

RESIDENTS OF THE MONTH

East Campus

Nominator states: Mr. Walker has gone about his program in a quiet and effective manner. He never complains and does everything asked of him. He took the initiative to get himself scheduled for his Batterer's Intervention with Green Apple by going to their office and getting on their schedule. He did this knowing it was the quickest way for him to complete the required group rather than wait for the center to offer the group or through Zoom. Mr. Walker is also enrolled in MRT and started his final group the week of August 14th. He stated that he does not mind doing more than one group at the same time and wants to complete his required programming so he can concentrate on getting ready for his release back into the community. He does his chore without having to be prompted and deals with staff in a pleasant and professional manner.



Thomas Walker

Women's Center



Nominator states: Resident Bachmeier has worked hard in her program since arriving at the GFPRC. She is a max participant in all her programming and has completed Untangling Relationships. She is currently taking Elkhorn, Parenting and PTSD. Although Resident Bachmeier is quiet and pretty reserved, she exemplifies what it is to be a stand-out resident and a role-model for good behavior. She should be recognized for her efforts.

Kyrie Bachmeier

West Campus

Nominator states: Mr. Baese has been here for 353 days. In that time he has received 2 minor write ups but has also received 2 positive recognitions for helping around the center and going above and beyond. He is an Honors Member. He has completed the following programming while at the center with a majority of them being self-requested: Untangling Relationships, Parenting, Anger Management, Victims Impact, MRT, and Batterers Intervention. He has also worked hard to get into a possible electrician apprenticeship once he releases. Mr. Baese is very positive and was willing from day one to do whatever is needed with the goal of getting his life back on track. He has worked hard and made reaching his goals look easy!



Dana Baese

There are a few laws that might impact you in the community while you are job searching or have obtained employment. Although Montana has not joined with other states to “ban the box”, you still have rights as an employee. Ban the Box is a labor law that prohibits employers from asking job applicants about their criminal history on job applications. The law aims to provide a fair chance to job seekers with criminal records and reduce discrimination against them. The law is also known as the Fair Chance Act. It took effect at the end of 2021 and prohibits employers with federal contracts worth over \$100,000 from asking about a job applicant’s criminal history. Montana follows Federal guidelines but has additional laws for employee rights.



Sandra Bearchum

Montana has adopted the EEOC Uniform Guidelines on Employee Selection Procedures. As a result, employers in Montana may not ask applicants about arrest records and may only ask about conviction records if there is a direct relationship to the job. This would include fiduciary positions and third party companies. These would be employment specialist companies that provide employees for targeted specialties asked for by their client. Of course you are encouraged to be up front and honest when you are asked. Just tell them your charge and explain how this is not you anymore; then tell them “if you hire me this is what I can bring to your company”. It’s up to you to sell yourself and the value you can bring to any employer.



Montana only permits drug testing of applicants in safety-sensitive positions. This includes employees who work in or manage hazardous work environments, security positions, positions affecting public safety or health, positions with mandatory driving duties, or positions with fiduciary responsibility for the employer. One must note that the hazardous work environment will come into play for most jobs including general labor, food service, auto shops, any kind of hospital, nursing home, assisted living, or any work involving the use of chemicals whether it be a cleaning service, dish washers, or dry cleaners.

Montana requires employers to pay employees for all hours worked. It defines hours worked as all the time an employer requires employees to be on duty or at the employer premises or other designated work location. It includes all time the employees are suffered or permitted to work, which includes all time the employer knows or has reason to believe employees are working and any work performed at the employer’s premises or away from it. It is the duty of the employer to stop employees from working when the employer does not want them to work. Moreover, merely implementing a policy against working unauthorized time is not enough; employers must take affirmative action to enforce the policy.

The Bandaid

The bandaid I wear is cosmetic at best
 It hides a few bruises, but what of the rest?
 The scars to my soul, they’re all mine to keep
 Some of them shallow, but most of them deep
 The bruises will fade, but the pain is still here
 The shakes and terror; the gut wrenching fear
 Yes; those were the gifts that all came from you
 A present of horror that’s felt through and through
 The wounds that I carry, no makeup will hide
 Though I do my best, God knows that I’ve tried
 There’s never a bandaid that’s quite big enough
 I just have to fake it and try to be tough

By Tammy Kuenzel

Kenneth Chamberlain – Honors Member



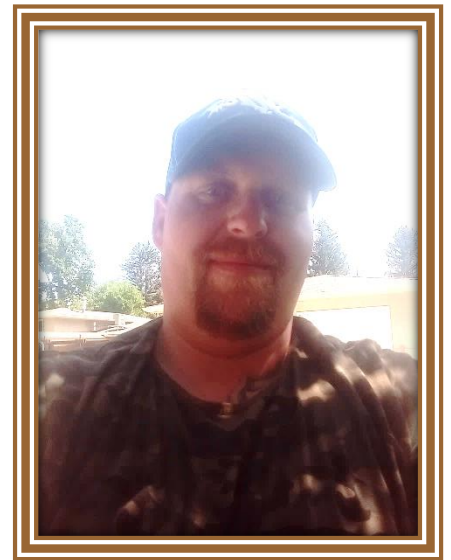
Congratulations to East Campus resident Kenneth Chamberlain for being accepted into the Honors Program! Staff members that work with Ken say that he is a sound resident, he is kind, and he does what is asked of him. He received a positive incident report for cleaning trash up around the dumpster.

A goal that he said he set and achieved was to get a better understanding about his addiction and to learn about the true person that he is. He said that he handles stress by analyzing what he can about the problem and doing what is necessary in a thought-out manner without just reacting.

Leonard Hilton – Honors Member

Congratulations to East Campus resident Leonard Hilton for being accepted into the Honors Program! Staff members that work with Leonard say that he actively participates in recovery based activities, is consistent in his program, and he is polite and respectful.

A goal that he said he set and achieved was to gain back the trust of his children. Mr. Hilton's spiritual well being is a major component of his life, as he reads the Bible each morning and attends church each Sunday. Leonard is blessed to have his parents and his pastor as a support system.



PRE-RELEASE PRESS

Editor: Brenda Demers



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. Any suggestions are also appreciated.

A Little of This and That



Thank you **Robin Castle** for submitting the beautiful results of your picture from last month's Fun and Games section of the newsletter.



Richard Oppelt, Greg Mell, Chris Leeson, Jon Green

The Cool Shirt Club



Tanner Bakke



Angelo Moreno



Chris Van Houten



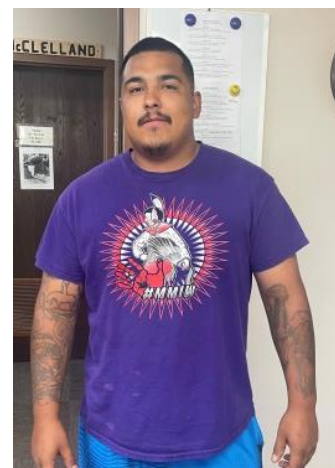
Chris Hurst



William Murphy



John Duval



Taylor Walker-Gardipee

Staff Milestones

Dawn Cooper, CO Supervisor Assistant – 10 years



Dawn is a woman of true grit. After raising four children, she became a mom all over again and is raising her four grandchildren. She persevered in caring for these little ones and going through all of the red tape and setbacks for years until the adoption was finally official.

Dawn's work history includes cooking, bartending, and running two trucking companies. She also taught kindergarten. Dawn has a degree in Elementary Education with a concentration in Psychology.

Dawn's hobbies include fishing, kayaking, camping, and cooking. Her favorite place to get away is Wood Lake.

Dawn started at GFPRC as a compliance officer until she was chosen to be the assistant to the CO Supervisor eight years ago. When I asked Dawn what she liked about her job, she responded, "My favorite part of my job is running into people in the community that successfully completed the program and are making something of themselves and are being productive citizens."

One day when Dawn finishes raising her little ones and finally gets to retire, she wants to go to another country like Jamaica or Italy. She doesn't mind the snow here, but the cold – not so much.

Dawn is a woman of many talents, as she likes to build things and work on cars and trucks. She built two log beds, one for her and her husband, and a log crib for her grandson. Dawn is currently remodeling a house that the family is eager to move in to. Congratulations Dawn!

Danni Altenburg, Compliance Officer – 5 years

Danni is not one to show stress or anger. She is kind to everyone and always has a smile. She is not stagnant, as she continually looks for ways to improve the way things work around the center and doing those extra jobs that no one else likes to do. Danni said, "I like the residents and try to make their struggle less of a struggle. I come from a family of addictions, so I understand."

Prior to coming to Great Falls Pre-Release, Danni worked at Quality Life Concepts for 15 years as the Director of the Developmental Disability program.

Danni enjoys working in her yard where she designed beautiful flowerbeds. She also knows a bit about construction, which is evident by the deck, patio and "She Shed" she built at her house.



Danni loves camping, riding her side by side, and her Harley. She is dedicated to her motorbike riding club, the Tenacious Dames. She was ecstatic to announce that they accomplished their goal of raising enough money to purchase a home for female veterans!

With this resume, there is no doubt Danni has made a difference in countless people's lives.

Monthly Question



What is your favorite thing about fall?

Bob Dompier: This year would be Halloween (Because he's retiring on Halloween – lol!)

Brian Dolatta: Cool weather, beautiful autumn colors

Cheryl Haynes: Cooler weather, changing of the leaves



Christy Atakenu: The color changes

Dawn Cooper: Making soups

Eric Puentes: All of the holidays that are coming up



Gail Orchowski: Fall Colors

Heidi Hunter: Fall colors, new back to school clothes, Harvest is over & cool evening horseback rides



Jillian Sanchez: Sweater weather



Jim Kist: Halloween and scary movies

Jaime Walker: Changing colors - fall

Johnathon Kimmel: Thanksgiving and Halloween

Jon Green: There will be enough snow soon to snowboard



Joshua Ovitt: Carving pumpkins and baking pumpkin seeds

Karen Workman: The weather and the beautiful colors

Kayla Williams: Halloween

Keith Davies: It starts to cool down

Keith Ricketts: Still being alive after all I just went through

Meghan Chapman: Warm blankets and hot chocolate

Robin Castle: The temperature and changing colors of fall



Sandra Bearchum: Colorful trees

Batterer's Intervention/Domestic Violence Group

Tidbits from Robin

It is an exciting time at the Great Falls Prerelease center. We now offer in-house Batterer's Intervention/Domestic Violence groups as follows:

One group 8:00 – 9:30 AM in the West Conference room on Thursday's beginning September 7th for 24 weeks.

This is an on-going group that can be joined anytime. Please get together with your CTS if you need this class.



Robin Castle

Licensed Clinical Professional Counselor
455-9333 robin@gfprc.org

What is Gaslighting? -SimplyPsychology.org

Gaslighting is a form of psychological abuse whereby a person or group manipulates one or more people into questioning their sanity and perception of reality.

People who gaslight may intentionally or unintentionally use this form of abuse to exert power or control over others with the goal of manipulating them.

Those experiencing gaslighting may often feel confused about their version of reality, experience anxiety, or be unable to trust themselves.

The term gaslighting originates from the 1938 play and subsequent 1944 movie titled 'Gaslight' in which a husband tries to convince his wife that she cannot trust her own mind. In the movie, the wife observes that the gas lights in the house flicker and change, but the husband tries to convince her she is hallucinating. This form of emotional manipulation has since been known as gaslighting.

GASLIGHTING

- DENIAL**
'That never happened'
- SHIFTING BLAME**
'It is all your fault'
- MINIMIZING**
'You are overreacting'
- WITHHOLDING**
'I don't know what you're talking about'
- COUNTERING**
'You never remember things correctly'
- DISCREDITING**
'Everyone thinks you are crazy'
- DEFLECTION**
'What about the time that you did X?'
- LOVING WORDS AS WEAPONS**
'I would never hurt you on purpose'
- REWRITING HISTORY**
'You yelled at me for no reason'

AM I BEING GASLIGHTED?

SOME SIGNS THAT MAY INDICATE SOMEONE IS GASLIGHTING YOU

- You doubt your own feelings and emotions
- You always end up apologizing
- You question whether your feelings and experiences are accurate
- You often defend the gaslighter's behavior
- You are afraid of expressing your real emotions
- Often feeling confused
- You start believing the negative things the gaslighter says about you
- You feel alone, powerless, and passive
- You lie to friends and family to protect the gaslighter

Staff Changes

There have been quite a few staff changes around the center lately. Roxi Stroh and Jillian Sanchez moved from the East Campus to the West Campus where they are federal case managers replacing Pete Gammill and Brett Blasdell. Roxi is also the Veteran Reentry Specialist. In addition to being the Federal Accountability Monitor, Kist replaced Julie Sangster as the Community Service and DUI Task Force Coordinator. Education Coordinator Allen Heisler is now a CTS as the East Campus. Allen is still available to work with anyone needing education assistance, and computer learning is still available at the West Campus in the Education Center. CTS Keith Ricketts will soon be retiring, and he will surely be missed. We are looking for a new Education Coordinator, a Staff Cook, another CTS, and Compliance Officers.



Congratulations to **Julie Sangster** for being selected to be a Deputy Sheriff. Julie is now in the midst of the stringent law enforcement officer training in Helena.



The stages of the disappearance of the volleyball court that's only been used by cats and a few remote control cars since the Booter days.



Brandon Guardipee – A Difference Like Night and Day

By Brenda Demers



Ask any staff member that had contact with Brandon the first part of his stay. There is no question that he struggled. Ask any staff member about Brandon today and they'll tell you they can see a difference in him like night and day. One person noted, "He's a whole different person."

Brandon just completed his Level 1 outpatient treatment at Indian Family Health. He shared, "I was hesitant at first to do the treatment, but I learned more about myself, my addictions, and my emotional struggles. Alcohol has been a major contributor to all of my problems. It caused me a lot of trouble. I thought I could drink, but it turned out I can't." Like any normal young adult, Brandon hung out with his friends where drinking was the thing to do. He said it was fun at first, but then he started losing people he cared about, so not knowing how to deal with his emotions he drowned his grief in alcohol. Brandon went on to say, "Treatment helped me acknowledge my grief. I was trying to drown my sorrow and hide from my grief; that's how I saw my family do it – drink their problems away rather than face them."

Music, walking, reflecting, and thinking about his future are part of Brandon's normal routine as he makes the loop around the sidewalk of the courtyard. He thinks about all of the hard work he put in and how it is paying off. He certainly has come a long way. Brandon knows now that he was "fighting tooth and nail in this program" which was hindering his progress. He said, "I came to realize if I work with this program and move forward things would get better -- and they did. I have a better perspective of this program and I see more clearly. I know if I work hard and put effort into what I do things will work out."

After visiting with Brandon, it's obvious he is intelligent, so I asked him about that. He responded. "I have pretty good intellect I guess. I was just letting my temper run my life thinking resisting was the way to get through things, but it wasn't. Christy taught me to stop and think first and have a better outlook. Once you say or do something thoughtlessly, you can't take it back."

Once Brandon realized that Christy knew a little something about her job he decided to listen to her. "I pretty much just did everything Christy asked me to do. I wish I would have when I first got here; it would have been way easier. Now I tell everybody that has Christy to just do everything she asks you to do, then she will leave you alone and you will get through it much quicker."

Brandon is flat discharging and he admitted that he's a little nervous, yet very excited to move on with his life. "Before I had someone to answer to; now I'll just have myself to answer to." He feels like now he has the tools to cope with his emotions in a healthy way. Brandon has a unique goal and that's to keep the same phone number he has now. "If I keep a phone number going, it shows I'm doing good and I am responsible. This is the longest I've had a phone number going."

Brandon is moving to Helena where he will work with his brother at the newspaper distributing company. I encouraged him to consider working towards a career where he can utilize his God-given intelligence. He quickly responded that he has been thinking about becoming a counselor.

Brandon Guardipee – A Difference Like Night and Day - continued

By Brenda Demers



Brandon was awarded this beautiful blanket from IFHC upon completion of his treatment

Brandon has a number of hobbies and interests that include comics, movies, music, hiking, mountain biking, fishing, and camping. One thing he is really looking forward to doing is traveling.

Brandon encourages others to “just keep looking forward and pay attention. Focus on yourself and take time out of the day to learn more about yourself. In the end everything will work out respective to the amount of effort you put into it.”

Everyone is proud of you, Brandon, and we look forward to seeing you live a healthy lifestyle and achieve more goals!

Sheena Jarvey – Time for the Next Chapter

By Brenda Demers



The inevitable has come to fruition. The time has come for Sheena to move on to the next stage in her life. She will be relocating to Milwaukee, Wisconsin to be closer to her adult children.

As the staple of the center, Sheena has undoubtedly touched the lives of innumerable people during her 29 years at Great Falls Pre-Release.

Sheena earned a Master of Arts in Human Services and Criminal Justice and began her career with the John Howard Society of the Lower Mainland of British Columbia.

Sheena stated, “I choose this profession because I like working in a capacity to help people have better lives. An essential factor is getting to know each person as an individual and to offer understanding and respectful help through struggles and successes. This is an opportunity to have a meaningful, purposeful and interesting career, and I consider it a privilege to be a positive part of people’s journey and interact and learn from all the people I come in contact with.”

Sheena simultaneously wears many hats as she serves as the Community Assistance Specialist, PREA Liaison, Volunteer/Mentoring Coordinator, Group Facilitator for a number of groups, head of the Honors Program, and that probably isn’t even everything. She takes the time out of her already full schedule to take the inmate workers on weekly outings, to



**Sheena with volunteers
Juanita Rosales and Sandy Gurnsey**

Sheena Jarvey – Time for the Next Chapter - continued

By Brenda Demers

doctor appointments, and even funerals. She formed and ran a stellar, well-rounded volunteer program for most of her years here. Not just anyone could come and volunteer. The individuals were carefully selected to fill the needs of the center and its residents, and they were required to participate in training and abide by a signed contract. Art, crafts, parties, grief counseling, and mentoring were some of the talents her volunteers shared with the residents on a consistent basis.

Facilitating therapy groups has been one of the most rewarding components of Sheena's job. She has helped countless residents see their true potential as they feel safe sharing and participating in her groups. Sometimes she is the one person that believes in them. People feel at ease talking to Sheena about the good or bad going on in their lives whether they needed some advice or just needed a listening ear.



Sheena, pictured at the far left, chaperoning a group of Booters in 2017 at a Voyagers game

I asked a handful of residents how they would describe Sheena. There was no hesitation in their words, when they said:

“She is humble and kind.”

“If any resident needs anything, she is there.”

“She is always generous with her time.”

“She is always thoughtful.”

“She is a wonderful person.”

“She always has kind things to say.”

“She goes out of her way to help us.”

“She is always available if you need to talk.”

“She is big-hearted.”

“She's really a good-spirited person.”

“She always has uplifting words.”

“She keeps people level headed and grounded.”

“Anytime I needed someone to talk to, she was there.”

“She is someone I could always count on to lift me up when I was down.”

“She shows that she cares and helps make our day better.”



You have big shoes to fill, Sheena. We wish you the best as you continue your mission to improve the lives of others.

Sheena with volunteers Maxine, Diane, Sandy, Joan, Juanita, Darlene, Julie, Karyl

Monthly Question

What is your favorite football team?

Bob Dompier: Dallas Cowboys



Brian Dolatta: Las Vegas Raiders

Cheryl Haynes: Kansas City Chiefs

Christy Atakenu: Philadelphia Eagles, MSU BOBCATS!!



Dawn Cooper: Dallas Cowboys

Eric Puentes: Dallas Cowboys



Gail Orchowski: Seattle Seahawks

Heidi Hunter: Go Bobcats!



Jaime Walker: Seattle Seahawks



Jillian Sanchez: Whatever team Travis and Jason Kelce are on.



Jim Kist: Minnesota Vikings

Johnathon Kimmel: Philadelphia Eagles

Jon Green: Las Vegas Raiders

Joshua Ovitt: Las Vegas Raiders

Kayla Williams: Green Bay Packers

Keith Davies: Green Bay Packers

Keith Ricketts: Atlanta Falcons



Meghan Chapman: Pittsburgh Steelers

Robin Castle: Montana Grizzlies and Seattle Seahawks

Sandra Bearchum: Seattle Seahawks



JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



Jeff Barnhart

I DIDN'T KNOW THAT

It's All Elemental



What's the difference between the noble elements and base elements?

Noble elements are gold, silver, mercury, and the platinum group including [palladium, iridium, rhodium, ruthenium and osmium). These metals are highly resistant to chemical reaction or corrosion.

Base metals are not so resistant, and tend to rust and corrode away over the decades of contact with other elements.

Some hundreds of year old shipwrecks are still being discovered exposing gold coins that show practically no sign of the effects of the saltwater and time.

Using today's market value, an ounce of gold will sell for about \$1,908.61.

Gold is very ductile – easily stretched.

Did you know that if you took a **troy oz.** (31.1035 grams) or the weight of 4 UA quarters, of pure gold and pulled it into a thread, it could be stretched for 80 kilometers or **50 miles** before it would break?

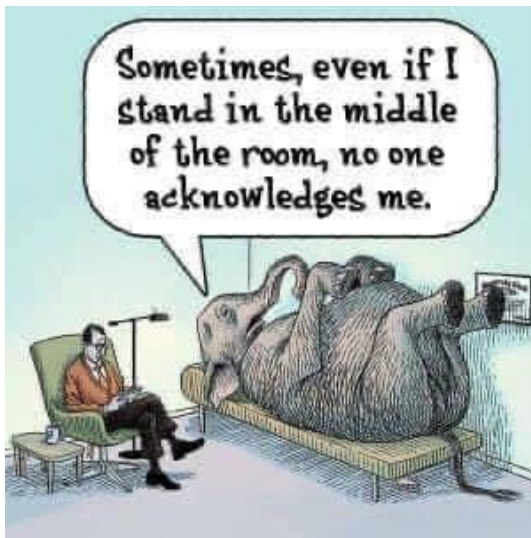
If you hammered this troy ounce of gold into **foil (0.0000035 inch thick)**, it could cover approximately 5.4 Sq feet of space.



Gold is not easy to find and extract in large quantities. It isn't the rarest metal. Actually, the rarest stable metal is tantalum. The rarest metal on earth is actually francium, but because this unstable element has a half life of a mere 22 minutes, it has no practical use. On the other hand, while gold only rates five or six on the hard to mine and refine scale, the most abundant metallic element which comprises nearly 8% of the earth's (and the moon's) crust is - aluminum.

BE SAFE AND HAVE A HAPPY FALL

FUN & GAMES



I Love Autumn

M	A	P	L	E		A	C	O	R	N								
L	E	A	V	E	S	P		C	P	H	S	V	C	R				
R	A	I	N	Y	F	A	L	L		O	O	U	A	C	S	H	A	C
T	U	R	N	Y	E	L	L	O	W	P	O	M	L	A	C	I	K	O
V	A	E	S	F	A	I	R	S	I	M	L	P	L	R	H	L	I	R
T	H	A	N	K	S	G	I	V	I	N	G	K	O	E	O	L	N	N
F	R	O	S	T	S	Q	U	A	S	H	I	W	C	O	Y	G		
H	A	R	V	E	S	T	I	O	S	N	E	R	L	W				
C	O	L	D	W	I	N	D	Y	M	R	O	O						
B	L	O	W	I	N	G	U	T	N	W								
S	W	E	A	T	E	R	K	L										
I	O	B	R	O	W	N												
L	E	A	F	G														
U	O	Y																
S																		

Acorn	Cold	Corn	Fall	Harvest
Leaf	Leaves	Maple	Pumpkin	Rainy
Raking	Turn yellow	Squash	Windy	Thanksgiving
Scarecrow	Sweater	Frost	Blowing	Chilly
Cool	Halloween	School	Fairs	Brown