



**Strafford County Department of Corrections**  
**FAMILY NEWSLETTER**  
**August 2007**

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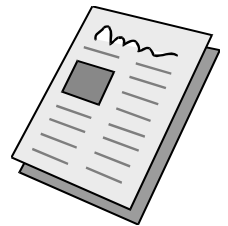


***Hope You Find Newsletter Supportive***

Dear Readers,

I am really excited about this July/August newsletter. I would like to hear from you if you find something of help or enjoyment in this publication. This feedback helps us to determine if you as a reader are finding the newsletters valuable in some way. If it does seem useful could you please share in a short note to me? If you are an inmate reader you may just address a note to me Attention: Marilyn Allen. If you are a family member just send the note to the Department of Corrections, Attention: Marilyn Allen. The other option is to just put a note in the question box found in the Family Reception Center. The box is opened by me. I do not need a name if you feel uncomfortable giving it but a name would of course be great.

Marilyn Allen - Family Reception Center Founder



**New Workgroup Formed**

"I know that families have very special concerns about the mental health condition of their loved ones in jail. I wanted to let you all know that this is a special concern of mine and of Strafford County's. Although we are still a work in progress, some recent developments include establishing a workgroup at the jail to review mental health policies, including how better to communicate information within the facility with respect to inmates' mental health status. One of the workgroup's proposed recommendations is to establish a better system with which families may inform the medical department in the jail of their loved ones' mental health history. Once we have these new procedures in place we will include a notice in the family newsletter and update the Family Medical Handbook. Stay tuned and thank you for continuing to support your loved one in jail. You are an integral part of their success!"

Kim Weibrecht, Esq.  
Strafford County Criminal Justice Coordinator  
(603) 516-5143

## Maryland Restores Voting Rights to 50,000 Felons

Annapolis, MD. - Governor Martin O'Malley on April 24, 2007 signed legislation re-enfranchising more than 50,000 Maryland residents who have completed their felony sentences of prison, parole, and probation.

Maryland joins a national trend of expanding voting access to people with felony convictions. Also in April, Florida paved the way to restore the vote to hundreds of thousands of people who had completed their felony terms, and previously were permanently barred from voting. In November 2005, Rhode Island residents voted in favor of a measure that removed the voting ban for people under felony probation and parole supervision. As of today a total of 39 states and the District of Columbia allow voting upon completion of sentence, if not sooner.

**Please remember that New Hampshire is one of the thirty-nine states that allow the right to vote upon release. Please be sure to exercise that right. Your vote counts!**

Maryland joins a reform movement that values fair voting laws which engage more citizens in the political process and restore rights when an individual's sentence ends" said Marc Mauer, Executive Director of The Sentencing Project.

This is great news! Now be sure for all those who will have this right restored PLEASE be sure to utilize that most precious freedom!

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## Family Barbecue A Great Success!

If passing out 6 pounds of hot dogs is any indication, I would say the Family barbecue was a success!



The six pounds were used just on Saturday. Unfortunately we got rained out a little earlier on Sunday due to a pretty impressive thunder shower.

All the volunteers had a great time and the smiles and conversations with the families were outstanding! Thanks to United Way for distribution of & Lindt & Sprungli Chocolates to area non-profits the same week as the barbecue. The generosity of this local chocolate company has brought so much happiness to so many Family Reception Center families these past few years.

The balloon lady was at the Family Reception Center to make her many different animal balloons upon the request of the children. We would have liked to have had a few more children but the balloon lady will return. Watch for upcoming events.

It was great to hear many families express how warm and friendly our facility is. We continue to hope that we are lowering stress and providing the kind of resources and informational materials that might be of assistance to you and your family.



## The Trial's Truth by W.R.

Again I sit and ask myself Why are you becoming such a witch?  
My first response is ... I simply can't resist.  
I'm trying hard to fight the fury within  
but in all actuality I'm living in a sin.  
I wish something would change even though my mind's out of range.  
*I blame the "chemical imbalance" because I don't want to face the real feeling which is shame.  
Guilt is another feeling I'm denying with rage. So what is it that I do when I'm done being caged?  
Well I can't go jump off the deep end because all that there is max.  
I suppose I have to deal with the facts....*

#1 I am in jail and won't ever reach bail.  
#2 I will do the time come rain or shine.  
#3 The wreckage I left behind is sure  
to follow while being in J confined.  
#4 No more drinking or attempt to halt my sorrow now I'm stuck having withdrawal.  
#5 The last fact is what has the impact...The kids!  
One 3 and the other 2,  
Gone out of mommy's sight like a pain we both knew.

What I explain before you all is not yet my conclusion, rather what has most seemed like an end with no resolution.  
If what I feel has now been shown to all, then the only thing left is to  
Finally break down to realize we all fail.  
The importance I express in this is that life doesn't always complete us with bliss.  
The one thing I've discovered is to be true we must get back up when we're blue.  
I empathize because I'm just like you and so the struggle keeps me stuck like glue.  
I testify this...The result of tonight is just another form of ambivalence, so this one is my plea now try to justify:  
Take all this with stride and that wave we tend to tread with doubt will eventually turn into part of the ride.

### Best Mother of All

You tried to keep me from  
trouble, though I would not  
listen, for I was unable. You  
tried to show me the world  
isn't fair, but for some stupid  
reason I just didn't care.

You've never ever took me  
for granted or ever let me down  
and alls I did in return was  
make our family look like clowns.

I'll show you all I will change  
and I can bear, I'll show you all  
I have changed and that I really do care.  
You are my only Mother and  
I would never ask for any other.  
I Love You.  
Thank you for always being there for me.  
I Love You All.

### The Gift of Family by S.B.

I miss the life that I once had  
That they took me from 'cause I was bad  
A freedom that I took for granted  
My girlfriend and kids, a love enchanted  
Instead I sit inside this cell  
With only stories of those times to tell  
My life is theirs for at least two years  
My smile replaced with tears & fears  
My soul now weighted I am losing will  
I pray for strength to help me climb this hill  
Then I take out a picture of my cherished three  
My angels from God, my sweet family  
They bring back my smile and give me hope  
They give me the strength I need to cope  
I can hear their laughter and feel their love  
My prayers are answered from above  
So even though I sit inside  
As I travel along this lonely ride  
I know in my heart I will be ok  
My family as my strength gets me through each day.

## You & I (A Poem to my Addiction)

by D.P.

You make me feel light as a feather  
With you, I can storm any type of weather.

You kiss my tears and remove my fears;  
I have loved you for so many years.

You comfort and excite me;  
You are all that I see.

You make me feel high,  
but this is all a lie

I felt free and out of harm;  
Now, here I sit in the county farm.

The years have passed like lightning;  
The wreckage you left is frightening.

I have let you destroy my life;  
This pain inside cuts like a knife.

Today as I watch my world crumble;  
I am learning what it means to be humble

"You and I", will always be in my head  
but just not together ..... to me, you are dead.

## Drug Court Graduate Speaks

It feels good to be standing in a courtroom today being honored for something I did good instead of being punished for something I did bad. A little over a year ago I got arrested with a gun pointed at my head. I looked to the sky and said, "Thank God it's over".

Through a chain of events I got the opportunity to enter the Therapeutic Community (TC) at the Strafford County Department of Corrections. In the TC, I learned valuable information about myself and my addiction. I fought through fears and gathered the tools and knowledge I needed to be successful in the Drug Court Program.

A few months ago, I had the opportunity to go back and speak to the TC community; a program that played a major part of why I'm standing here today. Because of that I would like to thank Jake, Vicki, Sgt. Noseworthy, Kate, and Sharon for all their hard work and dedication.

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*(Continued on page 5)*



## Resources for Families

These resource agencies include both civil and some assistance with information as it pertains to criminal matters on a limited basis. Feel free to contact these various agencies if you feel that they could possibly be of any help what so ever. Remember there is no such thing as a dumb question!

**NH Help Line:** 800-852-3388, [www.nhhelpline.org](http://www.nhhelpline.org) - info. & referral service for service agencies and homeless hot-line.

**Lutheran Social Services of New England :** [www.lssne.org](http://www.lssne.org)

**NH Legal Assistance:** [www.nhla.org](http://www.nhla.org) 800-562-3174, some criminal and civil assistance

**Legal Advice and Referral Center:** 800-639-5290 [www.larcnh.org](http://www.larcnh.org)

**NH Coalition Against Domestic Violence:** 866-644-3574, [www.nhcadv.org](http://www.nhcadv.org)

**NH Bar Association Lawyer Referral Services:** 603-229-0002, [www.nhbar.org](http://www.nhbar.org)

**The Low Income Taxpayer Project:** (603) 228-6028

## Drug Court Graduate Speaks

(continued from page 4)

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After leaving the TC I entered the Drug Court program. I remember standing outside the door of IOP (Intensive Outpatient Program) and saying to myself, "God I'm going to do it the right way this time. Bruce's way doesn't work. I'm going to do whatever it takes to stay clean and sober one day at a time, and I have faith with your guidance, I'll be ok." With that I walked through the doors and so the journey began.

Just about everything I had to do in the beginning was a struggle. I had no place to live, no job, no license, no money, and limited clothes. Just about everything I owned was in a green garbage bag when I left the jail. What I did have though, was faith and determination. I believed that my higher power was looking out for me and I would be okay.

I landed a place to live with a family member and shortly after, I got a part time job with a good friend of mine in the program. Monday through Friday I walked from my front door to Drug Court, 7.7 miles and, most of the time, 7.7 miles home. If my math is right that's in excess of 60 miles a week.

As I progressed through the program I got more rides and walked less, but at times I still made the journey on foot. I fought through heat and cold rain and snow, nothing got in the way of my goal of "going to any length to stay clean and sober".

Most people I talked to, if not all, said they would have never walked that much. I guess it matters just how bad you want it. Tim told me he believes I had to walk every step I took to be where I am today. I believe that too. Along with all the walking there was group therapy, step writing, reading assignments, work, meetings, and a variety of other projects.

My life and days were filled. I started going to a lot of meetings and it was suggested that I get a sponsor. So, that's exactly what I did. I joined the Monday night group of AA "Meet us half way". One night after the meeting I got a ride home from an old friend of mine, I had known him about 30 years. That night on the ride home I asked him to be my sponsor. He said, "Read this pamphlet about sponsorship and get back to me tomorrow; and by the way I am not bailing you out of jail." Well, I never read the pamphlet and I wasn't planning on going to jail so Bob became my sponsor.

Shortly after that I got a job at Bugaboo Creek and I moved in with Bob. I remember telling Bob, "If this is good as it gets, I'll take it." He assured me that if I continue doing what I'm doing it will get even better.

Every morning when I get up I thank my higher power for another day clean and sober and I ask him for one more day. I pray for my family and friends and the alcoholic and addict who still suffers. Then I pray for my peers in Drug Court just in case you guys forget.

Drug Court has taught me a new way to live a life I never thought possible. The longer I live, the more I realize the impact of attitude on life. Attitude to me is more important than facts. It is more important than the past, than money, than circumstances, than failures, than successes, than what other people think say or do. Attitudes will make or break a person, a reputation, a friendship, a company. The truly remarkable fact is that we have a choice every day regarding the attitude we will embrace for that day.

We cannot change our past. We cannot change the fact that people will at us in a certain way. We cannot change the inevitable. The only thing we can do is to take charge of the one thing that we have 100% control of; and that is our attitude. The only limits we have are creations of our own attitude. You can be, do, and have whatever you desire. Change your attitude and change your life.

I would like to thank Carrie, Alex, Tabatha, Tim, Al, Courtney, and Catherine for all the hard work and dedication they have put into helping me and others. I would like to thank my peers, both past and present, for always being there for me and helping me grow as a human being.

In closing I would like to thank friends and family who are here; my sponsor Bob, the best sponsor in AA, and my Higher Power.

Thank You.

Bruce