

Alpha House
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Passages
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Misdemeanor Probation /
Beta Jail Alternatives
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Carbon Beta Jail Alternatives
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"Alternatives to the Corrections System"

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Alternatives, Inc. Quarterly Newsletter

Fall, 2016

MISSION STATEMENT: We promote public safety and challenge offenders to become responsible productive citizens through firm, fair, consistent supervision, treatment, and education.

The "Ripple Effect" - a victim impact experience

John Williams, Alpha House Director

On July 7th 2016, residents from Alpha House participated in a program that gives Victims of crime a voice. The program known as the *Victim Impact Panel*, began in 1982, helps victims through their own healing and recovery process while giving offenders a unique first-hand perspective on the effects of crime.

Scott told his story about the day he received the call that his brother had been killed in a vehicle accident, where speed and alcohol were both factors. I'll get back to the word "accident" later. A particular moving moment was when Scott talked about his brother's daughters last words to him. They were not kind words, they were words that she would never be able to take back. Scott's story teaches the finality of

crime is a sobering truth. The unintended consequences are far reaching and unique as each one of us.

Joan would recount the day she was told that her sister in law was murdered by her husband. The shock she felt, the questions that would seem to never end, the fear as she went looking for the children, the "wail" on the other end of the phone when she called to let the other brother know what happened.

Residents would later debrief and discuss their experience. The word "accident" was discussed, resident TW whose criminal history spans nearly 40 years, has a conviction for a DUI, wouldn't call his crime an

accident, he said "I chose what I did, it wasn't an accident, it was a wreck" The residents began to realize the scope and magnitude of their actions, the ripple effect as B.B. would state "was more than I could imagine".



Recent VIP participants

Veterans Stand Down - *Megan Jessee, Culinary Arts Program Manager*

Passages' Culinary Arts Program students participated for a third year in the Department of Veterans Affairs Stand Down here in Billings on October 20, 2016. The original Stand Down for homeless veterans was modeled after the Stand Down concept used during the Vietnam War to provide a safe retreat for units returning from combat operations. At secure base camp areas, troops were able to take care of personal hygiene, get clean uniforms, enjoy warm meals, receive medical and dental care, mail and receive letters, and enjoy the camaraderie of friends in a (relatively) safe environment. Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being.

Today, Stand Down refers to a grassroots, community-based intervention program designed to help the nation's estimated 107,000 homeless veterans on any given night "combat" life on the streets. Homeless veterans are brought together in a single location for one to three days and are provided access to the community resources needed to begin addressing their individual problems and rebuilding their lives. In the military, Stand Down afforded battle-weary soldiers the opportunity to renew their spirit, health and overall sense of well-being. Today's Stand Down affords the same opportunity to homeless veterans.

Four years ago the CAP program manager was contacted by a former Passages' employee, Dan Altmaier, about providing a hot meal for those homeless veterans during the Billings Stand Down. When the CAP manager, Megan Jessee, approached her students about developing a menu she learned a humbling amount of information about the obstacles faced by our homeless population including the impact of rich foods, foods that are difficult to chew and the logistics involved in both. It struck her that many of her students were speaking from experience. Stand Down has since become one of the CAP students' favorite events.



Culinary Arts Program students who helped provide the meal for the Veteran's Stand Down event

Lisa Skriner: Current Member, Board of Directors - *Gwen Bryant, Executive Assistant*

Lisa Skriner joined the Board of Directors in January, 2016 because she felt she could contribute to “next steps”. Lisa has spent the majority of her career serving in professional positions. During her time at City College, Lisa has been responsible for significant workforce development activities, customized training, academic program support, business outreach, and economic development. Her responsibilities include grant writing and they have been fortunate enough to receive over \$12 million in grants from federal and state agencies and foundations. Lisa believes that because of her varied roles, she is able to see the big picture and make valuable connections to find and develop solutions she strongly believes in.

Lisa also serves as a member of the BillingsWorks Steering and Education Committees, the BEAR (Business Expansion and Retention Team), and is a board member for Beartooth RC & D.

The City College is also conducting a training program in welding at the Montana Women’s Prison and says the women enrolled are dedicated, hard working, and learning skills in a field that will provide a living wage for their families.

“I have witnessed the lack of self-esteem prior to starting a training program and the look of accomplishment and pride when one has some success!”



Lisa Skriner, Board of Directors

Arbinger - *Yolawnda Henry, Director of Human Resources*

Have you ever wondered why children do the same things over and over again even when you discipline them? Well, the answer is simple! By using our normal method of discipline, we only change or modify their behaviors. The missing piece is mindset. Behaviors drive results; mindset drives behaviors. Changing behavior without changing mindset will produce temporary or limited results. Arbinger Training takes a deeper look at mindset and builds a framework around how we see people. Ultimately, there are two ways to approach a challenge or opportunity; from an inward mindset or an outward mindset. Arbinger’s work focuses on shifting from an inward mindset to an outward mindset. When we operate from outward mindsets, we have a desire to be helpful. Staff and board members are being offered this monthly training at Alternatives, and to date 50 staff members have been trained. For more information, visit Arbinger.com or email yhenry@altinc.net for information on attending the next Arbinger training class at Alternatives.



Staff participating at the first Arbinger training hosted by Human Resources

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Check out our "new"
website: www.altinc.net