



# OREGON CURE

Citizens United for the Rehabilitation of Errants

The mission of Oregon CURE is to support the incarcerated and their families and friends by advocating for effective criminal justice policies and procedures.

Fall 2025, Volume 80

A Newsletter for Incarcerated People and their Families and Friends  
P.O. Box 80193, Portland, OR 97280

## THE POWER OF HOPE

"Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today" -Thich Nhat Hanh

Hope is the unbreakable thread that weaves through the fabric of human existence. No matter how dire the circumstances, it is the hope that fuels the spirit, giving individuals the strength to move forward despite overwhelming adversity. Whether one is facing personal struggles, societal rejection, or even a life sentence in prison, hope remains an anchor that prevents the soul from drowning in despair. It is not merely wishful thinking, but a profound force that grants purpose, resilience, and an iron will to persevere.

The essence of hope lies in its ability to provide meaning. As the philosopher Friedrich Nietzsche famously stated, "He who has a why to live can bear almost anyhow." Purpose transforms suffering into a challenge rather than a sentence of doom. Even those confined behind bars for life can find meaning-whether through education, mentorship, or acts of kindness. By embracing hope, they can redefine their existence, refusing to let their circumstances dictate the values of their lives.

Life's unpredictability often strips individuals of their possessions, relationships, and freedoms. However, the one thing that can never be taken away is the freedom to choose one's response to suffering. Viktor Frankl, a holocaust survivor and psychiatrist, embodied this belief. Despite enduring unimaginable horrors in concentration camps, he discovered that even in the worst conditions, individuals could find purpose and dignity by choosing their attitude towards suffering. His philosophy underscores the reality that even when all seems lost, hope can be reclaimed through choice.

Hope also fosters resilience. It is the driving force that enables individuals to endure pain and hardship without succumbing to despair. Consider those who have been wrongly imprisoned yet maintain their dignity to fight for justice. Their stories are a testament to the enduring power of hope. They do not surrender to bitterness but rather channel their energy into proving their innocence, educating themselves, or helping fellow Aic's [adults in custody]. Through hope, they transcend the limitations imposed upon them.

To live life to its fullest capacity, especially in situations of extreme hardship, requires a conscious decision to embrace hope. Even in confinement, one can cultivate wisdom, creativity, and compassion. Many Aic's become writers, philosophers, and advocates for justice because they refuse to let their circumstances define them. Their lives serve as powerful reminders that no situation is ever truly hopeless unless one chooses to believe so. The great Desmond Tutu said it best, "Hope is being able to see that there is light despite all the darkness."

In the end, hope is not just a sentiment-it is a survival mechanism, a source of strength, and a pathway to redemption. It is what allows humanity to rise from the ashes, to fight against injustice, and to create meaning where none seem to exist. When all else is lost, hope remains. And with hope, no challenge is insurmountable.

Written by ALI M. MATTAR

## BUDGET CUTS LIMIT JUSTICE REFORM BILLS

In CURE's last newsletter there was much excitement about having 11 Judicial Bills getting voted out of Committee and forwarded to the Ways & Means Committee. Unfortunately, in May the Economic Forecast informed Legislators that there was \$500 million less to work with than anticipated. The shortfall shifted the focus to essential and fiscal responsibilities, leading to the failure of many bills not deemed urgent or affordable. With that said there were some bills that passed, but what was more significant were the number of bad bills that some Legislators fought hard to ensure they didn't pass.

Of the 3,647 bills that were submitted, only 704 passed.

Those that affect the Justice involved are:

- **SB938** Establishes the Restorative Justice Grant Program
- **SB710** Requires Judges to attend training on sexual assault/abuse dynamics
- **SB1191** Clarifies that it is not a crime to inform people of their rights during police/ICE engagement
- **HB2555** Removes the "Piolet" status from the Family Sentencing Alternative Program
- **HB2677** Modernizes Youth Expungement

Some of the bills that were prevented from were:

- **SB238** Would have given Law Enforcement the ability to use unwarranted Drones for surveillance
- **SB3093** Would have required Law Enforcement to acquire DNA samples from those arrested
- **HB2191** Would have repealed Oregon sanctuary state status
- **HB2433** Would have rolled back Oregon diversity efforts

A number of bills passed affecting the quality of life for Oregonians. Including: housing development & accessibility, K-12 education, utility commissions & rate increases, consumer data & economic protections, medical debt collections, insurance increase explanations, schools prevented from censoring books featuring protected class perspectives, prevention of age discrimination in the workplace, wildfire funding & modernization, healthcare improvements and some progress was made to address the public defender crisis. Despite Oregon's short budget affecting bills that could have started dealing with conditions that effect those who are Justice impacted, progress was made in providing information to Legislators through testimony, conversations and data research reports. CURE and many others are always lifting up the issues that affect the lives of those in Oregon's detention centers.

## LET YOUR VOICE BE HEARD SPEAK TO YOUR LEGISLATIVE REPRESENTATIVES... THEY WORK FOR YOU!

The next legislative session will be the short session, which will last approximately 35 days and will begin on Monday February 2nd, 2026. It's never too early to reach out to your representative.

Your perspective could provide insight into their decision-making process. The safety and quality of life in our communities and the state in its entirety is the Legislature's responsibility....and let's not forget it controls the purse strings. As the recipient of the legislature's decisions, it is critical that your voice is heard. Only you can present your opinion on an issue. Believing or hoping that someone else will show up is not the spirit of Civic duty. The general welfare and basic rights of society and the application of the law within our communities and state are also our individual responsibility to help protect. Please be encouraged to investigate our Local Leadership, the issues at hand, and take an active role in how decisions are made for Oregon. The following link will provide you with access to individual Legislator's, the Legislation as a whole, particular Committees, past hearings, how to submit testimony and much more. Oregon State Legislature Oregon State Legislature ([www.oregonlegislature.gov](http://www.oregonlegislature.gov)). The address for the Legislations House Representative and Senator's is below. If you do not know the name of your counties Legislators, the following will help direct your mail appropriately.

Oregon State Legislation Senator/House Rep for \_\_\_\_\_ County  
900 Court Street, NE Salem, Oregon 97301

## OREGON INSIDE OUT NETWORK UPDATE

Submitted by ION

In May of 2024, the Inside Out Network (ION) launched returning citizen registration in Oregon. One year later, we are now up and running at all 11 Oregon Department of Correction (ODOC) facilities. All returning citizens who are within six months of release are eligible to register with ION and have the opportunity to schedule regular sessions to log in and use the platform to connect with providers in the community prior to their release.

While this is working great in WorkSource computer labs for now, we are looking forward to increasing access even further by hopefully being on the tablets used by adults in custody by the end of this year. Total number of returning citizens as of 8/26/25 who have registered in OR: 850 We also continue to grow our provider network throughout the state. Total number of providers as of 8/26/25 in OR: 90 providers in 109 locations.

AND NOW WE WAIT.

It took money and months and months of collaboration between our staff and our contracted tech team at WebCitz to develop a prison tablet version of our ION website. Finally, on April 15, we wrapped up our work and sent it on to the IT security team at ViaPath Technologies, the second largest distributor of inmate computer tablets in the nation. The plan is to deploy our new ION tablet version on inmate computer tablets in Oregon later this year, and to expand to other states after that. This move to prison tablets promises to be a game changer, vastly increasing people's access to the ION platform.

But, for now, we wait. We're waiting our turn for the ViaPath team to do extensive security testing on our site to check for potential vulnerabilities before clearing it to be uploaded to their tablets. We're not sure exactly when they'll get to it, or what (if anything) they'll find that needs fixing. It can be frustrating to wait, of course. But while we wait, we're not sitting still.

We're continuing to move full steam ahead on our current deployment of the ION platform on computer terminals in Arizona prison libraries and Oregon computer labs. Really good things are happening, even as we wait for more good things to come. Keep us in your prayers, and we'll keep you posted on our progress.

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## RESOURCES AVAILABLE AND WANTED

Hello from the Resource Corner! An update on our resource capabilities and clearing up any confusion about what help we can provide. CURE provides connections, contacts and resource information... we are a wealth of information! Unfortunately, we don't have the ability to provide physical resources like bus passes, bikes or food. We want you to know where to get those things and to help you be successful and prepared. We therefore do our best to provide you with what information you may need to find the resources you need.

For those incarcerated: We also want your incarceration to be successful. We are always looking for resources to provide meaning to the time you are serving. We do have a small list of resources for those inside, and if you are reading this and know of organizations that provide resources to those on the inside, please forward that information to: CURE, PO Box 80193, Port. OR 97208 Attn: Kyle so that we can share it.

# UPDATES FROM THE DEPARTMENT OF CORRECTIONS

## ***Keeping families and friends connected to their loved ones***

The Department of Corrections continues to work toward improving communication and transparency with the families and friends of adults in custody (AICs). Here are several recent changes designed to make your experience clearer and more convenient.

### **Mail Rule Improvements**

DOC has requested changes to OAR 291-131, which governs AIC mail, to address the confusion that both staff and families have experienced. The most significant change removes the previous "20-pound weight restriction" that applied to envelopes, eliminating a source of frequent questions and mail delays, and making envelopes that are more readily available to the public acceptable.

Additionally, the new guidelines explicitly clarify that lined notebook paper is permitted for correspondence. This change should make it easier for families to send correspondence to their loved ones without uncertainty regarding if it will be acceptable.

While these restrictions have been relaxed, please note that colored paper and colored envelopes still remain prohibited under DOC mail policies. Standard weight white paper (whether lined or unlined) and white envelopes continue to be required.



### **New Project Tracker Website**

DOC has launched a comprehensive project tracker website that provides unprecedented visibility into major initiatives being implemented across the state. This online resource allows families and advocacy groups to monitor progress on significant projects that may impact visiting procedures, facility improvements, programming changes, and other systemwide developments. The tracker offers real-time updates on project timelines, current status, and expected completion dates. This transparency tool represents a significant step forward in keeping stakeholders informed about changes that affect the AIC population and their support networks. You can see the tracker and sign up to receive updates and ask questions here: <https://engage.doc.oregon.gov/> or by scanning the QR code to the right with your phone's camera.



### **Enhanced Visiting Notifications**

Recognizing that unexpected visiting closures create significant inconvenience for families who may travel long distances, DOC has implemented new notification options for visiting schedule changes. Families can now sign up, specific to their facility of interest, to receive both text message and email alerts when visiting is suspended or cancelled at that facility. These notifications allow families to adjust their schedules accordingly. The service covers both planned maintenance closures and unexpected security-related visiting suspensions. You can sign up for these notifications by clicking the banner at the top of [Oregon.gov/doc](http://Oregon.gov/doc) or scanning the QR code to the right with your phone's camera.



**Everyone deserves a second chance.  
At All Star Labor & Staffing, we're committed  
to helping formerly incarcerated individuals  
find the opportunities they deserve.**

**Opportunities may include permanent or  
temporary positions in: Warehouse,  
Landscaping, Janitorial, Production,  
Clerical, Event Staff, and Manufacturing.**

**Give us a call upon release and schedule an interview.**

**•Portland Branch (Mult/WA/Clack. County)**

**503-619-0811**

**•Salem Branch (Marion/Polk County)**

**971-209-7130**

**•Albany Branch (Linn-Benton County)**

**541-791-7928**

**•Eugene Branch (Linn-Lane County)**

**541-228-9751**

**•Bend Branch (Deschutes County)**

**541-389-1718**

# WHEN CORRECTIONAL CULTURE CORRECTS NO ONE

by Scott Spencer-Wolff, PhD

Newly minted Correctional Officer Sarah arrives on day one, thinking, "I'm going to be different, really connect with people, help them turn their lives around." AIC Marcus, after he gets settled in and is finally eligible for programming, thinks "Maybe this time I can actually finish something, prove I'm not worthless."

It doesn't take long for Officer Sarah to get warnings from veteran officers: "Don't get too close, they'll use you. They're all trying to manipulate you." When she attempts mentoring, her peers mock her as naive. When an AIC she trusted breaks a rule, fellow officers say, "See? We told you so."

Marcus starts succeeding in a program, but his cell-mate calls him a "program puppet." While he gets praised by staff for his progress, other inmates say he's "acting," trying to run a con" to get out early, or just "playing games." Success feels foreign and dangerous.

## The Immunity to Change Trap

What we're witnessing here is what developmental psychologist Robert Kegan calls "immunity to change" - a psychological immune system that protects us from the anxiety of growth by sabotaging our own stated goals. Both Sarah and Marcus have genuine improvement goals, but they also harbor competing commitments that work against those very goals.

For Officer Sarah:

- **Improvement Goal:** Help inmates rehabilitate and grow
- **Competing Commitment:** Maintain safety, peer respect, and professional credibility
- **Big Assumption:** "If I'm too caring or vulnerable, inmates will manipulate me and my colleagues will see me as weak and unsuited for this job"

For AIC Marcus:

- **Improvement Goal:** Change his life and succeed in programming
- **Competing Commitment:** Maintain his identity, avoid vulnerability, and protect himself from devastating disappointment
- **Big Assumption:** "If I really try and then fail, it will prove I'm truly worthless. If I succeed, I'll lose who I am and where I belong"

This immunity to change creates what Kegan calls a "dynamic equilibrium" - both individuals unconsciously work to maintain the very problems they consciously want to solve. Sarah gradually adopts cynical stances, selectively observing evidence that "inmates really are manipulative." Marcus finds ways to fail programs, proving to himself that "I really am shit."

## The Systemic Mirroring Effect

This psychological dynamic becomes amplified in closed institutional systems through emotional contagion. Both AICs and staff develop identical survival strategies: hypervigilance and defensive posturing, in-group loyalty with aggressive out-group hostility, crude communication patterns and dehumanizing language about the other group. Both develop "beat the system" mentalities and codes of silence that protect misconduct. It's "othering" refined to a professional level.

The human and social costs are staggering. For AICs, it reinforces trauma patterns and early scripting inherited from abusive, uncaring, or absent caregivers, preventing the development of prosocial skills necessary for life

outside the walls. For officers, it creates chronic stress, moral injury, cynicism, and turnover. For society: recidivism, lost human potential, and massive resource waste.

This explains much of the hiring crisis plaguing corrections nationwide. Intelligent, capable, and people with the emotional intelligence to be effective, don't want to work in toxic environments, creating a downward spiral where only those comfortable with dysfunction remain. Some Officers stay because they need the job, or have managed to compartmentalize the craziness of the system – but at a cost to their emotional and physical health and often relationships. I don't have to remind everyone what the devastating effect of this is. The system becomes immune to the very people who could transform it.

## The Parallel Worldview Trap

As I wrote in a previous article, *In Loco Parentis*, for many incarcerated individuals, correctional officers are the first consistent adult authority figures they encounter. Yet we're asking people with unresolved trauma and underdeveloped executive functioning to learn responsible adult behavior from a system that reflects the very dysfunction it aims to fix.

Both groups are trapped in what Kegan would recognize as parallel immunities to change. Even when one group attempts growth, the other group's unchanged behavior activates their competing commitments, pulling them back into familiar dysfunction. The system remains locked because it requires mutual vulnerability in an environment that has taught everyone vulnerability equals victimization.

**Recent scandals like Oregon's racist texting incident aren't aberrations - they're predictable outcomes of this mirroring process. When officers feel overwhelmed or threatened by the *rehabilitation* mission, their competing commitment to maintain emotional distance and peer solidarity kicks in, leading them to dehumanize those incarcerated as a psychological defense. those incarcerated.**

**AICs sabotage their progress when success feels threatening to their identity and belonging. Each group's dysfunction activates the other's immunity to change, confirming the protective worldview that "they can't be trusted" or "I'm not worth saving."**

## Breaking the Immunity: The Path to Mutual Liberation

Kegan's model suggests that immunity to change can only be overcome by surfacing and testing the big assumptions that drive our competing commitments. In correctional settings, this requires creating what he calls "deliberately developmental" environments where both groups can safely examine their protective beliefs.

What becomes possible when both groups feel safe to risk growth? Officers serve as mentors and conflict resolution teachers rather than *guards*. AICs develop genuine skills and experience dignity, perhaps for the first time. Both groups could experience meaningful work, authentic human connection, and shared purpose. The Norwegian model proves this isn't fantasy - it works because it creates safety for both groups to *risk being different*.

Transformation requires simultaneous intervention at multiple levels:

- **Cultural:** Creating peer support for positive behavior in both groups
- **Psychological:** Helping both groups surface and test their big assumptions about safety, identity, and belonging
- **Structural:** Training, leadership, and policies that reward vulnerability and growth rather than punish them
- **Systemic:** Breaking the mutual reinforcement cycle through carefully designed interventions that address both groups' competing commitments

## What this might look like.

Kegan's Immunity to Change model provides a roadmap for designing systemic interventions that can simultaneously address both groups' psychological defenses. Rather than traditional training that ignores competing commitments, these interventions would be structured to help both groups safely test their big assumptions through small, controlled experiments.

### Parallel Assumption Testing:

For example, consider an intervention designed around Officer Sarah's assumption that "caring makes me vulnerable to manipulation" and Marcus's assumption that "success means losing my identity and belonging." A carefully designed program might pair officers and inmates in structured mentoring relationships with specific safeguards:

- **Small Experiments:** Officers practice one specific mentoring behavior (like asking about an inmate's goals) while inmates practice one vulnerability (like sharing a genuine struggle). Both start small to test their fears gradually.
- **Built-in Safety:** Clear boundaries and peer support prevent either group from feeling they're abandoning their protective strategies entirely. Sarah isn't asked to be "soft" - she's asked to try being "strategically supportive." Marcus isn't asked to "go straight" - he's asked to try "building one skill."
- **Mutual Accountability:** Both groups report back on what they learned about their assumptions. When Sarah discovers that setting clear expectations actually prevents manipulation better than distance does, and Marcus discovers that other inmates respect skill-building more than he thought, both can update their mental models based on evidence rather than anxiety.

### Addressing Competing Commitments Together:

The key insight is that each group's competing commitments are often triggered by the other group's defensive behaviors. Traditional approaches address one group at a time, which activates the unchanged group's immunity and pulls the changing group back. Systemic Immunity To Change (ITC) interventions address both groups' fears simultaneously:

- When officers fear being seen as "soft," provide them with tools that feel strong while being supportive. Things like:
  - **Tactical De-escalation Training**" - Frame conflict resolution skills as advanced professional tactics, not touchy-feely approaches. "The strongest officers are those who can control situations without force."
  - **Behavioral Management Expertise**" - Position mentoring skills as sophisticated behavior modification techniques. Officers become "behavior change specialists" rather than "helpers." But it has to be more deeply rooted than just a marketing gimmick like "Correctional Officer", or "Adult in Custody" terms have been.
- When inmates fear being seen as "fake," provide them with ways to grow that feel authentic to their identity
  - **Peer-Led Programming** - Have formerly incarcerated individuals or respected long-timers lead programs. When someone who "walked the walk" teaches skills, it doesn't feel like "acting white" or being a "program puppet."
  - **"Survival Skills for the Streets"** - Frame executive function training, conflict resolution, and emotional regulation as practical tools for surviving and thriving outside. "This isn't about becoming someone else - it's about being smarter."
  - **"Real Talk Circles"** - Create spaces where inmates can discuss growth honestly, including their fears about changing. "I want to change but I don't want to become fake" becomes a legitimate topic.
  - **"Respect Through Competence"** - Focus on building tangible skills (trade certifications, conflict mediation, peer mentoring) that earn respect both inside and outside prison walls.

- When both groups fear vulnerability, create structured ways to be vulnerable that feelsafe and mutual
  - **Professional Development Partnerships** - Pair officers and inmates in structured learning relationships focused on specific skills (conflict resolution, communication, problem-solving). Both are students and teachers.
  - **Mistake-Based Learning Sessions** - Regular meetings where both groups share professional challenges and solutions. "What didn't work this week and what did you learn?" removes the stigma from admitting struggles.
  - **Cross-Cultural Competency Training** - Frame interactions as professional development in understanding different backgrounds. Officers learn about trauma responses; inmates learn about officer stress and safety concerns.
  - **Mutual Mentoring Programs** - Officers teach professional skills (time management, workplace communication), while long-term inmates teach survival skills (de-escalation, reading social dynamics). Both groups have expertise the other needs and would highly benefit by.
  - **"Innovation Labs"** - Joint problem-solving sessions where officers and inmates collaborate on improving prison operations (safety protocols, programming effectiveness, etc.). Vulnerability becomes shared investment in solutions.

The key is that vulnerability doesn't feel like weakness when it's structured, mutual, and serves a purpose both groups value.

### Conclusion: The Choice Before Us

The question isn't whether we can afford to transform this system - given the human and financial costs of our current approach, the question is whether we can afford not to. Every day we maintain the status quo, we perpetuate a cycle that transforms potentially good officers into cynics and potentially redeemable individuals into recidivists. No bueno.

True correction requires what Kegan calls "adaptive capacity" - the ability to question our most basic assumptions about safety, identity, and belonging. It means both groups learning to "hold their worldviews more lightly," recognizing that the very protective strategies that helped them survive may now be the primary obstacles to their growth.

*The mirror problem in corrections isn't about good people versus bad people. It's about human beings trapped in a system that activates their deepest fears and most primitive defenses. Until we create environments where both groups can safely examine and challenge their immunity to change, we'll continue to have a correctional system that corrects no one.*

The courage to be vulnerable, to risk growth, and to choose unfamiliar possibilities over familiar dysfunction - this is what transformation looks like. And it's available to both sides of the bars if we're brave enough to do something truly radical.

## OREGON CURE HAS VOLUNTEER OPPORTUNITIES

Are you interested in being on our board of directors? If so, please let us know. Your attendance at our monthly board meeting in Beaverton Oregon on the first Saturday of each month from 1PM-4PM would be required for MOST meetings. The following is a list of the things needing done by board member volunteers: Recap monthly board meetings (Meeting Minutes), participate in DOC workgroups as requested, respond to emails and/or letters, refresh/manage website Any help is welcome! We have more opportunities available and can work with your strengths. Just contact us.

## KRISTINA RICE IS OREGON'S NEW CORRECTIONS OMBUDSMAN

Effective March 3, 2025, the Governor appointed Kristina Rice as the permanent Corrections Ombudsman.

The Office of Corrections Ombudsman (OCO) is an independent resource that investigates complaints, concerns, or violations of rights for adults in custody of the Oregon Department of Corrections and provides oversight to the agency. The Office of Corrections Ombudsman can be reached in the following ways:

1. Phone Hotline 1-888-685-6842.
2. Written correspondence: 900 Court Street, NE Suite 254, Salem, OR 97301-4047.
3. Email [doc.ombuds@oregon.gov](mailto:doc.ombuds@oregon.gov).
4. There is also now a webform available at: [www.oregon.gov/gov](http://www.oregon.gov/gov)
  - o click on the Resources tab on the top right
  - o click on Ombudsman Resources
  - o Office of Corrections Ombudsman
5. If you'd like to help a loved one who is incarcerated connect with the OCO, they can file a complaint by kyte, by calling 833-685-0842, or by sending a letter to:  
Office of Corrections Ombuds  
900 Court Street, Room 254  
Salem, OR 97301

If you'd like to discuss systemic issues within the Department of Corrections or if you would like to advocate on behalf of someone who is unable to do so on their own, please contact the OCO by email at [DOC.Ombuds@oregon.gov](mailto:DOC.Ombuds@oregon.gov) or at the address listed above.

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## SHOP & SUPPORT OREGON CURE

You can benefit from Oregon CURE when you shop at any Kroger/Fred Meyer store. Simply sign up at [Kroger.com](http://Kroger.com). Link your shopper's card if you already have one or sign up for one and choose Oregon CURE as the organization you wish to benefit from your shopping with each transaction. Once you sign up, any transaction you make moving forward using your membership Shoppers Card number will benefit Oregon CURE at no expense to you. Kroger will donate a percentage of what you spend with them to Oregon CURE. What a great way to benefit our non-profit.

## SUPPORT US IN OTHER WAYS

Oregon Cure appreciates your donations and support. Click to see the full QR code and scan to go directly to our PayPal link.



### HOW DOES YOUR DONATION HELP?

It pays for our phone service, post office box, and postage to correspond with those who write to us, both in the free world and the incarcerated, it pays to print and mail our newsletters, and it pays for our non-profit status.

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## MEMBERSHIP RENEWAL

Your membership renewal date is on the address label of this newsletter. If your renewal date is expired, we ask that you please renew today to continue to receive this newsletter and to continue to support our organization.

**You can also make a donation for someone you know to become a member. Your support is important to our mission and your donation is tax-deductible.**

Send your membership tax-deductible donation to Oregon CURE, PO Box 80193, Portland, OR 97280.

Please fill out the member donation form below to receive our newsletter. Adult in custody subscription donation is \$3 and Individual Non-Incarcerated subscription donation is \$15. **All tax-deductible donations are greatly appreciated and can be made in any amount. Visit our website at [oregoncure.org](http://oregoncure.org).**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_  
(optional)

City/State/Zip: \_\_\_\_\_

Name of incarcerated loved one / SID & facility: \_\_\_\_\_

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## PUBLICATION NOTICE

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## RELEASE ORIENTATIONS

ODOC in collaboration with Oregon CURE holds quarterly TEAMS meetings as follows: The first Tuesday of February, May, August, and November from 6pm to 7pm.

You can join these meetings through Microsoft TEAMS app or by calling in at:

[Join the meeting now](#)

Meeting ID: 236 196 526 738

Passcode: Hi3sg33T

**Dial in by phone**

[+1 971-277-2160, 629436211#](tel:+19712772160) United States, Portland

[Find a local number](#)

Phone conference ID: 629 436 211#

## INTAKE ORIENTATIONS

Intake Orientations are on hold until further notice. Please look here and on our website and Facebook page for updates.

Alternatively, you can email us at [oregoncure@gmail.com](mailto:oregoncure@gmail.com) for updates. We anticipate there will be intake information shared in the Release Orientations.

Oregon CURE  
7805 SW 40<sup>th</sup> Ave.  
PO Box 80193  
Portland, OR 97280

**ATTENTION:**

Your address label has printed your renewal date below your name. This will be your last newsletter if your renewal date has passed. [Renew today to remain informed!](#)



## **SUPPORT GROUPS**

Oregon CURE support groups are intended for adult family members and friends only. Some topics of discussion may not be suitable for small children or pre-teens. Attend a support group and network with family members who have "been there."

Some of these support groups meet via zoom and some meet in person. Please reach out with the contact information given below as you are planning to attend, or if you have any questions. There is no limit to which or how often you attend a support group, nor is there a location requirement, if you are interested in attending a support group, we welcome you to do so. Each meeting offers different insights and valuable information, and you are not required to share anything at all, if you do not wish to, simply listen and learn from other attendees.

### **Zoom Support Group**

1<sup>st</sup> Wednesdays: 7pm-8:30pm

Please email for Zoom link prior to meeting.

[oregoncure@gmail.com](mailto:oregoncure@gmail.com) or [admin@oregoncure.com](mailto:admin@oregoncure.com)

We welcome one and all adults (only age 18 and above please) to join our monthly Zoom support group. Here you will hear from those who have a loved one incarcerated and learn best practices, up to date information, how others are navigating this chapter of their lives and how they have best found to support their incarcerated loved one.

You can speak, ask questions, or remain quiet and anonymous if you wish to. We hope you will join in finding value in doing so.

### **Eugene Support Groups**

1<sup>st</sup> Thursdays: 6:30pm-8:30pm

Please call to confirm location.

Dave (541) 344-7612 or Don (541) 521-2231

### **Salem Support Group**

1<sup>st</sup> Saturdays: 9:30am-11:30am

The Keizer Senior Center

930 Plymouth Drive NE, Keizer, OR 97303

Kyle (541) 643-5055