

RESIDENT STANDOUTS



Brandon Comes Last consistently demonstrates 100% compliance with his program, diligently follows protocols, and maintains stable employment. In addition, Brandon actively participates in community support groups and in-house programming without any incidents. His exemplary conduct and positive interactions with staff and peers make him a truly outstanding resident in the Center. Brandon is a decorated veteran of the United States Army, serving our country with great honor. His commitment to excellence is evident in all aspects of his life.

I would like to recognize **Jason Bianconi**. I see him working hard both at his job, his life, and in his programming. I hope he knows the power his energy, positivity, and honesty have over those around him. And, I hope he knows he has a ton of people in his corner who see him, value him, and wish the absolute best for him.



I want to acknowledge **Markael Banks**. Even when he is stretched as thinly as can be, he keeps smiling and encouraging others. That takes so much strength, and I respect that.

2nd Nomination: I would like to place a vote for **Mr. Banks** on East Campus for Stand-out Resident. Mr. Banks has been a true pleasure to work with as a resident. He is very punctual, as well as very polite. Even though he deals with issues that are outside of his control that could be seen as detrimental to one's mental health/physical health, he has remained pleasant and upbeat. Every day I see him, he always asks how I am/things are going with a genuineness to his questions. These interactions are always pleasant for me and do help my day go by. He has maintained a positive attitude towards his program, as well as the staff. I do truly wish that we had more residents like him.

I want to recognize **Tisa Brien**. This recognition practically writes itself, honestly. Throughout everything that Resident Brien has gone through recently, all the reasons someone else might fall down and not get up, she has not only gotten up, but soared. It cannot be easy to have so much change happen at once, but you would never know. She always has a smile or a kind word ready. I am so proud to see her take charge of her life and acknowledge herself as the powerful woman she is.





RESIDENT STANDOUTS

Sabrina Komeotis is absolutely polite with any interaction you have with her. She does what she needs to do with zero hesitation and zero complaints. She is thorough with her chore every evening even after a long day of work. Her respectfulness does not go unseen, and it is very appreciated.

Raymond Berry is an outstanding individual. He is a veteran of the United States Army, having served with honor and distinction. This is the first time being involved with the criminal justice system. He is serving his sentence without a grudge or complaint. He is an asset to our Center, society, and our country. We are grateful for his service and his willingness to serve his sentence without complaint. He exhibits awareness of his situation and is taking it very seriously. He is doing everything necessary to get back to his family and community. Mr. Berry is courteous and respectful in his daily interactions.



Here are a few quotes Raymond Berry shared:

- *Seek freedom and become captive of your desires. Seek discipline and find your liberty.*
- *Life is easy unless you want something you can't get.*
- *Honesty is the first chapter in the book of wisdom.*
- *All failure is temporary, but the benefit can be permanent.*
- *When someone is throwing dirt on you, they may be helping you out of a well.*

A message from our new volunteer grief support person



"I'm Jerri Gertson and I have been doing grief support for 12 plus years. My services are free and confidential.

Grief is not only about losing a loved one, but it can be loss for many reasons. These reasons can include, trying to find yourself, issues with family or not having a family, sadness, regret, or even being depressed about who you are. It's good to talk about it. Maybe there is not a solution, but it's just good to have someone to bounce your issues off of. I don't judge, I only listen and try to help you to feel better.

You are not obligated to come back for a second session; it's only if you want to and are comfortable with me. Thank you."

If you would like more information, please contact Sheena.

For so many of us, self-sabotage became a way of life. We often find ourselves between what we want and doing the complete opposite. Those times you claim you want to stop smoking but end up lighting another cigarette, or declare your intention to lose weight but end up eating another cupcake, or when you stay in unhealthy relationships and become too attached to them. We don't sabotage ourselves because we are some hidden masochists without any sense of awareness. We often do it either because of fear of our greatness or because we don't believe we deserve more than we are getting.



Sandra Bearchum

1. Identify moments of self-sabotage and set a goal

Examine your desires from the bottom of your heart. What motivates and excites you? What provides you calm and tranquility? What are your goals and dreams? Then look at what you are doing at the moments of decisions when you are in these situations. Are you prone to give up on yourself or do you follow your desires and commitments? Once you know when you self-sabotage, start with setting one goal. Whether your objective is to get in shape, get a degree, start an internet business, develop your spirituality, or get over a traumatic experience from your childhood. I mean, opportunities are endless. Starting with 1 goal is enough. Once you've decided on your precise objective, note the times and places when you most frequently undermine yourself. How do you proceed? How do you feel and what are your thoughts? Are you self-conscious? Feel scared? Do you lack self-assurance? It's okay to acknowledge what's happening inside you, what you feel, or what you discover. It's acceptable to be flawed, to see your flaws, and to identify areas for improvement. That takes bravery to stop, take a minute to reflect, and admit your shortcomings. Don't let it scare you.

2. Make a commitment

During the healing journey, you may find the concept of self-love very confusing and frustrating as you struggle to identify what self-love is for you. Self-love and self-care are two different things. Self-care acts include things like getting massages, getting manicures, shopping with friends, and smudging your home. Loving yourself goes much deeper. Self-love is about doing things we don't feel like doing; making decisions that are good for our soul but sometimes leave us sad. Walking away from something or someone you don't want to lose but must is a sign of self-love. You run the risk of losing yourself otherwise. Self-love is profound and soul-stirring. Consider it an act of self-love when someone makes the commitment to cease self-sabotage. Healing occurs when you choose to overcome your triggers and unresolved feelings of self-doubt while first going against them. As a result, make loving commitments.

3. Forgive, forgive and forgive some more.

The greatest irony of recovery is that we become more critical and judgmental of ourselves the more self-aware we are of who we are and what we need to improve.

It's time to accept that emotional healing is a complex, multifaceted, and ever-evolving process. You are discovering disowned parts of yourself, realizing that you self-sabotage, and learning things about yourself that you were trying to ignore. This is an intimidating and disorganized process. Before any judgment and criticism, step in and recognize your courage and determination instead. The most satisfying aspect of forgiveness is that it helps you grow, heal, and accomplish your goals much more quickly. I think we can all agree that feeling guilty or ashamed didn't help you achieve your goals. Therefore, it's time to change the game by redefining how you approach yourself and how loving you become. Forgive yourself and let go of the judgment while you identify unhealthy patterns that arose from unhealed hurts.

Honors Members

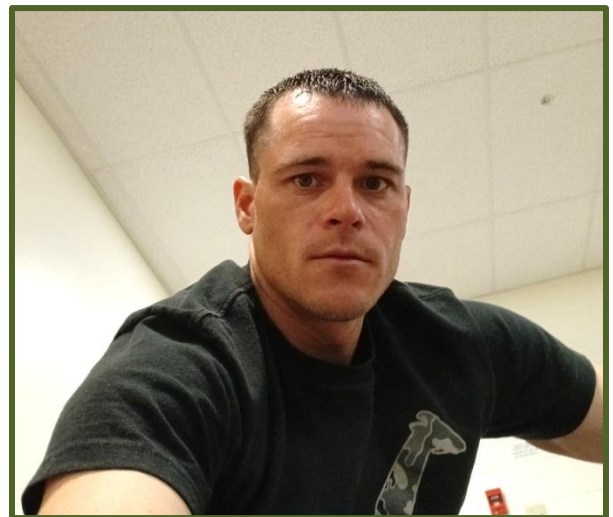


Chase Luraas acknowledges that he has gained the proper tools to handle stressful situations like an adult. He said that being in Honors will give him the ambition to continue accomplishing more goals.

Chase has a very bright future ahead of him and making Honors is a step forward to that future. He is taking the best of what the program can offer him to solidify his commitment to living his best life. Articulate, helpful, intelligent and humorous, Chase is ready to make his mark in the world and we are proud of his accomplishments.

Those that work with **Cameron Miller** noted that he has a positive attitude and has demonstrated his willingness to change his life for the better. He has a good temperament, is consistent, and is punctual.

Cameron commented that he is an active Sober Life member and he is holding himself to a higher standard.



Nathaniel McDonald is athletic, so being accepted in the Honors Program means he can participate in healthy recreation within the community.

Those that work with Nathaniel stated that he has handled the good and the bad associated with his program in an exceptional manner. He presents as straightforward. He has a positive attitude and is polite and respectful.



Honors Member



Kyra Kirk has every right to be proud for making Honors. She said Honors was another goal she wanted to obtain while here. Kyra has the attitude that whenever she gets knocked down, it doesn't take her long to get back up. As a survivor of domestic violence, she turned to alcohol as her crutch. Kyra commented that she is thankful for the judge that sentenced her. "She inspired me by telling me to keep moving forward. She looked at me as a person and not just a case load."

With determination and perseverance, Kyra was able to escape the relationship. Kyra learned how to react to trauma and trials, both big and small, in a healthy way. In learning about people with addictions, Kyra discovered that she needs to take time for herself. She is now focused on her own mental and physical health.

Kyra shines when she unites her creativity with her culinary skills. Her dream is to open her own bake shop and make wedding cakes. At the same time, she is planning some delicious sounding menu selections for her food truck.

Comments from staff that work with Kyra include:

She is always upbeat and encouraging to others.

She takes setbacks in stride and hasn't let them derail her program.

She is a breath of fresh air.

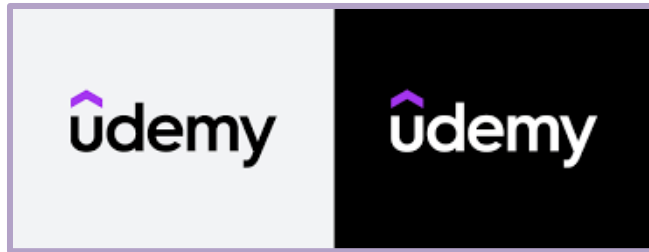
She is an independent thinker and always weighs out the answers and takes her time to come up with a solid reply.

She is kind and supportive.

I see the truth behind her assertion that she is goal oriented.



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.



If you have sat through my Education Intake Briefing, you have heard me say that the best gift you can give yourself while you are here is an increase in earning potential. For every piece of paper, diploma or degree behind your name, that potential increases up to \$10,000 a year. Ten grand, or \$833 a month, is a healthy chunk of change. In addition to the pieces of paper we all know, like HiSET diplomas, degrees, and vocational certifications, there are countless certifications available online. Of course, there are also countless scams as well. That is why you need to find a reputable resource to help you enhance your knowledge base and skills. Trusted by over 15,000 companies around the world to provide accredited and marketable courses, Udemy (www.udemy.com) is that resource.

If you are interested in a career in the limitless career of IT, Udemy offers a vast array of options from certifications in security, network design and architecture, and cloud management. Not only are there courses ranging from beginner to advanced in each category, each course is heavily discounted regularly to a matter of pocket change. For example, the course, “The Complete Networking Fundamentals Course: Your CCNA Start,” retails for \$120. It is listed for \$12.99. According to Indeed.com, the average salary for a network engineer ranges from \$35,000 to \$200,000 a year. This salary range may not mean much to you as simple numbers on a page, but when I look at that, I see good money to work out of the weather, at a job that won’t break my body, and with room for significant advancement.

If you are not excited to work in IT, Udemy offers several options for leadership, including Project Management, a job that is listed on Indeed.com for Great Falls as making \$75-120,000 per year; Management Skills, jobs for which range in salary from \$18-36 per hour; and Emotional Intelligence, which would be an extremely profitable certification in careers that require conflict resolution and negotiations. Likewise, there are classes to enhance communication in a general as well as specific context, including public speaking, writing, and utilizing presentation tools like PowerPoint.



If you are looking to merely skill build or learn for the sake of learning, Udemy also offers language courses, from absolute beginners to intermediate fluency in languages like Russian, French, Spanish, Japanese, and Chinese (Mandarin and Cantonese) as well as cooking courses to follow each culture.

I highly recommend you go look around on the website. The prices listed here are sale prices, but they run sales regularly. I have researched this website for a couple of months and have watched the sales come and go. Go and see if there is something that catches your interest, and I would be shocked if you didn’t find it for \$25 or less in a week or two.

Noël Walker
EDUCATION COORDINATOR

GFPRC 2024 Law Day Award



Alan Scanlon
Executive Director,
Great Falls Pre-Release

The GFPRC Board of Directors selected the Great Falls Region Probation & Parole for the 2024 Law Day award. The pre-release and P&P benefit from a close working partnership.

Great Falls P&P officers oversee twelve counties and supervises over 1400 offenders.

Captain Wayne Bye commented that receiving the award shows “a great sense of accomplishment because my goal has always been to work well with our partners and to have a team approach when it comes to providing safety to the community and effectively supervising offenders in the community.”



Jim Anderson, CEO, Public Safety Division, MT DOC
Wayne Bye, Captain, Great Falls Region Probation & Parole
Sean Goeddel, Bureau Chief, Public Safety Division, MT DOC



Great Falls Region Probation and Parole Officers

Inmate Worker Completes Program and Transfers to Resident

Congratulations to **Amber Burnette!** Amber shared these quotes:

Motivation, setback and determination.

No matter what happens in life, live for today; you don't know what tomorrow brings.

Let go, let God, and never forget.

The ones that matter will always be there.

Be optimistic and have positivity.

Never let one negative decision affect your whole life; rise above.



Cascade County DUI Task Force Law Enforcement Recognition Ceremony



Jim Kist
DUI Task
Force
Coordinator

The DUI Task Force held a ceremony to recognize individuals for their outstanding efforts in combating drunk and impaired driving resulting in Cascade County being a safer place to live and drive.



Cory Reeves
City of Great Falls
Mayor



Randi White -Malmstrom Air Force Base, **Brandon Seder** - Cascade County Sheriff's Office, **Rachel Taylor** - Great Falls City Attorney's Office, **Nicholas Watson** - Great Falls Police Department, **Sonya Mahlum** - Great Falls Probation and Parole, not pictured – **Dan Arnold** -Montana Highway Patrol

NURSE'S STATION



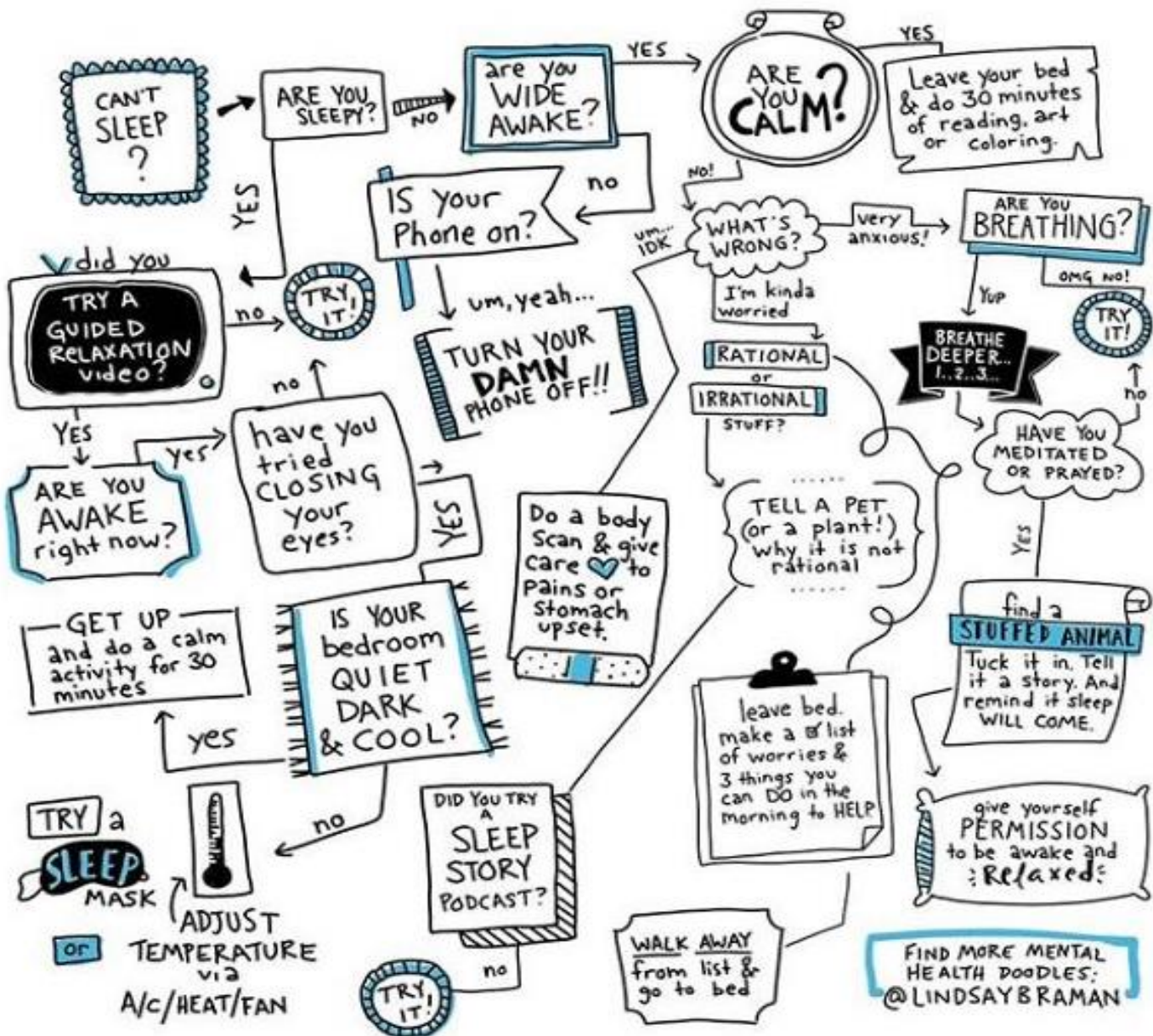
Heidi Hunter, RN

When we miss sleep in order to keep up with our 24/7 world, we pay a price with our ability to learn, our health and safety, and our quality of life.

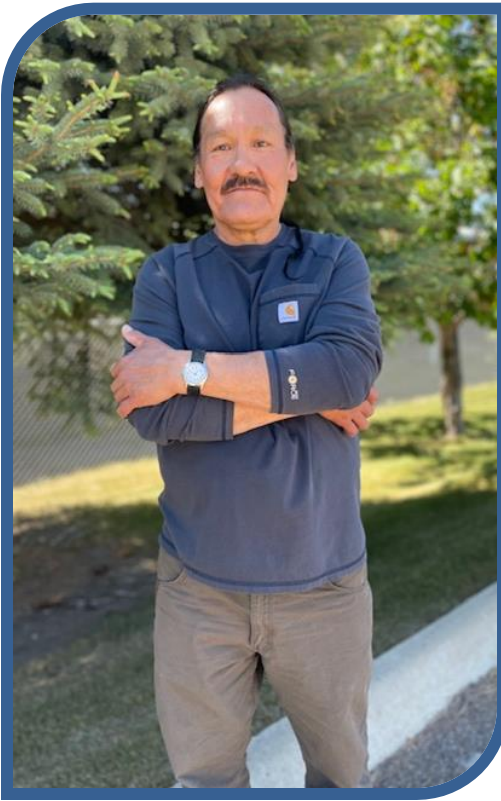
It may seem obvious that sleep is beneficial. Even without fully grasping what sleep does for us, we know that going without sleep for too long makes us feel terrible, and that getting a good night's sleep can make us feel ready to take on the world. Scientists have gone to

great lengths to fully understand sleep's benefits.

In studies of humans and other animals, they have discovered that sleep plays a critical role in immune function, metabolism, memory, learning, and other vital functions.



Leonard Stanley - Honors Member



Leonard Stanley, new Honors Member, sat down for his interview, smiled, and slid a piece of paper across the table. I picked it up, saw his signature with “Montana” at the top. Then I smiled, as well.

Leonard is no stranger to documents with his signature and “State of Montana” on them. He told me he has been to every prison in the state, as well as to every available treatment program. He has been at the Center six, maybe seven times? Leonard made it clear that this time, however, is totally his own decision. “I’m glad I made a good choice to come here.”

The document Leonard showed me, however, has nothing to do with incarceration, but it does show that Leonard is the proud owner of a newly hatched Montana Driver’s License. Not only that, he totally aced the written test, scoring 100%! And the parallel parking? No problem, as he described how he effortlessly steered the vehicle in just the right way for a perfect park. Leonard glowed with the satisfaction of his accomplishment, which is just the start of his larger journey.

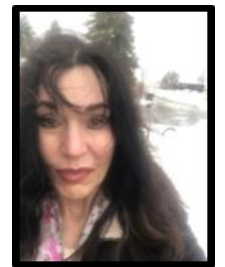
Leonard has always been a man of quiet dignity. And now, he is ready to talk about this journey and what he would like to pass on to others. He wanted to make it clear that the number one thing in his life is his sobriety. He stated, “I’m grateful I lost the desire to drink.” He

prays, attends meetings and found that alcohol slipped out of his life when he hit rock bottom. His sobriety came as a blessing when, “It finally sunk in and I got it.”

Leonard has developed skills to move forward without being weighed down by his past. He explained that he has taught himself, “to learn from the past, but not to dwell on it.” Gratitude is also another tool that brings him grace and peace of mind. “In my sobriety, I see the world clearer and appreciate the small things.” Leonard stressed the word *appreciate*, and I could see how meaningful this was to him - it was not just a word, it was a way of being present in the world. Sober friends also play a huge role and his goal is to expand his circle of sober friends and sober, positive and meaningful events. Leonard’s job is also an important part of finding meaning and clarity in his life.

The stakes are too high for Leonard to fall off of the path he has set for himself. He has to be assertive and proactive in his sobriety. Always on his mind are the consequences of his actions. He explained that if his sobriety slips, “I will lose everything. If I get another sentence at my age, it will be a life sentence.” Too many of his friends have died before their time from drinking and drugging. Leonard is grateful, and yes, somewhat surprised, that he is alive, still healthy and able to look to his future. “I no longer want to abuse my body. I feel so good having more confidence in myself.”

His new found confidence and happiness helps him to focus on himself in a good way, for as Leonard puts it, “If you can’t help yourself, you can’t help anyone else. Appreciate your life. God gave you a life for a reason, He did not give you your life to drink and drug. The Creator put me here for a reason. Likewise, everyone else is also here for a reason.”



NEWS BY SHEENA JARVEY

Leonard continued, “Do your own program. The number one person is yourself, so keep a clean program. Find a good schedule, go to AA. You only live once so make the best of it. Remember that no one is better than anyone else. Be grateful, be happy.” Leonard noted another practice that adds value and depth to his life, “I pray for everybody.”

Leonard Stanley - Honors Member

Continued – By Sheena Jarvey

He also wanted to emphasize family connections. “Be close to your family, because you never know what could happen. Love them and keep connected with them. Rid yourself of bitterness and remember to ‘let it go.’”

With this firm foundation, Leonard is on his way to a life outside of walls and wires. He is a man who loves the outdoors and loves wildlife. He hopes to someday be able to hunt again, but in the meantime, there is fishing, hiking and just being in nature. He has several careers in mind, including getting his CDL, or maybe working the fishing boats out of Alaska. One thing is for certain, however, and that involves making good use of his driver’s license. With family members, Leonard is excited to take a grand road trip through Glacier Park, the Flathead and Yellowstone. Explaining the route he would take and what they would experience, he couldn’t stop smiling.

Leonard is a kind, insightful man who now has the wisdom of one who has come through treacherous times. He is now looking forward to his future with hope and happiness. Prayer is Leonard’s constant guide as he continually, “prays to live in the right direction.”

Thank you, Leonard, for the interview and congratulations on Honors. We wish you the best.

Nursing Program Graduate



Some of you may not know that on May 3rd, 2024, Compliance Officer **Casey Babinecz** completed her Nursing program, having been awarded an Associates of Science in Nursing. This two-year long program was no cake walk, as Casey saw many ups and downs within the program. She is very glad to have completed her nursing program as it is a huge weight off her chest.

Casey has enrolled with Montana State University Billings to complete her RN to BSN in the fall and hopes to take her NCLEX, the state licensing exam, in June.

Once she passes, she plans to work as an ICU nurse for a short time before becoming a traveling nurse to “pay off her massive student debt.”

She is very grateful for all the support she has received not only from her family throughout this process, but also from the staff and residents at the Pre-Release. “It is very nice and thoughtful to have a large group of people in your corner, rooting you on, and keeping up with your progress. It means a lot to me.”



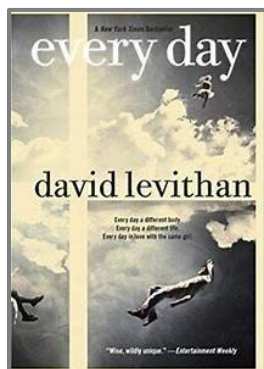
Casey at her pinning ceremony with her dad, brother, and mom

EDUCATION

First of all, I'd like to offer a HUGE CONGRATULATIONS to Resident **Drew Gallineaux**. Mr. Gallineaux applied and was accepted into Great Falls College-MSU to pursue an Associates of Applied Sciences in Welding Technology this Fall. I am sure it seemed intimidating at times with various hoops to jump through, but he stayed true to his goals, tackling each obstacle as it arose. He will be released before the start of the semester, but I hope he knows that we are extremely proud of him and that we are all cheering him on, confident of his success.



Noël Walker
EDUCATION COORDINATOR



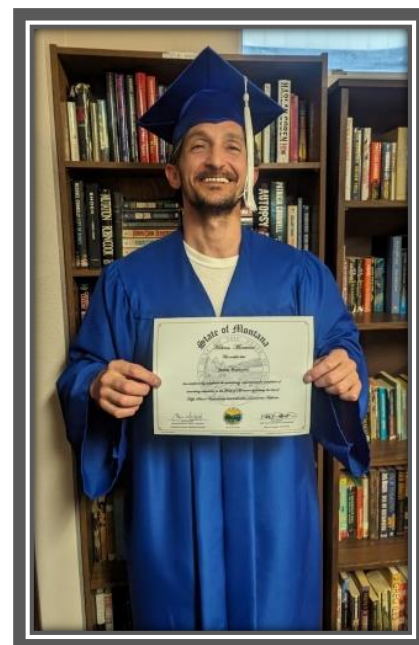
Secondly, the upcoming book selection is Every Day, by David Levithan. This New York Times Best Seller is an interesting look into the impact we can have in the lives of others in a short period of time. The main character, who wakes each morning in a different person's body, knows where he wants to be, who he wants to be, but he is powerless to get there. Every Day is a prime example of not underestimating the lives of others as well as the weight a single act of kindness can bear. I cannot recommend this book enough.



Last, but certainly not least, CONGRATULATIONS to Residents **BobbyJo Flatt and Jason Bianconi** for successfully completing their HiSET testing. Not only did they pass all five tests, they both blew them out of the water, far exceeding the minimum requirements. This goal has been years in the making for both of them, and I hope they know how proud we are of them. Their success is the final result of a lot of work and planning. You guys deserve this win.

Bobby Jo Flatt

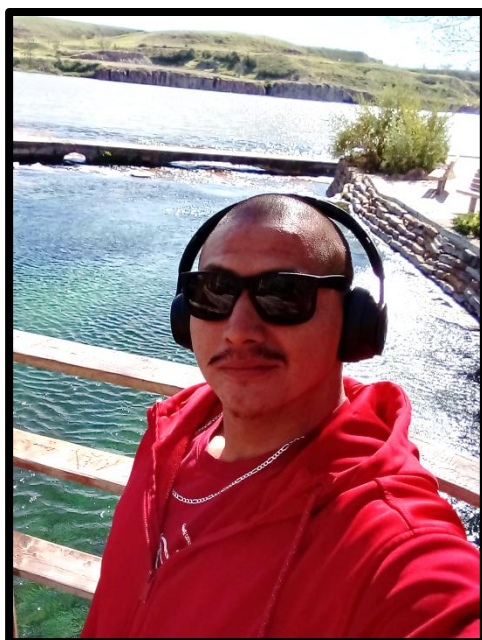
Jason Bianconi



If you are looking at these accomplishments thinking you can't do it, please come see me. We will get you ready and tested as quickly as humanly possible. If you are wondering what you can be doing in the meantime, there are some free things you can do on your phone to help beef up your skills. **DuoLingo** is a fantastic, entertaining, and free resource. They offer a free "Intermediate English" course that can help you with your sentence structure and reading comprehension. If you have an iPhone, you can also utilize DuoLingo's free math course. This course can get you up to snuff on your math skills in the privacy of your own room. Of course, if you don't have an iPhone, there are countless other resources to get you prepared to take your High School Equivalency. I am eager and waiting to help you reach your goals. It will never be easier to get started than it is TODAY.

Inmate Worker Completes Program and Transfers to Resident

By Brenda Demers



Marty Shane recalls his childhood as being rough. Aside from the financial aspect, there is the fact that he was only 5 years old when his mom died in a car accident. His grandma saved his life that day. Marty was in the car with his mom before she left, but at the last minute his grandma took him out.

Marty went on to tell me about his dad who broke his neck in a swimming accident. Once a state champion track star, he was left a quadriplegic at the age of 24. "He is my motivation and inspiration because of the way he chose to live his life. Even though he was in a wheelchair, he got his college degree." Marty explained that prior to that his dad had never drawn, but he became a very good artist even though he really couldn't move his hands.

Marty shared that this past January while he was an inmate worker he received a phone call from his auntie that he will never forget. Marty had to make the heart-wrenching decision about whether to have the doctors remove the life support from his father. Although difficult, Marty knew what he had to do as he recalled one of his father-son talks where his dad told him, "If I ever end up in a coma, don't make me suffer. If it's time for God to take

me home, let Him take me home."

Marty shared the wisdom his dad taught him: "He would always talk about dreams. I thought he meant when you sleep, but Dad said dreams are what happen up here in your mind. He said don't tell anyone about your dreams, just pursue them."

Now that his dad is gone, Marty is driven to live up to the person his dad told him he could be. After that phone call, Marty had a lot of emotions going on, and his addictions taunted him. "I could have went across the street and drank to escape from the reality of the pain, but I remembered my dad telling me that he used to drink to escape his reality, but in the end he had to face being in the wheelchair. He said, 'If I could get sober and be happy and find peace and still get a college degree, how is it that you can walk and not be sober.'"

Marty followed up with, "People lose sight. We get too overwhelmed with life and we forget to admire and be grateful for what we have. When I was in Missoula I got to climb to the top of Blue Mountain. I had my dad on the phone and he asked me why I did it. I told him - to just climb the mountain. He said, 'That's good, but don't climb the mountain for people to see you, climb the mountain for you to see the world.' He always told me to have integrity and do the right thing when people aren't watching. He taught me to be humble and grateful for all I have."

Marty said that he learned a lot as an inmate worker and the experience really humbled him. "It's my first time doing well in a program and I actually have the mindset of wanting to change my life and be different. I sat for days and cried after my dad died. Then I remembered that he told me to enjoy life, even during the hard times, because we only get one go-around."

Marty loves cars, old school muscle cars to be specific. He also likes listening to music and being outdoors where he can ponder and enjoy the beauty that surrounds him. Marty is working with Noel to complete his HiSET with a goal to obtain a college degree in wildlife biology.

Marty's advice for all of us is, "If you have parents, love them, especially through the tough times. We are always happy and joyful in the good times, but we forget to be grateful and have a positive attitude in the hard times. Know that you are going to get through it. Be emotionally strong and don't give in."

What is your favorite childhood (or adulthood) summertime memory?



Robin Castle: My best childhood memories of summer are at our cabin at Seeley Lake with my whole/extended family. Swimming, skiing, meals and playing Pinochle are all great memories of my childhood at the cabin.

Jim Kist: My favorite childhood summer memory is my parents taking us each summer to Lutsen, Minnesota for a week.



Kipp Henry: I worked and saved up enough money for a guitar and learned how to play.

Christy Atakenu: Summer cabin fun: swimming, camp fires, mud pies, hiking, fishing, camping out, and catching butterflies.



Noel Walker: The summer before second grade, we lived in a tiny old house out in the country. My siblings and I got to run wild. We'd walk through the woods, climb trees, constantly hunt for secret hiding places, eat wild muscadine grapes till our mouths were raw from the acidity, pick prickly pear cactus fruit, and have races on the blacktop road whose asphalt was so hot your shoes would sink if you weren't fast enough. Oh, and the mud fights were legendary.

Cheryl Haynes: Waiting on the ice cream truck.



Ray McClelland: Fourth of July on Galveston Island with BBQ shrimp and crab.

Tisa Brien: Going to the stock car races on the 4th of July every year.



Gunnar Bolton: I went on a boating trip to Lake Havasu, Arizona when I was 8 with my friend.

Tom Dwyer: Floating down Belt Creek to the cabin.



Brandon "Tyler" Robles: When I learned how to kickflip. Everybody was jealous.



Sheena Jarvey: Family vacations. This is us in California just a few weeks before the pandemic hit.

Keith Davies: Swimming in the irrigation ditch.

Nancy Martin: Eating Kool-Aid from a tied balloon with a hole at the end while sitting on the beach with my cousin Eric.



What is your favorite childhood (or adulthood) summertime memory?



David Little: Me and my friends taking old camper shells and tying them to the back of my '96 Ford F-250 and hitting the beach and going shell surfing. Shell surfing is putting the shell upside down and you or a friend getting in while someone pulls it with a truck and surfing the dunes in California.

Travis Standinghorn: Raining while the sun is still out.



Jonathan Green: My first wildfire at Lindbergh Lake - 2008.



William Trombley: Catching snakes and frogs.



Luis Zayas: Going with my mom to the top of The Empire State Building.

Chris Eckermann: Going to our family cottage on Lake Ontario.



Brenda Demers: Raking hay in the fields with the old crank start Allis Chalmers tractor. Also, spending the week at the Tri-County Fair in Deer Lodge showing my 4-H animals and hanging out with friends.

Amos Goutremont: Surfing on the beach and hanging out on the boardwalk.



Elizabeth Cook: Sleepovers at my grandparents and playing hide and seek in the dark in their basement.



Joshua Olds: The 4th of July fireworks.

Jeff Barnhart: A number of years ago I realized that one of the many things I had on my bucket list had not been completed. I wanted to stand on the rim of the Grand Canyon and take in the beauty of what the earth has created without having to be touched by humans. I bundled up my son and grandkids and we went on a drive to fulfill my wish. I saw a lot and will enjoy the memories



Resident Game Day May 25, 2024



Donavon Nordstrom and David Little



Dominik Propp and Joseph Wandler



**East Campus Breakfast
Club**

Jeremy Smithson

J. Lee Anderson

Ronald Neadeau

Antonio Lamere

Reno Seminole

Christopher Garza



**Bill Bokma (Steady and Cool), Kevin Brock (New Life),
Larry Espinosa (Hulk), Amos Goutremont (Baby Hulk)**



**Ehren Hudspeth
(Mr. Smiles). "First
card game EVER, and
I'm winning!"**



**William Trombly
(Mr. Serious)**

Resident Game Day May 25, 2024



Christopher Garza, Jeremy Smithson, J. Lee Anderson, Ronald Neadeau, Reno Seimonle



Larry Espinosa and Kevin Brock



Trey Nation (Master Mind)



**East Campus Breakfast Club
Ronald Neadeau, Christopher Garza, Reno Seminole, Jeremy Smithson, J. Lee Anderson, Maynard Whiteman**

That feeling of throwing a ringer on the first throw when you haven't played in 7 years.
Kevin Brock





The Impact of Bad Car Wrecks on Mental Health: Coping with Trauma and PTSD



Robin Castle

Licensed Clinical Professional Counselor
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Did you know that about 1.3 million people die each year as a result of road traffic crashes?

Car wrecks can have a lasting impact on an individual's mental health, particularly if they are involved in a bad one. It can cause trauma and PTSD (post-traumatic stress disorder). They are both serious psychological conditions that can significantly affect a person's daily life and well-being.

Understanding Trauma

Trauma is an emotional response to a distressing or disturbing event. In the case of car wrecks, it can involve witnessing or experiencing a life-threatening situation. Trauma can also occur due to the fear and uncertainty that follows after a bad car crash.

Understanding PTSD

PTSD is a psychiatric disorder that develops after a traumatic event. This condition can cause intense and disturbing symptoms that can last for months or even years. PTSD can greatly impact an individual's daily life and relationships. It can also increase the risk of depression, substance abuse, and other mental health disorders.

Coping With Trauma and PTSD

- **Seek Therapy**
- **Practice Self-Care**
- **Join Support Groups**
- **Seek Medical Treatment**
- **Mindfulness and Meditation**
- **Consider Journal Writing**

Aftermath of Bad Car Wrecks: The Path Forward

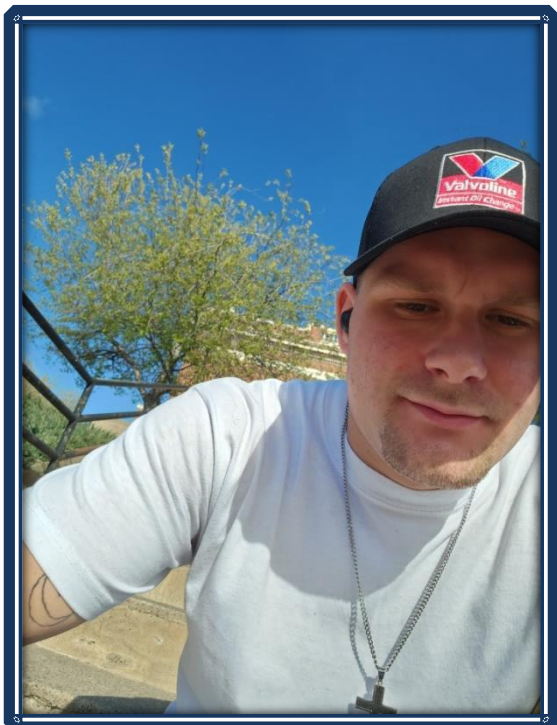
Experiencing bad car wrecks and their psychological aftermath may be challenging, but with the right support, healing is possible. Remember to be patient with yourself and seek help when needed. Car accident treatment is a journey, not a destination.

With the right coping strategies, you can learn to manage trauma and PTSD symptoms and live a fulfilling life. Take care of yourself, seek help, and remember to never lose hope. The path forward may not be easy, but it is definitely worth it.

This article is published by NYTech in collaboration with Syndication Cloud.

Bobby Joe Flatt

By Sheena Jarvey



Congratulations to Bobby Flatt, who recently completed his HiSET, and attended his graduation ceremony at the end of May. Bobby knew if this critical life milestone was to happen, he needed to move quickly while he had an optimum situation. Rather than finding the Center structure and rules burdensome, Bobby could see that this created the perfect canvas to achieve his educational goal. As he observed, he might not have accomplished this, if left to his own devices on the outside. So Bobby quickly realized, while going through orientation, that the Center program offered opportunities and support to help keep him focused and on task. As soon as Educational Coordinator Noel Walker finished explaining services from her department, Bobby was in her office, getting set up to start testing for the HiSET. He knew that his best bet was to start immediately and stay with it. He studied and passed his tests in a short amount of time and now is the proud recipient of a High School diploma.

Noel commented, "It has been a source of joy to watch Mr. Flatt work toward his goals with laser-like focus. From the onset, he has presented himself to be as extremely motivated and success-oriented. He set a goal for himself that he'd been tossing around in this mind for years. But, when he made up his mind to complete it, he did so in record time. He is extremely smart, kind and humble. I have told him over and over, and I'll shout it from the rooftops if need be, "You DESERVE this win!" I am so proud of you, Mr. Flatt! And, if you don't hear from me before, you'll definitely hear me at graduation." Best wishes, Noel Walker, Education Coordinator

Bobby is still in his early twenties and his HiSET will open a lifetime of prospects. This accomplishment, while practical, also adds value to his sense of self and his ability to be competent and competitive when he returns to society. His high school diploma also allows him to pursue management training at Valvoline, where he is employed as a technician.

Valvoline has some 1,600 franchises across the U.S. Management at each franchise takes part in the day to day oversight and operation of their business. The Valvoline origin story goes back to Dr. John Ellis who, in 1868, founded what we now know as Valvoline but was first named the Continuous Oil Refining Company. By 1892, Valvoline was making a name for itself, with winning race cars, albeit not at the speeds we are familiar with. As reported by the Smithsonian (11/28/16) "The Zippy roadster won American's first automobile race in 1895 with an average speed of 5 mph."

Bobby is excited about his career at Valvoline, and is crafting a career by taking all the necessary steps, which will continue to move him forward. His steady demeanor, his determination to succeed, and his ability to problem solve will serve him well. We are proud of Bobby and wish him continued success. And if that Zippy roadster turns up at his Valvoline service center, we are confident Bobby will tackle the job like a pro!

NEWS FROM SHEENA JARVEY



A high school diploma opens up the door to your career. Then, take it a step further. **Vocational Rehabilitation** has numerous options for successful, in demand careers, building on your high school degree. After meeting the required criteria, Voc Rehab will fund your schooling as well as provide monies for related expenses, including tools and books.

Tisa Brien went through Voc Rehab and is now proud to announce that she has been accepted to the welding program at Great Falls College, Montana State University. Not only that, but Tisa is also the recipient of a well paid internship within the welding program. Tisa has set her sights on success and there is no turning back. Tisa's calm and steady demeanor and can-do attitude will serve her well when she embarks on her new welding career. Welding is a demanding career that is also in great demand and Tisa is just the right person to make her name in this profession. She is determined and ready for whatever her future asks of her. Tisa is a role model for never giving up and living her worth.

Robert Screws is also going through Voc Rehab to further his future. Robert literally lights up when he talks about his dream career. He said that for awhile now, he has wanted a line of work where he can give back to society and help others. Then he realized he needed to become an L.A.C. This is a perfect career choice for Robert. He has lived experience and now will combine all he has learned while in active addiction and in recovery, with the educational tools necessary to embark on his journey to helping others. His intelligence, creativity and compassion will provide a life line for those in active addiction. Being an L.A.C requires not only skills and background, but also requires an empathetic, optimistic and realistic personality. Robert also noted that this field has dual purpose: it will keep him on track, at the same time helping his clients out of destructive lifestyles. Now, that is truly a win-win.

Other residents are also utilizing the opportunities and encouragement available through Voc Rehab. There is money and support available to build your future in fields that are in high demand. My colleague, Education Director Noel Walker, is there for you for the first step on this journey. Noel's energy, commitment and enthusiasm for education while help guide you through any road bumps or doubts you may have. So, set up an appointment with Noel and get a plan together. Now is the perfect time.

"There will be haters, there will be doubters, there will be nonbelievers, and then there will be you proving them wrong."

Jennifer Van Allen

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

Viktor E. Frankl

JEFF'S TRIVIA, SCIENCE, AND SAFETY CORNER



Jeff Barnhart
Facility Services Director

Fun Facts to Know

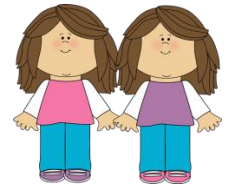


1. **A cloud weighs around a million tonnes.** A cloud typically has a volume of around 1km^3 and a density of around 1.003kg per m^3 – that's a density that's around 0.4 per cent lower than the air surrounding it (this is how they are able to float).



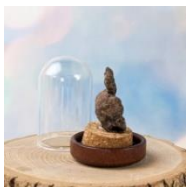
2. **Giraffes are 30 times more likely to get hit by lightning than people.** True, there are only five well-documented fatal lightning strikes on giraffes between 1996 and 2010. But due to the population of the species being just 140,000 during this time, it makes for about 0.003 lightning deaths per thousand giraffes each year. This is 30 times the equivalent fatality rate for humans.

3. **Identical twins don't have the same fingerprints.** You can't blame your crimes on your twin, after all. This is because environmental factors during development in the womb (umbilical cord length, position in the womb, and the rate of finger growth) impact your fingerprint.



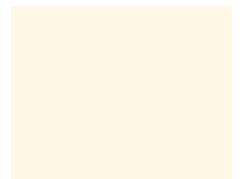
4. **Earth's rotation is changing speed. It's actually slowing.** This means that, on average, the length of a day increases by around 1.8 seconds per century. 600 million years ago a day lasted just 21 hours.

5. **Your brain is constantly eating itself.** This process is called phagocytosis, where cells envelop and consume smaller cells or molecules to remove them from the system. Don't worry! Phagocytosis isn't harmful, but actually helps preserve your grey matter.



6. **The largest piece of fossilized dinosaur poo discovered is over 30cm long and over two liters in volume.** Believed to be a *Tyrannosaurus rex* turd, the fossilized dung (also named a 'coprolite') is helping scientists better understand what the dinosaur ate.

7. **The Universe's average color is called 'Cosmic latte'.** Astronomers who announced in January that they'd determined the color of the universe will publish a paper on their broader results in April. When they do, the footnote describing the color of the universe finding will cite beige, not the originally announced turquoise.



Allen's last training session prior to the Montana state powerlifting championships.



CTS Allen Heisler recently completed in the Montana state powerlifting championships held in Bozeman. Allen competed in the master as well as the open division and took 1st place honors in both. Allen lifted 501lbs in the bench press and 584 lbs. in the deadlift. These lifts were good for national records in the master division. Allen also received the honor of best overall men's bench press. Allen's next competition is in September at the ROGUE Iron Built Games. This completion will be host to 20 states, with \$25,000 in prize money up for grabs. Allen will also compete in the WABDL world bench press and deadlift championships in Las Vegas this November. Allen has been back into competitive powerlifting for the past 10 years, and holds numerous, state, national, and world records in both the bench press and deadlift for the masters division in both the USPA and WABDL powerlifting federations.

SPRING VOCABULARY WORD SEARCH

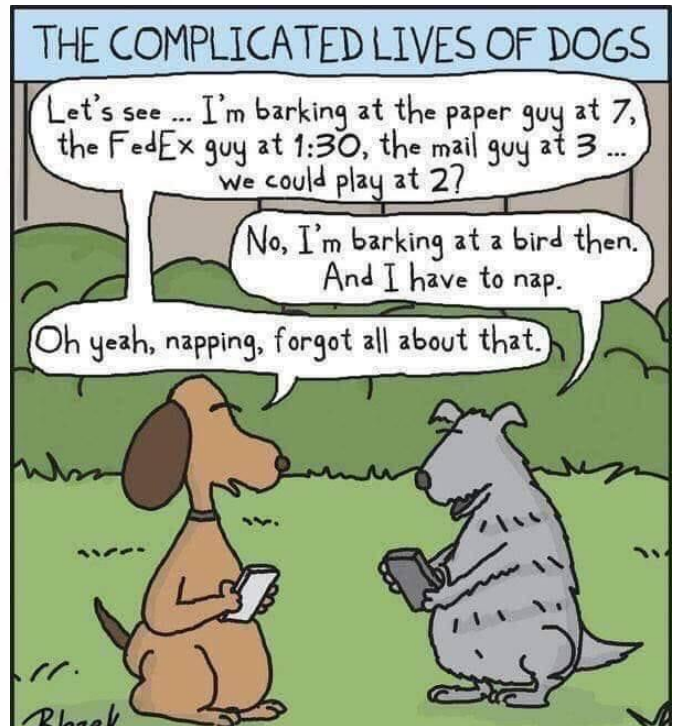
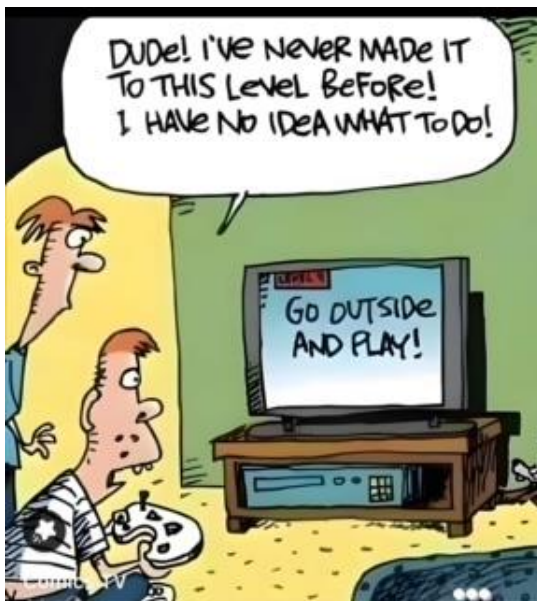


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BLOSSOM
 BUTTERFLY
 CLEANING
 DANDELION
 FLOWERS
 GARDEN
 GREEN
 MAY
 PICNIC
 RAINBOW
 ROBIN
 SHOWERS



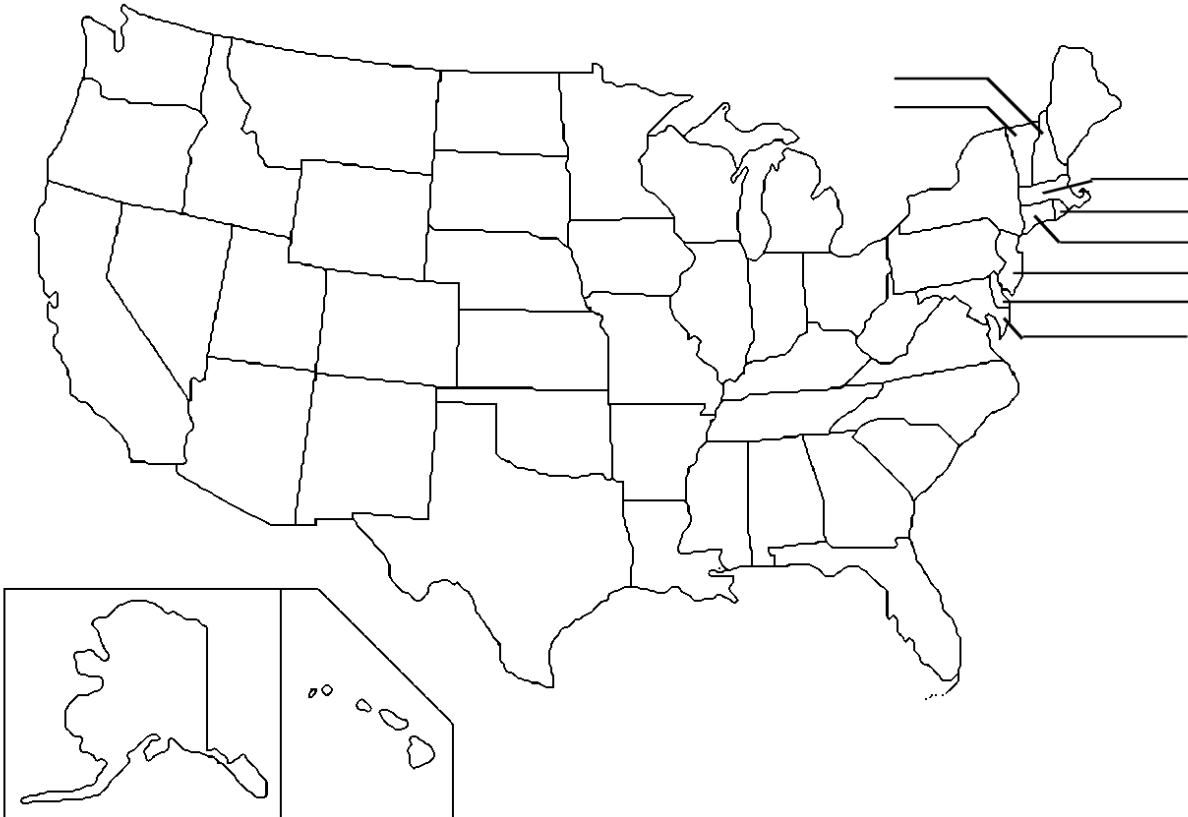
FUN
 &
 GAMES



Do You Know Your 50 States?

Label each of the states on the map with its abbreviation. The states are listed in alphabetical order to the right with their abbreviations. Good luck.

Name _____



| | | | | | |
|------------------|----|---------------------|----|---------------------|----|
| Alabama..... | AL | Louisiana..... | LA | North Dakota..... | ND |
| Alaska..... | AK | Maine..... | ME | Ohio..... | OH |
| Arizona..... | AZ | Maryland..... | MD | Oklahoma..... | OK |
| Arkansas..... | AR | Massachusetts..... | MA | Oregon..... | OR |
| California..... | CA | Michigan..... | MI | Pennsylvania..... | PA |
| Colorado..... | CO | Minnesota..... | MN | Rhode Island..... | RI |
| Connecticut..... | CT | Mississippi..... | MS | South Carolina..... | SC |
| Deleware..... | DE | Missouri..... | MO | South Dakota..... | SD |
| Florida..... | FL | Montana..... | MT | Tennessee..... | TN |
| Georgia..... | GA | Nebraska..... | NE | Texas..... | TX |
| Hawaii..... | HI | Nevada..... | NV | Utah..... | UT |
| Idaho..... | ID | New Hampshire.... | NH | Vermont..... | VT |
| Illinois..... | IL | New Jersey..... | NJ | Virginia..... | VA |
| Indiana..... | IN | New Mexico..... | NM | Washington..... | WA |
| Iowa..... | IA | New York..... | NY | West Virginia..... | WV |
| Kansas..... | KS | North Carolina..... | NC | Wisconsin..... | WI |
| Kentucky..... | KY | | | Wyoming..... | WY |