

KENTUCKY DEPARTMENT OF CORRECTIONS
STAFF AND OFFENDER NEWSLETTER

THE TOOL BOX

VOLUME 3, ISSUE 3

MAY 2014

TIPS FOR INCARCERATED PARENTS

This information is provided by the New Jersey Department of Corrections, Division of Programs and Community Services, Office of Transitional Services. The title "What About Me?" is a guide for discussing your incarceration with your children.

It is important that you make an effort to build a good relationship with the caregiver regarding the care of your child. Getting along with the caregiver will help make your children's lives easier and help you maintain a relationship with your children. It's also important that the caregiver has certified copies of your children's birth certificates so that he or she can enroll them in school or apply for financial assistance if necessary.

A) HOW IMPORTANT IS COMMUNICATION WITH MY CHILD'S CAREGIVER?

Regular communication with the caregiver while you are incarcerated is very important. It is primarily your responsibility to initiate and maintain contact and a working relationship with the caregiver for your children. You may have to address problems between you and the caregiver to be able to communicate about your children during your incarceration. If there is conflict between you and the caregiver that you are unable to resolve, you may need to limit your discussion to the immediate concerns about your children. Hopefully both of you have your children's best interests at heart.

B) HOW DOES MY INCARCERATION AFFECT THE CAREGIVER?

When a parent is incarcerated, the caregiver for their children needs support too. Caregivers who are relatives, especially grandparents, may be coping with their own feelings of grief, loss, or anger that you are in prison. It is important to remember that caregivers have often drastically changed their lives to take on the responsibility of raising your children. They may be struggling financially to raise your children. The shame and stigma associated with incarceration may affect them too. It is important to understand that taking care of children whose parent is incarcerated is often difficult. There are things you can do to let the caregiver know you appreciate him/her taking care of your children (i.e. birthday or holiday cards).

Continued on Page 2



Need Information about the Affordable Care Act?

Contact:

KYNECT.KY.GOV

Call Center:

1-855-4kynect

(855-459-6328)

Insurance Agents and

Kynectors:

1-855-326-4650

IN THIS ISSUE

TIPS FOR INCARCERATED PARENTS	1-3
RECOVERY FEST HEALTH FAIR	4 5
FAMILIES OF THE INCARCERATED	6
SECOND CHANCE	7



TIPS FOR INCARCERATED PARENTS CONTINUED...

C) WHAT IF I HAVE PROBLEMS WITH MY CHILDREN'S CAREGIVER?

It is important that you try and resolve problems between you and your children's caregiver. Treat the caregiver with respect, even if you have disagreements. If there is a lot of conflict between you that you are unable to resolve, it is important that you seek help with the situation. If you aren't involved in a legal case, and the caregiver refuses to respond to your requests for contact, you may need to file an action in court in order to have contact with your children. It is better for your children if you try to work things out directly with the caregiver or with the help of a third party. This way your children are not stressed out by ongoing conflict between you and the caregiver.

IT IS IMPORTANT TO UNDERSTAND THAT TAKING CARE OF CHILDREN WHOSE PARENT IS INCARCERATED IS OFTEN DIFFICULT. THERE ARE THINGS YOU CAN DO TO LET THE CAREGIVER KNOW YOU APPRECIATE HIM/HER TAKING CARE OF YOUR CHILDREN.

CHILDREN LEARN WHAT THEY LIVE

- If a child lives with criticism, he learns to condemn.
- If a child lives with hostility, he learns to fight.
- If a child lives with ridicule, he learns to be shy.
- If a child lives with shame, he learns to feel guilty.
- If a child lives with tolerance, he learns to be patient.
- If a child lives with encouragement, he learns confidence.
- If a child lives with praise, he learns to appreciate.
- If a child lives with fairness, he learns justice.
- If a child lives with security, he learns to have faith.
- If a child lives with approval, he learns to like himself.
- If a child lives with acceptance and friendship, he learns to find love in the world.

Sesame Street

Little Children BIG challenges: Incarceration

TIPS FOR INCARCERATED PARENTS

You will always be a parent. Even though you are incarcerated, you can still play an important role in your child's life. Try these actions to assure your child that you still care and will always be his/her parent.

Answering difficult questions

Your child may have trouble understanding why you're gone. There are ways you can answer this question truthfully and in ways that he /she can understand.

- **Where are you?**
 - "I'm in a place called prison (jail). Grown-ups go to prison when they break a rule called a law. I'm not here because of anything you did. This is not your fault."
- **When will you be home?**
 - "I won't be home for a while. I'm waiting for more information and will let you know when I find out. I'd rather be home with you but know that wherever I am, I'm thinking about you."
- **Will I get to see you?**
 - *If your child can visit:* "You can visit me in prison once in a while. Your caregiver will let you know when. Between visits we can write letters and talk on the phone."
 - *If your child cannot visit:* "We may not be able to see each other often, but I want you to know that I'm always thinking of you."

Connecting through visits

Seeing you can assure your child that you are okay. Here are some things you can do:

- **Help your child feel comfortable**
 - Your child may feel nervous at first. Let him/her know you are happy to see them. Continue any rituals or customs you have together such as singing a song. Ask him/her questions about themselves, such as: "What do you do with friends? What have you learned in school?"
- **Make the most of your time together**
 - Take turns describing something you see and asking him/her to guess it; making funny faces; or discussing favorite colors, music, or sports teams.
- **Make good-bye easier**
 - Saying good-bye is hard. Come up with a special phrase you both can say at bedtime or something you will both do at the same time each day even though you are apart.

This information was obtained from and additional information is available at:

<http://www.sesamestreet.org/parents/topicsandactivities/toolkits/incarceration#3>

2nd Annual
RECOVERY FEST 2014
 Port of Ashland Riverfront Park
 May 10th, 2014

BCARC
Have You Had Enough?

10 am - 10 pm
**LIVE Entertainment, Food and Refreshments,
 Door Prizes, Inflatables for the Kids, Guest Speakers,
 REAL Recovery Testimonials, BATMAN & BATGIRL from
 Hero's for Hire, Fellowship, Candlelight Vigil,
 and Much More...
FREE FOR EVERYONE**

LIVE MUSIC PROVIDED BY:
 Eric Seelinger, Agustin Garcia, Ed
 John Marshall M.D., Appalachian School of Music, American Flat Wood,
 Jason Mays of Spirit House, Greg Brown of the Camp, The Midwest Pickers Project,
 King Thibzay, Genevieve Remafy, Mojo King, PaperSoul, Alcottsoul, and The 400ers

Logos for sponsors: Ruby Tuesday, KY State Police, Preston Family Federal Bank, Moe's Southwest Grill, Clark's Pump-N-Shop, Great American Floors, USW, Cheddar's, Kentucky Farmers Bank, Borders Sporting Goods, and others.

SPECIAL GUEST SPEAKERS:
 Kuba Chibum, Founder of the Boyd County Addiction Resource Center
 Pastor Jim Barrett, Pastor of Cainsburg Trinity United Methodist Church
 Mark Harmon, Boyd County Coroner
 Senator Robin L. Webb, Kentucky State Senator of District 18
 Judge Marc Rosen, Senior Judge at Kentucky Court of Justice
 Charlene Hall (D) Candidate for Boyd County Jailor
 Batman and Batgirl from HERO'S FOR HIRE
 Matt Beggs, Project Coordinator of the Healing Place of Huntington, WV
 Raymond "Ricky" Mauldin, Founder of the JIFEHOUSE Huntington, WV
 Michael Donta, Deputy Comm. of Workplace Standards, KY Labor Cabinet
 Chuck D. Charles, Mayor of Ashland, Kentucky

A SPECIAL THANK YOU TO OUR SPONSORS:
 Ellen McCullough, Andrew Evans, Joe & Emmy Wolfe,
 David Salisbury, Carline Oldham, Diana Clark, Michael Donta,
 Barbi Lin Paals, Amy Parsons, Judge Marc Rosen, The Lifehouse,
 Mark Harmon, Douglas & Jette Dersasin, Rob Donda,
 Mike & Sindy Neal, Pastor Jim Barrett, Charlie Hall,
 Don Hall Super Center, Sam & Marc Shane Prince DMD PLLC,
 Carson Funeral Home, My Dad's Pizzeria, Bill & Karen Vice
 Flower's Discount Bakery Store,

Women's Health and Wellness Day

hosted by:

Lexington Rescue Mission

Friday, May 9th | 10am-4pm

444 Glen Arvin Ave. Lexington, KY

No appointment necessary

must be uninsured

FREE CLINICAL SERVICES:

Blood pressure screening

Pap smears

Clinical breast exams

STD testing

HIV screening

Mammograms (for age 40+)

Take home colon cancer tests

Also offering:

*Gift bags

*Refreshments

*Chair massages

*Movies while you wait

Made possible by:

Lexington Rescue Mission | AVOL | Humana

Kentucky Cancer Link | St. Elizabeth Healthcare

BLUEGRASS FAMILIES OF THE INCARCERATED

Families of the Incarcerated is a group of family members in the Lexington, Kentucky area with loved ones incarcerated, committed to providing support to one another and provide for a smoother transition for the families once their loved ones return home. We meet the 3rd Wednesday of each month at NorthEast Christian Church and welcome all families who are seeking a place of love, support, and encouragement as they deal with having a member of their family in prison.

Next Meeting—Wednesday May 21, 2014 at 6:30 PM, Room 111

James and Sheryl Norton

Bluegrass Families of the Incarcerated

A Ministry of Northeast Christian Church

990 Star Shoot Parkway, Lexington, KY 405090

jamrnorton@gmail.com, sheknorton@gmail.com

859-338-9821 (Jim), 859-543-1494, 859-338-9820 (Sheryl)

www.secondchanceky.org

Do you have a felony?

Do you know someone with a felony?

Do you or someone you know need assistance with employment, housing, education, meals, and other sources to be successful?

Do you need a second chance?

www.secondchanceky.org is a website dedicated to helping people overcome obstacles in the pathway to success.

If you have any comments, questions, suggestions, articles, etc. for the TOOLBOX, please email to: kerry.mears@ky.gov