

REENTRY PACKET

Your Customized Guide to Support your Successful Transition



National Web-based Reentry Resource Center

www.fairshake.net

Table of Contents

Website

Reentry Packet Cover Page

General Support Pages

Gizmos: Internet-Connected Phones
Myth-Busters
Writing Opportunities

Resource Directory

GIZMOS AND HUMANS

We humans are fickle. We are consistently over-confident about what we are capable of doing, except, of course, when we are justifying our deflection of ownership or initiative. We blame outside circumstances when we fail, and claim prowess and skill when we succeed. We LOVE to think that, where media is concerned, we are strong and we can “take it or leave it alone.”

With the enormous and rapid rise in emotional, physical and existential suffering caused by anxiety fear, depression and loss of meaning and care, however, many of us turn to social media for distraction, diversion, old friends (hoping they were “good” friends), new friends, games (healthy and not) potential partners, events, and ways we can feel like we belong. What few of us realize, is the apps often contribute to our suffering.

Today, our phones are tiny computers; complete with tracking devices and communication options.

EVERYTIME YOU ‘GET AN APP’, YOU SHARE A GREAT DEAL OF INFORMATION THAT YOU’VE STORED IN YOUR GIZMO, SUCH AS:

YOUR CONTACTS (and all the info you have - not just their names)

YOUR PHOTOS (think “training facial recognition AI”)

YOUR PREFERENCES for every app you use and visit; including things you clicked on when you were trying to get them off your screen. Yup, they are now considered your ‘preference’)

AND MUCH MORE. REMEMBER: your phone knows where you are at all times.

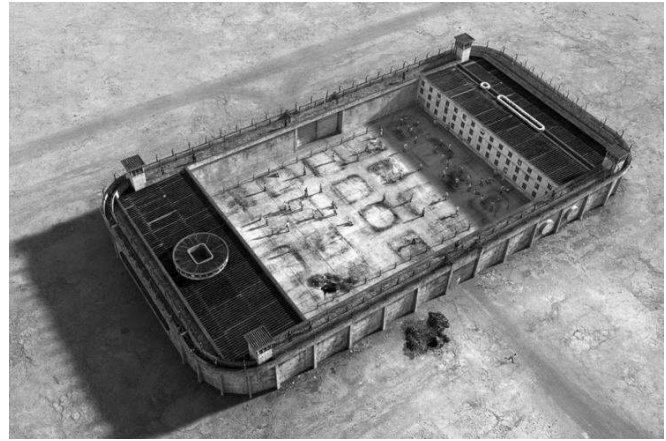
A LITTLE FOOD FOR THOUGHT ABOUT SOCIAL MEDIA ADDICTION

<https://www.addictioncenter.com/drugs/social-media-addiction/>

Social media addiction is a behavioral addiction that is characterized as being overly concerned about social media, driven by an uncontrollable urge to log on to or use social media, and devoting so much time and effort to social media that it impairs other important life areas.

Due to the effect that it has on the brain, social media is addictive both physically and psychologically. According to a new study by Harvard University, self-disclosure on social networking sites lights up the same part of the brain that also ignites when taking an addictive substance. The brain receives a “reward” and associates the activity with positive reinforcement.

The phenomena of social media addiction can largely be contributed to the dopamine-inducing social environments. Social networking sites have been developed to produce the same neural circuitry found in gambling and recreational drugs. Studies have shown



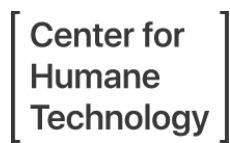
Modern Day Prison by Banksy

that the constant stream of retweets, likes, and shares from these sites have affected the brain’s reward area to trigger the same kind of chemical reaction as drugs.

Addictive social media use will look much like that of any other substance use disorder, including mood modification (i.e., engagement in social media leads to a favorable change in emotional states), salience (i.e., behavioral, cognitive, and emotional preoccupation with social media), tolerance (i.e., ever increasing use of social media over time), withdrawal symptoms (i.e., experiencing unpleasant physical and emotional symptoms when social media use is restricted or stopped), conflict (i.e., interpersonal problems ensue because of social media usage), and relapse (i.e., addicted individuals quickly revert back to their excessive social media usage after an abstinence period).

“I used to think communication was the key until I realized comprehension is.”
- Banksy

Here are a few organizations that want to help you use social media in a healthy way!



The Center for Humane Technology

<https://www.humanetech.com/>

As long as social media companies profit from addiction, depression, and division, our society will continue to be at risk

Ledger of Harms that tech companies have no desire to address: (edited by sk)

- Misinformation, conspiracy theories, and fake news make it difficult to make sense of the world.
- Loss of crucial abilities including memory and focus making it harder to think and to pay attention.
- Stress, loneliness, feelings of addiction can lead to physical and mental health problems.
- Less empathy, more confusion and misinterpretation puts a strain on relationships.
- Propaganda, distorted dialogue & a disrupted democratic process impacts elections.
- Broadcast amplification of -isms reinforces an appeal to authority for regulation.
- Children face physical, mental and social challenges from developmental delays to suicide.
- Tech limitations can be difficult to adopt; gizmo 'house rules' are critical

THEIR PODCAST: Your Undivided Attention - <https://www.humanetech.com/podcast>

TAKE CONTROL! Got in too deep? Here are important steps to increase well-being and regain control.
<https://www.humanetech.com/take-control>

Look Up <https://lookup.live/>

Helping young people thrive in the digital world.



Youth leaders taking action to challenge the digital ecosystem and our unrealistic social norms so we can level the playing field and improve the mental health and well-being of young people. They also offer a Community Hub: a platform where youth can collaborate with others around the world. (Adults can learn a lot from the youth who have lived their entire lives in the digital world!)

Addiction Center

<https://www.addictioncenter.com/drugs/social-media-addiction/>

Research has shown that there is an undeniable link between social media use, negative mental health, and low self-esteem.



Some apps that help us think better:

Pocket Biases <https://pocket-biases.glideapp.io/> It will help you recognize the excuse biases to strengthen your HONEST BIAS. The app. lists a different bias each day...and you can search through biases. **“A bias a day keeps our hubris away.”** - Buster Benson, app creator and author of the Cognitive Biases Cheat Sheet (featured in this packet) and the book Why Are We Yelling?

Mind Games: www.mindgames.com Full of tests to help improve mental agility, no matter how old the user is, including critical thinking skills.. Most games can be completed in less than 5 min.; just enough time for a brain workout. The app is free, or \$5 for the ad-free version.

READING RECOMMENDATION: The Age of Surveillance Capitalism: The Fight for a Human Future at the New Frontier of Power BY Shoshana Zuboff 2019 Public Affairs.

Fair Shake's

MYTH-BUSTERS



Myth: FALSE DICHOTOMIES – The idea that you must choose between two options: Yes or No. Good or Bad. Right or Wrong. Candidate A or B. Rise or Fall. With Us or Against Us. Science vs Religion. Rational vs. Emotional. Individual vs. Group. and one that I've heard a lot in my life: "That's a man's (sport, job, perspective); it's not for women". (a form of yes or no) Whenever you need to make a choice, see if you can find 4, 5, or even 10 options!



Myth: WE STOP LEARNING – If I had never touched a flame before I turned 58 years old, I would learn to never touch one in the future if I touched one today. We acquire information constantly and we organize it into meaning. We may even care enough to find out how what we learned relates to what we already know and believe. One thing school failed to teach us is how to learn, and how to discern what we learn. The 'information sources' today are louder, strangely influential, and grossly incomplete. To get the full picture, we have to dig for information and ask good questions, while also trying to avoid getting overwhelmed or trapped. We must keep learning, and as we learn, we can learn to live together better! We do not have to accept limitations or acceptable levels of suffering. We are NOT STUCK. We can learn...and then change...whatever we want. "There is no inevitability as long as there is a willingness to contemplate what is happening." - Marshall McLuhan (author of *The Medium is the Message*)



Myth: MERITOCRACY - The more you learn the more you earn', 'you can make it if you try', 'pull yourself up', etc. Many ways to reinforce the idea that the people who have the money and the stuff are successful because they earned what they have, they got all their money through hard work and a shrewd (including a 100% respectful, environmentally-sound and firearms-free!) investment strategy. If only. Investing is almost never in line with our humanity values...yet it is always in our best interest to invest in humanity. Meritocracy is justified stratification; people above others for their achievements. Michael Sandel said: "We've slid into the assumption that the money people make is the measure of their contribution to the common good." I wonder how the merit idea would work if we increase accolades and 'status' based on care about others?



Myth: INCARCERATION PAYS A 'DEBT TO SOCIETY' - Why do we keep repeating this? Members of society believe that incarceration and the judicial system costs them money; they do not feel that they have been paid in any way. How could they? The only debt that has been paid is the one requested and required by a heartless and hungry punitive system. Society has little faith that 'the system' is providing the information necessary to reengage successfully. Together, we can change this. The 'justice system' is the only group getting paid.



Myth: WE ARE FRAGILE - The "Helping" Industry relies on us being weak. ACE (Adverse Childhood Experiences) scores may describe some aspects of people, but they in no way represent who we are. Many of us with high ACE scores have also become even more than resilient, we are now anti-fragile because of our challenges. This means that the adverse conditions made us stronger than we would have been without them.



Myth: TV NEWS INFORMS YOU OF WHAT IS GOING ON All you get from any single news source is what they want you to see and believe. What they show us is what their sponsors want them to show us. Sponsors demand support, so the advertisements determine the 'news' you'll see on TV. Social Media cannot be counted on to inform us of anything but an opinion. To get more pieces of the whole story, we must consider information offered by many news sources.



Myth: WE NEED AUTHORITY AND MONEY TO 'FIX' OUR CHALLENGES - Why would we ask the institutions, and the people who are complicit in maintaining them, to fix the problems they created? Winona LaDuke says: "You shouldn't let your dealer tell you what you need." Are we frustrated enough yet to work on the solutions together? We've been trained to believe these myths:

- Experts and 'science' have the solutions to our challenges; they will provide the relief for our suffering. Q: What if they are the cause of our suffering?
- Money will fix our problems. Does money build trust, cooperation and feelings of confidence? We have gifts to share with each other. Our focus on money continues to take away our power. Money does not give us power. Feelings of agency, support and capability give us power!



Myth: INDIVIDUALISM – Individualism is said to be a “fundamental American principle” so is authoritarianism, lying, stealing, false superiority and also the myth of the 'self-made' person and "united we stand".

INTERDEPENDENCE, on the other hand, is a fundamental planetary principle. We can easily see our impact on the environment and on each other because of our insatiable pursuit of more stuff; a belief created to fill the hole created by 'individualism'. The Rev. Desmond Tutu reminded us that "the solitary individual" is a contradiction in terms.



Myth: "FREE-MARKET CAPITALISM" - You'll find that file between Easter Bunny and Santa Clause. The game is rigged. Capitalism offers some opportunity, but 'the market' does not **respond to our needs**. Instead, it manufactures our desires and externalizes unhealthy costs.



Myth: NOTHING WORKS: Roger Martinson wrote, "the represent array of correctional treatments has no appreciable effect - positive or negative - on rates of recidivism of convicted offenders." In the magazine Public Interest (1974), he stated, "rehabilitative efforts that have been reported so far have no appreciable effect on recidivism." The way that I read this is: the ineffective 'programs' supplied by the prisons (or whomever else) did not impact the already low (compared to today) recidivism rate. He said that no single thing works because we are unique. We are not robots. One thing that always works is 100% pro-social: it's us working together!



EMPLOYMENT AND EDUCATION REDUCE RECIDIVISM Only YOU "reduce recidivism". You and nothing else. It is up to you to utilize education or employment opportunities to support your reentry success; YOU get full credit for how you apply your gifts. After all, employment and higher education did not keep Jeff Skilling, Bernie Madoff, Martha Stewart, Bill Cosby, Charles Kushner, or several elected representatives, out of prison.



CRIMINOGENIC NEEDS Incarcerated people have basic human needs; the same needs we all have. You are not different. This is yet another attempt to scientize othering.



Myth: EXPERTS KNOW WHAT'S BEST

Experts have agendas. Always consider who is paying the 'expert'. Non-profit status does not automatically indicate integrity. Professional 'fixers' are often poor listeners. Prisons, schools and hospitals tell us what we need, they rarely ask what we think or feel. How can they 'help' if they don't hear? We can learn to listen to ourselves and each other by asking questions. We can work, care, and grow together to build our capacity for complexity, cooperation, constructive learning, critical thinking, and agency! We are the 'experts' we've been waiting for.



WRITING: Tips, Support and Opportunities!

ATTENTION CURRENTLY AND FORMERLY INCARCERATED AUTHORS!

Fair Shake Authors page: This page has been created to showcase literary accomplishments, and to share opportunities with new and aspiring writers! If you are an incarcerated or formerly incarcerated writer with a book that can be purchased somewhere on the internet (I need to be able to post a link), please send your name, book title and where the book can be found and I'll post it on the page.

Writing Outlets:

American Prison Writing Archive

c/o Hamilton College
198 College Hill Road
Clinton, NY 13323-1218

"The mission of the APWA is to replace speculation on and misrepresentation of prisons, imprisoned people, and prison workers with first-person witness by those who live and work on the receiving end of American criminal justice." As of 2.18.20 they have 2323 titles in English and 17 titles in Spanish. <https://apw.dhinitiative.org/>

Prisons Foundation

2512 Virginia Ave. NW, #58043
Washington, DC 20037

If you are an incarcerated person who has written a book, or would like to write a book, we want to publish it. All books on any subject are welcome. There is no charge to you to publish your book and no charge to anyone who wishes to read it. You retain full rights to your book if you later wish to place it with a literary agent or commercial publisher. It will be protected under common copyright law. When we receive your book, it will be scanned in its entirety, just as you submitted it to us, even if it's hand written. <http://prisonsfoundation.org/>

WRITING TIPS by Neil Postman

Strive for three things:

1. Clarity
2. Engagement
3. There is no third thing

Thinking Clearly: make an outline. if you think you can skip this step, you aren't thinking clearly.

Writing Clearly: Eschew baroque vernacular

Whenever possible do your level best to avoid at all costs the unnecessary words you should be avoiding but aren't.

Slash and burn. Repeat. First drafts are always twice as long as they should be.

Say one thing big. If you have two big things to say, control yourself.

Use metaphors and examples. Provide maps and sign posts on the narrative journey (previews, pointers, summaries, and redundancies)

Accept Criticism: When readers tell you that you're writing is unclear or uninteresting, they are by definition correct

Writing Stylishly: don't try. The only style worth having is your natural speaking voice.



Prison Journalism Project (PJP) is a digital magazine for incarcerated writers and others to take the power of journalism into their own hands, to learn the craft of journalistic storytelling and to share their stories about life behind bars. We believe that the deep reforms that are necessary to fix the U.S. criminal justice system can only happen by shifting the narrative. Intentional, responsible and well-crafted journalism from within the incarcerated community can break stereotypes, bring more transparency and drive change. We aim to develop the first national network of prison correspondents and help shape freedom of the press behind walls; our ultimate goal is to create a national network of prison correspondents.

We see an opportunity to address the critical and urgent need for accurate information by connecting the dots between prisons across the country, bringing transparency to an opaque industry, and asserting the rights of prison journalists.

PJP is an all-volunteer organization currently housed at Penn State University. Our co-founders, Yukari Kane and Shaheen Pasha, are veteran journalists with 20 years' experience each at newsrooms including The Wall Street Journal, Reuters, CNN and Dow Jones; Kane and Pasha are also journalism educators at Northwestern University and Penn State University, respectively, with vast experience teaching inside prisons.

WRITE FOR PRISON JOURNALISM PROJECT!

SUBMISSION GUIDELINES

WHO: Writers and artists who are incarcerated, formerly incarcerated, family members, corrections officers, prison educators and others involved in the criminal justice system or affected by the experience of prison or jail. We welcome submissions by first-time writers.

WHAT: Articles, essays, poems, art and cartoons that incorporate firsthand observations and/or experiences. Our word count is 500 - 1,200 words (ideally 1,000 words or less). No more than **ONE STORY** or **THREE POEMS** per submission. We cannot publish work that we cannot understand. We do not publish stories that re-litigate individual cases. Submission categories include:

For more information, write to:
Prison Journalism Project
2093 Philadelphia Pike #1054
Claymont, DE 19703

<https://prisonjournalismproject.org/>

PJP SPECIAL PROJECT: WHAT IS IT LIKE TO BE YOU?

One of our goals is to de-stigmatize the incarceration experience by introducing readers who are untouched by incarceration to perspectives and stories from behind walls. We want everyone to see you and connect with you as fellow humans.

However, we also know that it's difficult to be open about your past, present and future if you have to put your name on it.

In this project, we invite you to take a piece of blank paper and anonymously answer the question - **WHAT IS IT LIKE TO BE YOU?** You can answer the question however you want as long as it's true. It can be a journal entry, letter, poem, song, art - however you express yourself. Put your state location at the bottom, and your name at the back. We hope you'll also invite others around you to submit something. This only works if we get a lot of submissions. If you can collect a few and send them to us on their behalf, it would be great. We are treating this project as art - please send it to

PJP Special Projects
3501 Southport Ave., #204
Chicago, IL 60657

Citizenship - Birth Certificate

http://dhhs.ne.gov/publichealth/Pages/ced_bicert.aspx

Citizenship - Birth Certificate

301 Centennial Mall South, First Floor
Lincoln, NE 68509-5065

State office has records since late 1904. Certified certificates are used for providing proof of self and in obtaining records such as a driver's license, Social Security cards, passports, registering for school, sporting activities, transfer of property and for collecting retirement benefits or life insurance.
<https://dhhs.ne.gov/Pages/Vital-Records.aspx>