

## Memorandum

Date: July 10, 2020

To: GENERAL POPULATION

Subject: ANGER MANAGEMENT COURSE

During the COVID 19 Crisis, the EOP Department on Facility "A" has initiated an in-cell study program for the general population to stay productive in their pursuit toward rehabilitation.

The first study course is ANGER MANAGEMENT, AND IS A 12 Module course with topics addressing:

- EXPLORING THE CONCEPT OF ANGER
- ANGER TRIGGERS AND BODY REACTIONS
- USING POSITIVE COPING THOUGHTS
- PROBLEM SOLVING WITH POSITIVE REASONING
- TAKING GOOD CARE OF YOURSELF
- SATISFYING POSITIVE EMOTIONAL NEEDS
- BASIC ACCEPTANCE SKILLS
- BECOMING THE MASTER OF YOUR EMOTIONS
- BEHAVIOR ANALYSIS
- STAYING ON AN EVEN KEEL
- PULLING IT ALL TOGETHER

Following the completion of this ANGER MANAGEMENT Course, EOP is also offering an 8-Module study course on DEPRESSION.

The IAC is very pleased to see this rehabilitation opportunity available to the general population during the COVID 19 Crisis and we hope everyone takes advantage of this opportunity to be productive toward your pursuit of personal rehabilitation.

Submit a CDCR 7362 Medical Slip to MENTAL HEALTH requesting the ANGER MANAGEMENT Course.

X 

W. Goehler, K-77832  
Special Purchase Order Clerk  
Facility "A"

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## WHEN CDCR WON'T--WE WILL



In late April an enterprising clinician in the mental health division at one of CDCR's prisons, noting the problems both caused and exacerbated by the shutdown of virtually all activities for prisoners

during CoVid, adapted the mental health educational curriculum from group therapy sessions to in-cell study programs, designed to be pursued by inmates individually. This caring and professional individual emailed the programs to the mental health chief in each prison—where, for the most part, they promptly disappeared. It must have been something like the last scene in "Raiders of the Lost Ark," where the ark, and its treasures, disappeared into the nothingness of a vast bureaucratic warehouse.

But, Life Support Alliance managed to get copies of the curriculum for both the Anger Management and the Depression packets. We suggested in our newsletters that those who wanted these in-cell studies ask MH departments at their prison for the packets—and to let us know if those materials were not forthcoming. Dozens did and most got responses like: 'never heard of it and it probably isn't any good,' or 'it's not our job [excuse me, what IS the job of mental health?], or—we'll put you on the waiting list for group activities—when those start up again after CoVid. Mind you, the first page of these packets note they were created specifically for in-cell, individual study DURING THE COVID SHUTDOWN.

Never ones to give up, we began asking in the upper echelon of CDCR mental health to intervene and were, for the most part, met with either radio silence, expressions of 'what are you talking about,' or, our personal favorite, 'how did YOU get this material?' After exhausting all our administrative remedies and civil efforts to convince CDCR mental health to do its job and make available to all inmates the fruits of the labor of one of their own clinicians, we're going rouge. We're making those materials, those in-cell, individual study packets available to those who want them. Plus, we'll include an excellent workbook on dealing with stress during CoVid, created by the Veterans Administration for individuals and families and made available to all comers.

Together, these really great resources amount to about 100 pages, so, aware that it will take some financial resources to accomplish this (about \$10 per person), we set up a GoFundMe account as well as a Mental Health Project button on the website. In the last 3 days, using those 2 avenues, our caring and generous supporters have provided funds to supply these courses to 200 men and women! WOW!! We're thrilled and soooo thankful to you, our members and supporters.

**MENTAL HEALTH****RESOURCES**

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classes.

Once again, when CDCR won't step up to the plate, we will. And that 'we' includes you, those of you who help and support us. We cannot do this without you and you are all part of every effort and success we have.

If you'd like to know more, or contribute, check out the Mental Health Project button on the website's first page, or post of FB about the GoFundMe drive. Please share on your social media, and let's get these resources to all our LO inside who want and need them.

Providing help in dealing with Anger, Depression and Stress--a grand slam! Let's flood all the institutions with these!



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Claudia Perez

11 hours ago

Thank you Vanessa and David for all your hard work and dedication.

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