

Resident Stand Out

It was noted by staff that **Jennifer Wellington** has been doing a great job in her program. She has a positive attitude and she is very supportive and encouraging to other residents. She has a determination to make a different life for herself than she had before her recovery. She always has a smile and she treats others with respect. She stays on task and she is pleasant to talk to.

Jennifer shared that she struggled because of the loss of her dad, her mom, and her sister all within a couple of years of each other. She said her addiction started with a prescription for pain pills. She commented, "I finally got sober after a 10 year addiction. I did Elkhorn for 9 months and gained a better mindset and put some utilities under my belt. I don't want to be in the drug scene anymore. There is more to life than that. I have God in my life." With sincerity, Jennifer stated that being a parent is really important to her, so she is working hard to mend those relationships.



As for hobbies and interests, Jennifer likes hunting and fishing and being outdoors. She said she always tries to have a positive outlook and attitude, and commented, "I love to laugh and make people laugh."

Jennifer's goals are to continue being sober and to buy land and build a cabin on it. She said she would love to work for the Forest Service.

UPCOMING EVENTS IN GREAT FALLS

[Saturday, November 25](#): **Shop The Falls Small Business Saturday**, 9 am to 5 pm.

[Saturday, November 25](#): **The Good Wood Guys Santa's Woodshop**, 9 am to 3 pm, 816 20th Avenue North. Kids of all ages are invited to build a wooden toy (usually a car) with Santa and his elves. Event is FREE, but donations to Toys for Tots are encouraged.

[Saturday, November 25](#): **Parade of Lights**, 6 pm, downtown. This year's theme is "Cowboy Christmas."

[Friday, December 1](#): **Christmas Stroll**, 5 pm to 9 pm, downtown.

[Saturday, December 2](#): **Winter Solstice Arts, Crafts, and Vintage Show**, 10 am to 5 pm, Holiday Village Mall, Bed Bath & Beyond location, upper level. 'Twas 3 weeks before Christmas', Carolers, musicians and dancers will be performing throughout the day. Stop in to visit Santa and the kiddie Craft corner with your kiddos! Free Admission.

[Saturday, December 16](#): **Candy Cane Lane**, 3 pm to 8:30 pm, Jacyee Park. We release the maps at the event (and hot cocoa). You then use your map to drive around and go see all the decorated houses. Vote on your favorite one and have fun with our scavenger hunt.

Identifying ADHD Triggers

*Stress

Research has shown that stress affects the prefrontal cortex, the same location of the brain affected by ADHD. Someone living with ADHD also can't focus and filter out excess stimuli. This increases stress levels. Anxiety, which can stem from approaching deadlines, procrastination, and the inability to focus on the work at hand, can raise stress levels even more.

*Poor Sleep

Up to 50% of people diagnosed with ADHD experience sleep issues. Many symptoms of sleep deprivation also overlap with ADHD symptoms. Poor sleep can lead to or worsen symptoms such as:

- inattention -forgetfulness -poor impulse control -drowsiness
- careless mistakes -decline in performance -slowed reaction time
- concentration issues -hyperactivity

Getting at least 7 to 8 hours of sleep each night may help someone living with ADHD manage negative symptoms the next day.

*Certain Foods and Additives

It is possible that certain foods can either help or worsen ADHD symptoms. Nutrients that are thought to help nourish your body and brain and diminish ADHD symptoms include:

- omega-3 fatty acids -proteins -calcium -magnesium -zinc -vitamins B, C, and D

Food additives that may exacerbate ADHD symptoms include:

- sugary foods -salty foods -simple carbohydrates -saturated fat
- food preservatives like sodium benzoate and MSG -food dyes

Keeping a food diary to track how you feel after you eat can help you identify which ingredients to avoid.

*Overstimulation

Many people with ADHD experience bouts of sensory overload, or overstimulation. This occurs when one or more of your senses become overstimulated, such as:

- sight: bright, harsh, or flashing lighting
- smell: strong or bothersome scents or odors
- sound: loud sounds like music or fireworks or exposure to multiple conversations at once
- taste: certain flavors, temperatures, or textures
- touch: Any touch that is too light, firm, or scratchy – or sudden or unexpected

Strategies that can help if you can't avoid situations that lead to overstimulation:

- mentally prepare for what's coming when entering an over stimulating situation
- use coping tools, like sunglasses, earplugs, or headphones -take breaks as needed
- carve out personal space for self-regulation
- set limits on how long you are willing to spend in an over stimulating environment

*Technology

Constant stimulation from electronic devices such as computers, cell phones, television, and the internet may also aggravate ADHD symptoms.

There are currently no specific guidelines for how much screen time is appropriate for someone living with ADHD.

However, the American Academy of Child & Adolescent Psychiatry recommends the following:

- children 0 to 18 months should not get any screen time, unless they are video chatting with loved ones under supervision
- children ages 18 months to two years should limit screen time to only watching educational programs alongside a caregiver
- children ages 2 to 5 years should limit screen time to 1 hour per weekday and up to 3 hours on weekend days
- children ages 6 and up should still be encouraged to limit screen time in favor of other activities

Certain triggers can make ADHD symptoms more intense. Identifying your personal ADHD triggers can help you understand which changes you can make to your day-to-day routine to help minimize symptoms.



Robin Castle

Licensed Clinical Professional Counselor

455-9333 robin@gfprc.org

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Jamel Scott gained fame playing football and basketball in high school. He expressed his humility for his God-given athletic talent. In Jamel's senior year, the uncle he was so close to was killed in a tragic accident. Jamel started experimenting with drugs, and before he knew it, his life catapulted into using, dealing, and committing crimes.

Jamel said he worked in the oil fields for 5 years as a derrick hand and an assistant driller. He reminisced, "Running an oil rig was exhilarating. It was a feeling of doing something valuable, and the money was amazing."

Jamel shared that during his last lockup he took the opportunity to do some much needed self-reflection. He took parenting classes and other classes that focused on morals and values. He was awakened to the fact that his son was starting to follow in his footsteps. "I don't want him to have to go through what I went through and learn lessons the hard way. I have to lead by example.

I want my son to be the man a woman deserves and to be the type of man my daughter desires to have." Jamel beamed, "I have three amazing children, and they are the basis for remembering why I'm really here in this life."

Jamel plans to make his living using his other God-given talent – that of cutting hair. He is good with people and enjoys having real life conversations with them. What makes Jamel good at communicating with others? "I try to make everyone smile. The key to all things is laughter."

As an Inmate Worker, Jamel learned that "sometimes you might not like the situation you are in, but you have to figure out how to grin and bear it the best you can so you can be successful."

Jamel's bit of advice is this:

"Remember, each person is going through their own struggle. We need to keep in mind that at the end of the day we are just trying to move forward with ourselves, and so are others, so we have no right to judge."

Congratulations Jamel, we wish you the best!

Meet Clint

We'd like to welcome and introduce one of our new Compliance Officers, Clint Nelson. Clint said, "I was born and raised in Great Falls, raised around horses and I enjoy painting DnD (Dungeons & Dragons) miniatures."

PUMPKIN CARVING - EAST CAMPUS



***Winner**
Christopher Colligan



Billy Jones



Michael Skogley



Leonard Hilton

A Blast from the Past

You may not recognize the guy in the middle. It's CTS **Allen Heisler** back in 1985 when he worked here as the Activities Coordinator. He is pictured with members of the PRC resident basketball team that just won the city league championship.



Meet Noël

We'd like to welcome and introduce our new Education Coordinator, Noël Walker.

"Hi, everyone. In case we haven't met yet, I am Noël Walker, the new Education Coordinator. I am so excited to be a part of such a substantial opportunity to do good for both individuals and the community. To tell you a little about myself, I am not good at a lot of things, but I was good at school. So, I took my time and stayed in as long as I could with a few breaks here and there because, well, we like doing what we are good at. School was where I could go to find myself. In fact, that led me to the education world for (ahem) years. Whether teaching high school, operating a college computer lab, teaching college, teaching people English from predominately third world countries, I discovered that more than anything, feeling useful and helpful was empowering. Here at the Center, I get to continue that.



Noël Walker
EDUCATION COORDINATOR

So, if you or someone you know is looking to work toward a professional or educational goal, I can help with that. At the very least, I can put you in touch with people who will work to ensure your success. I appreciate how patient everyone has been with my learning curve. Please know, if I don't have the answer for you, I will do my best to find out and get that information to you as quickly as possible. Fortunately, we are all part of a network of people who feel the same way I do about helping others.

Finally, if you haven't checked out the library in the northeast corner of the West Campus basement, please come by! Thanks to generous donations, we have gotten some new books. I've been steadily organizing into sections and/or alphabetizing, so if you know what you are looking for, I can help you find it if we have it. All are welcome. If the door is open, so is the library. Thank you!"

Jeffrey Bevers – Honors Member

By Brenda Demers



Jeffrey Bevers talked about how his addiction started. He played baseball on a scholarship for the Washington Huskies. After an injury he was prescribed Percocet. When there was no reason for the doctor to continue prescribing the pain meds, Jeffrey sought them out on the streets. This turn in his life caused him to lose his baseball scholarship and go down a path he didn't intend to take. Besides a dream of playing major league baseball, what Jeffrey really wanted was to be the commentator guy on Sports Center.

Jeffrey's focus was directed to obtaining pain meds. His dad, a pastor in Texas, beckoned him to go there to get his life back on track. Jeffrey accepted the offer and got a job working on an offshore oil rig. He was making a lot of money and things were going well. He met a girl, convinced it was true love, but it didn't work out. As a devoted, passive person, this devastated Jeffrey.

Jeffrey Bevers – Honors Member

continued

Needing a change, Jeffrey moved to Chicago to work for his grandfather who had a Class A motorhome business. Jeffrey became a certified diesel mechanic and experienced the good life of these big, expensive motorhomes - traveling, going to car races, and meeting people like Jeff Gordon. Drinking was part of that lifestyle, and Jeffrey fell back into old habits of adding pain pills to the mix.

Jeffrey's mom contacted him with the overwhelming news that she was dying of liver and kidney failure. He packed his belongings and moved to Montana. Ironically, before getting to his mom, he hit a deer in the middle of the night near what he later came to know as the Montana State Prison. Since his headlights were no longer in working order, he pulled over to the side of the road in the town of Deer Lodge, not realizing until later that he was in front of the Old Montana Prison. Sadly, his mom passed before he could make it to hug and kiss her and tell her goodbye. She did leave him a note saying she missed him and loved him and asked that he stay there and watch out for his younger brothers and sister. Jeffrey started smoking meth with one of his brother's and his mom's husband. "That's when everything went downhill bad." Jeffrey was in that cycle of doing good and holding a job when he wasn't using and losing his job and doing bad when he was using. He quit with the birth of his children, but he was in a co-dependent relationship, so being sober didn't last.

Talking about the pre-release, Jeff said, "The whole thing about this place is it's really easy. Just be friendly and respectful and do what you're supposed to do. Last time I made it a year off probation and got in trouble again. P&P gave me chance after chance, but I couldn't stop using." I asked Jeffrey what was different about this time and he responded, "I'm older and I'm healthier than I've been in a long time. It feels good. The fact my kids are grown up and I've been doing what I have been breaks my heart. Just because you aren't doing meth or heroin doesn't mean you're not using drugs. My excuse was the doctor prescribed them to me. That mentality is what got me where I'm at. I'm going to church and that helps a lot." Referring to people that only find religion when they are incarcerated, Jeffrey commented, "The only guy you find in every jail is Jesus. I guess no one wants to bail him out! I plan to continue going to church when I'm done here."

Jeffrey has finally learned the art of patience and changed his way of thinking. "Before, I wanted everything now. An addict's mentality is *I don't want to be here – I don't belong here*. I find strength in my faith and I know I can do anything if I put my mind to it. I'm not too proud to ask for help. Sometimes we need it."

As for hobbies, Jeffrey likes riding motorcycles. He's not a crotch rocket kind of guy; he's a dirt bike and Harley kind of guy. He is creative and handy and loves building things and working on old trucks. Jeffrey also likes to cook. His creativity is evident at his job where he uses ingredients that people normally throw away like potato skins or egg whites and incorporates them into other dishes.

Jeffrey yearns to have a normal life. "I want to live a good life before it's too late. I know there is more to life than this. I want to meet the right person – someone who is going to care about the same things I care about. This time I'll take it slow and have faith I'll meet the right woman."

Congratulations, Jeffrey, we wish you the best in your future!

The past is a guidepost, not a hitching post.
L. Thomas Holdcroft

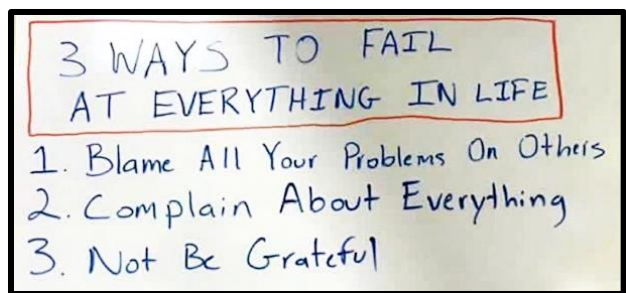
PUMPKIN CARVING - WOMEN'S CENTER



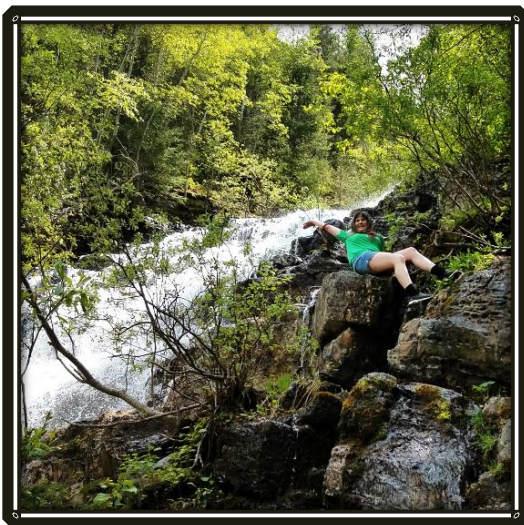
***Winner**
Arielle Scheske



Samantha Phelps



Meet Jaime



Jaime Walker
BUSINESS MANAGER

We'd like to welcome and introduce our new Business Manager, Jaime Walker.

A few things about Jaime:

"I was born and raised in Great Falls, but have family in California. I'm married and have three sons.

I graduated from Northern with a Bachelor's in Business Administration. I originally wanted to be a CPA, but I don't enjoy doing taxes and prefer working with people, so I decided against it.

I have experience working with all walks of life; developmentally disabled adults, children in group homes, blind, and hard of hearing.

I enjoy being outside hiking and going on long walks.

I'm thrilled to be working here at the prerelease and hope I can be a positive and valuable addition to the organization."

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Gerald Belgarde is ready for a challenge. He wants to go back to school to become a Licensed Addictions Counselor. As far as professions, Gerald said he's been a carpenter all of his life and he likes to cook.

In 2019 Gerald found out he was diabetic. He remembers being super thirsty, and before he knew it he was in the ICU. In order to live, he needed to change his diet, including no more alcohol. Being a big drinker, he cross-addicted to meth. His endocrinologist intervened and gave Gerald a wake-up call educating him on the deadly chemicals meth contains. "When I realized how bad my health was, I was ready to quit." Gerald proudly announced that he's been sober since February 22, 2021. He and his longtime girlfriend chose to become clean at the same time, and things are going really well for them. Gerald said, "I'm doing all the right things." He has been seeing Robin for mental health counseling, and he and his girlfriend will be participating in the couples' counseling she offers. He commented, "It helps to grow at the same time. If one is and one isn't, it leaves you uneven. Our communication has grown by

leaps and bounds. She is super supportive and encouraging."

Gerald said he grew up in a family oriented atmosphere in Havre. He is really close to his eight nieces and nephews and gets along great with his mom and his brothers. He commented, "**My mother has been a big supporter of me and has always been there for me, and I appreciate her support.**" Gerald is super competitive and enjoys playing and watching football. Gerald is a Chargers fan and his two brothers root for different teams. "I love camping and anything family oriented that brings us closer together." Gerald also likes to build models, usually of older cars. His favorite car is the 1969 Ford Mustang. He once owned a 2012 Ford Mustang GT.

I asked Gerald why he wants to be an LAC, and he responded, "There are a lot of people that learn from the book and not many people with actual experience. I had an LAC that told me that I'm of good character, good with my words, and that I can easily problem solve and trouble shoot." Gerald explained that he can pick up on what people are going through by their demeanor – how they walk and how they talk. He is observant and listens to everything. If he sees someone that looks like they need to talk and the moment is right, he will pull them aside and listen to them. Then he will give them positive affirmation and a push in the right direction. "If they aren't receptive, I find a way to manipulate them to be a positive person. The way the world is nowadays, if you lead yourself in a negative direction it's almost impossible to get out. Being here is only a moment in time. 200 days isn't that long. The more you fight it the longer it lasts. Each hour is a day and each day is a week. Just let time take its course. If you make the best of it and create clean fun, it goes by fast. There are plenty of things to do if you involve yourself."

Gerald said when he first arrived at the Center he had a negative attitude about being an inmate worker. His attitude changed the more he got involved and learned new things and joked with the guys coming through the line. He said, "Time flew by. If I fought it, it would have been a miserable 6 months instead of an enjoyable 6 months."

Seeing Gerald's smile brings happiness to those that come in contact with him. Great job and congratulations!

Halloween Fun



Bob Dompier



Shawna Paranteau and Brandy Burton



Dawn Cooper



Troy Nelson



Ryan Konecney
Dodgeball Movie



Ray McClelland



Cheryl Haynes



Jeff Barnhart



Kayla Williams

Meet Nicci

We'd like to welcome and introduce our new Correctional Treatment Specialist, Nicci Carlson.

A few things about Nicci: "I moved to Great Falls three years ago from Billings. My hobbies include family, pets (3 cats and 2 dogs), painting rocks, remodeling my house, traveling, concerts, and reading.

I have a degree in early education, and a minor in special education. I am currently enrolled in psychology with a specialty of ABA (Applied Behavioral Analysis).

I am always pushing those around me and myself to be better."

Don't Give Up

Follow your heart, realize all your dreams.
Nothing's impossible, though it sometimes seems
That your burdens are heavy and hard to put down.
And it's hard to get up when you fall to the ground.
But keep pushing forward; you've got what it takes,
When things get too crazy, just push on the brakes.
It's okay to slow down and to give life some thought,
Stop going in circles by things you've been taught.
Learn new ways of thinking, toss old ways aside,
It's okay to be different; it's okay to feel pride.
Goals get accomplished, there's peace to be found.
Look at you now! Rising up from the ground!
One step at a time, in a forward direction,
You're a beautiful soul. In your own way, perfection.
Don't give up on life, you've made it this far,
You're more than enough! Just as you are!!!

By Tammy Kuenzel

PRE-RELEASE PRESS

Editor: Brenda Demers



TRANSITION
CENTER
GREAT FALLS PRE-RELEASE SERVICES INC.



Residents: You are encouraged to submit something for the next newsletter - a drawing, poem, song, article, quote, advice, etc. Please turn it in to the CO desk with your name or contact **Brenda 455-9323** brenda@gfprc.org. Any suggestions are also appreciated.

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Ryan Baier is thankful he was able to experience being an inmate worker in both the maintenance department and the kitchen. He said, “I’m really happy to be done, and I accomplished quite a lot.”

Ryan is a soft spoken, easy going individual. He commented, “I can put up with a lot.” As far as judging others he said, “I don’t try to read into how people act throughout the day. It doesn’t define a person. What defines a person is their actual qualities.”

Ryan mostly grew up in Missoula. He lived with his dad in Alaska for 3 years while he was in elementary school. In his early 20’s he went back to Alaska and worked for Delta Western Petroleum. Ryan also told me about the time he spent exploring Hawaii with his mom.

Ryan has a wide array of talent. Not only does he play the guitar, draw, and paint, he said he used to build computers and laptops, and he even built a guitar. Recently one of his headphones burned out, so he repaired it by taking it apart and soldering the wires.

Ryan said his mom was a stylist for Regis for 25 years. He went with her to all of the hair and nail shows. He loved going to the mall in Missoula and watching the manicurists paint people’s nails. “I was fascinated by that.” Ryan knows how to cut hair and thought about being a cosmetologist, but he wants to go in a different direction.

Ryan enjoys anything technological or anything that has to do with nature. He found the study of marine life as well as viruses and pathogens interesting when he took biology and micro biology as electives in high school. His current study is that of building watches. He is reading a book from the Library of Congress website on how to build watches. He is intrigued by the tiny parts. “We are in a digital age now and where we are going there will be a time when it runs out. If an asteroid hits a satellite none of our digital devices will work anymore.” Ryan said the Swiss watch company Patek Philippe is flying people in to teach them how to make watches. Ryan reads reference books and is continually searching for knowledge. With all that in mind it’s understandable why he is unsure about what he wants to do for a profession.

I asked Ryan for some advice or what he learned from being at Great Falls Pre-Release. He said, “Stress is evident in our everyday, and the worst thing we can do to ourselves is to let that get to us and overcome us. Whatever we have to do to wind down or let go of that stress is the most important thing, whether it be talking to a family member or friend or just interacting with other people you know. Shutting down leaves us with the impression of giving up.” Ryan has been in many stressful situations, and he has handled them like a champ. He gave an example of his car overheating on the highway in Oregon. Broke down on the side of the road, Ryan’s resourcefulness led him to fix the part by using the end of a Bic pen and Loctite. “I’ll figure out a way no matter what to get through something. We have to because if we don’t we are lost, and being lost is the worst thing. I don’t want to be unhappy. I’ve been there.”

Congratulations, Ryan! Your ingenuity and persistence will pay off!

STAFF MILESTONES

Karen Conley – 15 Years:

Karen works with the female residents as a Correctional Treatment Specialist. She gets the most reward out of her job when “the resident wants to change and understands she has the power to do it herself.”

Karen grew up the oldest of 5 children across the bay from San Francisco, California. As a youth, Karen played the trombone and the tambourine. She recalls how embarrassed she was at a junior high school concert -- the only girl playing the trombone wearing a hot pink dress next to 6 guys in black suits!

Karen and her husband worked in the church ministry for 16 years in California, Washington, and Montana. Prior to coming to Great Falls Pre-Release she worked at a gift shop and at Gateway Recovery.



Karen’s hobbies include crafts, interior design, watching mystery movies, and spending time with her 9 grandchildren.

Congratulations Karen!

Jay Warehime – 5 Years:



Jay brings a wealth of experience and knowledge to the Maintenance Coordinator position at Great Falls Pre-Release. Prior to his hiring, he served as the maintenance man at Quality Life Concepts for 23 years.

In his younger days, Jay and his dad and brothers could be found racing Go Karts at the track in Fort Benton.

Jay loves his wife, his dogs, and anything with a motor that goes fast, especially motorbikes, 4-wheelers, and his motorhome (the motorhome probably isn’t all that fast though).

Congratulations Jay!

Tim and Joe wouldn’t let me take a picture of just the two of them. Unplanned, they came dressed alike several times.



Tim Schultz, Brenda Demers, Joe Marten

PUMPKIN CARVING - WEST CAMPUS



***Winner
Beau Avidiya**



Joshua Ovitt



Thomas Delao

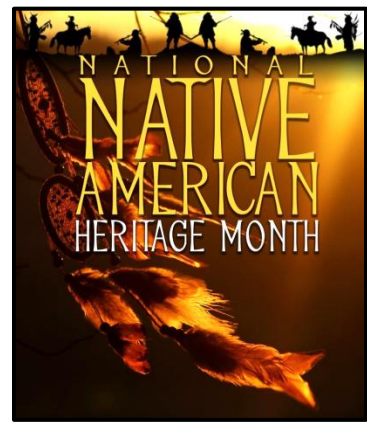


Jacob Ayala

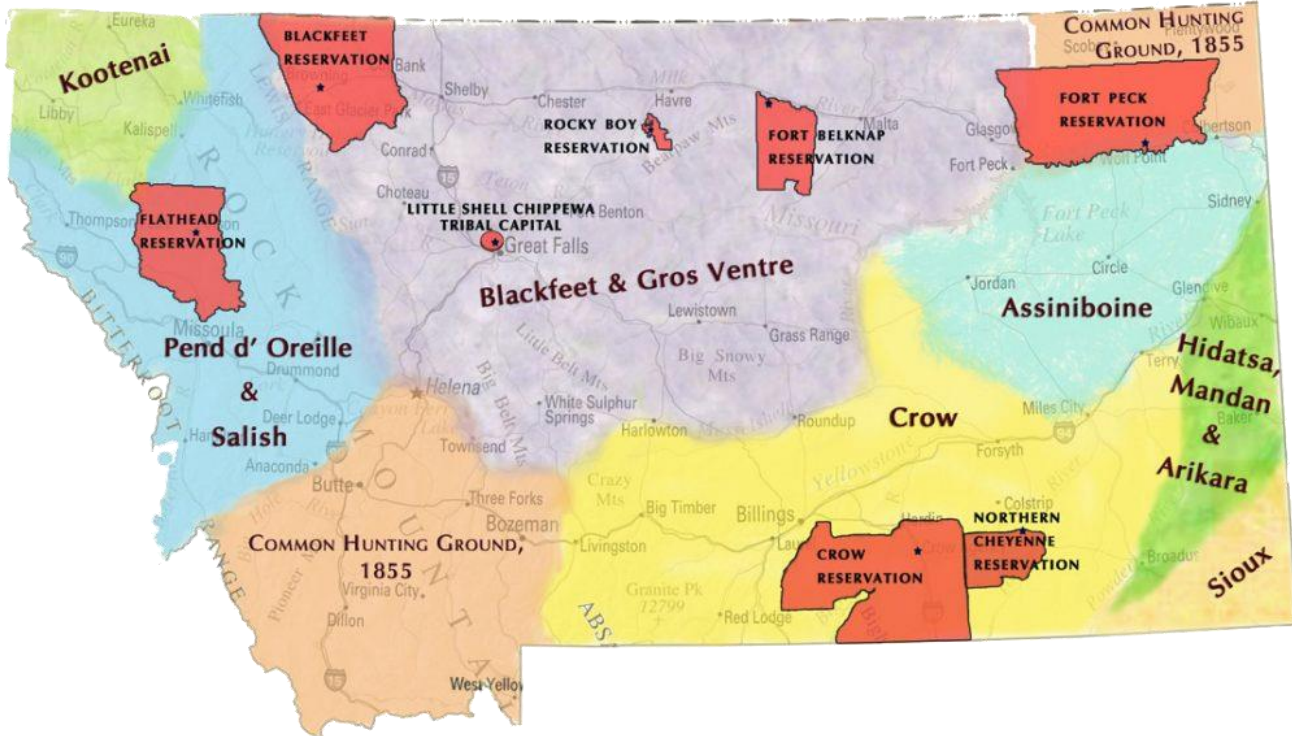
The biggest communication problem is we do not listen to understand. We listen to reply.

— Stephen R. Covey

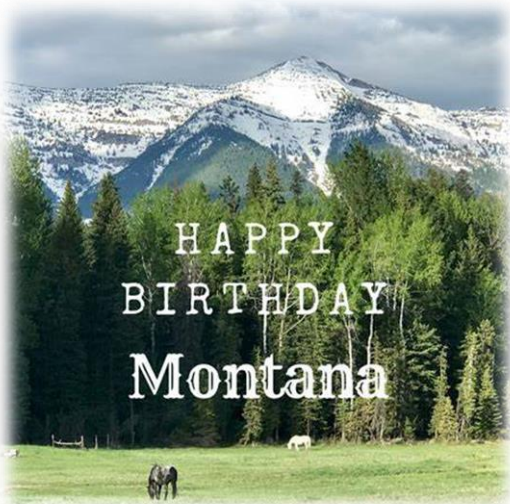
November is



Below is a map showing the location of each of the 12 Native American tribes in Montana.



ASSINIBOINE ~ BLACKFEET ~ CHIPPEWA ~ CREE ~ CROW ~ GROS VENTRE ~ KOOTENAI
LITTLE SHELL ~ NORTHERN CHEYENNE ~ PEND D'OREILLE ~ SALISH ~ SIOUX



On November 8, 1889, 134 years ago, Montana Territory was admitted into the Union and declared a state.

JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



Jeff Barnhart
Facility Services Director

I DIDN'T KNOW THAT



Pringles cannot be classified as a “chip”. – In 1975 Pringles lost a law suit that prevented them from calling their chip a “chip”. To be legal, a “chip” had to be made out of potatoes and sliced in a specific method and fried. Pringles are made of 42% potatoes and blended into slurry. They are then pressed into the universally acknowledged concaved wave for easy stacking. Sorry Pringles – That’s why they had to call themselves a Pringles “**crisp**”.

SO WHATS NEW?

New species found every year. Among the 380 newly found species include animal vertebrates such as a color-changing lizard, a thick-thumbed bat, a poisonous snake named after a Chinese mythological goddess, an orchid that looks like a muppet and a tree frog with skin that resembles thick moss. They were all found in the greater Mekong region in Asia.

Also recently discovered

A newly discovered Cretaceous sea monster named after world-ending Norse serpent.

Paleontologists have discovered a new species of mosasaur with “angry eyebrows” that lived 80 million years ago. An artist’s rendition of the newly described mosasaur, named after a mythical Norse sea serpent (image credit SMNH) and a stumpy tail after Jörmungandr, a sea serpent from Norse mythology. It was discovered in **North Dakota**.



New species of fish is found. The rose-veiled Fairy Wrasse was found in the Indian Ocean’s “twilight zone” in 139-229 feet of deep water off the Maldives. It is known by the scientific name *Cirrhilabrus Finifenmaa*.

Want a new home out on the lake?

A select group of Uros Indians in Peru live their lives on floating islands on Lake Titicaca. They make their island out of Totora reeds that they must continually cut and reinforce to keep their island home afloat. It has now become a tourist trap, of sorts, for people to rent for a vacation in the extreme.



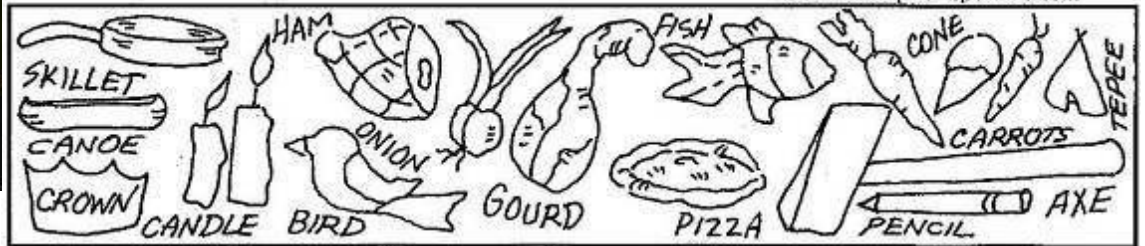
BE SAFE AND HAVE A HAPPY THANKSGIVING

FUN & GAMES

anyone who says their wedding was the best day of their life has clearly never had 2 candy bars fall down at once from a vending machine.



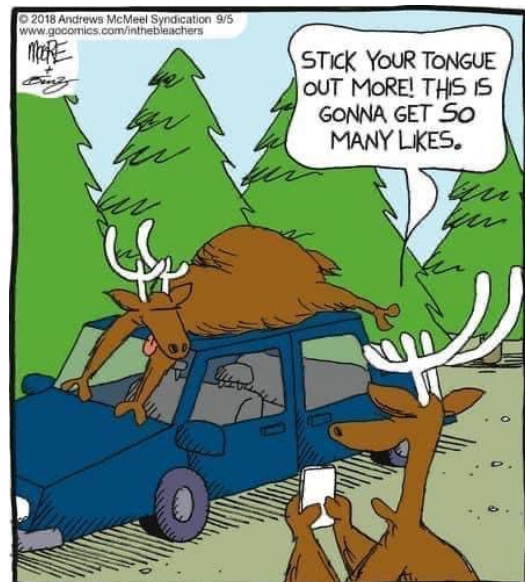
www.hiddenpicturepuzzles.com



When you have coffee at home



When you have coffee out in public



Millennial bucks.