



# Safety~Net

April 2007  
Vol. 3, Issue 1

## Focus: Poverty, Homelessness, Voices Social issues need attention



Editorial cartoon by Joe Lee.

Homelessness and poverty are significant social issues; that fact is eloquently made in many of the articles in this issue of Safety-Net.

Homelessness and poverty are also political issues – ones I'd like to address, here.

The recent homeless survey brings me to wonder about the accuracy of reported counts.

If a person responds in the affirmative to the question, "Do you have a place to stay, this evening," my understanding is that that person is not considered to be homeless. On its face, that would seem to make sense.

But what if that place is at a friend's? It would seem not to matter; you're still not homeless. What if the "place to stay" is under a bridge? What if it's the lobby of a building? Are you homeless?

I'm Mayor of Bloomington and do not know how many of our citizens are actually without shelter. I've heard 300, and I've heard 3,000. The unknowns are not unique to us. Nationally, U.S.

By Mark Kruzan, Mayor of Bloomington  
researchers have provided estimates ranging from 250,000 to 3,000,000.

The political debate surrounding the issue is conducted primarily between activists and public officials – and I suspect each may engage in extremes to advance their cause. Sadly, I also suspect government's "cause" may involve suppressing the numbers to reduce spending on the issue.

Whether we consider it a social, moral, political, economic, health, children's or whatever kind of issue, maybe we should spend less time worrying about how to define it and more time on how to address and prevent it.

The same goes for poverty. My years in the state legislature taught me that redefining eligibility guidelines for assistance could magically reduce the number of people considered "in poverty."

Another definitional problem of concern is actually not one of accuracy, but more one of degree. Statistics consistently portray Monroe County with low unemploy-

ment. But those statistics belie the more chronic issue that impacts so many of our residents – underemployment.

We have many people who are working two, or even three, jobs to make ends meet . . . or not.

In our own backyard, a good start toward addressing homelessness and poverty is acknowledging that there's a Bloomington too many people don't know. Like so many cities, ours is a place where too many people are one illness, car problem, or childcare need away from being unemployed or homeless.

Whether your motivation is human compassion or wallet-based, empowering all citizens to achieve their potential and become or remain productive members of our community is the right thing to do.

For Bloomington to create a diverse economy, we have to develop affordable housing. We want people who work here to be able to afford to live here.

See "Mayor," page two

## Unaffordable housing; something must be done

By Michael Reinke, Executive Director, Indiana Coalition on Housing and Homeless Issues

**The working poor in Indiana work hard and need affordable housing.**

Across Indiana, Hoosier families are working hard but 1 out of 4 are struggling to get by. This is the conclusion of a study released February 20th, by the Indiana Coalition on Housing and Homeless Issues (ICHHI), that showed nearly 74% of low income families in Indiana with a child under the age of 18 related by birth, mar-

riage or adoption, are working more than 39 hours a week, 37 weeks a year. This percentage is as high or higher than any other Midwest state. Hoosiers don't lack a work ethic. On average, they are working 1.2 jobs. However, 27% of all working families can't pay the bills, and this is a cause for significant alarm.

The Housing Wage necessary to pay a

**Fair Market Rent (FMR) is less than the average wage earned by renters.**

The economic realities for our workforce and our state are spelled out in the little things which most of us take for granted. A recent study by the National Low Income Housing Coalition, co-released by ICHHI, shows that housing is becoming increasingly unaffordable for many of our family, friends, and neighbors. In Indiana, the Fair Market Rent (FMR) for a two-bedroom apartment is \$643 (\$668 for Bloomington). In order to afford this level of rent and utilities – without paying more than 30% of income on housing – a household must earn \$2,142 monthly or \$25,705 annually (\$26,720 for Bloomington). Assuming a 40-hour work week, 52 weeks per year, this level of income translates into a Housing Wage of \$12.36 an hour (\$12.85 for Bloomington).

In Indiana, a minimum wage worker earns an hourly wage of \$5.15. In order to afford the FMR for a two-bedroom apartment, a minimum wage earner must work 96 hours per week, 52 weeks per year. Or a

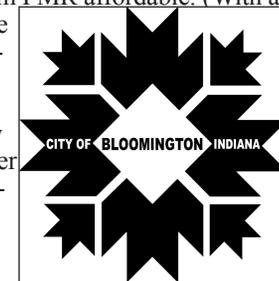
household must include 2.4 minimum wage earners working 40 hours per week year-round in order to make the two-bedroom FMR affordable (2.5 persons for Bloomington). In Indiana, the estimated mean (average) wage for a renter is \$10.64. In order to afford the FMR for a two-bedroom apartment at this wage, a renter must work 46 hours per week, 52 weeks per year. Or, working 40 hours per week year round, a household must include 1.2 workers earning the mean renter wage in order to make the two-bedroom FMR affordable. (With a large percentage of skilled workers and a large proportion of service industry jobs, mean renter wage in Bloomington is \$7.99 an hour.)

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# Fifth Annual Homeward Bound: Indiana's 5K walk to provide housing and fight homelessness

By Joe Bolinger, Area 10 Agency on Aging, and Meredith Short, Martha's House Interim Executive Director

## What is Homeward Bound?

Bloomington will join other communities across the state on Sunday, April 15, 2007 for the fifth annual Homeward Bound: Indiana's 5K Walk to Provide Housing and Fight Homelessness. "Why Will You Walk" is the theme again of this year's Homeward Bound Walk. This year's event will begin at Noon on Sunday, April 15, 2007, at Third Street Park with festivities and guest speakers. The walk kicks off at 2:00pm.

## Find out more at the website and sign up!

The public is encouraged to visit [www.homelesswalks.org](http://www.homelesswalks.org) to read stories of local residents and their reasons for supporting Homeward Bound. There you can also sign up to form teams of family, friends, and co-workers and walk with us on April 15.

## Who are the homeless?

According to event organizers:

\*In Indiana, approximately 18,000 people are homeless on any given night.

\*About 242 individuals reside in homeless shelters in Bloomington on any given

night.

\*In Monroe County, 19 percent of residents report that having enough money to pay for rent is a major problem. For these families, homelessness is a major threat.

\*Monroe County has one of the highest median monthly rent payments in Indiana at \$560. Meanwhile, the median household income is among the lowest in the State.

These figures show that homelessness is not just a big city problem. Many in Monroe County do not have a place that they can call home from night to night. Anyone who lives on the street, or in a car, or in any place not meant for human habitation is considered homeless, but they are not the only ones. Many homeless people and families are doubled up with friends or relatives, but because they do not have a secure home of their own, they are also considered homeless and are still

in need of assistance. People become homeless for a wide variety of reasons. Many people live paycheck to paycheck. Unforeseen medical expenses or job loss can mean a person is quickly behind on rent and suddenly out on the street – literally. With the support of local agencies, it is possible for someone to get back on his or her feet.

## Benefiting agencies

Bloomington Homeward Bound is a local collaboration between Indiana University, the City of Bloomington, and 13 local social service agencies that provide food, shelter and emergency assistance for people experiencing homelessness in Monroe County. One-hundred percent of the proceeds from this event stay local to benefit the 13 agencies.

See "Homeward Bound," page three

## Mayor

Continued from page one

For Bloomington to create a diverse economy, we have to develop affordable housing. We want people who work here to be able to afford to live here.

There are practical ways in which affordable housing options can be created, such as:

- \*making affordability of residential living a part of tradeoffs in housing developments;
- \*incorporating affordable housing in City historic preservation initiatives;
- \*partnering with community groups such as the Bloomington Community Foundation, Habitat For Humanity, Housing Solutions, and Bloomington Restorations to develop new housing opportunities; and
- \*launching redevelopment efforts to pursue converting neglected properties into affordable housing.

A real danger Bloomington faces is a class of citizens with no chance to break the bonds of poverty. A loss of an entire group of people's energies is a moral failure as well as a drain on limited resources and a waste of a much-needed skilled workforce.

Our job creation initiatives are now aimed at providing diverse opportunities for diverse populations. Affording people opportunities for advancement and keeping the "job cycle" in motion will prevent a stagnant employment scene.

Children should be able to grow up healthy and strong, free from violence and abuse, and encouraged to make healthy choices through positive activities. Working parents need affordable, quality childcare. Those in crisis should have access to basic needs, and those in poverty must have the tools to lift themselves up.

If you're reading this article, chances are very good you are actively engaged in our local social services scene. Please don't ever underestimate the importance of what you do on a daily basis. I appreciate all you do to improve Bloomington's human infrastructure.

## Reinke

Continued from page one

## Supplemental Security Income (SSI)

### is insufficient for Fair Market Rent.

(SSI is a federally funded program that provides income support for the elderly, blind, and disabled.) If the individual is receiving disability, her or his situation might be considered impossible. Monthly Supplemental Security Income (SSI) payments for an individual are \$603 in Indiana. If SSI represents an individual's sole source of income, \$181 in monthly rent is affordable, while the FMR for a one-bedroom is \$528.

## Provision of affordable housing benefits the entire community.

When people can't afford a place to call home, everyone pays. Individuals on parole have a 25% greater likelihood of returning to prison if they are living in a shelter. Students going from school to school will have failing grades on the ISTEP. Providing affordable housing plus services to an individual living on the street will save a community nearly \$10,000 in medical expenses.

Helping people who are vulnerable and at risk is not just good for our soul, it is good for the bottom line. It makes sense and it makes cents.

## About Safety-Net

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Evan Wade  
Page Designer/Assistant Editor

Safety-Net is a volunteer driven quarterly community newspaper that began two years ago by the Shalom Community Center, a daytime resource center for people experiencing homelessness and poverty, to provide information about available programs and services in the Bloomington community offered by the many social service/non-profit agencies.

### AGENCY REPORTS

The social service/non-profit agencies in Bloomington contribute articles describing the programs and services available to the community, volunteer opportunities, and provide updates about what is happening at the agencies. There is also an Agency Reference Guide at the end of the newspaper.

### FOCUS ARTICLES

In addition to articles by the many agencies describing what they do, each issue also has a "focus" on important community services/programs that are available, as well as community issues that should be addressed. Thus, previous issues have focused on Health Care, Jail and Re-entry Programs, Homelessness, Youth Services, and Employment.

### VOICES

Safety-Net is also a "voice" for people who are seldom heard. Readers will find self-reflective poems and stories by people who are the recipients of the services and programs provided by the agencies and non-profits, people who are in jail and who want to make a change in their lives, and articles by volunteers as to why they volunteer.

### CONTACT US

Our thanks to the City of Bloomington for providing the funds for printing Safety-Net, and to all of the people and agencies who contribute the articles, and make this community newspaper possible! If you would like to see previous issues of Safety-Net, you can access them at the Shalom Community Center website at [www.shalomcommunitycenter.org](http://www.shalomcommunitycenter.org). Please transmit your comments and suggestions to the Safety-Net editor at [shalom@bloomington.in.us](mailto:shalom@bloomington.in.us) and place "Safety-Net comments" on the subject line.

# Housing Network provides voice for agencies

By Matt Wysocki, South Central Housing Network President

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The South Central Housing Network is a coalition of local housing providers that ensures local affordable housing providers have the resources and support they need to provide services efficiently and effectively. It also offers a way for members to stay tuned into one another, to collaborate and avoid stepping on each others' feet, and empowers multiple agencies with a

common interest to speak with a unified voice on housing issues.

The Network does not receive any funding and has no staff. Although the member agencies serve thousands of people, the Network does not actually provide direct services to clients. Rather, its mission is to support local affordable housing providers and help coordinate their efforts.

Perhaps the Network's most important function is to serve as the Region 10 Coor-

inating Council the HUD Continuum of Care 'balance of state' funding. Each year HUD provides homeless agencies in Region 10 with a total of about \$700,000 to operate supportive housing services for homeless people, representing the largest and maybe most important source of funding to address homelessness. Housing Network members prepare and submit the proposal, as well as conduct the biannual homeless census as required by HUD.

The Network's monthly meetings also

provide a forum for housing leaders to update one another on their agencies' activities. Most meetings feature a guest speaker to lead a discussion about an aspect of housing. Upcoming meeting in 2007 will include discussions on client self-sufficiency, institutional discharge into homelessness, physical condition of low income housing in the area, area homeownership efforts, home energy efficiency, and others.

See "Network," page four

# Housing Network releases results of homeless census

By Matt Wysocki, South Central Housing Network President

It's easy to ignore homelessness. Aside from the occasional times when you pass a homeless person on the street, if you don't look you won't see them. Yet they are right in our midst, just behind the trees in the neighborhood park, in the abandoned mill down the road, or sleeping on a neighbor's couch or in the next car over in the parking lot.

There are many ways to be homeless. Some are homeless only once in their lives during hard times. Others slip in and out of homelessness over many years, while still others are chronically homeless, experts in living on the margins of society. Perhaps home was not a safe place. Perhaps they lost their job, or can't work due to injury or disability, and can't make rent for several months. Some are forced to choose between medical expenses and housing. In many cases, alcohol, drugs and mental illness may play a role.

How do you count people who don't have an address, or who don't even want to be found? That's exactly what the

South Central Housing Network tried to do on January 25 when it conducted a survey of homeless persons in Morgan, Lawrence, Greene, Martin, Owen and Monroe Counties. The Network is composed of 22 local housing service agencies who serve as the local coordinating committee for Region 10 HUD Continuum of Care (COC) funding. COC funding supports five of our local homeless shelter and transitional housing services with a total of about \$700,000 per year. These providers are required by HUD to conduct a homeless survey on a HUD-specified date during the last week of January. For results, see the chart in the top right corner of this story.

All local agencies providing emergency or transitional shelter to homeless people were asked to complete a survey of the number and characteristics of the people they served that night. Additionally, 47 volunteers helped conduct a count of unsheltered homeless people living in the streets in Monroe County. This "street count" was from 10:00 pm to midnight

also has addictions treatment facilities as well as mental health services. Middle Way House provides a safe place for women and their children who are in danger of domestic violence and sexual assault. The Rise is a transitional facility for people moving out of Middle Way working at becoming self sufficient. Meals can be had at Community Kitchen and groceries obtained at Mother Hubbard's Cupboard. The Hoosier Hills Food Bank helps supply food to both these agencies as well as numerous other ones in our community. Shalom Community Center serves food, provides case management, and hosts numerous local agencies who can assist folks in locating employment, legal assistance and a plethora of other services.

County	Unsheltered	Sheltered	Homeless Families	# Persons in Families	"Chronically Homeless"	Veterans	Persons w/Disability	Persons w/Substance Abuse	Persons w/HIV/AIDS	Victims of Domestic Violence	Unaccompanied Minors
Monroe	16	242	36	121	53	11	39	83	13	108	12
Morgan	n/a	83	23	76	0	0	0	0	0	17	0
Greene	n/a	9	0	0	5	4	0	7	0	0	0
Owen	n/a	0	0	0	0	0	0	0	0	0	0
Martin	n/a	0	0	0	0	0	0	0	0	0	0
Lawrence	n/a	0	0	0	0	0	0	0	0	0	0
TOTAL	-	334	59	197	58	15	39	90	13	125	12

The results of the recently taken survey of homeless persons.

January 25th. Teams of four people, dressed warmly and armed with flashlights, scoured areas along railroad tracks and switchyards, in parks, on campus, and along Kirkwood Avenue. Free hand warmers and socks were offered to homeless people in need. The count also included a "line count" of people at Shalom Community Center and Community Kitchen during the day. Of the 16 "unsheltered" people counted:

- \*All but four had been homeless less than a year. However, nine had been homeless more than four times in the last three years
- \*All but one were male, and all but one of those males were over age 40
- \*Four were veterans
- \*11 had a disability
- \*None reported being part of a homeless family

Of course, it's impossible to search most of the places where homeless people live, and despite our best efforts the street count

turned up few people. Freezing temperatures played a role – hopefully anybody who could find shelter found it! But searching private property and abandoned buildings is illegal, and how can you possibly search all the parked cars, friends' couches, and unlocked porches in a six county area? The fact is that the homeless population remains relatively unknown. However, anecdotal evidence from people who work with the homeless suggests there are potentially hundreds, perhaps thousands, of uncounted people in our region who do not have a decent, permanent place of their own in which to live.

It is also important to realize that many of those counted will eventually find permanent housing, while many others who were not homeless on January 25 will slip into homelessness sometime this year. Therefore, over the course of a year, there are many more people who experience homelessness than those counted in this survey.

## Homeward Bound

Continued from page two

This year's benefiting agencies are: Amethyst

House, Area 10 Agency on Aging, Center for Behavioral Health, Community Kitchen, Hoosier Hills Food Bank, Martha's House, Mental Health Alliance, Middle Way House, Monroe County United Ministries, Mother Hubbard's Cupboard, Shalom Community Center, Stepping Stones, Youth Services Bureau.

Martha's House and Backstreet Mission are both short-term emergency shelters for individuals. Youth experiencing homelessness might receive emergency shelter from Youth Services Bureau or transitional housing from Stepping Stones. Amethyst House has addictions treatment facilities. Center for Behavioral Health

# Past and present CBH clients share their thanks

Family, friends and community are the most important aspects of my life. I have truly been graced. If there are such things as miracles, I have certainly been a beneficiary. In 2004 I was released from jail after being arrested on drug related charges. I was homeless, unemployed, and was no longer welcome to ask family or friends for help or resources. I desperately wanted to die, but I was unable to bring myself to commit suicide. I had years of incarcerations, hospitals, rehabs, psych wards and failed attempts to control my drug and alcohol use telling me that nothing was going to change. After 20 plus years of using, no amount of drugs or alcohol could hide the reality of my situation. I was defeated chemically, emotionally, financially, legally and spiritually. Despite all this, I was accepted into the Center for Behavioral Health's Recovery House. For the first few weeks, it was all my fogged mind could do to follow the simple directions offered by the staff. They asked that I go to Twelve Step meetings, continue my treatment and, above all—do not use—one day at a time. Since those initial weeks, I been given a life that I couldn't have possibly imagined for myself. I am indebted to the many members of the Monroe County social services community and to the employees of CBH particularly. And I have been given the opportunity to show my gratitude by being put in a position to help point others to a solution for their alcoholism and addictions. Thank you so much, CBH!

-Anonymous CBH client

I am very grateful for all that CBH has done for me in the past, and for the continuing guidance and support they show me. Many times in the past I have tried to get clean and sober and had a few setbacks along the way, but day treatment/Recovery House staff never gave up on me, and continued to believe in me until I could believe in myself. CBH is truly an asset to the Bloomington community. I am grateful for all the help and support I have received here. I know that I'm not alone in saying that this place and the people who work here have been a tremendous help and that they really care about their clients. Thanks for everything!

- Larry M.

## Another side of homelessness

By Cathi Norton, Center for Behavioral Health Community Relations Specialist

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National Studies of the homeless population have demonstrated that an estimated 25% have severe mental health disorders. More often than not, the nature of persons with mental illness's disabilities restricts their income. They are unable to maintain employment or address basic survival needs. For this large percentage of our homeless population—vulnerable and disabled citizens, Center for Behavioral Health (CBH) has built a Residential Housing Program to provide intensive supports and services. A cornerstone of CBH philosophy is that such individuals must have safe, secure housing to be stable and successfully remain in their home community. "Housing is good medicine." While this is true for every homeless citizen, it is even more so for those of us with mental disorders.

Though challenges abound—the downsizing and closing of mental hospitals, decreasing federal and state funding, and shrinking resources for under-insured/uninsured clients, CBH continues to find creative solutions to manage fiscally and provide a variety of different housing environments—often based on individual

client needs. One size does not fit all. "Mark," for instance, may have a difficult time with social contact, and become stressed and agitated. Therefore a group-living environment with shared common spaces might not be a good choice for him. Instead, he may do best living alone with a staff monitor residing nearby in the same apartment complex. CBH's residential housing is successful because it recognizes that a range of housing options with an array of treatment services is most responsive to each person's changing needs. A place to live, complemented by supportive care, improves quality of life, helps manage mental illness, and integrates those with mental challenges into their community so they are less likely to be homeless in the future.

Finding and providing homes for mentally disabled citizens fills a primary need and is the right thing to do. As is often said, we as a community can be judged by how well we care for our less fortunate citizens, and Bloomington has always deserved high marks for its generous spirit. CBH regularly works with a wide variety of community organizations in continuing efforts to build residential opportunities for the homeless.

See "CBH," page five

The staff at CBH has helped me gain the tools I need to build a brighter future. Now great things are on the horizon!

-Anonymous CBH client

Mary Heldt and Andy Matthews are two positive role models in my life. They both work at CBH-Horizons where I go for treatment and group therapy. They give good advice and really love what they do, you can tell. Mary is good at helping me calm down, is the "exercise buff," and isn't afraid to tell me when I am wrong. Andy is also very kind and likes to help others. He always seems to know when I am feeling down. These two people definitely have had a positive influence on my life.

- Anonymous CBH client

Several people have helped make going to CBH positive for me. I like talking with these people when I am done or having symptoms of my illness because they seem to know just the right thing to say. It may not make it all better but it's just what I need to keep going and not call it quits. I am encouraged to stay active at the Center because staff knows that I isolate myself. Staff is also insightful and helps put things into perspective for me. CBH have helped me get an apartment, pay rent when I wasn't working, and help me pay to get my medications. CBH is the best mental health clinic that I have been to in 16 years of being a patient in the mental health industry.

-Dade T.

I would like to thank the CBH employees including the Horizons staff and case managers because they have always been there when I was sick. They have also taught me positive social skills.

-Anonymous CBH client

For more personal stories testimonials, and thank-yous, please read the articles in our special "voices" section, located on pages 10 and 11. Additional stories and testimonials from both clients and volunteers can be found on pages 6, 12, 15, and 19

### Network

Continued from page three

Although the Network does not itself have the capacity to operate programs, it serves as the perfect venue for members to come together to develop new initiatives, or tweak existing services. Several ideas taking shape in 2007 include:

\*Establishing a crisis loan fund to help low income people pay security deposits or catch up on rent to avoid eviction.

\*A care coordination task force to enhance services for individual clients across agencies.

\*An updated catalog of income restricted rentals in the area.

\*Bringing a state housing leader to town to speak with community leaders about

statewide housing initiatives.

Last but not least, the Network provides a forum for local housing providers to speak with a unified voice about issues that are important to them and their clients. In 2007, look for the Network to advocate for or against federal, state and local policies that affect the quality or quantity of affordable housing in the community and engage the community in a discussion about problems and solutions. Insofar as the Network members really are our experts on local affordable housing, the Network educates local leaders about the importance of our mission and ways to help our community achieve it.

Network members include representatives from the following local service pro-

viders:

- \*Amethyst House
- \*Bloomington Hospital Positive Link
- \*Bloomington HAND
- \*Bloomington Housing Authority
- \*Bloomington Restorations Inc.
- \*Center for Behavioral Health
- \*Indiana Coalition on Housing & Homeless Issues
- \*Indiana Legal Services
- \*Indiana University
- \*Martha's House
- \*Middle Way House
- \*Monroe County Habitat for Humanity
- \*Monroe County United Way
- \*Renaissance Rentals
- \*Shalom Center
- \*South Central CAP

\*Stepping Stones

The Network is looking for new members. Members do not necessarily have to be social service agencies. Representatives from all sectors of the community are welcomed, including justice, faith-based, media, private sector, government, and the public at large. The general public is welcome and encouraged to attend meetings, and in fact Network membership includes several members of the general public. Membership is not restricted to Monroe County, and we would love to see interest from those in surrounding counties.

# Teens step up from poverty and homelessness

by Nellie Summerfield, Stepping Stones volunteer

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www.steppingstones-inc.org/

Stepping Stones is a non-profit, independent organization that offers transitional housing for young people 16-20 years old who are experiencing homelessness.

## Tutoring program

The evening began with a quick ice-breaker game, followed by a mini-lesson on flash cards, an hour-long tutorial session with individual help from Indiana University tutors and, last, preparation of upcoming school related events. Thursday night tutoring at Stepping Stones has become routine for the residents here.

Christy Boggs restarted the tutorial session in October in hopes that it would assist residents in their efforts to pass classes, do their homework, stay awake in class and improve their overall performance in school. "They were bringing home D's and F's, and teacher concerns when we began requiring weekly progress reports," Boggs said. The program holds education as the number one priority for



Photo submitted

*Clients at Stepping Stones find themselves in a safe, supportive situation.*

residents once they have settled into their new, stable housing at Stepping Stones. Boggs has been working to improve the weekly tutorial session since October to help and encourage residents to do well in school.

Residents were not interested in the program in the beginning. After making the tutorial session mandatory for those res-

idents who received a D or an F on their progress report, more students began to come and see personal improvement through the program. "I used to slack a lot and I would never set time to do homework," said one resident. "Now I can get help during tutoring."

"Everyone has improved their grades since we started the tutorial session,"

Boggs said. Residents agree education is important for the success of their future. "I am trying to pass finals so I can graduate and go to Ivy Tech next semester to study early childhood education," a 19 year old resident remarked. She hopes she will be the first in her family to graduate high school and attend college. Another resident has similar plans to graduate high school and attend college in the future. "I think I will take some time off, but I will go to college," she said. "You can't just go and do stuff without learning and that's what school does."

Tutors encourage residents to understand the importance of education as well. Tutor Greg Ingram stresses the importance of education to residents, stating "Education is the door to success in life." Ingram volunteers as a tutor at Stepping Stones to do something he loves while helping the students. "I couldn't imagine how hard it would be to live on my own, attend high school and get good grades," Ingram said. "I always had it easy and depended on my parents." Ingram hopes to give something back to Bloomington and the community by helping students at Stepping Stones.

See "Stepping Stones," page six

## NAMI: Homelessness and the mentally ill

By Jill Bolte Taylor, Ph.D., NAMI-GBA President

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I am no stranger to mental illness. I was motivated to grow up to become a brain scientist because one of my older brothers had been diagnosed with the brain disorder

### CBH

Continued from page four

One noteworthy example is the federally

funded PATH (Project for Assistance in Transition from Homelessness) community outreach program. CBH's PATH program provides mental health screening and case management to at-risk and homeless persons who are unsheltered or staying in homeless shelters or jail. PATH identifies homeless mentally ill persons in the community, visits them regularly to establish trust, and then strives to transition them into receiving treatment services and housing. This positively impacts not only the homeless population, but the corrections system, healthcare and community image.

Times are tough, and in such times it's typically the lower-income, disabled, and homeless who suffer most. Bloomington has traditionally been a haven for those in need. CBH is proud to be a part of that "safety-net."

der schizophrenia. Over the last 25 years, my family has spent many birthday and holiday celebrations inside the walls of our various Indiana State Mental Institutions. Consequently, I know the roads to Evansville State Hospital, LaRue Carter and Logansport State by heart.

Like typical schizophrenia, my brother's disorder is cyclical. He is well and behaves normally when he is taking his medications, but as soon as he stops taking his meds, for whatever reason, he spirals rapidly into a world of raving insanity. Sadly, over 60% of people diagnosed with schizophrenia, do not recognize that they are ill. As a result, many people with severe mental illness do not take any medication and end up as the homeless on our streets.

Earlier this week, I was walking down Kirkwood on my way to the Monroe County Public Library when I came upon a young man who was bouncing up and down on an ice-cold street bench. I'm guessing he was in his early twenties. With all of his worldly possessions scattered on the snow-covered ground, he poked aimlessly into the space around him, angrily snapping directives to someone who was visible only to himself. As he distorted his face and grimaced with

what I perceived as total dissatisfaction, I stood silently appalled - not only that I could find this perfect example of severe mental illness right here on the streets of Bloomington, but that we, our community, would allow our children to become so desperately ill and not give them help.

In order for any two of us to communicate with one another, we must share a certain amount of common reality. This means that our ability to perceive information from the external world, process and integrate that information, and then have some sort of output as thought, word, or deed, is 100% dependent upon the health and well-being of the cells making up our brains and nervous system.

Research shows that the longer the brain continues to exist in a state of insanity, the more debilitating and long-term the illness will be. As a result, it is critically important that we treat our brains with medication and cognitive therapy as soon as they manifest symptoms.

We are all dependent on our brains to make decisions about how we want to be and how we want to live in the world. When the organ that makes the decisions is the organ that is ill, then it is the responsibility of a sane and compassionate community to help our ill become well.

Statistics indicate that mental illness is an equal opportunity disease such that anyone, of any race, of any religion, of any gender, and at any age, can develop a problem.

Because many individuals who have a mental illness do not like the way they feel inside their own skin, they often choose to self-medicate with illicit drugs and alcohol. As a result, many individuals who are severely mentally ill also have a co-occurring substance abuse disorder. These people are disproportionately represented in the chronic homeless population.

Our local NAMI Greater Bloomington Area affiliate is working in cooperation with the Brain Stigma-Busters to help raise awareness that the brain is just like any other organ in the body and that it too can become ill. We are working in conjunction with our local Bloomington Police to provide CIT (Crisis Intervention Training) to our community law enforcers so that when they are called to interact with our ill loved ones, they can do so with compassion and specialized training in how to de-escalate a potentially dangerous situation. In addition, many of our NAMI members are volunteers for the New Leaf New Life programs going on at the jail.

# For volunteer, Habitat helps in many ways

By Bill Haynes



*Habitat for Humanity volunteer Bill Haynes has used his time with the organization as a learning and healing tool.*

Do you like getting up early, going out before daylight and working in the freezing weather? Welcome to Habitat's mid-week crew routine. My name is Bill Haynes and in 2002 I retired from Indiana Bell-Ameritech-SBC after a career of 36 ½ years. I stayed with the company through 3 name changes and multiple vol-

unteer projects, and I continue to volunteer of behalf of the AT&T Telecom Pioneers.

My first contact with Habitat came in 1998/1999 when Ameritech sponsored 5 homes in the Indianapolis area and I volunteered several Saturdays. When I retired in 2002, our local AT&T Telecom Pioneer

Council and Club obtained a grant from SBC/ Ameritech to co-fund a house here in Bloomington—this would be the house that would help shape my retirement.

We shared our sponsorship with the team from Bloomington High School North. These young people exemplify what teenagers are really like. The media seems to constantly paint a picture that is so negative about the youth of today. If you aren't careful you can start believing it. The kids we worked with were some of the finest young people I have met. I recall the winter of 2002 being one of the coldest and wettest winters on record, but the team managed to complete the house on schedule. There were few complaints about the mornings that began in the single digits; instead the North crew started a "Snowman Club" to celebrate the volunteers who came out several Saturdays when the temperatures were below zero.

There were lessons learned both ways on that house; the older SBC volunteers had the opportunity to teach kids varied skills from framing to siding, and we learned a

lot from their enthusiasm, willingness to help, politeness, and their fearless energy for learning new things. It is refreshing to see how many youth are willing to get out and lend a hand in the community. It has given me a lot of hope that our future is in really great hands.

Volunteering for Habitat has been good for me spiritually, physically and mentally although some on the crew might question the mental part! Working with Habitat has allowed me to stay very active physically, learn new skills and contribute a little back to our great community.

I continued to volunteer mainly on Saturdays for several months and then learned of a team called the mid week crew. These folks are a very dedicated group of volunteers that work an average of 2 days per week helping to keep homes on schedule. We really have a great team and have a lot of fun, but also work hard. You may find this hard to believe, but some days I am the junior member of the mid-week crew, and I am 62 years old!

See "Volunteer," page seven

## YSB: Shelter, counseling

By Ron Thompson, Executive Director, Youth Services Bureau of Monroe County

615 S. Adams Street  
(812) 349-2588

[www.youthservicesbureau.net](http://www.youthservicesbureau.net)

The Youth Services Bureau has been serving families in Monroe County continuously since 1972. Located at 615 S. Adams Street in Bloomington, the YSB provides a 15 bed emergency youth shel-

ter for children ages 8-17 years and provided crisis intervention and counseling for children and families. It also partners with other social service agencies in the community to maximize services and programs for youth. The Youth Services Bureau also promotes positive youth development utilizing the Search Institute's 40 Developmental Assets.

## Letter from a YSB client

Youth Shelter Staff:

I really want to thank all of you for being such caring individuals and helping keep places like this going. You have not only helped me more than I can explain, but countless others before and after me. It has been really fun getting to know you guys this week, and seeing just how much you care, and that you all show it in such different ways. You guys keeping me from all the stuff in my house has helped me get away and really think about many things. I will always

be grateful, and hopefully one of these days I will be back to help in some way. The shelter not only kept me out of a bad situation, but let me meet a lot of people I wouldn't have normally had the chance to. From these people I have learned so much in just a week. Not just facts, but life lessons. I just can't thank you enough, but I guess the best way is just to make the best out of life and always remember where I have come from. Good Luck in the coming years, and wherever you all may go.

## About Habitat for Humanity

By Rebecca Mankowski, Volunteer/Family Services Coordinator

213 East Kirkwood Ave  
812-331-4069

[www.monroecountyhabitat.org](http://www.monroecountyhabitat.org)

Habitat for Humanity of Monroe County is a nonprofit, ecumenical Christian organization. Its mission is to build simple, decent homes with people in need, guided by the philosophy of, "no interest, no profit."

Habitat charges no interest on their mortgages and sells the houses for no profit. By doing this, Habitat hopes to eliminate poverty housing in Monroe County. Habitat's motto is "A Hand Up, Not a Handout." Habitat serves families in Monroe County who are living in inadequate housing. These families have an income, but do not make enough to secure a bank loan.

Habitat is not a give-away program, but a joint venture between volunteers and partner families, or homeowners. Partner families are required to participate in the construction of their own new home and to help other prospective partner families build their homes. The volunteer labor helps keep the cost of the homes at a minimum.

The money to build Habitat homes comes from contributions from local churches, citizens, businesses, and other sponsors. Government funding is accepted for land or infrastructure development. Families pay back a zero interest mortgage over 15-25 years. That money goes into a fund which helps to pay for more houses.

The Habitat office has changed locations. Come and check out our new space at 213 East Kirkwood Ave.

## Stepping Stones

Continued from page five

Despite the successfulness of the program for the students, Boggs still has plans to expand and change it. She would like to hold a tutorial session more than one night a week and in the afternoons so that students have more opportunities to get homework help. Boggs is looking for three to five volunteers to tutor once a week in addition to the three current volunteers. Boggs hopes the tutorial sessions continue to help improve the residents' grades while teaching them specific study skills that they can use later in life.

Stepping Stones' mission is to provide a supportive community where young people can develop skills to live independently. Providing a tutoring program is just one way to help teens complete their education so they will be able to have jobs that pay a living wage. And earning a living wage helps ensure that they won't have to live in poverty.

# SCCAP: Fighting poverty for over 40 years

1500 West 15th Street  
812.335.3611 x1  
(800) 850-7262  
matt@sccap.monroe.in.us

South Central Community Action Program, Inc. (SCCAP) was established in 1965, enabled by the Economic Opportunity Act of 1964 that gave rise to hundreds of other Community Action Programs around the nation. Today, the agency serves thousands of low income persons in four counties in south central Indiana – Brown, Monroe, Morgan and Owen. Branch offices in each county provide easy access for people throughout the service area.

The mission of the agency is to provide opportunities for low-income citizens to move toward personal and economic independence. Over the past 40+ years, SCCAP has grown to include a number of crucial state and federal anti-poverty programs for low income residents in our area.

## Head Start

*Eligibility: 100% of the federal poverty rate*

Provides growth opportunities for low-income preschool children and their families through the combined resources of parents, staff and community. The program offers both full- and half-day preschool services for children ages 3-5.

*By Matt Wysocki, Housing Director, South Central Community Action Program*

Services also include health & nutrition, parent involvement, family services, transportation, and special needs services. Head Start operates 15 preschool classrooms throughout Monroe County and serves over 350 children each year.

## Weatherization Assistance

*Eligibility: 150% of the federal poverty rate*

SCCAP Weatherization technicians perform energy audits and install targeted measures on over 100 homes each year to make them safer and more energy efficient. Energy reductions are achieved through client education and extensive diagnostic testing to guide measures designed to reduce air infiltration into the home and improve insulation values. SCCAP Weatherization Auditors have advanced certifications in building evaluation and technology.

The Bloomington Township and Perry Township Trustees in Monroe County provide funds through SCCAP to provide free furnace safety inspections and tune ups by qualified local contractors for low income persons in those townships.

## Energy Assistance

*Eligibility: 150% of the federal poverty rate*

This program provides direct energy bill assistance for over 4,900 families each year. An additional 1,600 families

facing shut off receive crisis bill assistance. Families receive energy education, as well as energy savings kits that include items such as low-flow shower heads, faucet aerators, and compact fluorescent bulbs. As part of their assistance, many families take advantage of the Family Development Program, which provides case management and goal setting to help them become more independent.

## Owner Occupied Rehabilitation

*Eligibility: 80% of median income and at least one person under 6, over 62, or with a disability*

The SCCAP Owner-Occupied Rehabilitation Program helps up to 10 low income persons each year who own and live in their own home to help them make needed repairs. Typical repairs include new roofs, furnaces, siding, windows, and upgrades to electrical and plumbing system. Eligible clients must live outside Bloomington city limits.

## Section 8 Housing Choice Vouchers

*Eligibility: 60% of median income*

Section 8 housing vouchers provide direct rent and utility assistance to over 250 low income households to ensure their housing expenses do not exceed 30% of their household income and to ensure they live in safe, decent housing. The voucher pays a portion of their rent based on their income. Families may participate in the

Family Self-Sufficiency component of the voucher program in which decreases in their assistance are placed in a fund which they can use to buy a home, continue their education, or start a business. NOTE: Due to high program demand, the Section 8 waiting list for this program in Monroe County is currently closed.

## Affordable Rentals

*Eligibility: 60% of area median income*

SCCAP owns 19 affordable rental units throughout Brown, Monroe, and Owen Counties. They are mostly single-family homes, which are rented to qualified low income families at below market rents. Qualified tenants are encouraged to purchase their home with the help of subsidized financing and first time homeownership assistance.

HOUSEHOLD SIZE	100% of Poverty	150% of Poverty
One Person	\$9,800	\$14,700
Two Persons	\$13,200	\$19,800
Three Persons	\$16,600	\$24,900
Four Persons	\$20,000	\$30,000
Five Persons	\$23,400	\$35,100
Six Persons	\$26,800	\$40,200

Area Median Income eligibility is determined on a county by county basis – interested persons should contact SCCAP to determine eligibility. For more information about any of these programs, please call SCCAP toll-free at the number listed at the beginning of this article.

# Middle Way House, Inc. update

*By Charlotte Zietlow, Middle Way House Economic Development Coordinator*

organization.

\*Toby Strout was hired as Executive Director 20 years ago.

\*SEED Corp., the microenterprise program run by the Small Business Development Center, started offering classes in “How to Start a Small Business”, and character-based lending, 10 years ago. Middle Way House, Inc. is one of the

founding members of the consortium that started as Bloomington Area Microenterprise Initiative (BAMI), and was instrumental in getting it organized. Middle Way House Economic Development Coordinator, Charlotte Zietlow, continues co-teaching the course, which is open to anyone interested in starting a small business, and which is being taught for the

21st time!

\*Confidential Document Destruction, Middle Way’s mobile shredding service, started protecting the confidentiality of numerous businesses, institutions and individuals 10 years ago, and has recycled over 2,000 tons of paper.

**See “Middle Way,” page eight**

(812) 333-7404  
24 Hour Crisis Line: (812) 336-0846  
bloomington.in.us/~mwhouse

This will be a year of anniversaries for Middle Way House, Inc. and a year of new beginnings, as well.

\*Middle Way House, Inc. has provided 35 years of service as an emergency service

## Volunteer

Continued from page six

The mid-week crew is a tight knit group. It’s like a family to me and the other members—we’ve watched some of our members go through some very painful cancer treatments, still taking lumber home to mill the window sills for each Habitat home when he is feeling well enough. Another member is 81 years old, works all day on his feet twice a week

with the most cheerful attitude—we all hope to have half his energy at that age.

In September of 2004 I lost my wife to a sudden accident. My life will never be the same as it was. The grief process is a hard one, you need to stay busy, and sometimes you need a purpose, a reason to keep going. After more than 2 decades of marriage, I suddenly found myself wondering what normal was. Vera and I had many plans for our retirement, and those

dreams aren’t the same without her. I have spent the past two and a half years trying to find a new normal; obviously nothing will go back to the way it was before.

When I lost Vera, there were many people I leaned on—my family of four children and 8 grandchildren, my very special friends, the Pioneers, my church family, and the staff and volunteers at Habitat.

We hear a lot about how Habitat helps those in need of new homes. There are some of us who have been changed just as much, and we thought we came to give.

The mid week crew invites all of you to come out to the work site and see what we do, and remember to bring a snack with you because we are always hungry! I urge all of you to continue your generous support for Habitat. We can all volunteer to change the world, one hour at a time.

# Special section: Jail and re-entry programs

## Certificate ceremony "moving" for inmates, witnesses

By Dorian Gossy, New Leaf/New Life volunteer, MSW student, IUPUI

On Friday, March 2nd, inmates and guests witnessed a particularly moving certificate ceremony for the community model program in the Monroe County Jail. Fourteen men and four women participated in the ceremony, during which over twenty members of the New Leaf/New Life, Citizens for Effective Justice, and the Bloomington community heard the inmates read original poetry and inspirational messages.

The program also featured ceremony speaker Rick Lykins, who offered an account of his experiences in drug and alcohol recovery. His voice quavered with emotion as he congratulated the inmates, some of whom he knew from his

time in the recovery programs.

Another highlight of the event was a presentation of the twelve rewards of sobriety from the AIR (Addicts in Recovery) program within men's community, in which twelve men, one at a time, came to the front of the room and announced one of the twelve rewards of staying clean and sober. The program, which featured topics like "Faith Instead Of Despair" and "Courage Instead Of Fear", was a huge success. When they finished, twelve men stood shoulder to shoulder in a flank before the audience, their expressions quiet and proud. The audience burst into applause.

See "Certificate," page nine



Photo submitted

Inmates at the certificate ceremony talked about changes in their lives.

## New Leaf: Positive changes for inmates

By Tania Karnofsky, Director, New Leaf-New Life Transition Program

New Leaf-New Life, Inc.  
PO Box 7071  
Bloomington, Indiana 47407  
www.newleaf-newlife.org  
tania@newleaf-cej.org

### What is New Leaf-New Life?

New Leaf-New Life is a non-profit organization that offers programs for inmates in the Monroe County Jail. Our goal is to give inmates the opportunity to make positive changes in their lives and improve their chances of making a successful transition back into the community when released. Our motto is: GET

OUT AND STAY OUT!

What kinds of programs are offered by New Leaf-New Life?

**\*Transition Program:** "Transition Navigators" meet with inmates in the blocks and following their release from jail, to offer support and assistance with practical needs such as obtaining identification, school applications, information on employment and housing, and referrals to community resources.

See "New Leaf," page nine

## Halfway House offers help

By Suzie Rimstidt, Member of Citizens for Effective Justice, coordinator, Monroe County SICIL

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New Leaf/New Life and Citizens for Effective Justice, have begun transition programs of many kinds for inmates in the local correctional center and a support group and individual volunteers to help

after transitioning back to the community. With 500,000 coming out of prisons in the USA every year and two thirds of them returning to prison within three years, there has to be a better way.

See "Halfway," page nine

## Inmates benefit from Intake

By Dorian Gossy, MSW student, IUPUI

What if your first days in jail came with support and an instruction manual? Would you feel more inclined to use those days, weeks, or months toward understanding what got you into jail and how you might get out and stay out? These are

the ideas behind a program called "Intake/Impact," started in February 2007 by the New Leaf/New Life staff and volunteer community.

See "Intake," page nine

### Middle Way

Continued from page seven

\*Middleway Food Works started providing

healthful, tasty meals for child care programs 5 years ago, and is now preparing nearly 900 meals a day to the Children's Village, Head Start, IU Campus Child Care and Area 10 Agency on Aging. In addition, Food Works caters imaginative and delicious food for a variety of organizations, individuals and occasions.

Throughout these years, Middle Way House, Inc. continues to provide emergency shelter, crisis intervention services and a long list of support services to women who are victims of domestic violence and sexual assault in a multi-county area.

### The Rise provides transitional housing

Women with children who need time

to re-organize their lives find transitional housing for up to two years at The Rise, a HUD subsidized apartment building with 28 two and three bedroom units. Case management, child care and children's advocacy, youth programs, legal advocacy, support groups and life-skill classes and more are provided for Middle Way House clients, and a crisis line is answered by trained volunteers 24/7.

### Emergency shelter

Middle Way House, Inc.'s emergency shelter, for up to 28 women and children, and its administrative offices have been housed since 1989 in a wonderful old building that was once a one family residence. Changing population, growing demand for a variety of services, need for privacy and confidential spaces, and our growing businesses all have led the Middle Way House, Inc. Board and staff to plan new accommodations for the future.

### New Wings

In April 2005, with the help of a generous bequest, Middle Way purchase the historic Coca Cola building at 318 South Washington, kitty corner from the Rise in one direction, the Bloomington Police Department in another, and across from Third Street Park. With that purchase, Middle Way launched the New Wings Community Partnership. New Wings is an initiative to renovate the Coca Cola Building as a commercial kitchen in the old bottling plant, to house Food Works and a Kitchen Incubator for the community, and transitional housing for single women on the second floor. An expanded child care program will occupy the space to the south, and the two pole buildings will come down, to be replaced by a courtyard and new emergency shelter, administration and public program space.

New Wings will give women and chil-

dren new wings to soar into a new life. New Wings will be new facilities for these women, as well. New Wings will open business opportunities to those in the community interested in developing food products in the kitchen incubator. New Wings will offer new opportunities for Middle Way House to interact with other community programs, not only social services, but the Local Growers Guild, Mother Hubbard's Cupboard, Bloomingtons, Hoosier Hills Food Bank, Purdue Extension, The Center for Sustainable Living, Bloomington Parks and Recreation (Farmers Market, Community Gardens, and People's University), and SEED Corp. Middle Way looks forward to forging yet more community partnerships through its many services and working to create more jobs, more housing and greater equity throughout the community in the future.

## Halfway

Continued from page eight

Upon release the individual may find that housing and employment from before being incarcerated has disappeared, and family support may also have evaporated. Individuals leaving prisons in Indiana will receive a \$75.00 check. Some will have cumulative child support to pay, court costs, drug tests, required counseling, and other expenses in addition to housing and food.

Housing, particularly affordable public housing, is often barred from persons being released, and much other housing is closed to them because of the stigma. There are laws in Indiana that prohibit many vocations for ex-offenders. The question on application forms, "Have you committed a felony?" appears frequently and means that those businesses probably don't hire persons who have committed felonies. Many other employers find other reasons not to hire anyone with a record of incarceration. If one can't get a job and has no place to live, did his punishment end when he left the corrections center or prison? Entry level jobs often will not cover living expenses and the revolving jail/prison doors begin because the individual may return to underground jobs that pay better, often drugs.

Delancey Street, originally started in San Francisco, is the extraordinary model of a halfway house that has several thousand graduates. An astonishing eight out of ten persons entering Delancey Street halfway houses have been successfully reintegrated into their communities. The model has been successfully replicated several times in other cities. The size of their facilities range from 35 to 400.

Delancey Street's two core principles are "each one teach one" and "learn by doing" or always teaching/helping someone else at the same time you're being helped. This includes life and job skills. Constant learning and working creates a feeling of success and eliminates the victim and failure mentality. In the required two years-- and many stay three or four years-- the individual comes out with three job/life skills: one blue collar, one white collar and one people oriented or sales skill. Delancey Street operates on the profits of their industries, including a five star restaurant.

Closer to home, Freebirds Solution Center, Inc. in Terre Haute was started by a group of five men who had all been incarcerated. They, like Delancey Street, provide a place to live and provide job training, focusing on those with drug and alcohol problems. They use the 12 step program and have already received the Hamilton Center (their local mental health center) Community Service Award, acknowledging their contribution and commitment to recovery in the Terre Haute area.

Freebirds have modified an old elementary school, have built a small pole barn, and plan to expand upon their mainstay of remodeling homes by adding small engine repair and other industries. Great Dane hires many of their residents as well.

real desire to change. It takes place in designated cell blocks. Participants who volunteer and are accepted into this program agree to participate in a highly structured schedule of activities that includes watching videos, reading, and discussion on topics such as substance abuse, community building, and anger management.

### How can inmates learn more about these programs?

Transition "Navigators" visit most of the blocks every week and can answer questions inmates may have. Inmates can also send a note to New Leaf-New Life, through in-house mail requesting a visit from a volunteer. Additionally, New Leaf-New Life is developing an "orientation video" that, when completed, will be shown on T.V. in each block.

After a few weeks for the individual to settle in, they charge \$95.00 per week for room and board, and the community is self-sufficient and in the black after two years. Jack Tanner, Operations Director and Intake, was a plumber and carpenter before being incarcerated, and is a dynamic, enthusiastic, flexible, positive hands-on leader. Their Executive Director is a retired, volunteer with much business

## Intake

Continued from page eight

A brainchild of Tania Karnofsky and Hal

Taylor, the Intake/Impact program has two parts: the "Intake," which is a week of daily afternoon workshops designed to orient new inmates to the jail and provide them with immediate coping skills within a week of their incarceration. The "Impact" week begins on Monday with an "Orientation to the Jail" workshop conducted by Hal Taylor. Tuesday is "Stress Reduction," offered by Velma Davis, who guides inmates in meditation, breathing, and self-awareness so that they can better handle the intense pressures of living in a jail environment. On Wednesday Dorian Gossy discusses anger and emotions management, both in terms of the emotional reactions they have to a chaotic criminal justice system, as well as the feelings and often anger that caused them to offend in the first place. Since over 60 percent of MCCC inmates have drug and alcohol problems, the emotions workshop targets feelings prior to using and drinking as well as feelings in relationships and social life. Bruce Pearson does a problem-solving workshop on Thursday, in which he invites inmates to reflect on how problems get solved on a national and international scale and how those techniques might translate into more personal solutions in each of the inmate's lives. On Friday

## Certificate

Continued from page eight

Toward the end of the program, Morgan

Moss, of the Center for Therapeutic Justice, addressed the inmates during the "Words of Respect" portion of the program. He invoked an old country-western hit, "The Somebody Done Somebody Wrong Song," and observed that while inmates often focus on their woes the way the song does, the men and women before him were instead looking into their own hearts and feelings in a positive way and making impressive and valuable use of

experience.

New Leaf/New Life—Citizens for Effective Justice are scouting for possible locations and leadership to begin the planning of a local halfway house. If you are interested in this concept or know of a possible location, please join Citizens for Effective Justice in the Conference Room of Trinity Episcopal Church at 1:30 pm every Saturday afternoon.

Dorian Gossy and Hal Taylor wrap up the Intake process, finish discussions begun earlier in the week, and ask the inmates for feedback.

The Impact portion of the program begins the second week and continues indefinitely, during which facilitators Tania Karnofsky and Shari Ring help inmates complete the "Outreach to the Street: New-Entry Recovery Plan Workbook." This workbook asks inmates to think over and write down concrete strategies for the essential practical matters of life on the outside, such as substance abuse triggers, living arrangements, jobs, legal and financial issues, and social activities and leisure time. For example, in the section on taking care of oneself physically, the workbook has participants outline their specific plans concerning eating, sleeping, exercise, and medical care. On the pages addressing financial problems, participants must list their debts and bills in one column, and their income in the other, and then make a budget.

Over time, the exact content and leaders of the Intake/Impact program may shift, but its overall purpose is clear: if we catch inmates when they are first incarcerated and offer them a chance to learn life skills for immediate and future use, we may be able to help them live the New Leaf/New Life motto: get out and stay out!

their jail time.

For the first time, the guests included two judges: Judge Theresa Harper, and Judge Kenneth Todd, both of whom had high words of praise for the inmates and for the entire New Leaf/New Life staff and volunteers. Judge Harper mentioned that she had been a criminal defense attorney for twenty years before becoming a judge, and she was very pleased that some of the people she had defended were now turning their lives around.

## New Leaf

Continued from page eight

### \*Treatment and Enrichment Programs

Trained volunteers offer a variety of programs including classes dealing with substance abuse, anger management, and interpersonal and parenting skills. Programs where inmates can express themselves through art, writing, and drama are also offered. New programs are regularly added.

\***Family outreach programs** are being developed that will help inmates maintain and strengthen their connection with their children and families. One such program, which is already in place, allows inmates to record tapes for their children that are then sent to the child.

\***Community Model (CM) programs:** This program is designed for people with serious problems with addictions and a

# Voices seldom heard:

Inmates talk about their experiences  
and how they've changed

## Inmates making a difference: AIR and HEAL programs

The AIR (Addicts in Recovery) Program and the HEAL Program are the Center for Therapeutic Justice's REACH Inside Community Model (CM) programs for men and women, respectively, that began in the Monroe County Correctional Center last summer. It consists of separate blocks of volunteer inmates who choose to be part of an interactive community that takes part in rehabilitative and pro-social programs. The participants discuss with each other what must be changed in their own lives in order to make a successful re-entry into society. The director of the men's CM program is Carrie Williams. The director of the women's CM program is Shari Ring. The following was written by participants in the AIR and HEAL Programs.

### FROM THE AIR PROGRAM

To the Bloomington community,

As participants of the Center for Therapeutic Justice REACH Inside program for men and women, in the Monroe County Correctional Center, we feel that it is important for people outside of these walls to know that there is also a community inside this facility. Our days are not idle; as we work through obstacles and issues we have never before faced or dealt with, each of us will leave here a different man than we were when we arrived. In the comments below we tell you of our first hand experience working this community based program. We separated our quotes by age to show the diversity of our members, and to keep each of us anonymous to those of you who will read this.

The REACH Inside, or more specifi-

cally, the AIR (Addicts In Recovery) Program would like to take this time to answer a few questions commonly asked about what we are doing day-to-day. We are asking not for recognition, but for acknowledgement in making a devoted attempt to better ourselves. "Knowing that it is going to improve my life" (age 27) is the key in staying positive with all the work we do.

Eleven men coming together daily to sit in a circle is the backbone of what we do. The word community is defined as a body of people living in the same place under the same laws. Working as a community has shown us how much can be accomplished by doing so. "Everyone is equal in the solution by working together" (age 51). Another element that allows us to be named a community is the rules we follow. "It was absolutely different going from a non-structured to a structured environment. A schedule with applied guidelines is required to be met" (age 29).

The well balanced schedule includes twenty-five different groups weekly (not including optional meetings). The Center For Therapeutic Justice has provided literature for all these groups, some of them also incorporate self-work packets. "It has shown me to look inside myself and change to become a more productive father" (age 41).

When asked which workbook was their favorite and why – this is what two of the men had to say. "I feel this program works a lot of areas of AA/NA recovery, but what I like is that it goes a little beyond by reading in-depth into the history and background of how the steps work" (age 52). The other member has

this to share, "Houses of Healing helped to open wounds I never thought could be brought up. It taught me how to deal with them properly" (age 38).

Actually, dealing with emotional memories is an important contribution we approach each day. "Sometimes it's hard to open up, but it helps me to practice acceptance when I receive feedback. Ultimately this has helped me change my way of thinking" (age 24). When someone shares with the community it is important they are heard. "It puts my mind at ease when people appreciate what I have to say" (age 47).

"By the end of the day we are all pretty worn out. Learning to deal with our addictions and character defects is a lot of work (age 19). Other important events are drama class, role plays, and Hollywood movies. "It gives us a chance to learn how to enjoy ourselves without drugs or alcohol. Also, it is time to unwind from all the work we do" (age 29).

In conclusion, "We are properly taught by personal first-hand experiences and book work. By confronting these issues there is no way to hide from them. They must be dealt with" (age 23).

Sincerely,  
AIR Program

### FROM THE HEAL PROGRAM

As a part of the HEAL program community of 11 weeks I want to give special thanks to New Leaf, New Life. Because of them we have the privilege of having the CFTJ program.

As a participant of the HEAL Community I want to let you know some of the

great tools I have gained, worked on, and achieved in the program. I have gained determination, self-control, change in old addictive behaviors, worked on 12-steps, values, letting go, and input from my peers. I have learned to think and to process before reacting, and processed a lot of inner feelings. It has been a challenge to face a lot of feelings, but only to bring a higher goal in my life. This has been a very critical and productive experience that I will never forget and will pass on to others, encouraging them to speak out, take notice of their deepest talents, opportunities, and accomplishments as I have learned to do. I would like to return to encourage others to show them they can have a brighter future in recovery. It takes an open mind and willingness. I have a different outlook now; I am at a crossroads in my life. Today I understand that the law, courts, and probation officers are out to help me, not hurt me.

I also want to thank the community managers for being an inspiration to my recovery and to our therapeutic community. I also thank Penny and Morgan for a program well put together that really works if you work it and want it. Also thanks to Monroe County Jail staff for support of the program and for the change it has made in me.

This is a glorious celebration for me today, and will not be forgotten. Please continue to help support our programs at Monroe County Jail.

One Day at a Time,  
Nancy Arthur Shiflet

## Voices from the jail: Poetry

### My Escape

By Timothy Covey, Jr.

*I sit and stare out my window  
to see such a wonderful sight  
the ground with a light cover of snow  
people's breath on the wind as they walk at night*

*I sit and stare between these metal bars  
wishing that my life could be the same  
looking and praying to heaven and the stars  
trying so hard it's driving me insane*

*I sit and stare at the students on the way  
to becoming something that they want to be  
they do this day after day  
I just sit and watch, wishing it was me*

*This window means a lot to me  
even though my view isn't that great  
I love what I am able to see  
for it provides my only escape.*

### The Only One I Forgot To Love

By Derrick Johnson

*Sometimes I sit and wonder  
How this came to be  
Why I feel so hopeless  
Why can't I be free*

*At what point did I give up  
At what point did I quit  
How I never mattered  
In life I'll never fit*

*I look at my loved ones  
On my family tree  
And tears start to fall  
Cause I'm only missing me*

*So I ask myself for forgiveness  
And pray to God above  
And now I can embrace  
The one I forgot to love*

For more voices, please see page 11.

# More voices:

## For homeless mom, children are a source of strength

### Recipients of social services turn bad times and circumstances into positive experiences

By a Shalom Community Center guest

I am a single mom of two children and one on the way. I am homeless and have nowhere to go. My eldest son is staying with my mother. My youngest son and I are trying to find a place to live.

This is not the first time I have been homeless; this is the 3rd time. I have been on my own from the age of 16. The first

time I was homeless I was also pregnant, living under the White River bridge in Indy. I was very cold, and I was all alone. I am trying to better my children's life and mine, but I don't know what to do.

The reason I became homeless this last time is because my oldest son's father beat me within an inch of my life and he

also stole all my money and my car. I had no way to pay rent, and so they kicked me and my children out. I stayed in the Middleway House for 4 months or so. Then I went to stay with a friend, but her landlord told her that I could no longer stay there with my 2 boys.

So here I am, trying to get on my feet.

If it were not that I have 2 children who depend on me and one on the way, I would have given up a long time ago. I am a strong person, and I won't give up on my children or myself. I just hope and pray that we get a place soon. I am so tired of not having a place to call home or just a place to call mine.

Thank you and please pray for us all!

## Martha's House encourages self-advocacy and growth

By Meredith Short, Martha's House Interim Executive Director

919 S Rogers St  
(812) 332-1444

Martha's House, Inc., is a 28-bed shelter serving men and women over the age of 18 experiencing homelessness. The mission of Martha's House is to provide safe shelter while working to end homelessness. Martha's House served 296 people in 2006 for over 8,000 days of shelter, and most of those served were Monroe County residents.

The U.S. Department of Housing and Urban Development (HUD) defines homeless individuals and families as people "who are sleeping in places not meant for human habitation, such as cars, parks, sidewalks, and abandoned buildings, or those who are sleeping in an emergency shelter as a primary nighttime residence." (Emergency shelters are short-term shelters where individuals or families stay for a few days up to a month or two.) Though Martha's House is a shelter, our agency strives to provide more than merely a roof over someone's head. We provide personal hygiene items, clothing, laundry facilities, and showers. More importantly, staff provide additional support through weekly case management, educational classes, encouragement of personal growth and other supportive services. This gives each resident the opportunity to not only create an individualized set of goals but do so with the ongoing support of all staff. The case management is scheduled around each person's work and appointment obligations and the case manager has a wealth of knowledge about the resources in our community. The classes are convenient, held on-site to enhance job skills, build self-esteem and promote greater financial stability. Volunteers are utilized at the shelter to provide one-on-one assistance with cover letters or resumes, to teach a class or just to lend a listening ear.

The shelter operates under the philosophy of a holistic empowerment of each person who walks through the door. Residents are encouraged to advocate for themselves in the community as they seek employment, other social services, and interact with

### Letter from a Martha's House guest

I came to Bloomington about three months ago. I came here because my life was broken and I was feeling that I was only days away from death. Why I chose Bloomington is another story. I say with total honesty that I felt only days away from death. You see, I am an addict. I have been for quite some time – many years.

As a matter of fact, when I first arrived here I was sick, mad, and had no direction. All I knew at that time was "I did not want to die." My life had turned to all the bad things that could come with using drugs. I made my way to Martha's house and when I got here I was told I look as if I could use some rest. I was told that I could take a shower, go next door to get something to eat, come back to get some sleep, and when I wake up "I could be a new person". Those words were to be a changing point for me, cause that is what happened. Next day I had a meeting with a case manager. We talked about lots of things. But the one thing that was a major part of that talk was a card that was given to me. On the card was a statement that said "Martha's House. A safe place to begin again." This started the process for me.

See "guest," page 12

family and friends. Staff recognizes the importance of not limiting self-advocacy to outside shelter doors. Residents are expected to speak up for themselves at the shelter, give feedback about the policies and rules, and can appeal any disciplinary measures. Many changes in the daily routine and organization of the facility have been implemented over the last year due to the input of residents. A reward system was also implemented over the last year. It provides gift cards in small amounts to a local grocery store for those who receive ten Shout Outs –slips given out for doing extra chores, reaching a goal, helping another resident or maintaining a positive attitude.

See "Martha's House," page 12

## Homeless man strives for a better life after spiraling

By Jeff, Shalom Community Center guest

My story begins with an addiction to marijuana. My obsession with the drug clouded my judgment to a point where I thought I could do my job better stoned than sober. I was working as a meat cutter and then in construction as an electrician's apprentice. If you think about it, neither one of those jobs should have been done under the influence. My mental view on marijuana eventually landed me in a hospital for two months, which led to me losing my career and my family. I was making \$15 an hour and I had a wonderful family. To lose that all in a matter of months was a big hit to my ego.

During the two months I was in the 3 different hospitals for a head injury I

continued to suffer blows to my esteem. I went from being Mr. I Have It All to wondering what was going to happen to me next.

After I was released from the hospital I tried to go back to doing what I was use to doing and found that both mentally and physically I couldn't do it anymore. I tried three times to rekindle my old work habits and failed each time. This too was a huge blow to my ego. I'd been part of the work force since I was 13, and now at age 44, I could no longer work.

My decline in housing started after my family troubles started. I lived with my brother and his wife for awhile. Eventually I ended up in shelters once my family started to give up on me. I realize now

that they gave up on me only after I gave up on myself. Now I'm living on the streets. In seven years time I went from what I consider the glory land to the absolute bottom.

I'm struggling to work with the system (both Social Security and Medicaid) and I'm getting nowhere fast. In the meantime I worry about my four children and I know there is nothing I can do for them. I can't pay child support and have been incarcerated once because of it. So yeah...this has really been a fun ride.

My advice to everyone is to make sure not to mix your pleasures. Don't take your partying to work. In my travels I've found that if you are in a homeless situation, you just have to take one step at a

time, one day at a time. You have to look for resources like the Shalom Community Center and find people that are willing to help. Of course then you have to do your best with the help you're given.

I know it took me awhile to create the mess I'm in, and it's going to take me awhile to straighten it up. I find that day to day life is a struggle, but I've got my sites on getting a place with the help of the Bloomington Housing Authority and eventually reestablishing myself. I want to be in a place where when my kids are old enough they'll be able to come find their dear ol' Dad.

# Developing New Links: Bloomington Hospital Positive Link

By Emily Brinegar, MSW, LSW, Prevention Coordinator, Bloomington Hospital Positive Link

333 E. Miller Dr.  
(812) 353-3273

[ebrinegar@bloomingtonhospital.org](mailto:ebrinegar@bloomingtonhospital.org)

Bloomington Hospital Positive Link is the region's HIV/AIDS service organization. Through federal funding administered by the Indiana State Department of Health, and with support from Bloomington Hospital, Positive Link provides HIV education and testing to Bloomington and surrounding communities, as well as case management for people living with HIV. In this issue we are focusing on our Prevention Department and the services offered by our qualified staff, interns and volunteers who make it all possible.

Positive Link's Prevention Department focuses on providing HIV testing and education to residents of Monroe, Owen, Greene, Brown, Lawrence and Bartholomew counties. On Monday, Thursday and Friday Positive Link offers free, anonymous or confidential HIV testing in their office located at 333 E. Miller Dr. Walk-ins are welcome between 9:00 a.m. and 4:00 p.m. on these days, no appointment is necessary. Currently, we are offering the OraSure HIV test for on-site testing. OraSure testing consists of swabbing the inside of the cheek in order to capture antibodies the body develops when exposed to HIV. Due to funding issues Positive Link is not offering the HIV test that produces results in twenty minutes at their East Miller Dr. location.

However, the twenty minute test is still being used at outreach sites where HIV education and testing are offered. In 2006 Positive Link administered just over 1600 HIV tests. Of those 1600 tests approximately 700 were conducted at outreach sites. Due to state and federal mandates, outreach is focused on populations with a high incidence of substance abuse, mental health issues, incarceration and homelessness.

Recently, Positive Link has been working to expand and further develop existing partnerships with our fellow community organizations. Through the New Leaf-New Life program, we are planning programs to offer HIV and STI education to individuals incarcerated in the Monroe County Jail. As part of this initiative, a Positive Link health educator will offer quarterly educational sessions at the jail. By partnering with the New Leaf program Positive Link also plans to be available to people, both while in jail and post incarceration, to offer individual risk-reduction counseling or Prevention Case Management (PCM). Positive Link's (PCM) program is perfectly suited for this endeavor. The focus of PCM is to work with individuals who engage in high-risk behaviors such as sharing needles for injecting drugs or engaging in unprotected sex with multiple partners, which could lead to HIV infection.

More days went by and with them came more talks. Soon I began to see a pattern or a tone being set for me through Martha's House. I don't know exactly how to say this and I hope it will not be taken the wrong way. This letter is not about Martha's House, it's about me and for me.

I just would like you to see and know the influence and the help that I received while I have been here. I also feel the need to say that while being here I can see a new growth within myself.

I am grateful to staff, residents, and the people in the city of Bloomington. Thanks to you folks at the Shalom Center too! And also to friends, I.U, and some of the businesses that knowing my history took a chance working with me. I forgot to tell you that I'm trying to start my own business now and I'm very happy where I am with it right now. Again, thanks to all!

## Note from a Positive Link volunteer

By Ed Chamberlain

In the summer of 2005, I began volunteering at Bloomington Hospital's Positive Link because I wanted to help my local community and learn more about Bloomington's health care services. My volunteerism at Positive Link has provided me with numerous opportunities for learning and service. At the same time, I've worked with many talented professionals, who have taught me about the complex social dynamics of illness and public health.

My time with Positive Link has been very rewarding for me, and I'm thrilled to be starting my 3rd year with the agency.

PCM is a voluntary program for both HIV negative people who are at risk for HIV infection as well as for people infected with HIV who are at high risk for spreading the disease. The PCM program works within a harm-reduction model. Harm-reduction focuses on minimizing the negative consequences of a behavior. PCM case managers work with clients to educate them on the possible consequences of their behavior and to help them develop ways to reduce their risk. Likewise, case managers can make referrals for substance abuse treatment, mental health counseling or other health related needs. PCM is a program that was developed and endorsed by the Centers for Disease Control and Prevention and has a proven record of lowering the incidence of HIV transmission in certain populations.

Positive Link's PCM program has increased in the past quarter, as new partnerships were developed to provide services to clients of other community

organizations. One example is the partnership with Stepping Stones, a supportive residential environment for youth experiencing homelessness. While we have provided on-site education for the past year, we now have a new agreement to also provide PCM.

We now have an agreement with Stepping Stones to offer Prevention Case Management services to their residents as well as quarterly educational presentations.

In addition to these partnerships Positive Link is interested in working with local service providers to assure PCM services are easily accessed for those at risk for HIV. If your organization is in Monroe, Bartholomew, Brown, Greene, Lawrence or Owen County and you would like to know more about Positive Link HIV education and testing, or would like to discuss a partnership, please contact Positive Link Prevention Coordinator Emily Brinegar, MSW, at the contacts listed at the beginning of this article.

### guest

Continued from page 11

Also, in the meeting I was asked to tell some things about myself. As soon as I finished talking about me, I was given encouragement to prepare myself to go forward with a plan that could bring me to a place that I would feel good about myself again. Little did I know just how good that would be.

The next day I had a conversation with another staff member. We made small talk and I never mentioned the meeting the day before, and as I was walking out the door I was told that "here at Martha's House we expect the very best out of our residents." That set another thing off in me. So days went on and another staff member and I had a talk. And I was informed about "Awareness" and "Hope". After that it was suggested that I start writing daily events.

### Martha's House

Continued from page 11

In addition to providing emergency shelter, at the end of 2006, Martha's House implemented the Bridges Program with grant monies received from HUD. This program has already moved several individuals into their own apartments. It will eventually provide supportive services to eleven individuals with disabling conditions who have been homeless for an extended period of time and to four families experiencing homelessness. Not only does Bridges provide rent assistance but includes extensive case management.

Martha's House recognized the need for supportive housing like that provided in Bridges after noticing some residents were repeatedly returning to the shelter. It seemed additional support was important and necessary for many who had, unfortu-

nately, experienced long periods of homelessness. This new program has been a mechanism by which those involved can transition into their own housing while still maintaining important support systems. The case manager assists Bridges participants in goal setting and has implemented monthly group sessions to reduce the isolation felt when living alone for the first time in years. Bridges participants have already increased the number of support persons or agencies in their lives and are quickly moving toward increased stability.

Martha's House is now in its fourth year of operation. The newness has not worn off and the staff remain excited about continuing to improve the structure and programming of both the shelter and, now, the Bridges Program.

# 211 bridges gap between area services

By Liz Jones, Area 10 Agency on Aging

630 W. Edgewood Drive  
Ellettsville, IN 47429  
www.area10.bloomington.in.us  
www.211infolink.com

Finding help can be confusing with over 1.5 million nonprofit organizations and government agencies in the United States. Add to that a personal crisis, and looking for help can be overwhelming.

2-1-1 is an easy to remember phone number that connects individuals with resources in their community. Call centers are staffed by trained specialists who quickly assess callers' needs and refer them to the help they seek. 2-1-1 offers information on a broad range of services, including rent assistance, food banks, affordable housing, health resources, child care, after-school programs, elderly care, financial literacy, and job training programs.

Rather than having calls answered by a call center in another part of the country, each 2-1-1 center covers a local region, administered by a local agency. For example, the Area 10 Agency on Aging administers 2-1-1 Infolink, serving Monroe and Owen Counties.

Though you may be hearing about 2-1-1 for the first time, the first 2-1-1 call center opened in 1997 in Atlanta. Nationwide, the implementation of 2-1-1 is being spearheaded by United Way of America and information and referral agencies in states and local communities.

As of February 2007, 2-1-1 is serving approximately 196 million Americans through 212 active 2-1-1 systems that

cover all or part of 41 states (including 18 states with %100 coverage), the District of Columbia and Puerto Rico.

The need for a comprehensive, one-stop call center became obvious after the attacks on September 11th. The Brookings Institution and Urban Institute collaborated on a study concluding that those affected by the attacks "found it difficult to connect with resources, due to a social services infrastructure that does not support a simple and efficient method for people to learn about and access services and agencies to coordinate their activities." In fact, after observing 2-1-1's effectiveness in providing post-attack assistance to citizens in neighboring Connecticut (where a statewide 2-1-1 system was in place) Senator Hillary Rodham Clinton noted, "We need this in New York. We need this everywhere."

In the wake of Hurricanes Katrina and Rita, hundreds of thousands of Louisiana, Texas, and Alabama residents called 2-1-1 with a multitude of needs including: shelter, transportation, medical, food and water, construction materials, mental health, and questions about federal and state disaster relief assistance. As well, 9-1-1 operators were able to refer their non-emergency calls to 2-1-1, freeing them up to handle calls involving life-and-death emergencies.

United Way of America (UWA) and the Alliance for Information and Referral Systems (AIRS) strongly support federal funding so that every American has access to this essential service. 2-1-1 is currently available in 64 Indiana counties, leaving



Photo submitted

211 Manager Liz Jones helps a client.

28 counties without coverage.

In Indiana, over 80% of financial support for 2-1-1 has come from private, philanthropic funding, such as United Way, community foundations, grants and donations. The Calling for 2-1-1 Act, S.211 and H.R. 211, seeks to authorize federal funding of \$700 million over 6 years to implement and sustain 2-1-1 service nationwide. Recognizing the value for Hoosiers, Senators Lugar and Bayh are original co-

sponsors of S.211, among 31 senators and nearly 100 representatives. Call 1-888-PASS211 (1-888-727-7211) to let your representatives know you support funding for this crucial service. The Area 10 Agency on Aging would like to thank United Way of Monroe County and Smithville Telephone whose support has made 2-1-1 in Monroe and Owen Counties a reality since November 20th, 2006.

## RSVP: Who we are and what we do

By Christine McKenna, Director of RSVP



Photo submitted

RSVP volunteers perform mass-mailing duties.

812-876-3383

rsvp@area10.bloomington.in.us

Did you know that, in 2006, over 400 volunteers from RSVP (Retired and Senior Volunteer Program) provided our community with over \$1 million worth of services? Not to get experience for a job or to build up their resumes, but because their hearts felt compelled to reciprocate what has been given. RSVP volunteers see local unmet needs and know we all can be catalysts for positive change.

Below, you will find a sampling of services that this wonderfully dedicated team of RSVP volunteers offers our community. ALL OF OUR SERVICES ARE FREE.

If you would like more information about these services or are interested in volunteering, please contact us (812-876-3383 or rsvp@area10.bloomington.in.us)!

### What is RSVP?

RSVP is an acronym for Retired and Senior Volunteer Program. We are a national program, primarily funded by the Corporation for National and Community Service and locally sponsored by Area 10 Agency on Aging. Our staff team works to recruit adults who are 55+ years of age and place them in diverse volunteer opportunities around Monroe and Owen Counties.

See "RSVP," page 14

## RSVP

Continued from page 13

### SERVICE #1: Volunteer "Matchmakers"

Are you 55+ years of age and want to make a difference? Our community offers thousands of volunteer opportunities, and we want to help you sort through the overwhelming number of options and find the one that best matches your unique skills, interests, and availability. Here at RSVP, we are committed to helping you find one or more meaningful service opportunities that simultaneously utilize your gifts, deeply enhance your quality of life, and make our community a better and brighter place. As an RSVP volunteer, you will also receive free supplemental insurance, recognition, access to a growing community of like-minded people, and our bimonthly newsletter that spotlights different volunteers and publicizes diverse opportunities to serve. It only takes minutes to register, approximately an hour to get matched, and is entirely free to join. In RSVP, everyone wins!

### SERVICE #2: RSVP Bulk Mailing Services

Does your nonprofit struggle to find time to complete bulk mailings? If so, we would love to help! More than 40 RSVP volunteers comprise the Bulk Mailing Services team. How does it work? You simply need to call the RSVP office (812-876-3383) and arrange to briefly meet with Christine McKenna, RSVP Director, and set a date for the RSVP volunteers to complete the bulk mailing. A dedicated, knowledgeable, and dependable team of 4-15 volunteers will then arrive on the designated morning and fold, seal, label, and sort your mailing. It is magical to witness these volunteers working together and getting things done. Typically, 7,000+ piece mailings can be completed in one morning! Led by a retired volunteer from the bulk mailing department of the post office, this group is known to catch inconspicuous mistakes and work at an unprecedented speed. Nonprofits have repeatedly expressed their joyful appreciation for this fantastic group. Our services are FREE and open to any local nonprofit. Several local nonprofits are already enjoying the benefits (Stone Belt, Habitat for Humanity, Options for Better Living, American Red Cross, Bloomington Restorations, and many others). Call us today to get started!

### SERVICE #3: RSVP Knit and Stitch'ers

Imagine being 5 years old, having hit your head against the corner of your dad's desk, and being rushed to the hospital for stitches. Now imagine the staff in the Emergency Room giving you a soft

and cuddly "hug-a-bear", with an adorable smiley face sewn on it? Feel better? These hug-a-bears are just one item in our RSVP Knit and Stitch program. Nearly 20 RSVP volunteers use their hands to create beautiful handmade gifts for places like Bloomington Hospital's Emergency Room, Crisis Pregnancy Center, and Olcott Cancer Center. They lovingly make soft and colorful premie hats, chemo hats, hug-a-bears, lap robes, and baby blankets. The items are intended to comfort, support, and express care to all who are gifted. Do you enjoy sewing or knitting but need motivation or inspiration? We have a mission for you! We constantly need more items. Please contact us to learn more.

### SERVICE #4: Crafting Bridges

In collaboration with New Leaf-New Life and the Unitarian Universalist Church, RSVP has just begun a new project called Crafting Bridges. The project was created with the intention of bridging the gap that often exists between children and their incarcerated parents, helping parents cultivate positive relationships with their children, and helping children to feel loved and connected to their parents. Volunteers from RSVP, New Leaf-New Life, and the UU Church will develop different craft projects for the inmates to personalize and gift to their children. Volunteers will prepare the crafts, work alongside inmates as they personalize the items, and wrap and deliver the gifts. Overwhelming success occurred in December when inmates decorated pillow cases to give their children for Christmas. Imagine going to bed every night with the feeling of closeness and care...a perfect recipe for sweet dreams and a deepened relationship. If you would like to be a part of this meaningful, significant, and exciting new project, please call Christine at 812-876-3383!

### SERVICE #5: RSVP America Reads

When you were in 4th grade, could you read? If so, consider yourself privileged. Unfortunately, not every child is so fortunate. Even worse, an inability to read by grade 4 has a ripple effect throughout children's lives—more disciplinary problems, low self esteem, social insecurities, decreased likelihood for success, increased dropout rate, and increased chances for incarceration later in life. Amazingly enough, 1 volunteer giving 1 hour each week could prevent this for a child. And, fortunately, more than 50 RSVP America Reads Tutors are currently serving in Monroe and Owen County schools to give these children a chance to succeed. If you have 1 hour each week, please consider how you can make a profound and lasting impact in a child's life. Volunteer as an America Reads tutor. No



Photo by Christine McKenna

RSVP volunteers Barbara Black (top) and Lilian Dawkins (bottom) work with children and others as part of their job.



experience is necessary, and training is provided. All these children need is someone to be patient, to care, and to show up. If your child is in need of an America Reads Tutor, please talk to your principal about getting connected, or call our office at 812-876-3383 and ask for Michelle.

### SERVICE #6 RSVP Employment Program

Are you looking for a job? Here at RSVP, we know that having someone to help in the process of looking, preparing, and applying for a job can make all the difference. Caring Job Coaches can help

you create a resume, prepare for an interview, and apply for jobs that match your skills. Our services are free, nondiscriminatory, confidential, and effective. You can currently visit us at the Shalom Community Center (219 East Fourth Street, Bloomington) from 10-12, Monday-Friday. Just ask for "Job Links." You may also call 812-876-3383 and speak to Norm Horrar about making an appointment at another convenient location. We are committed to helping people move out of unemployment and into financial freedom, independence, and greater life satisfaction. Call today to see how we can help YOU!

# Monroe County Wrap-Around helps children and families

By Robert S. Young, Director of Monroe County Wrap-Around

## *The Lost Child Fund: a Wrap-Around project*

By Joan Foor White

In May of 2003, my son died at the age of thirty from a drug-induced heart attack. Given that I was not able to go back in time and fix things that may have been contributing factors in the sad progression of his life, I wanted to try and make things better for someone out there, hence the implication of the name of the Lost Child Fund.

Arriving at the Monroe County division of family and children, I met Lindsey Smith and asked him if I could somehow set up a fund which would give monetary support to single working parents for child care while they are working. He immediately referred me to Wrap-Around. They have allowed me to establish a fund into which ALL of the money is guaranteed to go directly to those for whom it is intended. HOORAY! If you would like to contribute to the Lost Child Fund, contact Monroe County Wrap-Around at Center for Behavioral Health, 645 S. Rogers, 47403, 337-2418, wrap-around@hotmail.com.

645 S. Rogers Street  
812-337-2418

### What is Wrap-Around?

Wrap-Around is a planning process for children and families who have complex needs that cannot be met by traditional categorical services. The plan focuses on the strengths and needs of the individual family.

Children are most successful when they can maintain relationships with their fam-

ilies and or their communities. Wrap-Around stresses flexibility and creativity in meeting child and family needs through traditional and non-traditional means.

### How Does it Work?

Each family chooses their own Child-Family Team, which might include neighbors, teachers, friends, family or clergy. This team facilitated by the Wrap-Around Team Leader, develops a family driven

plan that "wraps" supports and services around the child. This team meets on a regular basis to review and revise the goals and progress of the team. There is no time limit for Wrap-Around services. Families set graduation goals and help determine when services are concluded.

### Who is Eligible?

Any family in Monroe County with a child from 0-21 who is involved in two or more agencies (Mental Health Special Education, Big Brothers/Big Sisters, etc.) is eligible for Wrap-Around.

### How is Wrap-Around Organized in Monroe County?

The process is organized around the Monroe County Wrap-Around Community Team, a wide array of providers, public officials, parents and other concerned citizens. This group supports the efforts of the child and family teams by assisting in identifying and accessing any additional needed resources. The Advisory Committee is made up of public offi-

cial and agency directors who address policy issues and foster interagency collaboration and cooperation. The Oversight Committee oversees the day-to-day operations, supervises staff, and monitors budgets and reviews outcomes. Wrap-Around Team Leaders facilitate team meetings, coordinate communication between providers, identify creative solutions, and manage flex-funds on behalf of child and family teams. The Flex-Fund Committee oversees requests and expenditures from the flex-fund, used for such as car repairs, childcare, rent for families when all other options have been exhausted.

### What is the Cost?

There is no cost to the family for Wrap-Around services.

### How is Wrap-Around Funded?

Wrap-Around is funded through a combination of community agencies and grants.

# HAND offers affordable, environmentally friendly housing

By Nathan Ringham, HAND

Showers City Hall Suite 130  
(812) 349-3401

[www.bloomington.in.gov/hand](http://www.bloomington.in.gov/hand)  
[hand@bloomington.in.gov](mailto:hand@bloomington.in.gov)

### What HAND does

Every day the City of Bloomington's Housing and Neighborhood Development (HAND) Department engages in a variety of activities to ensure Bloomington residents have access to quality, affordable housing. For instance, HAND administers the federal Community Development Block Grant and HOME Investment Partnership programs to assist with the creation and retention of affordable housing. HAND also offers counseling to both homebuyers and renters, enforces municipal code to guarantee the safety of rental housing, and coordinates programs to strengthen Bloomington's neighborhoods.

### EverGreen Village project

While all of these programs are vital to the creation of affordable housing opportunities, the most innovative and exciting project that HAND is pursuing is the development of EverGreen Village.

Located on South Rockport Road, EverGreen Village is a 12-unit subdivision featuring environmentally friendly houses. Each house will be constructed to meet Leadership in Energy and Environmental Design standards as set by the United States Green Building Council. This means that each house will include state-of-the-art features that ensure energy efficiency and environmental sustainability. For example, all houses will be equipped with photovoltaic panels that have been generously donated by Duke Energy. These panels, along with passive solar design, will dramatically lower the energy bills paid by homeowners.

Additionally, the houses at EverGreen Village will be equipped with Energy Star appliances. The Energy Star designation, which is awarded jointly by the U.S. Environmental Protection Agency and the U.S. Department of Energy, certifies that appliances utilize high levels of energy efficiency. As such, residents of EverGreen Village will consume up to one-third less energy and potentially spend hundreds less on energy bills annually.

EverGreen Village also features an environmentally friendly stormwater design system that includes a restored creek and naturalized rain gardens. When it rains, water will collect in the rain gardens, where native wetland plants reside. From the rain gardens, the water runs below a porous sidewalk that winds along side a nearby creek. The sidewalk is built atop several feet of gravel, which acts as a filter that cleans and cools the water before it

flows into a clean, restored creek.

While the sustainable aspects of EverGreen Village are exciting, the best thing about the new homes is that they will be sold at prices affordable to Bloomington families with moderate incomes. Every house will be sold to a family that makes less than 80 percent of the area median income. This means that a family of four with an income of less than \$47,300 will be able to buy a home at EverGreen Village. Because the homes will have lower energy costs than traditional homes, the families who live at EverGreen Village will have more disposable income.

EverGreen Village is just one example of how HAND and the City of Bloomington are committed to environmental sustainability as well as the development of affordable housing. For more information on EverGreen Village or other programs offered by HAND, contact us at the contacts listed above.

# Girls, Inc. serves as outlet for interaction

By Carletta F. Taylor, Director of Program Services, Girls Inc.

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www.girlsinc-monroe.org

Girls Incorporated is a national youth organization dedicated to inspiring girls to become strong, smart, and bold. Girls Incorporated of Monroe County provides after-school and summer day camp programs to girls aged 6 to 18. Additionally, we host volleyball, softball and basketball leagues for the same age group and will offer our inaugural Girls Inc. Dance program this spring. As a part of our ongoing efforts to create and provide programming to empower girls and encourage an equitable society, we conduct research on girls' issues and advocate for girls and their rights.

## Girl of the Month and Girl of the Year awards

Girls Incorporated is dedicated to awarding its members with the Girl of the Month and Girl of the Year title and plaque based upon specific criteria. Each month a Girls Incorporated member is selected by staff members to be honored as Girl of the Month based on the following:



**Right:** Members of Girls, Inc. play toss for chocolate during Chocloate Week in early February.  
**Left:** Alex Goodman (left) poses in a celebratory hug with Alex Sandy after she receives the 2006 Girls Incorporated of Monroe County Girl of the Year Award.

- \*Participation in classes and activities
- \*Helpful and friendly attitude
- \*Being a role model for other members through leadership, enthusiasm and cooperation
- \*Respectful and polite to club members,

visitors and staff

Members who display these qualifications throughout the entire year are then eligible for the Girl of the Year Award. This year Alex was chosen as Girl of the Year due to her ability to always keep a



Photos by Pam Kinnaman

positive attitude and outlook, her willingness to help, her constancy as a role model for new and young members, and her creative and often exciting perspective on inspiring others to live by and incorporate the Girls Incorporated mission. Continue to be strong, smart and bold Alex! Congratulations.

# BBBS makes a big difference in the community

By Carletta F. Taylor, Director of Program Services, Girls Inc.

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bbbs@bigsindiana.org  
www.bigsindiana.org

Big Brothers Big Sisters (BBBS) is the nation's oldest and largest youth mentoring organization. BBBS of South Central Indiana serves more than 1,000 children each year between the ages of 6-17 in Monroe and Owen counties through a variety of mentoring programs. There are currently more than 150 local children waiting to be matched with a Big Brother or Big Sister. Various volunteer opportunities are available to fit anyone's schedule and interests. There are two programs offered at local schools, a program at the Boys & Girls Club, the traditional community mentoring program, an opportunity for couples to mentor a child together, and a program for youth on the waiting list for a "Big." Some programs require a time-commitment of as little as a few hours each month.

"We want potential volunteers to know that they can make a positive impact on a child's life by just being there," says Liz Grenat, Executive Director of BBBS of



Photos by Pam Kinnaman

## BBBS pairing M. Gerth and B. Burris spend lots of time together.

South Central Indiana. "It's not about the type of activity they do together, but it's the time spent together that really makes a difference."

Recently several youth on the waiting list made posters depicting their "ideal" Big. Their refreshing insight and creativity help to articulate the true essence and

simplicity of BBBS programming. They do not have high demands or expectations, and as a community, we cannot let these youth down:

\*Nathanael's poster shares his desire for a Big Brother who likes roller and ice-skating, movies, computers, soccer and the

Colts. Why - because he enjoys those things!

\*Chelsey shared on her poster that she likes going to church, pizza, spaghetti, Chinese, several rap and R&B performers, ice cream, and watermelon. She'd like a Big Sister who likes music (especially rap), swimming, ice and roller-skating, making things (crafts) and animals.

\*E.J. enjoys origami, ice cream, tae kwon do, and several wrestlers. His "ideal" Big Brother is someone who enjoys soccer, football, wrestling and dodge ball.

\*Kevin hopes to be a teacher some day, but for the time being, he wants a Big Brother who likes sports, fishing, hiking and watching IU basketball games. He also enjoys the Colts, pizza and ice cream.

\*Finally, Brandon says he'd like to be matched with a Big Brother who isn't afraid of dogs; likes IU and the Colts; bowling; playing basketball; joking around; playing video games; and listening to music like Ozzy, Guns N Roses and ACDC.

See "BBBS," page 17

# PALS: Therapeutic animal encounters

By Carletta F. Taylor, ACSW, Director of Program Services

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pals@indiana.edu  
www.palstherapy.org

People and Animal Learning Services, Inc. (PALS) is dedicated to providing high quality, safe, educational, and fun therapeutic animal assisted activities such as therapeutic horseback riding, hippotherapy, animal care, and pet encounter therapy to children and adults with physical, learning, cognitive or emotional disabilities. PALS is the only nonprofit and NARHA Premier Accredited Center in Bloomington and the South Central Indiana area. In addition, PALS is a United Way of Monroe County Member Agency. PALS currently partners with many local agencies such as Stone Belt Arc, Inc., Options for Better Living, Girls Inc., Harmony School, Cristole Inc., and more.

Research has shown that equine assisted activities offer a beneficial form of exer-

cise and recreation: it strengthens muscles, improves coordination, decreases spasticity, and improves balance. It has also been shown to improve learning skills and short and long-term memory skills in individuals who have cognitive disabilities. The intensive personal interaction with instructors and volunteers helps build positive relationships, improves self-confidence, and provides a sense of independence and normality. For individuals with disabilities and special needs, the experience of riding on horseback gives a sense of freedom of movement and control that is difficult to attain in any other way. The dramatic changes and improvements in the physical, emotional and cognitive abilities of our riders always amaze parents, volunteers, instructors and even the riders themselves.

"The people that I have met have changed my life for the better." –PALS

rider

"It provides Jeff with the opportunity to be in control of a "vehicle". He will never be able to drive a car, but he can certainly steer a horse. He feels better about himself when he is in control." Lori N. – PALS parent

"After her first series of lessons, Lexy soon became strong enough to hold herself upright, and then developed enough trunk control to walk independently. Her overall balance and coordination are improving through continued therapeutic sessions, and she typically sings throughout her riding sessions with 'her' horse Dandy." Linda H. – PALS parent

For more information about PALS, or to volunteer, please contact us at the contacts listed at the beginning of this article. You can also learn more about PALS by visiting our Web site, also listed at the beginning of the article.



Photo submitted

A young rider enjoys his time at the PALS barn.

## New Leaf reports to Council about jail, re-entry programs

By Vid Beldavs, Administrative Director, Correctional Center Transformation and Re-Entry Project

(The following article is a summary of a report that Vid Beldavs gave to the County Council on March 13, 2007.)

A grant from the Indiana Criminal Justice Institute (ICJI) was awarded to Monroe County for the New Leaf – New Life project working with the Monroe County Correctional Center (MCCC). The purpose of the project is to develop a replicable model aimed at reducing recidivism from county jails. This grant is a Federal pass through with the funding coming from Residential Substance Abuse Treatment funds.

### Volunteer activity in the jail

#### \*Writing Programs

- \*Creative writing (Beth Barnett)
- \*Women Writing for a change (Beth Lodge-Rigal, Nancy Long, Amy Cornell)
- \*Communications between inmates and students (Terry Dibble, Fall semester)

- \*Drama (Susan Sandberg, Mark Helmsing, Joan White)
- \*Bingo (Wain Martin)
- \*Electrician / work skills training (Marc Haggerty)
- \*Transition Program – an average of 20 volunteers from Bill Head's Criminal Justice class at IU and about 20 other volunteers from the community have been involved.
- \*Intake and Impact Programs (Hal Taylor, Velma Davis, Tania Karnofsky, Shari Ring, Dorian Gossy)
- \*Life Renewal Training (Hal Taylor, and Jim Hart)
- \*Yoga / Finding Inner Peace (Barbara Lantz)
- \*Choral Singing (Kat Domingo)
- Interpretive dance (Lisa Napoli)
- \*Family program (1) – readings recorded for children by incarcerated parents (Charles Pope)
- \*Family program (2) - decorating pillow-cases by inmates with preparation work by

Area 10 Council for Aging volunteers.

\*Computer analysis of jail population / trends (Charles Pope)

\*Education talks on effects of drugs on brain (Jill Taylor)

### Project goals

**Goal 1:** Implement a Community Model (CM) approach in the Monroe County Corrections Center (MCCC) that reduces overcrowding and recidivism while increasing the safety and security of the community as well as of jail staff and inmates while reducing costs. (To find out more about the CM program, please see p.10.)

\*An agreement was negotiated between Monroe County and New Leaf – New Life, Inc. and funds were appropriated from the grant to implement the project. Contracts were signed with contractors including Vid Beldavs, as Project Director – Administrative, and the Center for Ther-

apeutic Justice (CFTJ), the developer of the Community Model approach.

\*The men's CM pod in the jail was activated in August in cellblock F. Carrie Williams was hired as Community Manager and training materials were secured for use in the pod and programming got underway. The women's CM pod with a capacity of 6 was activated in December in cell block E and Shari Ring was hired as the second Community Manager after initial experience as a social worker intern on a practicum. Certificate ceremonies are held every six weeks to celebrate achievements by the inmates in the CM program. The first two had only men while the last two have had both men and women.

\*FORWARD PLANNING – The men's pod will be expanded to about 25 in the near term future with an expectation of 50 inmates involved in the CM program by the end of the project's first year.

See "Report," page 22

### BBBS

Continued from page 16

Even though there are many children still waiting for a Big Brother or Big Sister, BBBS experienced success and significant growth in 2006. Overall, we matched 927 youth with a Big, marking a 30.5% increase from the number of matches made in 2005. The 2006 Edward Jones' Bowl for Kids' Sake campaign was our most successful in history with more than 200 teams working to raise \$166,000 in pledges!

Bigs and Littles enjoyed lots of fun activities together in 2006, including a summer picnic, fishing at Lake Lemon, tailgate and IU football game, holiday parties, and lots of activities on their own. In the fall, IU Football Coach Terry Hoepfner served as the honorary chairperson of our fall volunteer recruitment drive, "50 Men in 50 Days." With his influence, 53 men stepped up to volunteer as mentors. One of our proudest accomplishments during 2006 was exceeding the goal that we had set for 2010 to serve

at least 850 local youth (more than 3 years ahead of schedule!)

Our one-to-one mentoring programs make a huge difference in the lives of local youth. Along with national research that demonstrates the positive impact of BBBS mentoring, local analysis of each of our programs showed that children matched with a Big Brother or Sister for a minimum of one year:

- \*75% demonstrate improved relationship to family
- \*75% improve their school performance
- \*40% develop improved educational and career goals
- \*95% show marked increase in self-esteem

To learn more about becoming a Big Brother or Big Sister, please contact the office at the contacts listed at the beginning of this article. You can also get more information by visiting the Web site listed at the beginning of this article.

# Library reaches out to underserved populations

303 E. Kirkwood Avenue  
(812) 349-3050  
www.mcpl.info

By Margaret Harter, Community Relations Coordinator, Monroe County Public Library

Orchard Glen Apartments, Arbor Glen, Countryview Apartments, and Heatherwood Community.

What is the Monroe County Public Library? For many it is the Main Library facility or the Ellettsville Branch. But, for others, it is the Bookmobile, Outreach Van, Homebound service and Jail service. It is the library reaching out and coming to them when it is very difficult, or not possible, for them to come to a library facility. MCPL's Outreach Services are growing. They are vital to achieving the library's mission of providing "equitable access to information" and "opportunities for lifelong learning, enrichment and enjoyment."

## Bookmobile

The Bookmobile makes 27 stops around the county each week carrying 3,000 items, including books, magazines, DVDs, and more for all ages. In 2006, Bookmobile circulation was 71,528. In the winter, adults and teens can participate in the library's Winter Reading Program from the Bookmobile and enter prize drawings. In the summer, preschoolers through Grade 6 can be part of the Summer Reading Program and be awarded prizes for reading. And everyone who uses the Bookmobile can request any item from the library's collections that circulates.

Bookmobile stops include: Oakdale Square Apartments, Basswood Drive, Woodland Springs Apartments, Arlington Valley Park, Crestmont, Garden Hill,

## Outreach Van

Completing its second year of service, the Outreach Van now reaches most licensed childcare centers in the County, as well as Head Start classes, nursing homes and other senior facilities. There is a weekly lobby stop at St. Paul Catholic Center that targets the Spanish-speaking population. Circulation of library materials through Outreach Van service has more than doubled – up to 16,675 in 2006.

## Homebound Service

Homebound Service is the library's personalized delivery of materials to individuals confined to their places of residence due to physical disability, extended illness, or extreme transportation problems. Items are selected based on patron requests and preferences, and are delivered once a month. MCPL currently serves 75 patrons, 11 of whom are served by volunteers.

## Jail Service

Through a cooperative agreement with the Monroe County Correctional Center, the library provides library services to jail inmates. The Correctional Center funds the purchase of materials and makes space available, and MCPL staff select materials and assist inmates in funding the recreational and educational items they desire. Despite overcrowding and staffing shortages at the jail which forced the library to cut back service hours, Outreach Services saw an increase in circulation of 4.5% - up

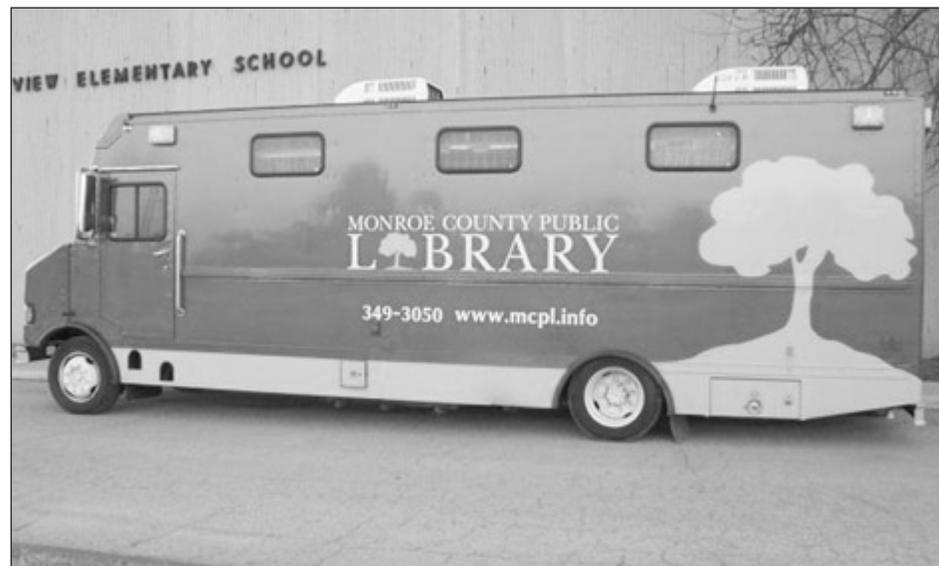


Photo submitted

The bookmobile gives patrons an easy way to check out books.

to 12,168.

## Website and The Library Channel (Channel 3)

The library reaches out to residents in two other ways: through its 24/7 website, www.mcpl.info, and through The Library Channel (Channel 3), a new cable television channel—part of Community Access Services (CATS) lineup of channels. The purpose of the new channel is to extend access to library programs and to promote reading. The Library Channel also records educational and cultural events in the community.

## Library cards

The public library strives to reach out to enrich the lives of the youngest to the oldest in our community. Library cards are free to county residents. Bilingual (English/Spanish) applications for cards are available through the Bookmobile.

## National Library Week

The theme of National Library Week, April 15-21, this year is "Come Together @ your library." One way MCPL brings everyone together is to bring the library to everyone.

# Salvation Army's focus is well-being of poor, homeless

By Monica Clemons, Social Service Coordinator and Peter Iversen, Community Service Director

111 North Rogers Street  
(812) 336-4310

Thrift Store: 115 North Rogers Street  
(812) 336-1366

www.bloomington.in.us/~salvarmy

## Assistance with food, clothing, and financial aid

The local Corps is celebrating its 100th Anniversary in March 2007 by renewing its focus on the health and well being of others. The Salvation Army continues the work it has performed for 100 years. The social service office located on the corner of Rogers and Kirkwood supplies the needy with food from its food pantry. Clothing and amenity vouchers are available to the Thrift store and generous donor contributions allow The Salvation Army to provide emergency financial assistance.

## Help in finding employment, provision of child care for working parents

Along with assistance with food, clothing and financial aid to those in need, the local office is renewing its

focus on helping individuals find employment. Resources and referral to employment opportunities are offered through the Social Services office and local job listings are updated each week, including information on scholarships and apprenticeship programs. Meanwhile The Salvation Army's Child Care Connection provides a safe and caring daycare for children of working families. Allowing parents to work without worrying about childcare is an integral part of the mental health of families. Through these services The Salvation Army encourages clients to think about next month and working towards self-sufficiency.

## Health care, health-focused activities

The local office is also renewing its efforts to care for the health of clients. For many women the last time they saw a doctor was in the delivery room. The Social Services caseworker can now refer women to a local clinic where many diagnostic tests can be given to detect diabetes,

STD's, pre-cancer screenings such as pap smears and mammograms. Cost for these services are based on income and can be free. The Community Center aims to be preventative by opening its gymnasium to members of the community. Currently individuals of all ages, skill and ability participate in volleyball and basketball leagues. Youth activities also fill the gymnasium with active games promoting a healthy lifestyle. The future will hold many more of these health focused activities for low-income families and their children.

## Community bulletin board provides information about services available in Monroe County

The Salvation Army community bulletin board contains updated weekly listing of the many free or minimal cost services available in Monroe County. Help with obtaining and understanding your credit report and where to go to double your grocery monies are just a few of the latest

postings. As always, The Salvation Army Thrift Store provides clothing and household items at affordable prices.

## Bible study, church services, Christian counsel

Lastly, faith is an important component of health and well-being. Studies have shown that in addition to seeking medical help, prayer has beneficial effects. Everyone is invited to attend bible study, church service or come in for free Christian counsel. The social service office has an anonymous prayer box into which anyone may write their prayer requests and every Sunday the Salvation Army church will pray for these concerns.

## Accessing services

To access any of the above services stop by the office at 111 North Rogers, Bloomington between 9:00 a.m. and 4 p.m. daily. Additionally, you may call or email us at the contacts listed at the beginning of this article.

# Volunteer explains why she works with Shalom

By Nancy Rayfield, volunteer at the Hospitality Desk

I was walking down Kirkwood Avenue one day when a voice greeted me, "Hey, Girl! How ya' doin'?" A warm friendly surprise. I turned to see a Shalom Center guest who recognized me as one of the Hospitality Desk volunteers there.

A Hospitality Desk sounds very proper - only a receptionist sitting at a telephone, which is not a true view of welcome at Shalom Center. Volunteers at that desk are in the midst of a whirlwind, with little chance to sit. There are phone calls to answer, then guests to be hunted for, or messages taken... mail to sort and hand out... long-term storage (BIG boxes) and short-term storage to stow... towels, soap, shampoo, and clean flip-flops to give to shower takers... detergent for laundry users... Band-aids, stationary, razors,

toothpaste, etc. etc. all manner of useful things requested. ("Where are the Q-tips? Is there a plastic bag?") In the family room all sizes of diapers are available ("Are there any baby-wipes left?")

Running the elevator switch helps handicapped folks get downstairs to where we are. The coffee urn needs to be filled and started perking in time to replace the big urn just emptied in the lounge room. Many guests want to make appointments to talk with



Photo by Pam Kinaman  
Nancy Rayfield is a volunteer at the Shalom Community Center.

a counselor. ("Are there any gas vouchers left?") Often there are not. "Is the Job Links counselor in today?" He's here every day!

The excitement comes when all these things have to be done at once. Two or three volunteers at a time can manage it, but the space in which we work is

too small for more hands. I'm glad that the guests are so patient, waiting their turn, and always being appreciative. They help each other with advice, or explaining bus

routes to unfamiliar places. They help us locate someone wanted on the phone, with callers glad to be put on "Hold." Some moments there is time to chat and hear the stories guests can tell. Those are the special interesting times.

There are many reasons to enjoy volunteering at Shalom. For me it keeps retirement days from being wasted. It gives me a chance to get acquainted with the variety of people with whom I work, many of them University students, and other retirees. Best of all I find it a chance to have a new group of friends that I'm always meeting around town, and to be able to return a friendly street greeting, with "I'm fine! How's yourself?"

## A simple kindness: Shalom guest talks about experience

By Kent Johnson, Shalom guest

I woke up the day after Christmas from a terrible nightmare... I dreamed that the company I worked for had laid me off during the summer, leaving me penniless and homeless in a strange town without any of my old friends or family near. The summer heat was unbearable, and I had nothing but the clothes I wore and a Red Guitar. In a dream-state, I wandered the streets for many months, eating in soup-kitchens and sleeping in alleyways and homeless shelters, or in the fields under the night stars. No one seemed to see or hear me as the days ran together with nowhere to go and nothing to hope for in the future.

Christmas Day arrived without warning, and I found myself walking into a large, open room filled with tables and chairs. Piano music drifted on the air, with Christmas Carol melodies played on a distant accordion. I moved to the center of the room, and sat in a comfortable chair, with my back to a large pillar. (Hey, I am from Chicago, ya know.) A very long table suddenly appeared on the far east end of the room. I began to feel very hungry, and was drawn towards it. Everywhere there were servants waiting... As I approached the long table,

A banquet began to lay itself out before me. There was turkey and ham and pota-

toes and gravy and three kinds of dressing and casseroles and bread loaves of all kinds and tray upon tray of dessert delicacies spilling out for my delight. One dish was strange to me, so I asked one of my many servants to tell me about it. Apparently made from the egg of the hen, and some deep-sea creature whose hideous description made me think it did not give up easily to its captors. Crab quiche the maiden had called the dish. I could do nothing but consent to taste the thing that so many courageous men had fought to bring to my table.

Returning to my seat, I had begun to eat when a Navajo silently approached me, asking if he could play the Red Guitar. "Yes", I said, and he took the Red Guitar off with him toward the music, which now had three voices singing ancient spiritual songs. A man appeared in the chair next to mine, and I somehow sensed he was of the same profession as I: listening. We spoke for hours, oblivious to the people all around us. I told him tales of old, and he must have been very good at listening, for my life has little experience of note, and not once did he show any sign of boredom or impatience. Quite the opposite, in fact, I felt strangely comfortable in the warm presence of this friendly stranger. A woman came to the table, bearing gifts

for me from the far northwest lands of the realm. She seemed related to the stranger in some mystical way I could not fathom. Abruptly I began to play the Red Guitar, and sing out the quiet song of my heart and soul. People began to sit around the table listening, and a beautiful song-bird flitted brightly about, voicing the lovely melody of Rosalee, which I dearly hope to one day hear again and again. The happy song-angel landed there, and graced our table with warm, joyous beauty! A woman with curling, red hair stepped into view, and I immediately rose, removing the magic amulet on the silver chain that hung from my own neck, and placed it around hers. The charm must have had some magic left in it, for she began to smile and joined us all at the table. I sang for what must have been hours. One of the strangers never opened his eyes, as if he were creating a world of his own, making it from the very words and melodies in the air. I blinked, and it was all gone... I walked into the cold night rain, a cigarette dangling from my lips, the Red Guitar and me, my footsteps echoing off stone walls down the empty street of Kirkwood....

Well, that kinda' sums up my Christmas... This was one of the finest Christmas gifts I have ever been given. Though that may sound sad to some, that the high



point of someone's year came in the form of a dinner for Bloomington's homeless community, contrast that with sitting in a barren apartment, alone and unwanted, and singing to try to overcome the sound of not having any family or friends around me for the holidays. Not so sad after all, eh? No word of thanks could ever be enough to show to what depths those simple kindnesses reached in my heart!

## Community Kitchen: Saying no to hunger

By Caroline Daly, SPEA intern for Community Kitchen

Kitchen, 917 S. Rogers St.  
Express, 1100 W. 11th St.  
332-0999

[www.monroecommunitykitchen.com](http://www.monroecommunitykitchen.com)

### Food programs

**General meal service.** Community Kitchen of Monroe County, Inc. was incorporated as a non-profit organization on June 21, 1983. Since then, the Kitchen

has continued to serve free, nutritious meals to anyone in need with no fees or eligibility requirements. Dine in and carryout meals are available from our two locations on 917 South Rogers and 1100 West 11th street from 4:00 to 6:00 p.m., Monday through Saturday. The target population of Community Kitchen includes: low-income and unemployed public assistance recipients, the homeless, the

mentally, emotionally, and physically challenged, working-class poor, the elderly, and at-risk children. In 2006, Community Kitchen served 131,145 meals-an average of 418 meals a day! Of those meals, 32% were distributed to children and another 28% to seniors. The mission of Community Kitchen is "to work alone and in collaboration with others to eliminate hunger in Monroe

County, through direct service, education and advocacy."

**Partnership with Positive Link.** Community Kitchen also began Nutrition Links in August of 2006 in partnership with Positive Link, through which meals are delivered to local homebound AIDS patients.

See "Kitchen," page 20

# Abilities Unlimited supplies services to the disabled

By Lynne Argent, Executive Director

This article was originally published in the December 2006 edition of Safety-Net.

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<http://www.abilitiesunlimited.net>

Abilities Unlimited Inc. (originally the Monroe County Society for Crippled Children and Adults) has been an active non profit since 1954. Though a lot has changed since the early days when Mrs. Eva Matney kept medical equipment supplies in her garage, some things have remained constant.

Like its forerunner, Abilities Unlimited supplies direct services to citizens with disabilities. This includes the elderly, who may be experiencing disabilities brought on by age related problems. Although the bulk of Abilities services are directed at Monroe County residents, they also supply services and referrals to residents of surrounding counties. Abilities works directly with medical personnel and with other non profit agencies to help meet various emergency and long-term needs of

people with temporary or permanent disabilities.

Abilities' longest running and most utilized service is the loan of durable medical equipment. For a person recovering from an accident or illness, having access to a wheelchair, walker, bath seat, or other assistive aids makes the transition from hospital to home much simpler. When they have recuperated, they simply return the equipment they have borrowed to Abilities Unlimited. It is then sanitized and repaired (if necessary) and loaned out again.

For low income persons, who do not have insurance or who do not fit the requirements to have medical equipment prescriptions filled through Medicaid/Medicare, Abilities will loan them equipment for as long as they may need it. Abilities has over two thousand pieces of medical equipment loaned out to individuals in Monroe and the surrounding counties.

There are no fees for any of Abilities' services. The funding Abilities Unlimited receives from the Monroe County United

Way is used for general operations, advocacy, referral, and support. Abilities depends on financial donations from service clubs and individuals, and on donations of gently used equipment to keep the Equipment Loan Service running.

Since the early 90's, Abilities Unlimited and the City of Bloomington's Housing and Neighborhood Development Department (H.A.N.D.) have been working together to supply Home Modifications for Accessible Living to low income City of Bloomington residents. The funding for this service comes from a Community Development Block Grant.

These accessibility modifications may be as simple as replacing regular sink taps with levered handles and installing grab bars in the bathroom. Other modifications may involve a complete bathroom or kitchen make over. Wheelchair ramps, bathroom renovations, and safety railings are the most requested items.

Abilities Unlimited does the initial home visits, intakes, and the needs assessments. The paperwork is then passed on to

H.A.N.D. They hire the contractors and oversee the work. Abilities Unlimited and H.A.N.D. have found that this method of supplying the service runs very efficiently. A few years ago, Home Modifications for Accessible Living won the Herman P. Guenther Award for best use of government funds.

Back in the days of the Monroe County Society for Crippled Children and Adults, the organization realized that there was a need to assist children with disabilities, who wished to attend summer camps. In the early years of the Society, few camps offered services for children with disabilities. Now, most summer camps are inclusive.

Abilities Unlimited has continued the tradition of offering camp scholarships (Camperships) to young people with disabilities, so that they may attend the summer camp of their choice. Funding for Camperships comes directly from donations from individuals and community organizations.

See "Abilities," page 21

## Kitchen

Continued from page seven

## Feed Our Future food program.

In addition to our free meal service, Community Kitchen operates many programs to serve those affected by poverty and homelessness. The Feed Our Future program is aimed at providing nutritious meals to at-risk children and youth participating in non-profit youth programs. The programs we serve include: the Boy's and Girl's Club, Girls Inc., the Monroe County Community Corrections JAMS, Rhino's Youth Center, Broadview Teen Learning Center and the Middle Way House "On The Rise" youth program. The Feed Our Future program served 26,749 meals in 2006. A summer breakfast delivery program has been established to provide an extra source of nutrition to low-income children who are without school breakfast

and lunch programs during the summer months. Breakfasts are delivered to children in two youth serving programs and six low-income neighborhoods. More than 8,600 meals were served last year.

**Backpack Buddies program.** In our Backpack Buddies program, we send backpacks of food home with selected elementary school children on Friday afternoons to help their families with food needs over the weekend. The program completed its first year at Fairview Elementary in the 2005-2006 school year, and began serving Summit Elementary in the Fall of 2006. In all, 947 backpacks were distributed to children in 2006.

**Partnership with Area 10 Senior Citizens Nutrition project.** Community Kitchen also prepares meals for home-bound elderly on Christmas and Thanksgiving in conjunction with the Area 10

Senior Citizens Nutrition Project.

## Arts and crafts program

An arts and crafts program for children and adults is offered every Wednesday from 3:30 to 5:30 p.m. This program, sponsored by the BAAC through the John Waldron Arts Center, offers patrons the opportunity to express themselves through various arts and crafts projects. The program is free of charge.

## Donations and volunteering

Individuals and groups donate food, supplies, equipment and their service on a daily basis. Approximately 50% of Community Kitchen's financial support comes from private individuals. Churches, civic groups, and businesses combined, contribute another 6%. Local Township Trustees Dan Combs of Perry and Nancy Brinegar

of Bloomington generously support the Kitchen providing facilities and utilities free of charge. Volunteers are a crucial ingredient for the success of Community Kitchen. Throughout the day, volunteers donate their time in virtually all aspects of the agency including food preparation, meal serving, cleanup, administrative assistance and many other tasks. Volunteer shifts are Monday through Saturday, 11:30 am to 1:30 pm and 3:30 pm to 6:30 pm. Routinely, Community Kitchen has a shortage of volunteers during the summer months due to family vacations and the absence of students.

If you or your group would like to volunteer with Community Kitchen, please contact us at the contacts listed at the beginning of this article.

## Calendar of upcoming events

**Bloomington Volunteer Network Heart and Hand Awards**, April 3 at 7 p.m.; Bloomington High School South Carmichael Hall.

**National Volunteer Week**, April 15-21 - thank a volunteer for all of his or her

hard work!

**Volunteer Fair**, May 26; Farmer's Market.

**Habitat For Humanity Homeowner Information Meeting**, May

1, 6 p.m.; FUMC room 219

**Women's Build**, May 12-19.

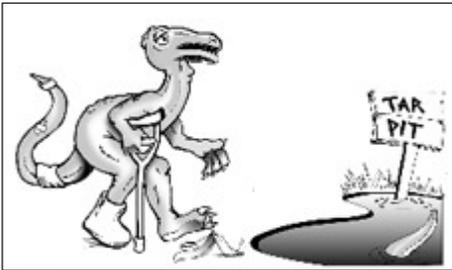
**Monroe County Public Library Storyhour Extravaganza**, April 25 and May 30; 303 E. Kirkwood Ave.

## Wonderlab

**Team Up! With IU Athletes**, selected weekends in April; Wonderlab.

# Why we need universal health insurance

By Robert Stone MD, Director, Hoosiers for a Commonsense Health Plan, State Coordinator, Indiana Chapter, Physicians for a National Health Program



Healthcare dinosaur stumbling toward the pit. Editorial cartoon by Ned Shaw.

This article was originally published in the December 2006 edition of Safety-Net.

[www.HCHP.info](http://www.HCHP.info)

Everyone has a story to tell, usually a horror story, about themselves or someone they know. About an outrageous medical bill. About not being able to afford health care. About being afraid of financial ruin due to illness or injury. I see it every day when I work in the ER at Bloomington Hospital, where I have worked the past 23 years.

Recently it was a young fellow who had torn his ACL, a knee ligament that doesn't heal without surgery when it's completely torn. Every time he steps wrong on his leg, the knee swells up and hurts for a week or two. The surgery would cost \$15,000. He lost his job that had insurance and his new

job doesn't offer any coverage. There's no way he can afford the surgery. He wants to have his life back, to be able to play softball, to be able to work, to be free of fear. He looked at me and asked, "What can I do, Doc? Do I have to keep re-injuring it until I'm completely crippled, go on welfare, and then finally get it fixed?" I had no answer for him. Maybe he can figure a way out of his predicament, and maybe he can't. We have no answer in our current system.

You have seen the miserable statistics by now: 46 million people in this country, 860 thousand in Indiana, and 15 thousand just in Monroe County have no health insurance. The Institute of Medicine, part of the National Institutes of Health, estimates that 18 thousand people a year die simply because they lack health insurance.

That's a September 11th catastrophe every two months, but we don't see it. People without insurance live sicker and die younger. And it's a myth that there is a safety net. In the ER, I work in the safety net. The reason they call it a "net" is because it is full of holes.

Even if you have insurance, it may not be good enough to protect you. If you have Medicaid, it can be hard to find a doctor who will take you. More and more folks find themselves under-insured, with skimpy policies and very high deductibles. To make it worse, insurance companies

have a way of canceling policies once you get sick or injured. The cost of insurance is rising much faster than wages or inflation. Small businesses find it harder and harder to cover their employees. The whole system is collapsing.

Here in Monroe County we have seen the community come together around a new entity to serve the uninsured, the Volunteers in Medicine Clinic, which will expand upon our current Community Health Access Program Clinic. We are making a significant effort to address the problems of the uninsured at the local level. We have formed a partnership between the hospital, physicians, and the community, with the support of government, business, and individuals that has proven potent and exhilarating. This is something that we can and will accomplish. But we understand at the same time that there are larger, systemic problems we need to consider.

Hoosiers for a Commonsense Health Plan (HCHP.info) is an Indiana group of health care workers and other interested people working for universal health insurance in the state and at the national level. We urge citizens to get involved, educate themselves, and spread the word. It will take a grassroots effort and a lot of work. In Canada, their national system started in the province of Saskatchewan and then spread to the entire country. We want to

push the Indiana legislature to solve this problem, and our congressional representatives in Washington as well.

There are so many problems we face that could be solved if we just had enough money. This isn't one of them. We are already spending enough money on health care. In fact, in the US we spend twice as much per capita as the other wealthy democracies, all of which cover everyone in their populations, and they have better health statistics than we have, better life expectancy, better infant mortality, and so on. Our problem is that we spend too much money on overhead, inefficiency, and profit. 31% of our health care dollars go to overhead, mostly to the private insurance companies. Have you heard how profitable Wellpoint/Anthem in Indianapolis is? They have been reporting record earnings this year, and last year their CEO made \$25 million. Many studies have shown that if we ran our system as efficiently as Medicare, which runs at about 3% overhead, we would have enough money to cover everyone and have money left over!

Health care for all is an idea whose time has come. It is not a Democratic issue or a Republican issue. It is an idea to unite us, not divide us. This is the real national security issue. Read more about it in this issue of The Safety Net. Go to our web page, contact us, get involved, make your voice heard, make a difference!

## Volunteer Network has a job for everyone

By Bet Savich, Director, City of Bloomington Volunteer Network

401 N. Morton Street, Ste 260  
(812) 349-3472  
[volunteer@bloomington.in.gov](mailto:volunteer@bloomington.in.gov)  
[www.bloomington.in.gov/volunteer](http://www.bloomington.in.gov/volunteer)

### History

In their book, *By the People: A History of Americans as Volunteers*, Susan Ellis and Katherine Campbell tell the story of visionaries – the multitude of citizens who fall between the lines of history books but stood on the front lines while history was being made. The authors recount how Americans affirmed their rights and responsibilities as citizens by becoming involved, shaping their own futures, and sparking cycles of social innovation.

The cycle begins with one or two people seeing a need before anyone else and starting to shout about it. These first agitators are often met with hostility. After all, who

are they to tell us that spousal abuse is a serious problem? That we don't know how to treat the dying and their families? That AIDS is an epidemic? It may take a long time for pioneering volunteers to break out of isolation. It takes courage and staying power, and not necessarily money. Passion drives the activity and these volunteers accept the role of mavericks.

Next, others start to see the validity of the cause and raise the decibel level. The visionaries, who succeeded in articulating something that others also see, begin to attract a few followers. This small band of volunteers supports one another and develops some synergy to move their plans forward.

Eventually, more volunteers join in and social approval follows. At some hard-to-define stage, the core of founding volunteers realizes that the cause has reached

critical mass. Enough new supporters have joined in the cause that the organization is no longer "underground" and is even gaining in popularity. There are enough hands to start new projects. Enthusiasm and a sense of accomplishment keep volunteers engaged. An institution may be formed and the cycle begins again as a new set of volunteers sees the need for more change.

Too often the impact of volunteers has been "lost history," implied, but not recognized. But in actuality, every time we speak of a social "movement" we are talking about the cumulative effect of the efforts of countless citizens on behalf of their beliefs, above and beyond what they did to earn a living: activists, visionaries and volunteers. [Excerpted with permission from *By the People: A History of Americans as Volunteers*; Susan J. Ellis and Katherine H. Campbell; Energize, Inc., 2005; [www.energizeinc.com](http://www.energizeinc.com)]

Other available services may include advocacy or referral and assistance in developing or finding the needed support groups.

Abilities Unlimited works with individuals with disabilities, their families, other service providers, and the community at large, to promote awareness of the needs of persons with disabilities.

### Hard Facts

From October 2005 to September 2006, both the number of volunteers and the volunteer rate were lower than in the previous year's timeframe. About 30 percent of women and 23 percent of men did volunteer work, down from 32 and 25 percent, respectively. Volunteers spent a median of 52 hours on volunteer activities during the

period. [Volunteering in the United States, 2006; Bureau of Labor Statistics, U.S. Department of Labor] We don't know why this decline occurred, but we do know that we need to reverse it!

### National Volunteer Week

National Volunteer Week, April 15 to 21, is the time to think about and thank one of America's most valuable assets – volunteers – and call the public's attention to all that they do to improve our communities. This year's theme, "Inspire by Example," truly reflects the power volunteers have to inspire others to serve. In addition, the City of Bloomington has designated April as "Be Involved Bloomington" month – a perfect fit for our active community!

### City of Bloomington Volunteer Network

The Volunteer Network mobilizes volunteers to address community issues and build on community assets. We can help you find individuals who are concerned about the same issues that are important to you. We can help you find the organizations they have built and the ones they are building. These organizations need you to find them – to bring your hopes and dreams for a better society – so that we can build that society together.

### Abilities

Continued from page 20

Abilities Unlimited also maintains a large database

of information resources, related to the concerns of persons with disabilities and their families. They presently facilitate a Head Injury Support Group and a Chronic Pain and Fibromyalgia Information Ser-

## Report

Continued from page 17

### Goal 2.

Integrate CM with re-entry,

addictions treatment, and inmate training and development programs in place or under development by MCCC in cooperation with New Leaf – New Life, Shalom, Center for Behavioral Health and other agencies.

\*Intake program – trains inmates to succeed in jail – it offers a series of workshops on skills such as relaxation techniques and anger management that help inmates deal with incarceration in a positive way. It launched January 2007. This program starts the inmates on re-entry from the point that they enter the jail. The intake program is followed by another one named Impact by the inmates. In Impact the inmates begin working with a Planning Workbook developed by CFTJ.

\*Transition program – connects inmates with support outside the jail and helps them to develop a reentry plan.

\*Crossroads – support group outside of the jail run by ex-offenders with volunteer support. Probation, CBH, Amethyst House, Shalom Center and other organizations refer people to Crossroads as does MCCC.

\*FORWARD PLANNING – Family support and parent education and Thresholds – six week cognitive / behavioral decision making training one on one that can be managed by volunteers. Training session planned mid-April for 20 volunteers.

\*Ruth Andrews contracted to develop approaches to measuring success including reduction of recidivism and improvements in the culture in the jail. Compare jail incidents with two years ago.

**Goal 3.** Evaluate the implementation of CM to establish it as an evidence-based, best practices model for incarceration of non-violent offenders in county jails. (Activity takes place largely over years 2,3 and 4). (largely dependent upon additional funding --- grant has \$10,000).

FORWARD PLANNING – Implement URICA psychological assessment scales at phases in programming in the jail starting with Intake.

**Goal 4.** Develop documentation including web-based materials and standards so that corrections officers and staff can be

trained including other jails throughout Indiana and beyond. (After conclusion of year 1 of the project dependent on additional funding.)

\*Policy and procedure manual on wiki – <http://newleaf-newlife.pbwiki.com>

**Goal 5.** Implement CM in three or more other jails in Indiana. (Year 2 and beyond) (After conclusion of year 1 of the project dependent on additional funding.)

\*Contacts are being made through the Indiana Sheriff's Association with the assistance of Jack Harlow.

### Community Model (CM) Programming Summary

The end of February marks the end of the seventh month that the men's AIR Program has been working together as a community model therapeutic community under MCCC CFTJ guidelines. It also marks the end of the second six weeks of the women's community HEAL Program (Help End Addictive Living). A certificate ceremony was held on March 2, 2007.

This was the fourth ceremony for the AIR Program participants, and the second ceremony to include the HEAL Program participants. The March 2 Ceremony was attended by judges Kenneth Todd and Theresa Harper as well as Sophia Travis and Warren Henager (members of the County Council) and Susan Sandburg (City Council).

February ended with F block remaining filled to capacity with 11 participants. Of those 11, one gentleman has been involved with the program since its onset last July. During February one AIR participant went to work release, two were voted out by the community, two requested to return to the jail population, one participant went to the Recovery House and is now at the men's Amethyst House, one went to Volunteers of America, and one other participant went to long term treatment. Since the AIR program started August 4, services have been provided to 43 men total.

The HEAL Program has been utilized by 26 different women since its onset on November 18, 2006. The HEAL Program currently houses 8 inmates – 2 of which are work release inmates One of the work release women chooses to take part in the program when she is at the jail during groups. Six women are working the program on a daily basis. The POD is currently full.

### Support from Churches, government agencies, Indiana University, and social service organizations

Area organizations and churches have been very cooperative offering volunteers meeting rooms (Trinity Episcopal), and financial assistance for special projects. Increasingly, New Leaf – New Life staff and volunteers are being asked to speak at or to participate in community events and programs relating to the criminal justice system, addictions and related problems. Work One provides an equipped office and administrative support for meetings with released offenders seeking work and other support. More than one department at Indiana University is involved and contributing volunteers, energy and donations. Prof. Bill Head's Criminal Justice class participates with an average of 20 volunteers per semester. The Computer Science Department of the School of Informatics contributed presents that were delivered to children with incarcerated parents. Big Brothers and Big Sisters has met with the Family Program committee to work on developing outreach to children of incarcerated parents. The United Way has helped with the distribution of age appropriate books to the children of incarcerated parents.

### Key to the long term success of the project is coordinated effort between programming in the jail and related reentry programming in the open community.

70% of the inmates in the jail are there as a result of addictions and substance abuse problems. Dr. Nora D. Volkow, Director of the National Institute of Drug Abuse states "Drug addiction is a brain disease that can be treated." Programming inside the jail must be carefully coordinated with programming outside of the jail in the open community. Such a high level of operational coordination will require a City – County Task Force on Reentry to become a force for change in the community. The Monroe County Criminal Justice Coordinating Council provides a framework for the creation of the Reentry Task Force.

In December 2006 New Leaf – New Life was a catalyst for a cooperative effort between the criminal justice and the mental health systems leading to Monroe County applying for a planning grant

to the Bureau of Justice Assistance to develop a strategy for coordination and cooperation among mental health providers and social services organizations with criminal justice agencies. If this grant is secured it would provide the resources to get the Reentry Task Force organized. In February 2007 New Leaf – New Life, Inc. submitted a proposal to the National Institute of Corrections for a cooperative agreement to develop a jail to community (JTC) model that could be applied by communities throughout the country. We know that major national organizations were competing for the grant and that our chances are slim, but we feel we had a very solid proposal that stressed community involvement in the process of creating an effective model for reentry of inmates to the life and work of the community. Work is underway on other grants to continue the current project and to expand into new directions.

New Leaf-New Life, Inc. has been approved as a placement for students doing practicums for Masters in Social Work at IUPUI.

### Citizens for Effective Justice

Parallel to the programming in the jail and open community programming coordinated through New Leaf – New Life, Inc., Citizens for Effective Justice (CEJ) has continued to meet every week working towards improvement and change in the criminal justice system. CEJ is an advocacy organization a group of whose members formed New Leaf – New Life, Inc. to implement a specific project. Two community forums were organized in 2006. The first in January 2006 led to the current project and the second on Re-entry Courts in September 2006 focused community attention on solutions to reentry. On February 24, 2007 CEJ organized a community forum on Lifting the Lifetime Ban on Public Assistance for people with a drug felony. While the ban is part of the Welfare Reform Act of 1996 states can exempt themselves from the ban in whole or in part. Indiana is one of 12 states that have not lifted the ban. CEJ volunteers are investigating other possibilities including a halfway house and conducting an employer survey to determine which businesses in the community would be open to hiring ex-offenders who want to work.

# Agency reference guide

For more extensive articles about these agencies, see earlier issues of Safety-Net at [www.shalomcommunitycenter.org](http://www.shalomcommunitycenter.org). To learn more about the agencies, and how to volunteer, please access their websites. Several of the agencies described below provide multiple services.

## Agency

## Service

**Amethyst House**  
**Area 10 Agency on Aging**  
**Backstreet Missions, Inc.**  
**Big Brothers Big Sisters**  
**Bloomington Meals on Wheels, Inc.**  
**Bloomington Hospital Positive Link**  
**Center for Behavioral Health (CBH)**  
**Community Kitchen**  
**Crisis Pregnancy Center**  
**Family Services Association/Mental Health Alliance (FSA/MHA)**  
**Housing and Neighborhood Development Department (HAND)**  
**Martha's House**  
**Middle Way House**  
**Monroe County United Ministries (MCUM)**  
**Monroe County Wrap-Around**  
**Mother Hubbard's Cupboard (MHC)**  
**Options for Better Living**  
**Planned Parenthood**  
**Retired and Senior Volunteer Program (RSVP)**  
**Rhino's Youth Center**  
**Salvation Army**  
**Shalom Community Center**  
**Stepping Stones, Inc.**  
**Stone Belt**  
**WorkOne**  
**Youth Services Bureau**

Transitional housing, addiction counseling  
 Provides services to elderly and disabled citizens in Monroe and Owen counties  
 Men's emergency shelter (crisis and 12 month program). Provides meals and other services  
 Matches adult volunteers and children  
 Provides nutritious meals to homebound people who are unable to cook for themselves  
 AIDS Service Organization. Provides testing, case management  
 Behavioral problems, Mental health treatment  
 Serves meals, Monday-Friday, 4 p.m.-6 p.m.  
 Provides multiple pregnancy services for new and expecting mothers  
 Individual, family counseling, mental health treatment, CASA  
 Affordable housing, housing counseling for individuals with housing needs or difficulties  
 Emergency Housing  
 Emergency housing for women who are victims of abuse or in danger  
 Emergency services to assist families, subsidized child care  
 Assistance to families and children, a multi-agency program  
 Food pantry for people in need  
 Assists disabled people in finding employment  
 Services include medical exams, counseling, pregnancy testing, birth control, abortion service  
 Opportunities for persons 55 and over to volunteer in the community  
 Community youth center  
 Emergency shelter, food pantry, other services  
 Serves breakfast and lunch, several on-site services, link to other agencies  
 Transitional housing, supportive services for youths, aged 16 to 21  
 Provides support for people with disabilities and families with young children  
 Assists people in finding employment  
 Youth shelter

**Amethyst House**  
 P.O. Box 11  
 (812) 336-3570  
[www.amethysthouse.org](http://www.amethysthouse.org)

Rural Transit bus service.

**Backstreet Missions, Inc**  
 215 Westplex Avenue  
 Bloomington, IN  
 PO Box 3297 Bloomington, IN 47402  
 (812) 333-1905  
[www.backstreet.org](http://www.backstreet.org)

Backstreet Missions is a men's shelter that serves the community by extending Christ's love in practical ways. Services include a crisis and 12 month housing program, meals, the provision of clothing, ministry to spiritual needs, job and life skill training, GED classes, and employment and volunteer opportunities. There is also a Thrift Store.

**645 S. Rogers Street**  
 (812)-339-1691  
[www.the-center.org](http://www.the-center.org)

The Center for Behavioral Health provides services for people with behavioral and mental health challenges, such as depression, stress, panic disorders, alcohol and chemical dependencies, phobias, child behavioral disorders, grief and loss, marital and family problems, and severe and persistent emotional disorders. Services provided include psychiatry, 24-hour emergency services, and vocational and residential services. CBH hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Appointments must be made for services in the evening and weekend.

Amethyst House provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates three transitional living facilities: (1) a men's 1/2 way house, (2) a women's 1/2 way house that serves women and their dependent children up to 6 years old, and (3) a men's 3/4 way house. Amethyst house also operates an outpatient treatment facility in Bloomington as well as in Evansville.

**Area 10 Agency on Aging**  
 630 W. Edgewood Drive  
 Ellettsville, IN 47429  
 (812)-876-3383  
[www.area10.bloomington.in.us](http://www.area10.bloomington.in.us)

Area 10 Agency on Aging offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen Counties. Services that can be accessed include in-home health-related services, home-delivered and congregate meal sites for the elderly, support groups, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, a Retired and Senior Volunteer Program, an Older Workers Program for those 55 and older seeking employment, recreational and arts programs at Area 10's Endwright Center in Ellettsville, and also manages the

**Bloomington Meals on Wheels, Inc.**  
[www.bloomington.in.us/~meals](http://www.bloomington.in.us/~meals)  
 email: [mow@bloomhealth.org](mailto:mow@bloomhealth.org)

Bloomington Meals on Wheels, Inc. Is a non-profit organization that provides nutritious meals to homebound people who are unable to cook for themselves. There are no age or economic restrictions. To find out more, and to enroll in the program call 323-4982 and leave a message. A volunteer will arrange for meal delivery and special dietary needs, explain the costs, and how payments can be made.

**Bloomington Hospital Positive Link**  
 333 E Miller Dr  
 812.353.9150

Bloomington Hospital Positive Link is the regional AIDS Service Organization providing HIV Prevention, Education and Testing, as well as Case Management Services, in south central Indiana. Positive Link provides free, confidential and anonymous HIV testing. In addition, staff can present educational sessions at community agencies or events on topics such as HIV Basics, STD Basics, Hepatitis, and others. For those infected with HIV, Positive Link provides intensive, specialized case management assisting individuals and families in accessing health care and medications, housing, nutrition, and other primary needs.

**Big Brothers Big Sisters (BBBS)**  
 418 S. Walnut Street  
 (812)-334-2828  
[www.bigsindiana.org](http://www.bigsindiana.org)

BBS matches adult volunteers with children ages six through seventeen in Monroe and Owen Counties. Volunteers mentor, bring support, and engage in fun activities with the children with whom they are matched. The "Bigs" meet with the "Littles" at school grounds and the Boys and Girls Club. For children who need and want a Big Brother or Sister, applications are available by calling 334-2828 or accessing the BBBS website ([www.bigsindiana.org](http://www.bigsindiana.org)). BBBS welcomes calls from parents, teachers, and individuals working with youth and families who are interested in the mentoring programs.

**Center for Behavioral Health (CBH)**

**Community Kitchen of Monroe County**  
 917 S. Rogers Street  
 (812) 332-0999  
[www.bloomington.in.us/~kitchen](http://www.bloomington.in.us/~kitchen)

The Community Kitchen of Monroe County serves free meals Monday through Saturday 4:00 p.m. to 6:00 p.m. Sit-down meals are served at 917 S. Rogers Street, and carry-out meals are served at the Express location, 1100 W. 11th Street. The Community Kitchen also provides meals for after-school programs at the Boys and Girls Club, The Rise, and Girls Inc. To volunteer individually, or as a group, for meal preparation or to help in serving, call the office manager at 332-0999.

See "Agencies," page 24

## Agencies

Continued from page 23

**Crisis Pregnancy Center**  
810 N. College Avenue  
(812) 334-0104; (812) 334-0055 (24-Hour-  
Helpline)  
[www.cpcBloomington.org](http://www.cpcBloomington.org)

Free programs and services provided include: pregnancy testing and counseling, material support, childbirth and parenting education. CPC operates Hannah House, a residential program for pregnant women and teenagers.

**Family Service Association and the Mental Health Alliance (FSA/MHA)**  
120 7th Street/One City Centre  
(812) 339-1551  
[www.monroementalhealth.com](http://www.monroementalhealth.com)

**FSA mission.** The FSA mission is strengthening the health quality of family life in its various styles and many relationships. The programs include Oak Tree Counseling (provides individual and family therapy), Court Appointed Special Advocates (CASA), who work with the Court to make recommendations for rehabilitative and protective services for children and families, and Families in Transition/Family Strengthening (provides parenting classes for both the community and for incarcerated parents.)

**MHA mission.** The MHA mission is promoting awareness in the prevention of mental illness. The programs include an Ombudsman Program (assists people involved with mental health services with respect to arbitration and conflict resolution with those services), Jail Diversion (a support network for services to this sector of the community), and support groups that provide education and advocacy for families and friends of persons coping with specific types of mental illnesses.

**Housing and Neighborhood Development Department (HAND)**  
Showers City Hall  
401 North Morton Street, Suite 130  
PO Box 100 Bloomington, IN 47402  
(812) 349-3401  
[hand@bloomington.in.gov](mailto:hand@bloomington.in.gov)

HAND creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues. In addition, HAND enforces the Property Maintenance Code and the City's weed and trash ordinances.

**Martha's House**  
1010 S. Walnut Street  
PO Box 2115  
(812) 336-2597

Martha's House is an emergency shelter with 28 beds for homeless men and women. Services provided include case management, food, and clothing. If you would like to make a donation or volunteer, call the executive director at 336-2597.

**Middle Way House**  
24 Hour Crisis Line: (812) 336-0846  
Website: [www.bloomington.in.us/~mwhouse](http://www.bloomington.in.us/~mwhouse)

Middle Way House is an emergency shelter that provides services to protect and help women who are victims of domestic violence and sexual assault, and women who feel they are in danger. Services include a safe place to stay, case management, in-house children's programs, legal advocacy. There is also a transitional housing program called The Rise which has self-contained apartments for families leaving abusive relationships. Women and their children can stay at The Rise for up to two years. If you are interested in volunteering or making a donation, call (812) 333-7404.

**Monroe County United Ministries (MCUM)**  
827 W. 14th Street  
(812) 339-3429  
[www.bloomington.in.us/~mcum](http://www.bloomington.in.us/~mcum)

MCUM provides a subsidized Child-Care Program for low-income families in Monroe County, which includes a year-round program for children two to six years old, and a summer camp subsidized child-care for children ages six to ten, when school is out of session. All care-givers in the families either work full time or attend school part-time and work part-time. There is also an Emergency Services Program that assists families who are experiencing a short-term crisis. The Emergency Services Program includes a food pantry, a clothing program, and financial assistance for rent or utility payments. If you would like to volunteer, call (812) 339-3429.

**Monroe County Wrap-Around**  
645 S. Rogers Street  
(812) 337-2225

Monroe County Wrap-Around is a multi-agency committee that provides needed services to families with children. For example; a case is brought to a particular agency, then a representative from that agency can present the case to Wrap-Around and all participating Wrap-Around agencies can play a role in coordinating help to the family in the most effective way. The planning process is done with the families "in the drivers seat". Each family identifies a "team" that works with them, and the team develops a plan based upon the strengths and needs of the specific family. Representatives from families also serve on committees that examine the policies and goals of Wrap-Around. This summer, the Lost Child Fund, which operates within Wrap-Around, is accepting funds to send children of working single parents to camp.

**Mother Hubbard's Cupboard (MHC)**  
1010 S. Walnut Street, Suite G  
(812) 355-6843  
[www.bloomington.in.us/~mhc](http://www.bloomington.in.us/~mhc)

Mother Hubbard's Cupboard is a food pantry that provides nutritious food to people in need. Most of the food is received from the Hoosier Hills Food Bank. MHC also operates a Nutrition Education Program and an organic Community Gardening Program. If you would like to volunteer, call (812) 335-6843 or view the website.

**Options for Better Living**  
200 East Winslow Road  
(812) 332-9615  
[www.optionsfbl.com](http://www.optionsfbl.com)

Options works with people with disabilities to find a job that matches their skills, and then works one-on-one with the person and the employer to create barrier-free work environments.

**Planned Parenthood**  
421 S. College Ave  
(812) 336-0219  
[www.ppin.org](http://www.ppin.org)

Planned Parenthood is one of the leading providers of health care in Bloomington. Services that are provided include pelvic exams, breast exams, testing and treatment of sexually transmitted infections, HIV testing and counseling, pregnancy tests, various types of birth control, emergency contraception (the "morning after pill"), as well as abortion services.

**Retired and Senior Volunteer Program (RSVP)**  
630 W. Edgewood Drive,  
Ellettsville, IN 47429  
(812) 876-3383

The Retired and Senior Volunteer Program of Monroe and Owen counties provides opportunities for persons 55 and over to provide a variety of services to the community, including: tutoring children in reading, helping to build houses, participating in neighborhood watch programs, delivering meals to the homebound, offering disaster relief to victims of natural disasters, and helping community organizations to operate more efficiently. RSVP assists volunteers in finding projects that match their interests and abilities. If you would like to volunteer, call (812) 876-3381 or email the Director, Christine McKenna: [cmckenna@area10.bloomington.in.us](mailto:cmckenna@area10.bloomington.in.us).

**Rhino's Youth Center**  
325 S. Walnut Street  
333-3430

Website: [www.rhinosyouthcenter.org](http://www.rhinosyouthcenter.org)

Rhino's Youth Center, which is a division of the Harmony Education Center, provides entertainment as well as other programs for the youth of our community in an alcohol, tobacco, and drug free environment. In addition to music and shows, Rhino's provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Media classes and practical applications, art programs, classes, workshops, mentoring, tutoring, Internet access, community service, one on one informal counseling, service referral, and more are available.

**The Salvation Army**  
111 N. Rogers Street  
(812) 336-4310

The Salvation Army in Bloomington provides a variety of services, including: food pantry, food vouchers, seasonal assistance, clothing, furniture, appliances, household items, hygiene items, rent/mortgage assistance, utility assistance, medical assistance, disaster relief, summer child care, after school programs, summer residential camps, adult programs, child care connection, nursing home visitation, gas vouchers, bus tickets, a place of worship, and a thrift store. All services are without charge with the exception of Child Care Connection, thrift store, and transitional housing.

**The Shalom Community Center**  
219 E. Fourth Street

110 S. Washington Street  
(812) 334-5728  
[www.shalomcommunitycenter.org](http://www.shalomcommunitycenter.org)

The Shalom Community Center is a daytime resource center for those experiencing homelessness and poverty. Its feeding program, which consists of breakfast from 8:00 a.m. to 9:30 a.m., and lunch from 12:00 p.m. to 1:30 p.m. Monday through Friday is located in the basement of the First United Methodist Church at 219 E. Fourth Street. Its other services, which include mail boxes, telephones, laundry and shower facilities, storage facilities, computer availability, diapers and other baby supplies, job counseling and placement, resume assistance, case-worker counseling, and meetings with representatives from other social service, non-profit agencies and the City of Bloomington, take place Monday through Friday from 9 a.m. to 4 p.m. at 110 S. Washington Street, across the street from the First United Methodist Church.

**Stepping Stones, Inc.**  
P.O. Box 1366  
339-9771

Stepping Stones, Inc. provides a transitional housing program and supportive services for young people aged young people aged 16-20 years old who are experiencing homelessness, in partnership with Youth Services Bureau.

**Stone Belt**  
2815 E. 10th St.  
(812) 332-2168

Stone Belt provides education and support for persons with disabilities as well as providing support for families of young children regardless of disabilities. Support includes a Residential Living program, employment, life skills training, parent and child development, and psychological services.

**WorkOne Center**  
450 Landmark Avenue  
(812) - 331-6000

WorkOne assists individuals and businesses in meeting their employment and training needs. WorkOne provides employment services, job counseling and assessment services, training services through WIA, older worker services through Experience Works, vocational rehabilitation services through Indiana Vocational Rehabilitation, veteran services and unemployment insurance benefits.

**Youth Services Bureau (YSB)**  
615 S. Adams Street  
(812) 349-2506  
[www.youthservicesbureau.net](http://www.youthservicesbureau.net)

The Youth Services Bureau operates a Youth Shelter that provides short term residential care and crisis intervention for youths ages 8 to 17. Services are provided for runaways, homeless, and youth in crisis or abusive situations at home. Services also include counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services. The Youth Outreach Program, in collaboration with MCCSC, works with suspended and expelled middle school youth, and provides these students with intensive, one-on-one teaching to help them keep up with their education while they are out of school.