

STATE OF CALIFORNIA

*Mule Creek State Prison*

**Lifers Group**

**This Certificate Of Achievement is Awarded To**

*William Goehler*

**For Exceptional Participation**

**July - Sept. 2017 - 3rd Quarter Saturday Group**

10/5/2017

Date

*Walynda Miller*

Walynda Miller, OT, Staff Sponsor

pg 1/25

NAME and NUMBER

Goehler, William

K77832

A02-233L

CDC-128-B (Rev. 4/74)

Inmate Goehler has attended weekly meetings (90 min. sessions) of the Facility "A" Lifers Group throughout this quarter.

Inmate Goehler has been an active participant in the group's meetings and activities. He continues to share his experience, strength, and hope. This recovery group addresses lifestyle problems, defects in character and how to change and become free from destructive behavior. Based on his commitment to recovery, I commend him for his efforts.

*Walynda Miller*

Walynda Miller, OT, Staff Sponsor

Lifers' Group

July - Sept. 2017 - 3rd Quarter Saturday Self-Help Chrono

ORIG: ERMS/SOMS

Group File

DATE: 10/05/2017



11-1-17

Another Certificate of Achievement, for the record.  
I'm sending along the attached CGA curriculum for you readers to consider worthy to share with others between the bars who can use such introspective material.

Also attaching "It's no wonder" commentary on \$11 Billion gambit.  
Think about it! The range of what we think and do is limited by what we fail to notice. And because we fail to notice that we fail to notice, there is little we can do to change until we notice how failing to notice shapes our thoughts and deeds.

For the Love of Truth

W.

# California spends \$11 billion annually on its prison system

By Kevin D. Sawyer  
Associate Editor

The California Department of Corrections and Rehabilitation (CDCR) operates one of the most expensive prison systems in the world, at an annual cost of

\$11 billion, according to a news report by the *Orange County Register*.

The state also has one of the nation's largest law enforcement agencies, employing more than 30,000 corrections officers, parole agents and investiga-

tors. The average wage in May 2016 for officers annually was \$70,020, it was reported.

According to *The Associated Press (AP)*, "The cost of imprisoning each of California's 130,000 inmates is expected to reach a record \$75,560 in the

next year."

The Bureau of Labor Statistics reported that California had 37,050 correctional officers and jailers at this time last year, according to the *Register*. The number includes state, county and local state employees.

Reportedly it cost California more than \$70,000 a year to incarcerate each inmate on average because nearly half the costs go to security. Cost for medical care balanced out to about \$15,000 per inmate annually.

"That's enough to cover the annual cost of attending Harvard University and still have plenty left over for pizza and beer," the *AP* noted.

Other costs associated with an inmate's yearly incarceration include psychiatric services, \$3,359; pharmaceuticals, \$2,143; dental care, \$1,246; and food, \$2,082. The cost of an inmate's rehabilitative programs in academic education and vocational training was just over \$1,600 a year. Additional inmate expenses include facility operations, records, and other activities.

"The prison population has declined in recent years," the

*Register* reported. "But the population at many facilities is more than 150 percent of designed capacity."

"In 2011, California prisons were operating at 179.5 percent of design capacity," the *Register* reported, using CDCR statistics.

According to the *Register*, prisons and camps in California were at 131.9 percent capacity at the end of April 2017, with more than 118,000 men and women incarcerated throughout the state, 747 on death row. Another 4,253 are held in private prisons in Arizona and Mississippi.

California's budget for the fiscal year that started July 1 provides a record \$11.4 billion for the CDCR. According to the *AP*, "there will be 11,500 fewer inmates in four years because voters in November approved earlier releases for many inmates."

"The price for each inmate has doubled since 2005, even as court orders related to overcrowding have reduced the population by about one-quarter," the *AP* reported. "Salaries and benefits for prison guards and medical providers drove much of the increase."

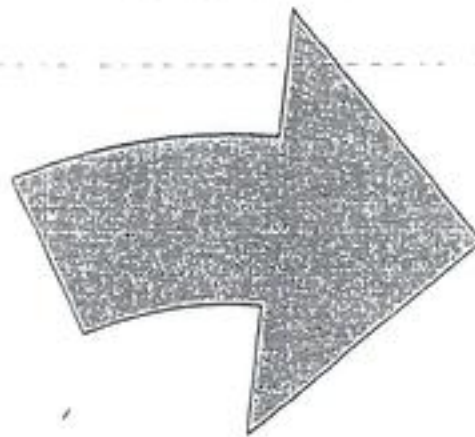


It's no wonder why the recidivism-rates are what they are!  
An annual salary of 70,000 \$ means there is vested interest who would be remiss to promote an atmospher conducive to actual rehabilitation — in the most part.

Isn't it interesting "data" revealing the least amount budgeted happens to be for rehabilitative programs? And the next least amount allocated "per inmate" (LOL) per year, happens to be for the sustenance of people who — lets face it, provide jobs for wage-slaves. Their vested interest to maintain status quo blinds their conscience and creates a culture of unethical conduct. A civilization of stupid cowards! How can I not contend?! I AM just one agonist agonizing over the obvious industry of degradation, per Ezekiel 33, Consider yourself accountable. I AM @ Whispers

**EVENT**

People  
Places  
Things



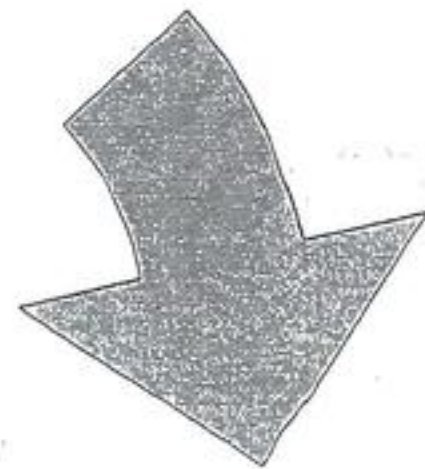
**THOUGHT**

Beliefs



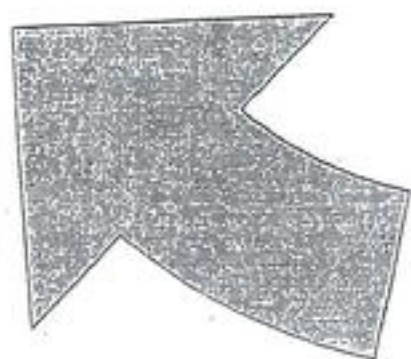
**CONSEQUENCES**

DAMAGED RELATIONSHIPS  
IRRESPONSIBILITY  
LACK OF SPIRITUALITY



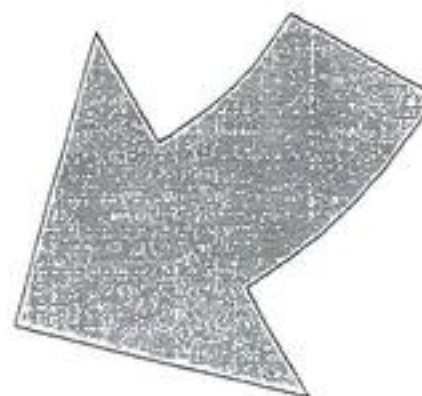
**FEELINGS/  
EMOTIONS**

Defects or  
Spiritual  
Principles



**ACTIONS**

(REACT)  
OR  
(ACT)  
Habits



# CGA Insight Workshop & Board Preparation

January 1

# 2016

Our goal is to assist in the development of critical information that fueled the destructive and tragic lifestyle that lead to the victimization of others. So as to partake in a process of change and transformation that will ensure that we create NO MORE VICTIMS.

CGA  
(Criminals  
And  
Gangmembers  
Anonymous)

# The plan

*Curriculum Outline*

*Responsibility*

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*Causative Factors*

*Impact & Magnitude*

*Remorse*

*Purpose*

*Board Preparation*

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*Parole Hearing*

*Insight Breakdown*

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*Think About It*

## Introduction

This workshop is designed for anyone with a sincere desire to deepen their understanding about the crimes that brought them to prison; as well as those they may have gotten away with. It is for lifers and short term, non-lifers alike. If you are at a stage in your life where you desire to dig deeper, this workshop is for you.

We will walk through the parole hearing process and the preparation process. For those who have been to the board and those who are yet to sit in the room; this workshop can assist you. However; like everything else, you will only get out of it, what YOU; put into it.

This curriculum is designed to be discussion-oriented and interactive. More than reading information from a piece of paper, the concepts and terminology will be discussed in depth and actually applied to the specifics of each individual's crime. The goal is to get individuals to discuss openly and honestly about their crimes in a manner that is sincere and not scripted. If you're able.

Insight means; that time and effort has been taken to get to the underlying factors that led to the crime, beginning with the source of the dysfunction, and conveying an understanding of how that connects to the events that led to the crime.

The writing assignments that correspond with each component of insight, in-depth discussions on how they apply to the crime, mock hearings and a thorough breakdown of the parts of the parole hearing and how to prepare for it is the foundation of this workshop. It is our hope that you will gain what is needed and set out on the path that will get you back home to your family.

This work shop is not designed, nor is it our desire to help anyone attempt to manipulate or fake their way through a hearing. If that is your goal this workshop is not for you and we wish you good luck with that endeavor.

If you are seeking to gain a deeper understand; welcome. Let us get started...

## OUTLINE

The five elements of Insight:

1. I) Responsibility
  - A) Acceptance is to understand
    - 1) choices
    - 2) consequences
  - B) Accountability is to answer for
    - 1) defects
    - 2) destruction
  
2. II) Causative Factors
  - A) Effects/Influences
    - 1) impulsion/compulsion/motivation
    - 2) defects of character
  - B) (*Self*) Inclusion
    - 1) the need to fill a *void*
      - (a) *impulsive chasing*
  - C) (*Self*) Exclusion
    - 1) the need to *avoid* problems

## CGA Insight Workshop & Board Preparation

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(a) *compulsive distancing*

D) Dysfunction

1) (*self*) blame

2) guilt

3) shame

4) fear

3. ————— III) Impact & Magnitude

A) Damage

1) agony

2) loss

B) Ripple Effect

1) scope and extent

2) community (*more than one*)

4. ————— IV) Remorse

A) Feel

1) understand the pain of others

B) Show

1) *selfless* penitence/service

C) Empathy

1) conscious compassion for others

D) Amends

1) *Right Living*

5. ————— V) Purpose

A) Forgiveness

1) confront/conquer demons fearlessly (*Step 4*)

2) understand from the viewpoint of those harmed

B) Healing

1) benefitting others

2) committing to *Right Living*

C) Change

1) end victimization

2) remembrance

3) honor victims



The three main parts of a Parole Hearing:

I) Pre-Prison Factors

A) How was your upbringing/family life? What caused the crime to occur?

- 1) Social History
- 2) Prior Criminality
- 3) Life Crime

II) Post-Conviction Factors

A) What have you been doing (*positive/negative*) since you have been in prison?

- 1) Institutional Discipline
- 2) Positive Programming
- 3) Educational/Vocational Upgrade
- 4) Psychological Evaluation

III) Parole Plans

A) What do you want to do when you get out?

- 1) Residence
- 2) Employment
- 3) Relapse Plan (Substance Abuse/Criminal/Anger)

# Responsibility

- ✓ *How and when did you accept your choices and the consequence?*
- ✓ *How do you hold yourself accountable for your choices?*
- ✓ *What does "full responsibility" mean to you?*
- ✓ *What do take responsibility for?*
- ✓ *What does it mean to be responsible?*
- ✓ *Explain how you did/did not live up to it.*

# CAUSATIVE FACTORS

- ✓ *Manipulation is a defect of character, how did you use it for inclusion or exclusion?*
- ✓ *Reactions can be impulsive; habits can be compulsive. How did these factors play out in your crime?*
- ✓ *What need were you attempting to meet by committing your crime? Explain.*
- ✓ *What is a defect of character you still struggle with, and how are you addressing it?*
- ✓ *How often do you get angry?*

- ✓ *Who lost by your actions? What was lost? Explain.*
- ✓ *Explain the damage, in detail, from your crime.*
- ✓ *What is the ripple effect of your crime?*
- ✓ *Who are your victims?*
- ✓ *How was the community affected by your crime?*
- ✓ *Who else was impacted by your choices?*

*Impact & Magnitude*

# REMMORSE

- ✓ *Do you feel remorse for your actions? Why or why not?*
- ✓ *If you feel remorse, how do you show it?*
- ✓ *Explain the difference between remorse and empathy.*
- ✓ *Describe your living amends.*
- ✓ *Write your crime from the point of view of your victim.*

## CGA Insight Workshop & Board Preparation

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- ✓ *What has Step 4 helped you come to forgive of yourself?*
- ✓ *How do you define healing? Have you healed? Explain how. If no, why not?*
- ✓ *How did you come to forgive others in your life?*
- ✓ *How do you selflessly give of yourself to others?*
- ✓ *What lesson have you learned from your crime?*
- ✓ *What purpose does your crime serve you?*

Purpose

# Parole Hearing

- ✓ *Take the time to write out complete and sincere answers to the list of Parole Hearing Questions on the handout.*

# Board Preparation

- ✓ *Explain how your recovery reflects your efforts to address your issues.*
- ✓ *Explain the extent of your self-work.*
- ✓ *What does your self-help covers?*
- ✓ *Do you have a relapse prevention/anger plan?*



Insight Breakdown

**I) Responsibility**

Taking "full" responsibility means:

Understanding my choices and consequences

Answering for my defects and destruction

Acceptance and accountability comprise the "full" of responsibility.

**II) Causative Factors**

dysfunction is the "causative"

everything wrong that I was taught, exposed to, witnessed or experienced

defects are the "factors"

negative effects on my thinking, feelings, character and behavior

defects are born out of dysfunction

**III) Impact**

damage = loss/how much?

effect = how so?

extent = scope/magnitude

who = community (victims: primary, secondary, and tertiary)

Primary = direct victim(s)

Secondary = family members of primary victim(s)

Tertiary = first responders, coroner, D.A., community etc.

**IV) Remorse**

When did I feel it? / How do I show it?

empathy = compassion for others

amends = selfless sacrifice/service/penitence

direct = face-to-face

indirect = letter or phone call/by proxy (through another person)

Right living = life on life's terms/integrity

**V) Purpose**

(Self) Forgiveness & Healing

Be of service for others

Insight Breakdown

## CGA Insight Workshop & Board Preparation

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### Think About It

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Exercises for further Insight:

#### Responsibility:

List and explain the ways and methods that you used 'responsibility' in negative or criminal situations.

#### Causative Factors:

Causative Factors are not reasons for the crime. Explain the one defect that most affected your choice to follow through with your crime. Now answer, why did the crime occur?

#### Impact & Magnitude:

List and explain the various ways you continued to victimize and create victims in prison. [Violent acts are not the only way].

#### Remorse:

Objectively describe the moment of your crime, in detail. Now, how do you feel about it?

#### Purpose:

*Giving back* and *Selfless service* are vague catch phrases. Explain what your purpose is.

### Board Preparation

1. Get an Olsen Review

Do not pass up the opportunity to view the documents in your C-File (whether the first time or the tenth)

2. Treat your psych. evaluation as a board hearing

3. Be sincere, honest and transparent

4. Go over the Board Report with your counselor for clarity of the facts

Think About It

## CGA Insight Workshop & Board Preparation

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5. There is no need to include copies of old documents in your Board Packet unless you feel they are not in your file or you wish to emphasize a skill or other quality
6. Develop, refine and simplify your substance/anger relapse prevention plan, book reports, essays etc. (include applicable examples of tools learned, 3-4 pages).
7. Update your Parole Plans
8. To ensure any paperwork you want to be reviewed is in your file, mail to the address below:  
Board of Parole Hearings  
P.O. Box 4036  
Sacramento, CA 95812
9. Support letters should be addressed to the BPH Commissioner and sent directly to the address above and to you if possible. Make sure that they get one to the address above. It is not a character reference letter. It should clearly explain how the person plans to support you (in what capacity, to what extent) and their relationship to you, and what do they offer you in your transition upon release?
10. K.I.S.S. Keep It Sincerely Simple
11. Do not present/include in your packet what you are unable to explain or clarify with understanding. This includes the paper tiger chrono's and certificates that you may not be able to explain.
12. Any area where you struggle or lack clarity should be the focus of your preparation.
13. Give yourself at least one year to prepare. If you are less than a year away, then focus on updating and upgrading. Think about how you can make your presentation current.
14. Develop a strategy for how best to present yourself and stick with it.
15. Do not get caught up in other people's outcomes. Focus on YOU.
16. Prioritize your preparation. Take care of one area, one item at a time.
17. For those of us who have yet to appear before a Commissioner, the first hearing is an opportunity to set in motion your own board process, out the gate. Establish clarity early.

## CGA Insight Workshop & Board Preparation

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18. For those of us who have had multiple hearings, it is never too late to get honest, clarity and understanding.
19. Do not be discouraged about a denial. It is a roadmap. The reason is an indication of an area (or areas) where more work is needed.

Thank you for travelling this journey with us.

## QUESTIONS

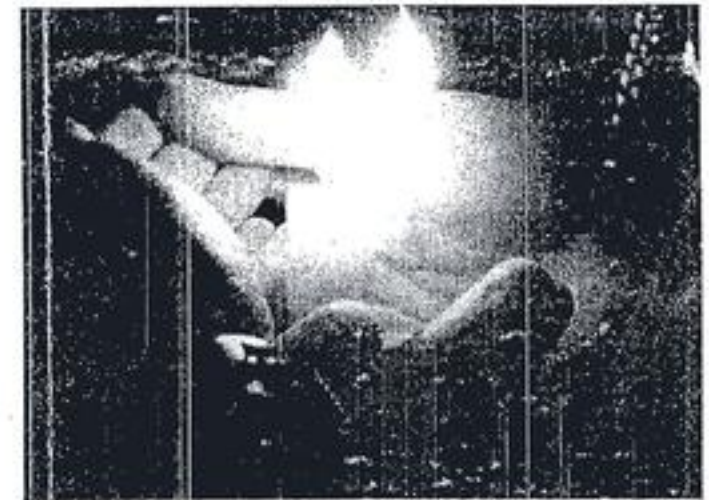
*Required: Answer as many question as the number of person on the panel (e.g. if there are 4 persons on the panel each person chooses a question/all 4 persons answer the chosen question.)*

*Optional: Choose to answer more questions than the number of persons, all persons always answer each question.*

1. What do you take responsibility for? When did you decide to accept responsibility?
2. How do you make it psychologically acceptable to deal with your crimes?
3. What has changed the most in you?
4. What caused you to commit crime?
5. Do you consider yourself a criminal? What do you think makes a criminal?
6. Why did you join a gang? Are you still a gang member?
7. How have you addressed these ties?
8. How are you going to deal with confrontations when you try to make amends?
9. How are you going to deal with questions about where you've been the last 25 years?
10. Have you truly accepted your part, and are willing to humbly make amends without pointing fingers at others for their part?
11. Have you accepted that you might die in prison?
12. Did you think your sentence was fair? Do you still think the sentence was fair?
13. How can you assure yourself, your family, and the board that you have changed?
14. Why should your love ones trust you again? How and what are you doing to do to earn that trust?
15. What caused you to use drugs/drink? Are you an addict/alcoholic?
16. What if you were confronted with a similar situation today?
17. How can you assure the Board that upon your release you will live a life without violence?
18. What do you want to say to the board?
19. Why should the board let you out?



# Insight



*Input from ASP, Old and New Folsom and Men of The Francisco Homes)*

## Attitude Is Everything

## "Key Words/Concepts":

Am I excusing my action?  
Am I understanding the purpose of accountability?  
Am I minimizing my parts?  
Do I recognize the contributing factors, triggers?  
Was my behavior fueled by emotions? If so what emotions?  
Was I stuck in a warped belief?  
Who was I trying to be and why?  
Do I see that I don't have to react negatively to someone else's actions?

## "Attitude is Everything":

With what attitude do I go before the Board?  
Do I walk into my hearing with confidence, looking at the commissioner and speaking eye to eye?  
Am I open to listening to the commissioners?  
Do I expect them to listen to me?  
Do we speak to each other with mutual respect?  
Do I show the commissioners who I am today?  
Do I speak from my heart?  
Do I listen to what they are asking?

## "Reflection":

Share from your heart... The work I do, if done honestly, with application of spiritual principles will reflect in every area of my life.

Who was I when I committed my crime?

Who am I now?

How can I pay it forward given who I was?

Who have I become?

## "Drugs/Alcohol":

How old were you when you started using/drinking?  
What was the cause of your using/drinking?  
Peer pressure, to attain numbness or escape your reality?  
How long into your drug use/drinking, before you noticed negative affects of your use?  
Can you look back and pinpoint times when you were under the influence; and see how your judgment/decision may have been impaired as a result of this?  
Can you notice any specific changes in your character since you began using/drinking? Explain.  
What has been the ripple effect of your drug use/drinking?  
How has it affected you, your family, community and world?



## "The Crime":

What were key factors that caused you to commit crime?  
Look back as far as possible, were these factors grounded in resentment, rage, doubt, worry, revenge?  
Have you been incarcerated on more than one occasion due to any of these factors?  
When did this type of "bad" thinking begin?  
What caused you to "act" upon this type of thinking?  
Did your lifestyle help create the situation that caused you to be named in the crime?

## "Transformation/Rehabilitation":

What were my early thought processes grounded in, prior to taking the step to initiate change?  
When did my transformation begin?  
What steps did I take to begin the transformation process?  
What insights/realizations have I come to?  
What changes have I made?

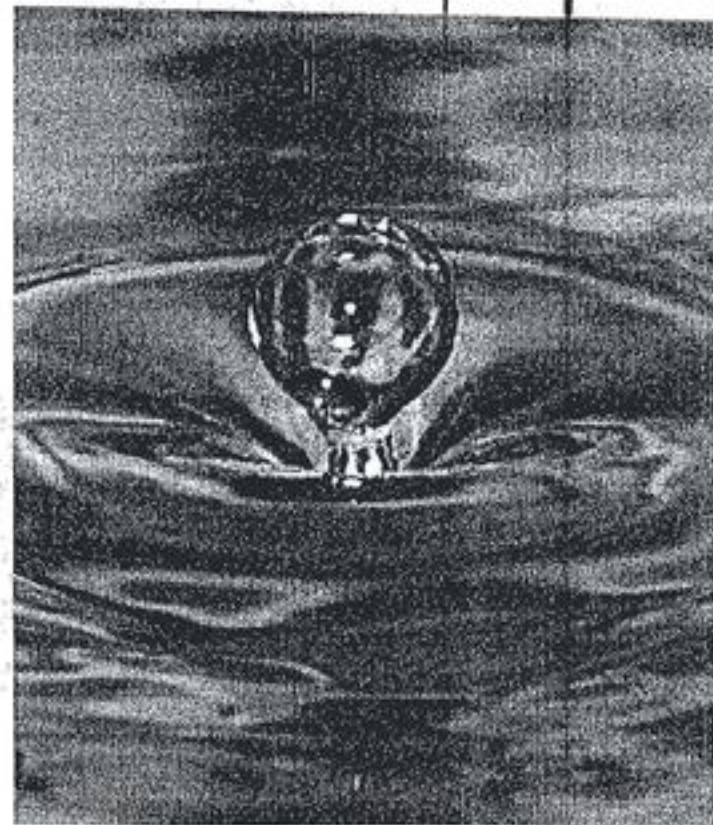
## "Forgiveness":

Have I accepted my own brokenness and become willing to make amends?  
Have I been able to forgive myself?  
Have I forgiven any and all who may have wronged me, both real or perceived?

## "Remorse":

Am I willing to consciously work on my character, so that my actions no longer inflict pain on those I come into contact with? Remorse is a deep sense of regret and guilt for one's actions. Have I affected victims, family and friends?  
How have I demonstrated this by my actions? What have I caused members of society to feel?

*"... Do not worry about what to say or how to say it at that time you will be given what to say..." ~ Matthew 10: 19*



# THEN & NOW

## CHART

What are the causative factors?

Why did this happen?

Who were you then?

How have you changed?

Why are you suitable?

Who am I now?

1978  
~~1994~~

2012

- 1) immature
- 2) impulsive
- 3) gang mentality
- 4) no GED/ dropout
- 5) bad associations

6) carried a weapon

7) |

8) |

9)

10)

11)

12)

13)

14)

15)

16)

17)

18)

19)

20)



- 1) mature
- 2) think things through
- 3) stand on my own
- 4) earned GED /
- 5) good support
- 6) carry books

7)

8)

9)

10)

11)

12)

13)

14)

15)

16)

17)

18)

19)

20)



Parole plans

OBJECTIVE:

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HOUSING:

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TRANSITIONAL GOALS:

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

SHORT TERM GOALS: 30 – 90 DAYS

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

90 - 180 DAYS

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

1 YEAR PLAN

- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_
- ❖ \_\_\_\_\_

3 YEAR PLAN

- ❖ \_\_\_\_\_





If we look up the definition of DISASTER, it's easy to see the Prison Population in this land of the free, for the disaster it is. There is truly a need for a Salvage Campaign within this country's prisons, and I'm committed to play my part<sup>(s)</sup> while ~~awaiting~~ inciting HELP, come what may. Those of us about to die, salute you. Fare thee well!