



**LIFE SUPPORT ALLIANCE** \*HOPE\* \*HELP\* \*HOME\*

*a California Lifer Newsletter*  
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Since 2010 providing California lifers with  
**HOPE and HELP to come HOME**

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**Founded in 2010 to address a lack of understanding**

**From the INSIDE...**  
*Among lifers and families: About parole process  
What suitability means  
Hearing process and timing*



**From the OUTSIDE**  
*Lack of accurate information about lifers among the public, officials, legislators, news media.  
To be the often-unheard voice of lifers*



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**BEFORE WE COULD INFORM, WE HAD TO LEARN**

**EARLY ROADBLOCKS & WORK-AROUNDS**

- People
- Our own lack of knowledge
- Lack of transparency
- Lack of trust
- Exhausting our administrative remedies
- Persistence and insistence

**2011 CHANGE OF POLICY AND ADMINISTRATION**

- Real public access to transcripts
- Observing parole hearings
- Executive Board Meetings
- Conversations, studies of CRAs
- Understanding, agreeing to disagree
- A voice in the conversation

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**OUR MESSAGE TO THE LIFER POPULATION**

Parole suitability is no longer an ever-changing, unattainable target or based simply on luck

It is a process, understandable, attainable

The responsibility for achieving suitability lies not with the Board, so long as they follow the law, but with the individual in becoming rehabilitated

Families can be a substantial help to prisoners, but they too must understand the process, their role and their loved ones' responsibilities

LSA can help provide information about the process, rehabilitation methods and groups




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**Conveying our message to our audience by**

**LIFER-LINE, FREE MONTHLY NEWSLETTER. SENT TO 3,700 EMAIL ADDRESSES**



**CALIFORNIA LIFER NEWSLETTER, LSA ASSUMED PUBLICATION IN 2012; COVERING LEGAL CASES APPLICABLE TO LIFERS**



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**OTHER SERVICES OFFERED**

Correspondence: 500 letters/emails/calls

Monthly webinars for families

In-person workshops in 2/3 of current institutions since 2014

Weekly groups in 2 (soon to be 5) institutions

Correspondence courses, informational pamphlets on 150 subjects relative to parole readiness




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### Current Rehabilitative Programs Offered by LSA

- Programs
  - Connecting the Dots
  - The Amends Project
  - Power Struggle
  - Denial Management
  - RISE
  - Unraveling a Parole Hearing
- Workbooks
  - Parole and Release Prevention Planning
  - Understanding Your CRA
  - Working Toward Parole
  - Mental Health Project



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### Connecting the Dots (insight)

- **Goals:**
  - Finding the causative factors of criminal behavior and developing insight
  - Identifying triggers & tools
- **Method:**
  - Self-examination and journaling
  - Essays proctored by review team
  - Feedback provided to student
  - Available as in-person workshops or correspondence courses
  - Available thru in-person workshops or correspondence course
- Grounded in Cognitive Behavioral Therapy approach and the knowledge and experience of former Lifers



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### The Amends Project (apology)

- **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
  - Successful letters sent to OVSRS letter bank
- **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



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### Mental Health Project (self-care)

- **Goals:**
  - Provide useful, positive, in-cell programming during CoVid
  - Broadening understanding of Depression and Anger Management, as well as Stress and Anxiety
  - Created by CDCR psychologist, distributed by LSA
- **Method:**
  - Provide self-study courses
  - Review assignments for appropriate responses from students
  - Done in-cell during COVID-19 shutdown



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### R.I.S.E. Rehabilitate Implement Succeed Excel (causative factors, apology, domestic abuse, parole planning)

- **Goals:**
  - Provide a comprehensive 12-week course for students
  - Combines Connecting the Dots, the Amends Project, Power Struggle and parole planning
  - On-going at CMF for 6 years and currently in third session at SAC
- **Method:**
  - 100-page workbook with weekly written assignments
  - Homework required, reviewed and graded each week, with individual comments and corrections provided to students.



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### Denial Management (responsibility and accountability)

- **Goals:**
  - Understanding the cycle of denial, denial methods and its impact on adverse behaviors
  - Identifying an individual's habitual denial methods
  - 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



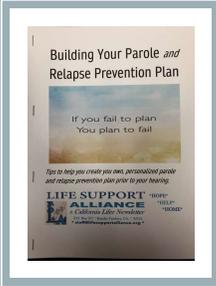
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### Understanding Your CRA *(parole process)*

- Goals:
- 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
- Method:
- In-cell workbook
- Each section of CRA discussed and provided context



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### Building Your Parole and Relapse Prevention Plan *(parole planning)*

Advice on putting together an individualized parole plan and relapse prevention plan.  
Available as in-cell workbook

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### POWER STRUGGLE *(DOMESTIC ABUSE)*

Understanding cycle of violence, methods of domestic abuse.  
Identifying impact of being a receiver and giver of domestic abuse  
Learning to break the cycle

Available as correspondence course

### Power Struggle



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### Working Toward Parole *(parole planning)*

- 12-page compendium of information on the parole process, timing and stage of 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

### Working Toward Parole



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

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### Upcoming programs, seminars & more from LSA

**PROGRAMS:**

Beginning July, 2025 new RAC credited program at SAC, FSP and SOL, Community Healing Through Amends (restorative justice & victim impact)

HIGH RISE (2<sup>ND</sup> level RISE program, focus on reentry)

Expansion of RISE to San Quentin

“Owning Your Stuff”, 12 week curriculum for 290 inmates

How to Use Your CRA (CRAs in common language)

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### ...AND STILL MORE

INCREASED ATTENDANCE AT PAROLE HEARINGS



• **All My Friends are Felons** (book reflecting on 25 years of California parole change)

AND FINALLY-----

• **CON-OPOLY**--board game based on California prison system)



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