

OO7648
SCI Muncy



Incarcerated on March 31, 1984 at the age of 27
Hometown: Philadelphia, PA



EDUCATION

Specialized Business, Pennsylvania Business Institute, Associates Degree; 1990-1992

- Concentration in Business Administration, Accounting and Management
- Earned 66 credits and GPA: 3.08

Related course work continued and completed:

- Math, One Grade Level, 1988
- Math, Two Grade Level, 1989
- Keyboarding, 1993, 2011, 2015
- Typing, 1997
- Business Communications, Department of Education, 1997
- MS Word, 2001
- Advertising, Department of Education, 2010
- Personal Finance, Department of Education, 2011
- ICDL-Basic Computing, 2016

PROGRAMS COMPLETED

Child Care, Child Abuse and Neglect, 1988

Throw Away Child and Child Abuse, 1988

House of Hope

- Drug and Alcohol Education, 1996
- Sexual Assault Therapy, 1997
- Domestic Violence, 1997

Survivor's Group, 1998

Parenting Program Workshop, 2000

Parenting Program, Building Self Esteem in Children, 2000

Interpreting and Understanding Your Experiences, 2016

Journey to Freedom Impact on Treatment Program, 2017

Living Safely For Women, 2017

Creating A Spending Plan: Budgeting, 2017

Suicide Prevention, 2018

GROUPS COMPLETED

Anger Management, 1990 and 1994
Stress Management, 1996
Grandmother's Support, 2001
Understanding Relationships, 2001
Parenting: Anger, 2002
Self Esteem, 2018

CERTIFIED PEER SPECIALIST TRAINING

Recovery Opportunity Center, Certified Peer Support Specialist (CPS), 2011

Continued CPS Training:

- Lesbian Gay Bisexual Transgender Queer Intersex (LGBTQI) Community, 2014
- Ethics of Hospice and End of Life Care, 2014
- Peer Assistant, 2014
- Mental Health First Aid, 2014
- Mental Health Disorders, Systems: Coping and Recovery, 2014
- Implementation of New Contract and Record Form, 2014
- How to Set Appropriate Boundaries with Our Peers, 2014
- Ethical Practices and Dilemmas Surrounding CPS Work, 2014
- Giving and Receiving Feedback From Our Peers, 2014

CEU (Continuing Education Unit), 2015

- Training Child Welfare System
- How To Support Peers Struggling With This System
- Self-Care: Maintaining our own mental health in order to provide valuable services to our peers
- Real Colors, training on personality and temperament types

CERTIFICATES AND COURSES

Interior Design, 1997

Homemakers Services: Quick Bread Workshop, 2001

Journeyman: Caner/Wood Refinisher, 2002

Vocational Photography

- 300 hours of instruction at SCI Cambridge Springs

Journeyman: Cook, 2009

Food Prep: 2007 and 2008

- You Are What You Eat
- Tools of The Trade
- Catering

Inmate Legal Reference Aid, 2008

Certificate of Attendance for Meditation Group, 2016

HIV and Sexually Transmitted Diseases, 2016

Certificates and Courses (cont'd)

Certificate of Appreciation Moderate Violence Prevention Intermediate Treatment Unit Group, 2016

PA Department of Banking: Creating a Spending Plan (Budgeting), 2017

Certificate: Living Safely For Women, 2017

Alcohol and Other Drugs Department Certificate of Completion for the Journey to Freedom Inpatient Treatment Program, 2017

PA 143 Victim Awareness Education, 2018

A Mindful Self-Compassion Workshop, 2018

Working with The LGBTQ Population Training, 2018

WORK HISTORY

ROOM WORK (SCI Muncy)-1988

- Follow directions to carry out day to day operations of housecleaning
 - Mopping floors, processing trash and performing multiple tasks as needed
 - Made available to meet any concerns

POWER PLANT (SCI Muncy)-1989

- Responsible for maintaining boiler area.
 - Shoveled cinders, cleaned out boilers, wiped down all equipment, swept floors,
 - Cleaned bath and locker room.
 - Performed responsibilities adapted to various tasks in boiler area.

PAINTER (SCI Muncy and Cambridge Springs)-1993-2002

- Coordinated and completed the following with the paint crew:
 - Stripping, sanding and painting walls and woodwork
- Spackle and dry-wall
 - Assembled scaffolding

CHILD CARE-Project Impact (SCI Muncy)-1998-2002

- 2 weekends a month
 - Mid-week Steering Committee meetings
 - Planned and prepared activities for mothers and their children
 - Prepared treats
 - Assisted with the visiting children and their mothers

Clean up tasks at the end of visitation

Work History (cont'd)

WOOD REFINISHER, CANER AND UPHOLSTERING (SCI Muncy)-1998-2002

- Appropriately processed furniture: wood and metal chairs, tables, dressers, night stands, etc.
 - Cleaning and stripping
 - Determined and applied appropriate stain
 - Rushed or caned and oiled
 - Administered preliminary repairing technique as needed
 - Followed up with proper maintenance of all supplies
 - Applied upholstering craft on minor pieces such as small chairs, foot stools, etc.

CENTRAL KITCHEN (SCI Cambridge Springs)-2002

- Prep Cook
 - Cleaned and processed vegetables
 - Served breakfast and lunch

STAFF DINING ROOM (SCI Cambridge Springs)-2003

- Grill Cook
 - Managed orders
 - Responsible for properly preparing meals
 - Grill management
 - Responsible for collecting trays
 - Maintaining dining area

SEAMSTRESS (SCI Cambridge Springs)-2003

- Happy Hats For Children
 - Prepared fabric by measuring and cutting
 - Operated sewing machine
 - Counted and packaged hats for distribution

MID-NIGHT JANITOR (SCI Cambridge Springs),-2004

- Cleaned all assigned areas and bathrooms
 - Swept and mopped floors
 - processed trash
 - vacuumed rugs

BAKER (SCI Cambridge Springs)-2004

- Prepared dough: proofing, measuring and mixing
 - Baked bread and pastries
 - Cleaned work area

Accomplished assigned tasks as needed

Work History (cont'd)

GARMENT FACTORY WORKER (SCI Muncy)-2005-2006

- Laid out and marked bundled fabric
 - Made/drew markers/patterns
 - Measured fabric
 - Operated large steam presser

APPRENTICE COOK (SCI Muncy)-2007-2009

- Learned each area of central kitchen
 - Prep food; tray up food; cook food
 - Clean kitchen
 - Staff dining room
 - Dock area to receive products
 - Dishwashing area
 - Pots and pans area

LAW LIBRARY (SCI Muncy)-2009-2011

- Assisted in locating cases on the computer
- Downloaded cases
 - Provided information on filing PCRA and other legal work
 - Provided assistance for employment contacts
 - Operated the copy machine

CERTIFIED PEER SPECIALIST (SCI Muncy)-2011 to Present

- Meet with peers one-on-one and in group settings
- Report important information concerning peers
 - Maintain Continuing Education Units: 18 credit hours are annually required to maintain certificate.

NURSE CLERK (SCI Muncy)-2012-2014

- Prepare and assemble medical charts
- Assist new commits and parole violators: signing medical information and instruct on housing unit expectations
 - Maintain records of basic information per inmate
 - Tally number of inmates daily and monthly
 - Light cleaning
 - Retrieve information cards from Telegraph machine
 - Perform errands, restock supplies and reserve unused medical charts

COMMUNITY ENGAGEMENT

Girl Scout Cookie Committee, 1991
Project Impact Activities Workshop, 1995
Community Outreach Committee, 1996
Project Impact Gift Wrapping Committee, 1996
Bulletin Board Committee, 1996
Update Committee, 1996
Art Committee, 1996
Volunteer Tutor Workshop: MORE (Muncy One-on-One Reading Education)
Steering Committee, Project Impact: In Prison
Steering Committee, Project Impact: Outside Community/Outreach

ADVOCACY

Muncy One on one Reading Education, M.O.R.E., 2002

- Tutor
- Organization Facilitator E Liaison

The Services To Elder Prisoner Project, (STEP) 2008

- Certificate of Participation
- Certificate of Appreciation for Contributions

ACTIVITIES DEPARTMENT PROGRAMS

Weight Lifting Program, 1993, 1996-97
Dramatic Visual Arts Program, 1995
African American Women's History, 1995
SCI Muncy 50's and 60's Talent Show, 1995
Floral Design Workshop, 1996
Country Line Dance, 1996
SCI Muncy Talent Show, 1997
Art Club, 1998-99
Fitness Class, 1999
Exertube Exercise Class, 2002
Introduction to Aerobics, 2003
The Fine Line Re-entry Project, 2003
Intramural Kickball League, 2004
Writing Contest, 2004
Domestic Violence Mind Games Play, 2018

INMATE ORGANIZATIONS

Pennsylvania Lifer's Association, 1990-1995

- Chicken Committee, 1990
- Learning Center, 1990
- Run-a-thon Committee, 1992
- Perfect Attendance, 1994
- Picnic Committee, 1994
- Cheese Committee, Co-Chair, 1995
- Soda Committee, 1995
- Criminal Justice Committee, 1995
- Pizza Committee, 1996

Muncy Trendsetters Wisconsin, 1995

Trendsetters McDonald's Committee, 1995

Muncy Trendsetters Organization, 1996

SCI Cambridge Springs Phoenix Organization, 2002

SPIRITUALITY

Roman Catholic Women of Faith, 1988

"Journey to Spiritual Maturity" 1989

"Building a New You Spiritual" 1989

Certificate of Baptism, 1990

Bible Study Courses: 1990

- "Touch of His Hand"
- "Knowing God"

"Surviving and Thriving," Prison Fellowship Seminar

Bible Study Courses: 1992

- "The Christian Way in Marriage"
- "Gospel Echoes Team"
- "Good News About Jesus"
- "Growing Through Bible Study"
- Home Bible Study-4 course study

Pennsylvania Baptist Layman's Institutional Ministry Bible Seminar, 1997

"Discipleship"- class for new Believers

AWARDS AND SPECIAL RECOGNITION

Norristown State Hospital: 3 Awards for "Peer of The Week," 1987

Certificate of Recognition: Time to Read tutor, 1989

Merit Award: PA Coalition Against Domestic Violence, 1996

Golden Hug Award, Special Certificate, 1998

Certificate of Appreciation, Project Impact, 2002

Awards and Special Recognition (cont'd)

Certificate of Achievement 2002
Holiday Ornament Contest, 2002
Aerobic all Star, 2002
Trivia Contest, Thanksgiving, 2003
Third Place: Black History Trivia Contest, 2003
Christmas Trivia Contest, 2004
Black History Trivia Contest, 2004
Obstacle Course, 2004
Certificate of Appreciation for striving to improve the General Population, 2015
Student of The Month, 2015
Certificate of Appreciation for participating in and assisting with the Moderate Violence Prevention Intermediate Treatment Unit (ITU), 2016
Pro-Social Award (Positive Sisters Keeper), 2017
Pro-Social Awards, (Spirituality and Role Model), 2017
Pro-Social Award, (Positive Role Model), 2017
Award for Spiritual Motivation, 2017
Big Hearted Award, 2017
Spirituality Award, 2017
Helping Hands Award, 2017
Big Heart Award, 2017
Energizer Award, 2017
Certificate of Appreciation for Assisting with Hygiene Tips Group, 2018.

The Woman I Am Today

I was 27 years old when I came to prison. At that age most people have reached maturity, but for me, growing up occurred when I began my life sentence. When I entered SCI Muncy, I was struggling with severe mental health problems and I felt hopeless. Maturation and healing proceeded slowly and difficultly. Ultimately, it has been worth the challenge and I have become a champion for the cause to help others with the same challenges.

Today, I can say unequivocally that the woman that I have become is humble, stable and respected. I am a dedicated worker, dependable and trustworthy. I set out to lead a life that my family can be proud and my community inspired by my integrity and determination. I was able to accomplish this by becoming a Certified Peer Specialist. This work enables me to bring my training and experiences to a population that is struggling, like I was. I can assist my peers to work towards recovery and most importantly, to sustain it when they are released and to me, this is profoundly fulfilling.