California’s only Lifer-Specific advocacy group
Non-profit advocacy group formed in 2010 to address Lifer issues

From INSIDE…
Programming
Parole readiness
Legislation and laws
CDCR Policies and Procedures

…to OUTSIDE
Parole Conditions
Family reunification and counseling
Societal adjustment
Mentoring
What We Do

- Observe parole hearings
- Legislative tracking and hearings
- Seminars and programming inside
- Family seminars and counseling
- Transcript reviews by request to provide Lifer advice
- Interaction with other agencies and CDCR divisions
- Newsletter publication
OUR PUBLICATIONS

• California Lifer Newsletter
• Lifer-Line
• Handouts on over 150 subjects
Our Audience

- Life, LWOP and long-term DSL prisoners
- Lifer parolees
- Their families and loved ones
- Legislators
- Advocacy groups and coalitions
- The BPH
Programs Currently Offered

- Programming
  - Connecting the Dots
  - Amends
  - Mental Health
  - RISE
  - Denial Management
- Workbooks
  - Parole and Relapse Prevention Planning
  - Understanding Your CRA
  - Working Toward Parole
• **Goals:**
  • Finding the causative factors of criminal behavior and developing insight
  • Identifying triggers
  • Recognizing and learning to use rehabilitative tools for those triggers

• **Method:**
  • Self-examination and journaling
  • Essays proctored by review team
  • Feedback provided to student
  • Available as in-person workshops or correspondence courses

• Grounded in Cognitive Behavioral Therapy approach and the knowledge and experience of former Lifers
Amends

• **Goals:**
  - To write an appropriate and sincere apology letter to the victims and/or family of victim
  - Be able to understand and express empathy and remorse

• **Method:**
  - Study the elements of apologies and amends
  - Submit draft letters for review and comment by review team
  - Available as in-person workshop or correspondence course
Mental Health Project

• **Goals:**
  • Provide useful, positive programming
  • Broadening understanding of Depression and Anger Management, as well as Stress and Anxiety

• **Method:**
  • Provide self-study courses
  • Review assignments for appropriate responses from students
  • Done in-cell during COVID-19 shutdown
RISE
Rehabilitate Implement Succeed Excel

- **Goals:**
  - Provide a comprehensive 12-16-week course for students
  - Covering a range of topics from causative factors to stress of coming home

- **Method:**
  - 117-page workbook with weekly written assignments
  - Reviewed by a 3-member team providing comments, individualized feedback, and grades weekly
Denial Management

• **Goals:**
  • To provide understanding to students on how denial works and its impact on adverse behaviors
  • To provide tools to break the cycle of denial

• **Method:**
  • Identify personal denial methods through examples and self-reflection
  • Using CBT-based practices to intersect denial habits
  • Available as in-person workshop or correspondence course
Understanding Your CRA

• Informational primer explaining the process and use of CRAs in parole hearings
• Offering definitions and explanations of the terms used
• Developed in consultation with CDCR-experienced psychologists and LCSWs
Help and advice on putting together an individualized parole plan and relapse prevention plan
Working Toward Parole

- 12-page compendium of information on the parole process
- Providing an in-depth look at the timing and various stages of parole, both pre and post hearing
- Available to lifers by mail and families by mail or electronically

A primer for life-term inmates and families on understanding the parole process

LIFE SUPPORT ALLIANCE
& California Lifer Newsletter
*HOPE* *HELP* *HOME*
Looking Ahead: the Future for Our Programs and Packets

- Relationships
- Spanish language translations of current programs
- Programs targeting the specific needs and situations of women Lifers
- RAC credits for students in correspondence courses
Questions? Concerns? Suggestions?
Together we can do this, one step at a time

Thank you