



ORCU News Letter

February 2018

Welcome
to a New Year



in the
Dog
House

"Woof"

Welcome to the February Edition of the Dog House. Here at ORCU we are glad that this year in Think Legacy is going great. With so many resources it is going to be a busy year and we are ready to leave a great Legacy behind.

Reentry Programs

Reentry programs have been defined as those that specifically focus on the transition from prison to community or initiate treatment in a prison setting and link with a community program to provide continuity of care. One of the programs most needed in an inmates life is one that will teach him to change his thinking. Thinking For A Change is just such a program. Thinking For A Change uses a process of treatment that helps the participant identify thoughts and cognitive behaviors and then addresses the skills needed correct his behavior. This concept is of particular importance in the successful treatment of the participant and helping him gain the resources needed to get out and stay out and be a productive member in the community.

Here are just some of the testimonies of the participants who are in Thinking For A Change:

I have learned to deal with situations differently than I have in the past to stop and think before I act or talk. Tony Crabtree.

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While participants vary greatly in terms of their motivation to participate in Think Legacy, here at ORCU I encourage self-motivation to insure a individual success while in Think Legacy and once released.

J.D. Ashcraft

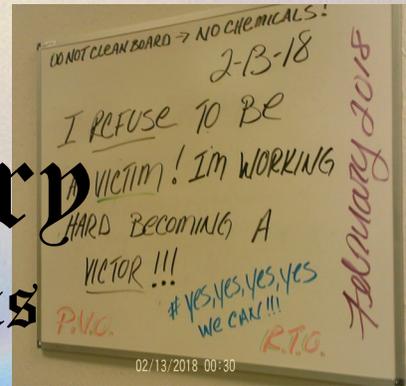


The number of participants that come through the program continues to grow as each month comes and goes. We are so thankful for all the hard work each participant does to show that he really wants a change in his life.



Reentry Programs

continued:



I have learned that in order for me to deal with all of the situations in life is that I have got to be willing to tear down any walls I have built in order to see where my thought patterns where wrong and deal with all of the feelings I have of them today. Steve Kissire

Thinking For A Change has helped me to learn how to think in risky situations, to help keep myself and others from being hurt emotionally or physically, and resolve problems that may arise in a healthy pro-social way. Michael Abshure

I thought in a problem you either went to jail or you did not. I did not know that there was different emotions evolved with a problem. Now I am learning to see them as risk thoughts and risk feelings and to deal with them in healthy ways. Shane Bajorek

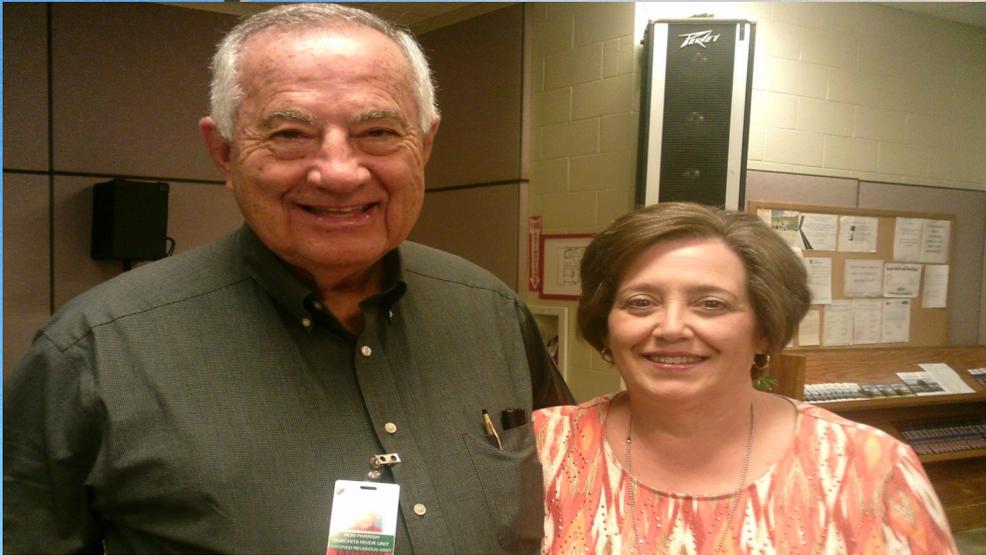
I've been learning that there are several steps toward making a better decision and dealing with confrontations. Something will work out if you actually let solving a problem become your aim and true focus. This ahs helped me put things into perspective and better understand the process of getting over odds and past shortcomings. Spencer Pierce.

I have accomplished a lot of goals for my life through this lesson. I know now how to deal with others and with myself in a better way. I think everyone should go through this class to help them live a better life. Billy Smith

I'm learning how to handle my anger issues, talk about my problems that I may have, and to better myself before going home. Being in a group of understanding men helps to see things as they are and any problems that we may have while learning to deal with them together. James Higgins



Guest Speakers for February



“How to treat a Lady” Our Think Legacy pro-gram was privileged to once again to have the Parishes speak to our participants on the value of relationships between a man and his wife or significant other. The Parishes are locals to our prison unit and are involved in the College Seminary classes being taught through CABBI (Central Arkansas Baptist Bible Institute).

If we really take a hard look at some of the poor decisions we’ve made in life, a lot of them can be linked to our dysfunctional relationships with women. Sometimes even being directly involved. By learning key characteristics for developing healthy relationships with women, it will foster better decision-making related to our jobs or temptations for criminal offending. Qualities that will enhance these relationships include good communication and listening skills, faithfulness, respect, security, friendship, and politeness just to name a few.

Qualities such as these has enabled the Parishes to remain married for over two decades. Their love for one another is profoundly evident in how they treat each other. A couple of quotes they left with the group are this! “Real men stay faithful... they don’t have time to look for other women because they’re too busy looking for new ways to love their own” and most importantly “Real men don’t hit women”.

Ron & Sue Parrish

WORK READY GRADUATES



for February



Joseph Jester

Donald Wynn

Cody Warren

Jason Greer

TESTIMONIES

The Think Legacy Program is a very informative positive community. An A+ experience a must for anyone who seriously wants to change directions in their life.

Rex Jordan

If you are not thinking Legacy, you are not thinking right. Bajorek

God continues to manifest himself through the love shared in each brother in Alpha barracks. I have found that the future that we hope and pray for begins today.

Franklin Riley

Because of the limitations of my job opportunities will be limited. But what has helped me the most are the life skills aspect of the program that will help me to be successful in all areas of my life.

J. Friederes

I found a comfortable atmosphere to plan for success and a lot of resources to help prepare. Most importantly I developed awesome relationships with men who are now my brothers!

Michael Abshure

The way to a man's soul is threw his accomplishments. Stacy Williams

Successful People; What do they have in common?

A statistic published in a popular business magazine polled top tier successful business owners to find out what they have in common. A surprising fact related to each of these individuals was that they were in the habit of making their beds every morning. So, what's so significant about that? How's making my bed every morning going to make me a successful person? Reading between the lines of this article allows me to conclude that the simple act of making one's bed promotes structure, order, and discipline – all of which are good character qualities that lead to successful living. Structure, order, and discipline enable you to stay focused or to concentrate on things that are important to you. Staying focused enhances the four key areas of a person's life; relationships, employment, spirituality, and physicality. Focusing on areas of our life that are important allows us to grow and flourish and provides a positive mental mind set. Just the opposite occurs when we lack focus. This creates low awareness of the beautiful things around us and leads to missed opportunities that have the potential to promote our general well being. So get in the habit of making your bed every morning and discover what opportunities may be waiting on you.

Failure is not an Option



A Word from the Alpha Dog Mentors

I am very grateful for the Reentry Program—Very proud of our Alpha Dog spirit that this community so vibrantly carries—The energy that is produced by this group of men is beyond what we as mentors and staff could have ever imagined! The growth, the motivation, the love, the efforts of these men will move you! I'm just proud to be a part of it—of them—of their lives! “Love Life & It Will Love You Back”

Brian Killough

My group has been studying avidly the *Thinking for a Change* curriculum. All of us have gained valuable insight into how our thinking controls our behavior. Various lessons have taught us how to break down diverse social skills and problem solving skills. In fact, we do some of the steps without even thinking about them. But when we start to analyze the processes involved when we encounter a conflict or argument, we learn how important these steps are in achieving a positive resolution. It's when we leave out these steps that we start running into trouble.

Thomas Barry

I never thought that I would be helping other inmates gain the skills needed to “Get out and stay out.” It not only feels good to me but it also feels good to see each participant change their thinking and better themselves.

David Little

Failure is not an Option

A Place in My Mind Today

There's a place in my mind today
As in a dream my spirit rises far into the sky
Into the void, into the realm of heaven go I
Its deep black canvas painted with the brush of comet's tail
Through brilliant schemes of painted worlds my spirit cuts its trail
And peace becomes my watchword here, far from the human race
O, could I stay forever sailing this dark sea of space

There's a place in my mind today
A shining land of splendor, grand
Of castles, glass and gold
Of fields that lay, where live the fae
E'er sought by knights of old
Where sorcerers ply their evil trade, with daemons forming trysts
And pixies fly aloft on puffs of magic in the mist

There's a place in my mind today
Where crested wave took many brave young lads in cold blue death
And many a sailor strong was brought to nothing, o'er a breath
The scream of the gale, it fills my soul
As into the trough my proud ship goes
I've only time for one quick prayer
As water rushes in from everywhere, and . . .
Slowly, I open my eyes
And suddenly, I realize
That for a time I've gone away
Beyond these walls of blue and gray
Beyond the chains and bars of steel
To worlds where I again can feel
The wind on my face
The mist on my skin
And the brotherhood of the wandering moon

Sidney Meyers

Failure is not an Option

I have been incarcerated for several years and in that time I have participated in many of the programs that ADC has to offer. The Think Legacy Program, in my opinion, has been the most useful. It is several programs wrapped up in one; from Employment Readiness, to How to treat a lady. We have free world guest speakers that talk about several interesting topics through out the week which makes this program that more interesting. With the good group of men in this program, the mentors and the living environment in our barracks I'm learning how to be a good person not just a number.

Wendell Strickland, Mentor in Training

A word from the "HAB - A - Knight" Mustangs Mentor



With so much to offer the participants in Think Legacy it is hard to keep up, but I enjoy the challenge. One thing that helps is that the participants really want to be in the class and enjoy learning. You really have to be self motivated to make a lasting change in your life and these guys really want change. Thanks again to all who have made this possible and letting me be apart of it.

David Wilson

