en la vacuna de ese año. La vacuna contra la influenza protege contra los virus de la influenza que, según indican las investigaciones, causarán la mayoría de las enfermedades durante la próxima temporada, pero puede haber otros virus de la influenza en circulación. \* Desafortunadamente, la vacuna contra la influenza no brinda la misma protección para todos. La eficacia de la vacuna contra la influenza (o su capacidad para prevenir la influenza) puede variar ampliamente de una temporada a otra y también puede variar según quién se vacune.

[Debe vacunarse contra la gripe todos los años.](#) Debe vacunarse contra la influenza todos los años para protegerse contra los virus que, según las investigaciones, tienen más probabilidades de circular cada temporada. Hay dos razones para vacunarse contra la influenza todos los años: a) La primera razón es que los virus de la influenza cambian constantemente, las vacunas contra la influenza pueden actualizarse de una temporada a la siguiente para proteger contra los virus que, según indican las investigaciones, pueden ser más comunes durante la temporada. próxima temporada de gripe. b) La segunda razón por la que se recomienda la vacunación anual es que la protección inmunitaria de una persona frente a la vacuna disminuye con el tiempo. La vacunación anual es necesaria para una protección óptima.



## **Corridor Reminders Security**

When you leave your unit, you must be properly dressed for your destination: as a rule, going to work or to attend a callout means you should not be in shorts...unless the callout is yoga and then shorts are perfect. Coming into the unit to take out the garbage or to pick up cup carts is your work assignment and shorts are not perfect.

Sandals are only allowed to be worn in the corridor with approval from Health Services.

Movement in the corridor should be purposeful and does not include time to socialize. Please do not stop to wait to see and chat with friends from other units.

Please be aware of the noise level. Yelling from one end of the corridor to the other is never allowed and the excess noise makes it difficult for staff who work in and off the corridor to do their jobs.



## Heavy Equipment Operator Certification Program Comes to CCCM

Baker Technical Institute (BTI) is here to provide a next-generation education for the future of Oregonians. They partner with regional employers and industry experts to provide an innovative education in hands-on fields like the heavy equipment operation program. Their program launches careers that can be pursued anywhere in the world, while creating thriving communities here at home.

This program is completely voluntary. There will be a morning and an afternoon class that runs for five (5) weeks, starting on September 26, 2022. **Completed applications must be received by IWP by September 15, 2022!**

### Basic Qualifications

- A GED or high school diploma
- Less than three (3) years remaining on your sentence prior to your release eligibility date
- Incentive level three (3); AICs who are incentive level two (2) will be considered on a case-by-case basis
- No security threats/concerns to prevent you from participating in this program
- Gate-cleared
- 

Upon finishing this program, students receive the following certifications:

- Heavy Equipment Operator
- Traffic Control/Flagger (ODOT)
- Forklift – Baker Technical Institute
- CPR/First Aid/AED – American Heart Association

The program is only open to AICs in CCCM. If this is a successful partnership, opportunities to provide programming to AICs in CCCF will be considered.



## **Survival Coaches Ms. Arrington**

### **CCCF**

Black, Kyle	Monday – 3:00 pm – 4:00 pm (G Unit)
J205A	Tuesday – 6:00 pm – 7:00 pm (DSU)
	ON CALL
Rowe, Cynthia	Monday – 7:00 pm – 8:00 pm (G Unit)
C227B	ON CALL
Womack, Sasha	Sunday – 3:00 pm – 4:00 pm (D Unit)
H202B	ON CALL
Rayburn, Lynley	Saturday – 1:30 pm – 2:30 pm (D Unit)
J225B	ON CALL
Lowe, Rinita	Monday – 7:00 pm – 8:00 pm (D Unit)
K102B	Friday – 7:00 pm – 8:00 pm (C Unit)
	ON CALL
Cox, Danielle	Monday – 6:00 pm – 7:00 pm (K Unit)
J121A	Wednesday – 6:30 pm – 7:30 pm (H Unit)
	Wednesday – 7:30 pm – 8:00 pm (G Unit)
	Friday – 7:00 pm – 8:00 pm (C Unit)
	ON CALL
Landrum, Kristina	Tuesday – 7:00 pm – 8:00 pm (H Unit)
J123B	Thursday – 6:30 pm – 7:30 pm (G Unit)
	ON CALL

Davis, Tanuia	Tuesday- 7:00 pm-8:00 pm (H Unit)
K101A	Friday – 7:00 pm – 8:00 pm (C Unit)
	ON CALL
Barnett, Corriса	Monday – 7:00 pm – 8:00 pm (G Unit)
J220A	Saturday – 1:30 pm – 2:30 pm (D Unit)
	ON CALL
Jeffers, Kristie	Monday – 7:00 pm – 8:00 pm (D Unit)
J123A	Wednesday – 6:30 pm – 7:30 pm (H Unit)
	Wednesday – 7:30 pm –8:00 pm (G Unit)
	ON CALL
Thompson, Sh'Ray	Monday – 3:00 pm – 4:00 pm (G Unit)
J206B	Sunday – 3:00 pm – 4:00 pm (D Unit)
	ON CALL
	<b>CCCM</b>
Turner, Patty	ON CALL
F3-58B	

You may request a specific Survival Coach by name when asking to meet.



**AA Meetings Are Now Available at CCCF Ms. Arrington**

AA Meetings are held on the first Monday of every month in CCCM in Room D3 from 7-8 pm.

AA Meetings are held on the third Monday of every month in CCCF in Room M111 from 7-8 pm.

If you've already submitted a kyte, please check your callouts this month.

Please send a kyte\* if you are interested in attending AA Meetings to:

**L. Arrington, Diversity Coordinator**

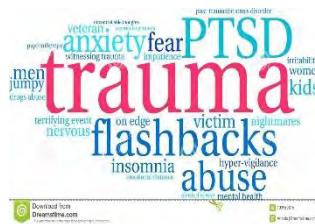
Kytes will be processed in the order that they are received, and a waitlist will be created when the available spots are filled.

## **The African American Program (AAP) Returns Soon Ms. Arrington**

The African American Program (AAP) is coming back into CCCF & CCCM. Dates and times will be announced in the near future.

Please send a letter of interest explaining why you wish to participate in AAP to:

**L. Arrington, Diversity Coordinator**



## **Trauma in Life Classes Starting at CCCF**

**Ms. Arrington**

The purpose of this Survival Coach-facilitated class is to provide AICs with information about:

1. Understanding traumatic experiences;
2. The impact of traumatic experiences;
3. Building resilience; and
4. Resolving difficulties through treatment.

**This class will be held in GH13 (H-Unit) on Wednesdays from 6-7 pm.**

### **100% PARTICIPATION IS REQUIRED**

Class size is limited to 10 AIC's. Classes are four weeks long. NCI Level 2 & 3 AICs are welcome to participate in this pilot class. Trauma in Life classes will be open to NCI level 1 AICs in November 2022, following a successful pilot class. If you are interested in attending a Trauma in Life Class, please send your kytic to:

**L. Arrington, Diversity Coordinator**

Kytes will be processed in the order that they are received, and a waitlist will be created when the available spots are filled.





# **Yoga Class at CCCF** Ms. Arrington

These classes are taught by five AICs who have received 200-hours of yoga teacher training certification. Research conducted by Ann Swanson, MS, E-RYT 500, suggests a daily restorative yoga practice as a form of physical exercise—even in a prison environment—may have numerous physical and mental health benefits:

1. Safe and effective relief for chronic back pain
2. Improved posture and spinal alignment
3. A reduction in feelings of depression related to body dysphoria
4. Improved resting states
5. A reduction in pelvic and overall pregnancy discomfort, signs of stress, anxiety, and post-partum depression
6. Improved levels of optimism, empowerment, well-being, and social engagement
7. Increased muscle strength to counteract natural skeletal atrophy that occurs with aging
8. Improved flexibility to prevent the loss of range of motion.

Available general population class times are:

- Monday 6-7 pm
- Wednesday 7-8 pm
- Friday 6-7 pm
- Saturday 2-3 pm
- Saturday 7-8 pm
- Sunday 2-3 pm

If you would like to attend a yoga class, please send a kytic to:

## **L. Arrington, Diversity Coordinator**

Space is limited so please specify the class you would like to attend. Kytes will be processed in the order that they are received, and a waitlist will be created when the available spots are filled.





## How Do I Get Reusable Utensils? Culinary/Warehouse

New AICs are instructed to kytic culinary for reusable utensils. One spoon and fork set will be issued to each AIC. You can kytic culinary every six (6) months for a new set. You are responsible for your utensils. Lost and/or stolen utensils will not be replaced. You will be directed to purchase reusable spoons from Canteen if you need replacement utensils within six (6) months of your issues date. Food Service does not issue cups or bowls; these items can be purchased on Canteen. Ktyes must be legible and complete. Please do not send multiple ktyes.



## ...Jobs, Jobs, Jobs...



## CRU Orderly

An 11-point work assignment, the AIC in this position will work in the CRU office in the morning and afternoons, depending on the agreed upon schedule. Cleaning, restocking, and basic floor care will be the starting place for new AICs and the responsibilities can grow to include office assistance such as copying, helping with the art contest, prepping for events, proofreading, and delivering postings and Coffee Talks to the units. We are looking for an individual who is self-directed and shows initiative. The office is lowkey and we enjoy working with someone who wants to work, learn, and laugh a little. Please send a kytic to Ms. Sprint (E07) if you are interested in interviewing. **Ktyes must be received no later than Friday, September 16, 2022.**



## Medium Physical Plant - General Maintenance



**Title:** Maintenance

**Department(s):** Medium Physical Plant

### Job summary

Under the direction of the facility Maintenance Specialist, the AIC performs a wide variety of tasks including maintenance and repair of appliances including washers and dryers, slider door maintenance, roof repair, general maintenance and repair of facility equipment, installation of shelving, assemble various items (furniture and equipment) and assist other trades as needed. Job related clerical work including filling out and logging work orders, tracking preventative maintenance schedules, and maintaining parts and tool inventories.

### Minimum requirements

Must have been at Coffee Creek at least 6 months with 6 months clear conduct. Verbal warnings, conduct orders and housing history will be reviewed. Must have high school diploma or GED.

**Send applications to IWP by 1-14-22**

**PRAS starts at 12 points and works up to 16.**



## Minimum Legal Assistant Position Ms. Wheeler,

### Library Coordinator

The library is currently taking applications for one legal assistant position. The **required** qualifications are:

- GED, High School Diploma or above
- Non-cash Incentive Level 2 or 3
- Minimum of 1 year misconduct free
- Ability to follow directions

- Communicate orally to get across complicated instructions, interpretations, and to maintain as much confidentiality as possible.
- No DOC record of staff assault(s)
- No DOC record of prior removal from library assignment that resulted in an adjudicated disciplinary report (DR)
- Minimum of 1 year time remaining to be served in minimum custody facility

**Desired** Attributes may include, but are not limited to:

- Knowledge of the legal system
- Legal research capabilities
- Legal writing skills
- Typing skills
- Ability to work independently
- Ability to work well as a team member

AICs who speak and write both Spanish and English fluently, or those who have previous work experience in the legal field, are especially encouraged to apply. If you are interested in this position, complete an application and return it to **Ms. Wheeler/Minimum Law Library** no later than **September 8, 2022**. Applications received after that day will not be considered. Kytes received at any time without an application will not be considered at any time and will not be returned to you.

## **Minimum Physical Plant – Painter’s Assistant**



### **Job Description**

**Title** Outside Painter Assistant

**Department(s)** Minimum Physical Plant

**Reports to** Mr. Greenman

### **Job summary**

Under the direction of Mr. Greenman (Painter) you will perform a wide variety of tasks and duties including structural painting, sheetrock repair, prep work before painting, general maintenance and repair of painting equipment and supplies, and may assist other trades as needed.

### **Minimum requirements**

You **must be gate cleared**. Must have been at Coffee Creek at least 6 months with clear conduct. Variances for less than 6 months clear conduct will not be considered. Verbal warnings, conduct orders,

and housing history will be reviewed but is not necessarily a disqualifier from consideration. Must have high school diploma or GED

### Abilities required

Working in extreme temperatures-hot and cold. Working around loud equipment. Requires frequent bending, standing, walking. This position requires the use of various hand and power tools. Requires lifting up to, but not limited to, 50 pounds.

### Disclaimer

**Physical Plant staff will use this recruitment not only to fill current openings, but also for future consideration as needed.**

The above statements are intended to describe the general nature and level of work being performed by people assigned to this classification. They are not to be construed as an exhaustive list of all responsibilities, duties, and skills required of personnel so classified. All personnel may be required to perform duties outside of their normal responsibilities from time to time, as needed.

APPLICATION INFORMATION	
Job code	3Physical Plant
Generic title	Painter Assistant
Point level	14 points per day to start
Apply to	IWP Office
Application Deadline	September 18, 2022 <b>Good Luck!</b>

## ADL WORKER WANTED

Are you looking for a new job? Are you a kind, caring, compassionate person? Are you looking for a way to help others and give back? Are you respectful and responsible? CCCF is currently accepting applications for ADL Worker positions. Activities of Daily Living (ADL's) are day to day activities like walking or pushing a wheelchair, bathing, dressing, feeding, and toileting that some inmates may not be able to do on their own; they require assistance.

To be considered for these positions you must be housed in the Medium facility, have 6 months of clear conduct and no program failures in the last 6 months. You must also have at least one year remaining on your sentence and be physically able to lift with no medical restrictions. We are looking for individuals who communicate well with others, are patient, and respect the need for confidentiality. If you are interested in an ADL Worker position, pick up and complete an AIC Work Application on your unit. Address your completed application to Health Services Nurse Manager and submit by placing in Health Services kytic box on your unit. Applications received will be screened by Work Programs (IWP). Applicants who meet the minimum qualifications may be scheduled and called out for an interview.

Thank for your interest.





## Religious Services Updates The Chaplains

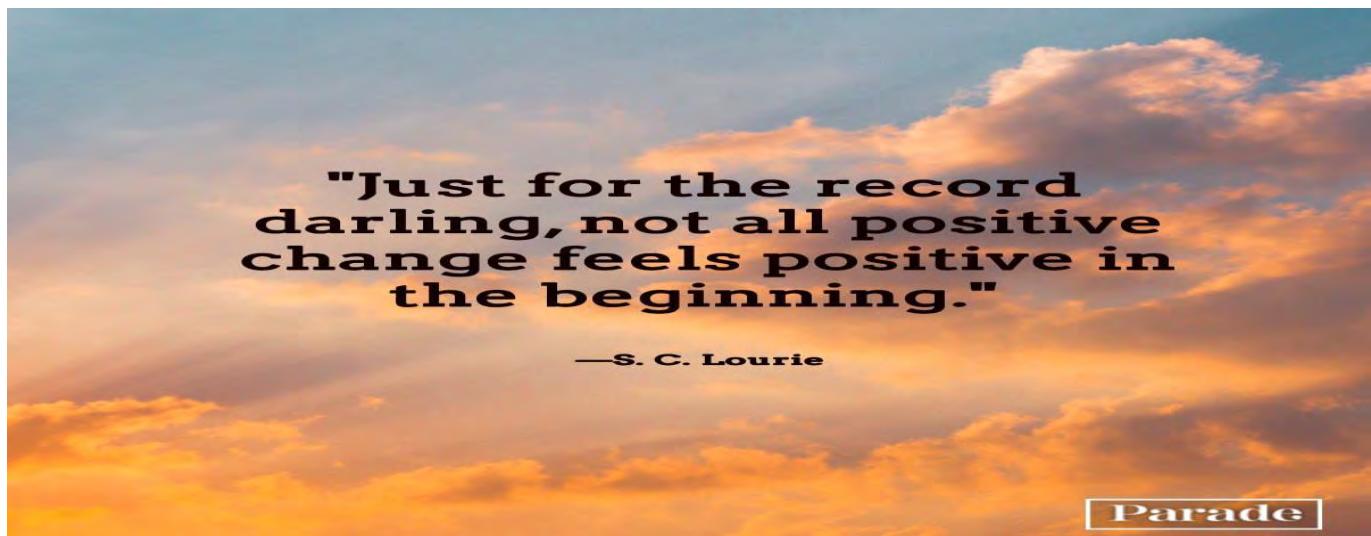
### Service Attendance

When you attend a religious services callout, you are expected to stay for the entire service. If you leave early, you will be dropped from the callout. If you are not feeling well, please stay on your unit instead of attending the service. If you have a scheduled phone call or visit that will conflict with the service, please do not attend that service.

### What You Need to Know about Religious Chains and Pendants

1. It is okay to own multiple chains and multiple pendants sold by approved outside vendors.
2. You may only wear one chain at a time.
3. You may only wear one pendant on the chain at a time.
4. Pendants can only be worn on the approved chain.
5. Both the chain and the pendant must be worn under your shirt.
6. If you do not have a chain, a pendant can be carried in your pocket.

These are the guidelines set by the Religious Services Administration in Salem. If you have any questions or concerns regarding these expectations, please reach out to a chaplain.



# ....Previously Run and Still Relevant.....



## Medium Line Movements **Captain Donald**

The Medium will soon resume the use of line movements, coordinated by the Corridor Sergeant, for most institution movements. Stakeholders have agreed to schedule callouts and release AICs to coordinate with scheduled line movement times. We know there will be exceptions, line movements will be the rule.

Here's a breakdown of how line movements will run:

- Line movements begin at 6:00am and end at 9:30pm daily.
- Line movements happen every 30 minutes.
- The Corridor Sergeant will announce line movements and call all available staff to report to the Corridor for clothed searches and supervision.
- No AIC should be released from a callout without a line movement being called or prior approval from the Corridor Sergeant.
- AICs will walk on the right side of the Corridor.
- Unit staff will use the callouts to verify each AIC has a callout prior to them leaving the unit until an ID scanner can be installed on each unit.
- Some AICs have been issued hall passes and can move outside of the line movement schedule. Hall passes are stamped and approved by the Asst. Supt of Security or the Operations Capt.
- An AIC who is in the Corridor outside of a scheduled line movement, without a hall pass, will be directed to return to their housing unit and progressive discipline will be used.
- All AICs will be properly dressed prior to leaving their units. Clothing will be worn as it is intended. Shirts must be tucked in. No shower shoes or slides will be worn in the Corridor unless medically cleared. Please refer to AIC handbook to read the entire dress code.

## Visiting Services is Not CRU **Ms. Popoff**

When submitting a visiting application, do not sent it to CRU. Send visiting applications to:

Visiting Services Unit  
3725 Fairview Industrial Drive SE, Suite 200  
Salem, OR 97302

## Lifeskills Does Not Have Open Hours **Ms. Popoff**

If you need to meet with Ms. Branyan, turn in homework with AIC Dutro, go over photos with AIC Snodgrass, or anything else with Lifeskills, please send a kyle so you can be put on callout in adherence with the upcoming line movement schedule. Lifeskills does not have open office hours and you may not get permission from your unit officer to go to Lifeskills without being on callout.



**Ms. Slothower and Ms. Collins**

- Is your child 5 years old (pre-kindergarten) or younger?
- Does your child live within one hour of CCCF?
- Is your caregiver able to transport your child to CCCF?
- Are you available Tuesday and Thursday mornings?
- Are you minimum eligible?

You may qualify to participate in Head Start, a program focusing on strengthening the mother/ child bond during incarceration. Head Start provides comprehensive early childhood education, health, and nutrition information to families. If interested, please send a kytic to Head Start.



## **Girl Scouts Lifeskills**

Did you know Girl Scouts Beyond Bars is open to mothers, grandmothers, aunts and older sisters? Join Girl Scouts Beyond Bars to build your leadership skills while supporting your girl in becoming more confident and courageous. Send a kytic to Life Skills for an application. Girl Scouts has returned to Coffee Creek soon—apply today! Aplicaciones disponibles en español. Pedir.





# Road to Success (RTOS)

Submitted By: Michelle E. (RTOS Clerk)

**Location:** Minimum Programs Building D-17

**Open office hours:** Tuesdays, 8:00 am – 10 am

\*Please be appropriately dressed and bring a pen\*

**Location:** Medium C/D 13

**Schedule Appointments:** Send Kyte

\*Please be appropriately dressed and bring a pen\*

**Please bring a list of questions or a specific need so that we may best assist you, if possible.**

## Requirements:

You must be within **120 days of release** and have transition needs such as seeking employment information, which resources are available in the community you are returning to, contact DMV, research housing options for your county, and handle various other transition related issues. Stop by our office during open office hours once you are within **120 days or less from your release**.

## How does it work?

At about 6 months to release RTOS will send an assessment packet to you. You will answer and return the assessment sheet and begin the process of being scheduled for classes. Classes start approximately 2 months or less to release.

**“Super Star”** status is earned by taking all 5 of the available transition classes. Take advantage of any or all of the classes that will help you upon re-entry. This curriculum works in conjunction with current programs and courses you may already be taking. AICs will also have the opportunity to work one-on-one with transition staff to set up an individual transition plan for release. Be sure to take advantage of every program to ensure your success!

## What is RTOS?

The *Road to Success (RTOS)* program is in place to help AICs with 120 days or less prepare for their release. It consists of five components: 1) Employment (four sessions) 2) Working effectively with your Parole Officer 3) Your family, Your Community, and Your release 4) Money management (two sessions) 5) Tenant Education (four sessions). All of the classes are voluntary, and you will have the chance to sign up when doing the RTOS assessment, which is explained above.

~~~~Highlights~~~~

Medium Facility: There are no scheduled flagging classes at this time!

**Happening in both the medium and minimum facilities:**

All-Star staffing will be coming into both sides of the facility and presenting on Wednesday September 28, 2022.

Following presentations will begin on November 16, 2022, and then run on every 3<sup>rd</sup> Wednesday of the months to follow.

Send a kytic to Mr. Deanda in the Transition Department to be added to the callouts.

**\*YOU MUST BE 180 DAYS OR LESS TO RELEASE TO PARTICIPATE!**

**Please watch the Coffee Talk for upcoming courses and featured volunteers.**



**School of Cosmetology...**

**It's not just a job, it's a CAREER!**

**Basic guidelines to be considered:**

- High School Diploma or G.E.D
- Reading Scores 243 & Math Score 231
- Be in the facility at least 6 months
- Fulfilled kitchen obligation
- Be DR free for a minimum of 1 year
- At least 3 years to serve on the medium side, but not more than 4

If you meet the listed requirements, please kytic Hair Design and you will be added to the wait list.

**School of Cosmetology Services – No Fee**

Hair Cuts

Shampoo/ Style

Shampoo/Thermal

**School of Cosmetology Services – Requires Consultation to Determine Cost:**

Hair color  
Perm  
Brazilian Blowout

**School of Cosmetology Services – Fee Services**

|                                         |         |
|-----------------------------------------|---------|
| Scalp/Cholesterol Treatment             | \$3.00  |
| Facial Wax (Eyebrow, Lip & chin)        | \$2.00  |
| Nose/Ear Wax                            | \$2.00  |
| Lower Arm Wax                           | \$5.00  |
| Lower Leg Wax                           | \$5.00  |
| Arm Pit Wax                             | \$5.00  |
| Manicure                                | \$3.00  |
| Manicure w/Regular Polish               | \$5.00  |
| Basic Foot Care                         | \$2.00  |
| Pedicure                                | \$5.00  |
| Pedicure w/Gel                          | \$7.00  |
| Pedicure w/ Regular Polish              | \$7.00  |
| Gel Polish                              | \$4.00  |
| Regular Polish                          | \$2.00  |
| Sparkle Polish                          | \$3.00  |
| Deluxe Facial (not currently available) | \$5.00  |
| Mini Facial (skin around mask area)     | \$2.00  |
| Eyelash Extensions (Full Set Classic)   | \$7.00  |
| Eyelash Extensions (Full Set Volume)    | \$10.00 |

**School of Cosmetology Fee Services for Level 3s ONLY**

|                           |        |
|---------------------------|--------|
| Manicure w/Sparkle Polish | \$6.00 |
| Acrylic Nails with Polish | \$5.00 |
| Acrylic Nails with Gel    | \$7.00 |

Submit a kyte requesting a specific paid service and attach a CD28 with a verified signature, for the appropriate amount. CD28s must clear Central Trust before the service can be performed.

Submit a kyte requesting a consultation for the paid service desired and the cost will be determined during the consultation. The appointment for the service will be scheduled once the CD28 has cleared.

**Always include your work and/or program hours/days on every kyte.**

The School of Cosmetology is backed by Portland Community College.



The PREA advocacy agency for CCCF and CCCM is the Center for Hope and Safety.

**Center For Hope and Safety**

605 Center Street NE  
Salem, OR 97301  
866-399-7722

It is normal for people who experience sexual abuse to feel overwhelmed and have a lot of questions about their options. No one deserves to be sexually abused. It is not your fault. Surviving and healing are possible.

AICs who have experienced sexual abuse can reach a community-based advocate by dialing “711” from the AIC telephone system. Community-based advocates provide survivors of sexual abuse information about their options, resources, information, and emotional support. Calls to “711” are confidential and free of charge.

#### **Advocate's role**

- Provide over-the-phone confidential support and crisis intervention related to sexual abuse
- Talk with a survivor about their current and ongoing safety
- Explain reporting options available through PREA
- Support survivor at a sexual assault forensic medical examination
- Support survivor at an investigatory interview related to sexual abuse, as requested
- Educate/teach survivor coping skills for healing from sexual abuse
- Provide resources and referrals
- Provide follow-up support

#### **An Advocate Does Not**

- Make decisions or tell a survivor what to do
- Tell a survivor whether to report
- Investigate a crime
- Provide legal advice
- Be a survivor's friend
  - Provide therapy
- Communicate with the institution unless the survivor requests them to and only with a signed, limited release of information

Community-based advocacy centers provide sexual abuse support to people of all genders. Community-based advocates will not report the sexual abuse unless you request them to and only if you sign a release of information.

Advocacy crisis lines are not reporting hotlines. To file a report, contact the Inspector General Hotline by dialing “9” on the AIC telephone system, writing an AIC communication (kyte), filing a grievance, or writing the Governor's Office at State Capitol, Room 160, 900 Court Street, Salem, OR 97301.

DOC is committed to providing AICs with avenues to seek assistance. Below are additional resources:

#### **Just Detention International Headquarters**

3325 Wilshire Blvd., Suite 340  
Los Angeles, CA 90010

#### **DOC PREA Advocate Coordinator**

Oregon Department of Corrections  
3723 Fairview Industrial Drive SE, Suite 200  
Salem, Oregon 97302

The community-based advocacy crisis line is for individuals needing assistance coping with sexual abuse related issues and is not to be used for other purposes. Contacting an advocate for anything other than services related directly to coping with sexual abuse takes away valuable resources for sexual assault survivors who need an advocate's help. Telephone calls and mail to community-based advocacy centers are considered privileged, confidential communication and will be handled in the same manner as legal calls and official mail.

You may reach your community-based advocate by dialing "711" from the AIC telephone, dialing their direct crisis line number, or sending written correspondence.

**I went to the Oregon State Fair for the first time in like 30 years last week and this is what I learned...**



**Everyone, everywhere, NEEDS a goat!**