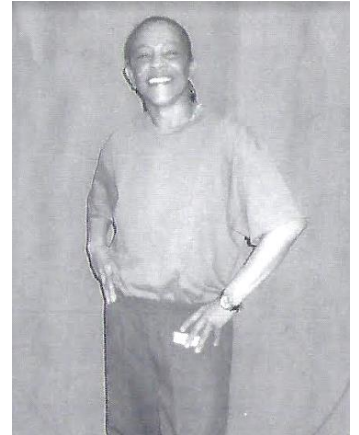




Kawania McIntosh
SCI Cambridge Springs
451 Fullerton Avenue
Cambridge Springs, PA
16403



STATUS

I began serving my life sentence in 1993 at the age of 33
As of 2017 I have been incarcerated for 24 years
Hometown: Reading, PA

OBJECTIVE: To return to school to enhance my interest to help troubled youth.

REENTRY PLAN:

I plan to live with my mother and be there for her as she has been there for me. My mother has been my Super Hero and greatest supporter throughout my incarceration.

EDUCATION

- Business, 2016

VOCATIONAL TRAINING

- Canning, 1983
- Upholstery, 1983

WORK HISTORY

- Floor Maintenance, 2016
 - Maintained clean floors for a unit with 164 women residents
- Commissary, 2010-2012 and 2013-2016
 - Accepted assignment with an open, cooperative and positive team oriented attitude
 - Duties included: sort, review and distribute incoming purchases; received, unpacked and checked incoming shipments; greeted and served customers
- Drug and Alcohol Peer Assistant, 2012-2013
 - Maintained positive relationships
 - Helped to ensure and provide a safe environment

Work History (cont'd)

- Facilitated groups
 - Prepared plans for group discussion
- Mental Health, 2009-2010
 - Ensured clean, orderly rooms; collected trash, floor care, changing linens and making beds
 - Maintained home like environment for residents
 - Distributed food trays
 - Received certificate in cleaning and handling biohazard blood spill team
- Education Tutor, 1996-2009
 - Established and maintained positive relationships and rapport with students
 - Helped students achieve their goals
 - Exercised strong interpersonal communication skills with students of varying backgrounds
- Kitchen, 1995-1996
 - Washed pots and pans
 - Kept work area clean and organized
 - Checked all items for cleanliness
 - Cleaned, dried and stored all items and equipment in their proper place
 - Loaded equipment properly

PROGRAMS COMPLETED

- Violence Prevention Moderate Intensity, 2012
 - Helped me to learn how to alter and change criminal and violent thinking and behaviors in a positive and healthy way.
- Thinking for A Change, 2008
 - Gave me the ability to alter my thinking pattern by thinking before I act.
 - Make better choices and healthier decisions
 - I learned that it's not so much what happens to me, but how I react to it that matters and that there are consequences to my actions.
- Looking Glass: drug and alcohol outpatient group therapy, 1999
 - Motivational enhancement therapy, cognitive behavior
 - Individual and group counseling
 - relapse prevention, seeking safety and aftercare planning.
 - I learned how to speak more openly about my experiences that resulted in opening me up to growth opportunities; about my addictions and positive solutions in maintaining a healthier way of life and to avoid relapse.

GROUPS COMPLETED

- Citizenship, 2004
- Self Esteem, 2000
 - Topics covered: conquer the inner critic, revise your development, find compassion, achieve an accurate self-assessment, reframe mistakes, minimize judgement, refute self-esteem wreckers.

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Groups Completed (cont'd)

- I learned how to change how I feel about myself by changing how I think about myself.
 - I can take better control of my emotional stability and strength.
 - I set higher standards for myself: setting and achieving goals.
- Adjustment, 1998
 - 10 sessions
 - Topics covered: family, pre-release, parole, programming, stress management, communication skills, self-esteem, open discussions and bettering one's self in the housing unit
 - This group motivated and encouraged me to seek out more opportunities for growth in many areas of my life.
- Stress Management, 1997
 - Topics covered: causes, symptoms, coping skills and habits, changing situations and developing effective strategies
 - I learned the many ways of identifying stress factors, develop healthy coping skills to deal with my stress, how to prevent and reduce stress, and how to take care of emotions and physical response.
 - I learned its not a matter of the things that cause stress, but how to deal with them.
 - I learned that stress is also bad for your health.
- Creative Non-Violent Conflict Resolution, 1996
 - Topics covered: personal and relational conflicts, instrumental conflicts, and conflicts of interest.
 - This group helped me to identify the source and type of conflict I may experience and strategies for coping. It also taught me the most important way to handle conflict is to be assertive in expressing my views clearly and firmly without aggression.
- Anger Management, 1996
 - I learned about my anger-the circumstances surrounding what caused my anger and how to deal with it in a constructive and positive way. From this group, I have formulated goals that reflect a change deep in my heart.

GROUPS ATTENDING

- Narcotics Anonymous, 1999-present

ACTIVITIES PROGRAM DEPARTMENT

- Paint Night, 2016
- Bean Bag Toss, 2014
 - One of many events that I enjoyed participating in.

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Activities Program Department (cont'd)

- Talent Show, 1997
 - We did a skit in a dance setting and I enjoyed this experience. It was a lot of fun. We won 1st Place. I am proud to have been a part of this activity. This was a good experience for me to learn how to work together in a group.

INMATE ORGANIZATION

Leadership Positions:

- Phoenix Organization, Award for Service, 2013
- Lifers Organization, Camera Committee, 1995
 - organized the committee
 - sold tickets, took photos and kept accurate records on accounts

Participation:

- Phoenix Organization, 2012
- Fundraiser, 2014
- Phoenix Organization, Teddy Bear gift bags for children of Cambridge Springs, PA
- Muncy Inmate Organization Runathon-14 Miles, 2003
 - I helped children in need and gave back to the community.
- Muncy Inmate Organization Runathon for Big Brothers and Big Sisters

PHYSICAL EXERCISE PROGRAMS/PARTICIPATION

- Walk and Jog, 2015
- Aerobics, 2011
- Wellness Walking, 2008
- Weightlifting, 2007
- Aerobics, 1996
 - Over all, I am a very active person and very motivated to take care of my health. I want to stay as healthy as possible.

SPIRITUALITY

- Life In The Spirit
- Protestant Church
- Yoke Fellowship
- Spiritual Uplift

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AWARDS AND SPECIAL RECOGNITION

- Outstanding Achievement for Tutoring, 2007-2009
 - Tutoring gave me the opportunity to help others and help myself as well.
- Valuable Contribution to The SCI Muncy Student, 2003-2006
 - Outstanding service to the education department at SCI Muncy
 - Dedication to the educational and vocational goals of the students
 - Helped students to accomplish and achieve their goals
- Service Award, Phoenix Organization, 2012
 - Outstanding dedication and service

COMMUNITY ENGAGEMENT

- Big Brother, Big Sister, 2013, 2015 and 2016
- Operation Gratitude, 2016, food and hygiene drive for veterans and shelters

THE WOMAN I AM TODAY

Today I am a loving woman with a compassionate heart, strong minded and secure in my own skin. I am motivated to seek opportunities for personal growth and I strive for a better way of life.