

NEWSLETTER

Welcome to another edition of Second Chance Quest's newsletter. Our newsletter was founded on the principle of being a source of information for prisoners, their families, and the general public who are concerned with issues of justice in our penal system. We pride ourselves in bringing accurate and thought provoking information in every issue. Here at SCQ, we believe before one can bring about lasting changes in our society one must first become informed. We find there to be a tremendous void in the dissemination of information pertinent to prisoners and their families; such as, changes in laws, parole, etc. And so, we at SCQ are determine to fill that void.

We urge you to join us today and become a volunteer/member of Second Chance Quest. I would like to take this opportunity to thank all those who have participated in our fundraiser drive. Thanks to all those who have pledged their donations. We also want to thank everyone who called in from state facilities across Virginia. Namely, the ladies in Fluvanna Correctional Center, the men in Nottoway, Deerfield, and Buckingham Correctional Centers. Hats off to the staffs of Second Chance Quest (SCQ) and the International Youth Organization (IYO) for a job well done. We would like to also thank radio personalities such as, Bankie Hype and ----- for their unwavering support and the honor they have bestowed on SCQ by airing our campaign. Big-up, every time!

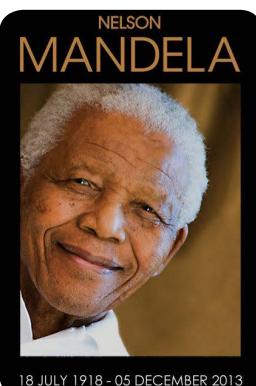
In the words of Marcus Garvey: "The ends you serve that are selfish will take you no farther than yourself. But the ends you serve that are for all in common will take you into eternity."

Mr. T. Bravo
President SCQ

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NELSON MANDELA RULES



In the resolution A/RES/70/175, the General Assembly decided to extend the scope of Nelson Mandela International Day, observed each year on 18 July, to be also utilized in order to promote

Mandela Rules" in order to honour the legacy of the late President of South Africa, who spent 27 years in prison.

1955

First United Nations Congress on the Prevention of Crime & the Treatment of Offenders

The Standard Minimum Rules for the Treatment of Prisoners, originally adopted by the First UN Congress on the Prevention of Crime and the Treatment of Offenders in 1955, constitute

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."
- Nelson Mandela

humane conditions of imprisonment; to raise awareness about prisoners being a continuous part of society; to value the work of prison staff as a social service of particular importance.

[The Resolution] not only adopted the revised United Nations Standard Minimum Rules for the Treatment of Prisoners, but also approved that they should be known as the "Nelson

influence in the development of prison laws, policies and practices in Member States all over the world.

2011

Open-ended Intergovernmental Expert Group

In recognition of the advances in international law and correctional science since 1955, however, the General Assembly decided, in 2011, to establish an open-ended intergovernmental Expert Group to review and possibly revise the rules. Relevant UN bodies, other international and regional organisations, as well as civil society were invited to contribute to the process. As the custodian of the Standard Minimum Rules, the United Nations Office on Drugs and Crime (UNODC) closely accompanied the revision process by serving as its Secretariat.

2015

Commission on Crime Prevention & Criminal Justice (CCPCJ)

cont'd on pg 9

THE FOUNTAIN FUND

Improving the lives of formerly incarcerated through lending, financial education, and community support.

The Fountain Fund is a newly formed nonprofit organization located in Charlottesville, Virginia whose aim is to help former prisoners just released from prison get back on their feet.

Every working day former prisoners are being released in Virginia, most find it hard, if not impossible to get a bank loan. The Fountain Fund will grant low interest loans for about \$1,000 to former prisoners who qualify and agree to take a financial literacy class.

Former U.S. Attorney Tim Heaphy came up with the idea while catching up with a man who he put in jail as a prosecutor. "He indicated that money was what he really needed, that he had all these onerous debts that he couldn't pay," Heaphy said.

Those debts aren't only a problem for your credit score - in Virginia former prisoners can't get a driver's license until they pay court fees. Heaphy says helping former inmates get jobs will reduce the chances they commit another crime.

"Anything we can do to help those who have served their time and are released from prison, to stay out of prison, is a huge win for all of us," said Dan Goodall, The Fountain Fund board member.

The goal of The Fountain Fund is to empower formerly incarcerated people by investing in their independent financial success.

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EXPLORING MILITARY SERVICE AS AN ALTERNATIVE SANCTION (PART 5):

By: Travis Wade Millburn, Eastern Kentucky University

Limitations:

This research project is not free of limitations. One limitation is that the questions used on the survey were provided by the Department of Corrections and are not Likert scale questions where Likert scale questions could have given greater insight into the views of offenders regarding the issues. One specific question- If you were charged with a felony that carries a maximum 8 year sentence, would you accept 4 years flat military enlistment as a plea? May not be an appropriate question because it specifies a felony charge. In the following section, the type of offenses that may be best suited for such an alternative will be discussed. It is quite possible that felonies may not be well suited for a military service alternative. Given this possibility, the previously stated question may not be a relevant question. One variable measured in this study was prison experience. This variable was measured in number of months that an offender has been incarcerated prior to their current sentence, which does not consider the amount of time that the offenders have served on their current sentence. Considering the length of time served in the current sentence could make the prison experience variable more accurate.

The generalization of the sample considered could be problematic as well. This research looks exclusively at Kentucky prisoners which may cause the results from this sample study to differ from results elsewhere. Further, one group focused on, military veterans, is a very unique group. This group has prison experience and they are military veterans which are two distinct characteristics that could cause generalization to the population to be questionable.

I began this effort with minimal knowledge about inmate feelings concerning the possibility of military service in lieu of imprisonment. This exploratory work has contributed to the understanding of alternative sanctions, specifically

offender views of alternative sanctions using exchange rates, and has done so through the addition of a potential and relevant alternatives that had been previously considered. Military service as a sanction differs from other alternatives in some important ways. Females are less likely to accept it as a sanction. Additionally, regarding race, inclination to accept this alternative depends on previous military experience. It is not the case with a military service alternative that the less prison experience one has, the more likely they will select an alternative because for this option, prison experience is irrelevant. The inquiry into this alternative sanction may have created more questions than it answered, but there is now a better understanding of the intricacies of the possibility of this alternative sanction. Future researchers could attempt to uncover why prior military service impacts African Americans' willingness to accept a military service alternative despite African Americans generally not being willing to accept the alternative in lieu of imprisonment. Also, researchers could consider potential explanations as to why women are less likely than men to accept this alternative though women, in general, are more willing to accept alternatives to imprisonment. Qualitative research could also gain valuable insight into these specific populations and their thoughts on military service as an alternative. Further, qualitative research could increase knowledge on the issue by determining reasons that offenders have the feelings that they do regarding the alternative. Research outside of offender views could also contribute to the knowledge concerning this topic. Military service as an alternative sanction is worthy of discussion within the realm of alternative sanction given the history of its usage as an alternative, though illegal, and there are still many aspects of this alternative that should be explored.

FIRST-TIME NONVIOLENT OFFENDERS RECEIVING MILITARY SERVICE INSTEAD OF PRISON TIME

By: Steve DiLella

Questions posed: (1) Does states allow judges to sentence first-time nonviolent offenders to military service instead of prison time and (2) the number of first-time nonviolent offenders incarcerated in the Department of Correction (DOC).

We did not find any state laws that allow judges to sentence first-time nonviolent offenders to military service instead of imprisonment. The National Conference of State Legislatures and the National Center for State Courts also did not have any information on this topic. Anecdotal information, however, suggests that during the World War II and Vietnam eras, certain judges were willing to accept enlisting in the armed forces in exchange for dropping charges in a criminal case.

Although we did not find any state that permits judges to sentence first-time nonviolent offenders to military service, certain states do allow criminal records to be sealed in response to enlistment. For example, a juvenile in New Jersey can have his criminal record sealed upon providing enlistment in the military (N.J. Rev. Stat. 2A: 4A-62).

Connecticut is the only state we found that is considering a bill that allows judges to sentence first-time nonviolent offenders to military service (HB 5728).

The U.S. military, however, has regulations on who can enter service. Any individual convicted of a felony cannot serve in the military without filing for a special waiver.

Certain nonviolent offenses can be classified as felonies. Examples of these crimes include identity theft, perjury, and larceny in the first, second, or third degree.

"YIELD"

Welcome one and all. Thank you for taking the time to read. Your awareness demonstrates good quality. Enough time and energy has been wasted on the pros and cons. Its time to grow up! What separate men from boys is responsibility; accepting your mistakes and moving forward. While in prison, what have you done to elevate yourself? Do you intend to change, or are you content with being a failure? Sadly, in many cases our worst enemy is us. The same passion some of us display in grabbing that gun and selling drugs is the same passion needed in paving a good future within the confides of the law. If only we knew our true potential, we would be able to archive anything we put our mind to. Take the initiative; sort out your life, and figure out what you want to be. Instead of using prison as an escape goat as to why you can't find a good job, take that experience and become resourceful. As the saying goes: "Stop looking at where you've been and start looking at where you can be." - Unknown.

Until next time, learn to utilize your time constructively.

By: Abdus Salaam

"FRAUD"

On the other hand, the prison oriented vendors find these prison industries to be a "Cash Cow". Take Keefe for example, the state receives 6.5% commission every month. Nobody can profit off of us without The Department of Corrections getting a piece of the action. Keefe is a salvage company by their charter, they pull in astronomical profits every quarter, no exception. Take a look at the substandard medical care we receive in prison, a Doctor will give you a Tylenol for a spider bite; Or tell you the skin on your arm has sores due to the tattoo you have on your back, which you had for years, - Fraud!

What can be said about "Food Service?" They deliberately put out misleading menus where every meat product is substituted with "Bulk meat", up to, when the facility is being inspected or visited by state officials, at which time we get real meat; chicken, beef, etc., - Fraud! Let's take a closer look at the "Bulk Meat" we are being served. Prison Legal News carried an article back in 2008, that stated that South Carolina and Oregon Department of Corrections are being sued for serving "Bulk Meat", which is labeled, "Not For Human Consumption".

In the case of almost 300 state prisoners, the Virginia Department of Corrections has usurping authority to interpret state law as it saw fit under the 3 strike law. In that regard, VADOC decided who would and wouldn't go up for parole, which is based on interpretation that is not in line with the "Statutory Language" of the law, - Fraud!

By: J. Royall-El

"WHAT IF THE SHOE WAS ON THE OTHER FOOT"

We've all heard this expression before! So allow me to play devil's advocate, or at the very least provide an opportunity for introspective thought. What if the shoe was on the other foot, would you embrace the concept of redemption then? Would you extend compassion as you would want it extended? "Contrition", a word many prisoners should familiarize themselves with, at least those of us who don't claim innocence. Pun intended!

If people like our families, friends, neighbors, and Parole Board, could be flies on the wall. To over hear our conversations with our homies about our convictions, one could easily assume a script was being prepared for a Hollywood movie. Parental discretion advised - extreme violence, get the picture? Most of us know deep in our hearts that we have wronged someone. But knowing it and really acknowledging it are two different feelings altogether. Guilt, remorse and shame, can keep you in a cycle of low self-esteem and destructive choices. At the opposite end of the spectrum are those who have caused pain and acted with no integrity, and have rarely if ever felt guilt or remorse. Could you be a psychopath?

Prison can undermine our being honest with ourselves, because of a desire to maintain a persona of being tough or hard when your really pseudo thug masked in tattoos, in an environment that's often brutal. Many cons are in denial, refusing to take responsibility, instead, spending a great deal of energy justifying our actions. Until we are honest with ourselves about what we have done, the guilty feelings which arise from these actions can control us at a subconscious level, and keep us from healing. Cleaning up, begins by telling the truth. We often avoid self-honesty out of a desire to avoid the unpleasantness of the truth. Forgetting: Numbness towards one's own pain, becomes numbness towards the pain of others! Shout out to K.P. a.k.a. T. Wilson.

By: Ishmael Shabazz

"GROWING OLD BEHIND BARS"

By: Gina Barton, USA Today

Across the country, early-release provisions for elderly and infirm prisoners are billed as a way to address problems such as prison overcrowding, skyrocketing budgets and civil rights lawsuits.

But throughout the USA, they are used so infrequently that they aren't having much impact. That's because thousands of elderly prisoners nationwide - many of whom pose little or no risk of committing new crimes - aren't allowed to apply.

While these programs are presented as money savers, in 2015 a majority of states granted release to fewer than four applicants each. Within states that have a compassionate - release program and track the numbers, 3,030 people applied, and only 216 were granted release.

For example, in Wisconsin, a program that allows elderly and severely ill prisoners to be released early from prison could save taxpayers millions of dollars a year. But hundreds of state's elderly prisoners - many of whom prison officials acknowledge pose little or no risk of committing new crimes - aren't allowed to apply.

More than 1,200 are 60 and older were serving time in Wisconsin prisons as of Dec. 31, 2016, the most recent count available. By one estimate, the average cost to incarcerate each of them is \$70,000 a year - for an annual total of \$84 million. Last year, just six inmates were freed under the program.

Among those who didn't qualify were a blind quadriplegic and a 65-year-

old breast cancer survivor who uses a breathing machine and needs a wheelchair to make it from her cell to the prison visiting room.

"We've taken health out of criminal justice policy to such a degree that the



policies that have been developed do not have the geriatric and palliative care knowledge they need to make sense," said Brie Williams, a physician and professor of medicine at the University of California - San Francisco.

Of 47 states with processes to free such prisoners early or court rulings requiring them to do so, just three - Utah, Texas and Louisiana - released more than a dozen people in 2015.

On its face, Wisconsin has one of the most comprehensive compassionate release laws in the country.

To qualify, a prisoner must be at least 65 with five years served, or 60 with 10 years served. Prisoners with chronic health conditions also may apply regardless of

age or time served if two doctors certify the illnesses can't be properly treated in prison. People convicted of some of the most serious felonies are not eligible. ..

Elderly inmates are substantially less likely than younger ones to break the law again upon release, according to numerous studies. One of them, by the U.S. Sentencing Commission, found that just 6.8% of men age 60 and older returned to prison within eight years, compared with 40% for men under 30.

"Some patients who are dying are dangerous. These laws are not designed for those individuals," said Williams of the sick and elderly incarcerated. But the vast majority, she said, are not.

On the flip side, life in prison poses unique safety hazards for aging prisoners, according to Williams, director of the criminal justice and health program at the University of California - San Francisco.

Aged-related conditions such as incontinence that would be embarrassing and inconvenient on the outside could become unsafe for someone locked down with a cellmate, she said...

It's up to society as a whole to decide whether keeping sick and elderly prisoners locked up is worth the cost, Williams said. "It's a very expensive resource, and we have to decide who it should be used for," she said. "Do we want to use this resource for someone who is so demented they don't know their name? For someone who can barely breathe and is dragging around an oxygen tank? It's a question we have to ask ourselves."

"SCQ-SUPPORT GROUP, A STUDENT'S THOUGHTS"

My experience in Second Chance Quest Support Group has been educational. My commitment to create a better me has been strengthened by the needs and desires of my fellow peers. Change is something that is often demanded by those who are dissatisfied with their conditions. Fortunately our dissatisfaction is what unites us today.

I have signed on to participate in the Second Chance Quest Support Group with an open mind and without judgement. Furthermore, my patience has allowed me the opportunity to learn and understand people who are different. Such as, Spanish, Caucasian, and Asian. Understanding who you are is the first step in building a foundation between the different races.

Second Chance Quest Support Group has challenged me to question my comfort zone. Am I really comfortable with the people I deal with on a daily basis? If I

am, why? Is it because they condone my flaws and just tolerate my will to get better.

My biggest takeaway from this experience is the time we spend together doing something other than crying about our circumstances. I would like to commend you all on the level of respect and discipline I have observed during this course of Second Chance Quest Support Group. Also, I would like to tip my hat to the facilitators. Clearly, the existence of a bridge between the young and the old is not a myth. We can use a little assertiveness on the part of our middle aged prisoners. To my knowledge, none of us can be certain as to where we are going, however, there can be no doubt as to where we don't want to end up. With that being said, I wish you peace!

By: T. Wilson

**THE MONTH OF APRIL HAS BEEN DECLARED
SECOND CHANCE MONTH**

Following is the proclamation by Pres. Donald Trump Issued on: March 30, 2018

During Second Chance Month, our Nation emphasizes the need to prevent crime on our streets, to respect the rule of law by prosecuting individuals who break the law, and to provide opportunities for people with criminal records to earn an honest second chance. Affording those who have been held accountable for their crimes an opportunity to become contributing members of society is a critical element of criminal justice that can reduce our crime rates and prison populations, decrease burdens to the American taxpayer, and make America safer.

According to the Bureau of Justice Statistics, each year, approximately 650,000 individuals complete prison sentences and rejoin society. Unfortunately, two-thirds of these individuals are re-arrested within 3 years of their release. We must do more -- and use all the tools at our disposal -- to break this vicious cycle of crime and diminish the rate of recidivism.

For the millions of American citizens with criminal records, the keys to successful re-entry are becoming employable and securing employment. Beyond the income earned from a steady paycheck, gainful employment teaches responsibility and commitment and affirms human dignity. As a Nation, we are stronger when more individuals have stable jobs that allow them to provide for both themselves and their loved ones.

I am committed to advancing reform efforts to prevent crime, improve reentry, and reduce recidivism. I expressed this commitment in my 2018 State of the Union Address and reinforced it by signing an Executive Order to reinvigorate the "Federal Interagency Council on Crime Prevention and Improving Reentry." In the spirit of these efforts, I call on Federal, State, and local prison systems to implement evidence-based programs that will provide prisoners with the skills and preparation they need to succeed in society. This includes programs focused on mentorship and treatment for drug addiction and mental health issues, in addition to job training.

This month, we celebrate those who have exited the prison system and successfully reentered society. We encourage expanded opportunities for those who have worked to overcome bad decisions earlier in life and emphasize our belief in second chances for all who are willing to work hard to turn their lives around.

NOW, THEREFORE, I, DONALD J. TRUMP, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 2018 as Second Chance Month. I call on all Americans to commemorate this month with events and activities that raise public awareness about preventing crime and providing those who have completed their sentences an opportunity for an honest second chance.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of March, in the year of our Lord two thousand eighteen, and of the Independence of the United States of America the two hundred and forty-second.

DONALD J. TRUMP

Do you have an idea or suggestion on things we can do to bring forth awareness during Second Chance Month? If so be sure to contact us via mail or email and share them with us!

QUIZ

1. Which government was the first to bring the issue of racial discrimination in South Africa to the attention of the United Nations?
 A. United States
 B. South Africa
 C. India
2. Which event is the basis for the annual commemoration of the International Day for the Elimination of Racial Discrimination on 21 March?
 A. Nelson Mandela's release from prison
 B. The killing of demonstrators in Sharpeville, South Africa
 C. The first multi-racial elections in South Africa
3. Nelson Mandela was awarded the Nobel Peace Prize in 1993 together with which other South African?
 A. Desmond Tutu
 B. FW de Klerk
 C. Thabo Mbeki
4. Which international treaty entered into force in 1988, in an effort to apply pressure on the South African government to bring an end to apartheid?
 A. The International Convention against Apartheid in Sports
 B. The International Convention on the Suppression and Punishment of Apartheid
 C. The International Convention against Apartheid in South Africa
5. After South Africa's first multi-racial elections in April 1994, who said: "Today, South Africa regains its rightful place in Africa, in the United Nations and in the family of nations"?
 A. UN Secretary-General Boutros Boutros-Ghali
 B. Newly elected President Nelson Mandela
 C. U2 lead singer Bono

5. (A) **UN Secretary-General Boutros-Ghali** General elections were held in South Africa in late April 1994 and a democratic, non-racial Government took office in May 1994 with Nelson Mandela as President. UN Secretary-General Boutros Boutros-Ghali applauded the election process as a peaceful expression of the people's aspirations for a better future and pledged continued United Nations commitment to South Africa.

4. (A) **The International Convention against Apartheid** was adopted in November 1973. The treaty declares apartheid as a crime against humanity. It defines apartheid as covering a series of "inhuman acts" which are "intended to establish or maintain domination by one racial group of persons over any other racial group of persons" and to prohibit discrimination in sports bodies, teams and individual sportsmen to have contact with a country practising apartheid. They also agreed to ensure the expulsion of South Africa from all federations in which it still held membership and to impose sanctions against national federations condoning exchanges with a country practising apartheid. The International Convention against Apartheid is a convention against apartheid in South Africa. It permits sports entered into force in 1988. Under the treaty, States Parties committed themselves not to permit their sports bodies, teams and individual sportsmen to have contact with a country practising apartheid in South Africa. FW de Klerk, for their work for the peaceful termination of the apartheid regime, and for laying the foundations for a new, democratic South Africa.

3. (B) **FW de Klerk** in 1993, Nelson Mandela was awarded the Nobel Peace Prize together with then-President of South Africa FW de Klerk, for their work for the peaceful termination of the apartheid regime, and for their contribution to the struggle against apartheid in South Africa.

2. (B) **The killing of demonstrators in Sharpeville, South Africa** On 21 March, 1960, South African police shot at people demonstrating peacefully against the "pass laws" under the apartheid system. Sixty-eight men, women and children were killed and about 200 wounded.

1. (C) **India** in 1946, the government of India requested the UN General Assembly to include in its agenda an item entitled "Treatment of Indians in the Union of South Africa". Like Africans, South Africans of Indian descent were also discriminated against under the country's political system, which favoured whites.

Quiz Answers

UNITED NATIONS - UNIVERSAL DECLARATION OF HUMAN RIGHTS (PART 4)

“The power of the Universal Declaration is the power of ideas to change the world. It inspires us to continue working to ensure that all people can gain freedom, equality and dignity. One vital aspect of this task is to empower people to demand what should be guaranteed: their human rights.”

-Zeid Ra'ad Al Hussein, UN High Commissioner for Human Rights

See previous issues of SCQ newsletter for Articles 1-20. This issue will feature Articles 21-30.

Article 21: 1. Everyone has the right to take part in the government of his country, directly or through freely chosen representatives.

2. Everyone has the right of equal access to public service in his country.

3. The will of the people shall be the basis of the authority of government; this shall be expressed in periodic and genuine elections which shall be by universal and equal suffrage and shall be held by secret vote or by equivalent free voting procedures.

Article 22: Everyone, as a member of society, has the right to social security and is entitled to realization, through national effort and international cooperation and in accordance with the organization and resources of each state, of the economic, social and cultural rights indispensable for his dignity and the free development of his personality.

Article 23: 1. Everyone has the right to work, to free choice of employment, to just and favorable conditions of work and to protection against unemployment.

2. Everyone, without any discrimination, has the right to equal pay for equal work.

3. Everyone who works has the right to just and favorable remuneration ensuring for himself and his family an existence worthy of human dignity, and supplemented, if necessary, by other means of social protection.

4. Everyone has the right to form and to join trade unions for the protection of his interest.

Article 24: Everyone has the right to rest and leisure, including reasonable limitation of working hours and periodic holidays with pay.

Article 25: 1. Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care, and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

2. Motherhood and childhood are entitled to special care and assistance. All children, whether born in or out of wedlock, shall enjoy the same special protection.

Article 26: Everyone has the right to education. Education shall be free, at least in the elementary and fundamental stages. Elementary education shall be compulsory. Technical and professional education shall be made generally available and higher education shall be equally accessible to all on the basis of merit.

2. Education shall be directed to the full development of the human personality and to the strengthening of respect for human rights and fundamental freedoms. It shall promote understanding, tolerance and friendship among all nations, racial or religious group, and shall further the activities of the United Nations for the maintenance of peace.

3. Parents have the prior right to choose the kind of education that shall be given to their children.

Article 27: 1. Everyone has the right freely to participate in the cultural life of the community, to enjoy the arts and to share in scientific advancement and its benefits.

2. Everyone has the right to the protection of the moral and material interests resulting from any scientific, literary or artistic production of which he is the author.

Article 28: Everyone is entitled to a social and international order in which the rights and freedoms set forth in this Declaration can be fully realized.

Article 29: 1. Everyone has duties to the community in which, alone the free and full development of his personality is possible.

2. In the exercise of his rights and freedom, everyone shall be subject only to such limitations as are determined by law solely for the purpose of securing due recognition and respect for the rights and freedom of others and of meeting the just requirements of morality, public order and the general welfare in a Democratic society.

3. These rights and freedoms may in no case be exercised contrary to the purposes and principles of the United Nations.

Article 30: Nothing in this Declaration may be interpreted as implying for any state, group or person any right to engage in any activity or to perform any act aimed at the destruction of any of the rights and freedoms set forth herein.

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Check out our petition on change.org

(continued from previous issue)

• Implement The Treatment Principle. The treatment principle states that cognitive/behavioral treatment should be incorporated into all sentences and sanctions. Treatment is action. First, it is centered on the present circumstances and risk factors that are responsible for the offender's behavior. Second, it is action oriented rather than talk oriented. Offenders do something about their difficulties rather than talk about them. Third, clinicians teach offenders new, pro-social skills to replace the anti-social ones like stealing, cheating and lying, through modeling, practice, and reinforcement.

These behavioral programs would include:

a) Structured social learning programs where new skills are taught, and behaviors and attitudes are consistently reinforced.

b) Cognitive behavioral programs that target attitudes, values, peers, substance abuse, anger, etc., and

c) Family based interventions that train families on appropriate behavioral techniques.

Interventions based on these approaches are very structured and emphasize the importance of modeling and behavioral rehearsal techniques that engender self-efficacy, challenge cognitive distortions, and assist offenders in developing good problem-solving and self-control skills. These strategies have been demonstrated to be effective in reducing recidivism.

4. Provide Skill Training For Staff And Monitor Their Delivery Of Services

Evidence-based programming emphasizes cognitive-behavior strategies and is delivered by well-

trained staff. Staff must coach offenders to learn new behavioral responses and thinking patterns. In addition, offenders must engage in role playing and staff must continually and consistently reinforce positive behavior change.

5. Increase Positive Reinforcement

Researchers have found that optimal behavior change results when the ratio of reinforcements is four positive to every negative reinforcement. While this principle should not interfere with the need for administrative responses to disciplinary violations, the principle is best applied with clear expectations and descriptions of behavior compliance. Furthermore, consequences for failing to meet expectations should be known to the offender as part of the programming activity. Clear rules and consistent consequences that allow offenders to make rewarding choices can be integrated into the overall treatment approach.

6. Engage Ongoing Support In Natural Communities

For many years research has confirmed the common sense realization that placing offenders in poor environments and with anti-social peers increases recidivism. The prison-based drug and alcohol treatment communities show that the inmate code can be broken and replaced with a positive alternative and, in the process, teach offenders the skills they will need upon release. Likewise, parole supervision requires attending to the pro-social supports required by inmates to keep them both sober and crime free. Building communities in prison and outside of prison for offenders who struggle to maintain personal change is a key responsibility of correctional administrators today. The National Institute of Corrections calls for:

Realign and actively engage pro-social support for offenders in their communities for positive reinforcement of desired new behavior.

7. Measure Relevant Processes/Practices

An accurate and detailed documentation of case information and staff performance, along with a formal and valid mechanism for measuring outcomes, is the foundation of evidence-based practice. Quality control and program fidelity play a central and ongoing role to maximize service delivery. In a study at the Ohio Department of Corrections, programs that scored highest on program integrity measures reduced recidivism by 22 percent. Programs with low integrity actually increased recidivism.

8. Provide Measurement Feedback

Providing feedback builds accountability and maintains integrity, ultimately improving outcomes. Offenders need feedback on their behavioral changes, and program staff need feedback on program integrity. It is important to reward positive behavior - of inmates succeeding in programs, and of staff delivering effective programming. Measurements that identify effective practices need then to be linked to resources, and resource decisions should be based on objective measurement.

Years of research have gone into the development of these evidence-based principles. When applied appropriately, these practices have the best potential to reduce recidivism. These principles should guide criminal justice program development, implementation and evaluation.

"HEY MR. POSTMAN/MAILMAN"

The strangest thing happened to me today, an invisible mailman passed my way handing me a letter that was not there. Saying, "An invisible letter is really rare."

I opened up the letter, opened it wide, and found what I expected, nothing inside. The thought was so sweet, yet as I recall, that invisible

letter said nothing at all. I wondered how, if you really do regret, sending me the letter I never did get. My fair weather friend, I once needed you, but the letter I expected never came then... Don't get me wrong, I'll still be your friend, even if a letter you should never send. But maybe next time,

you will think twice, and allow me to express a bit of advice. I could be there, where life is much better, and you could be here, expecting a letter...

By: Harvey Lee "H. B." Baskerville

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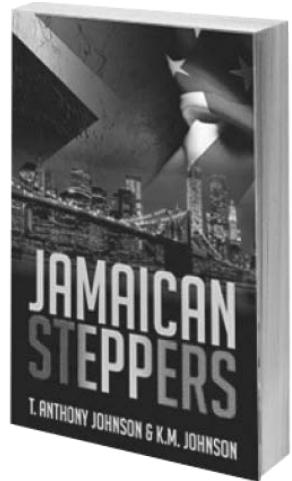
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"POLICE STATE AMERICA"

A menace to democracy and liberty has arisen in the twenty-first century through the acceptance of unfettered police powers, mass incarceration and the governments diminishing regard for personal civil liberties, due process, equality and freedom. The rights guaranteed to the individual citizen has been eroded by a legislature and judiciary that holds police powers, court policy, procedures and administration more sacrosanct and protected than the rights conferred to the people by the constitution.

We live in a time, where the

diminishing regulation of the police has resulted in a state that the people have become "suspect" first in every encounter and citizen second. The police shoot first and assess later.

The courts opinion that the police have no duty to protect any individual despite the motto "protect and serve", the only duty is to enforce the law. See (case law): *Town of Castle Rock v. Gonzales* (2005).

It's true the world is a melting pot of fanatical ideology, acts of terror and violence. However, it hasn't risen to a level in America to support

the tyrannical conduct by the police occurring today. Militarization of police forces equates to a future police state in America.

It's time that the Elected Representatives of the American people stop paying homage to the Police Fraternal Orders, who support their campaigns and start acting to reform the laws that regulates police policy and discretion. The time to stop the arbitrary and unjust exercise of police powers of arrest, search and seizure, and the flagrant use of deadly force is now.

By: Mr. G. Bates

NELSON MANDELA RULES cont'd from pg 1

At its fourth meeting held in Cape Town, South Africa, in March 2015,

*It is said that no one truly knows a nation until one has been inside its jails.
A nation should not be judged by how it treats its highest citizens, but its lowest ones.
-Nelson Mandela*

the Expert Group reached consensus on all of the rules opened for revision. In May 2015, the Commission on Crime Prevention and Criminal

Justice (CCPCJ) endorsed the revised rules and submitted the entire set of the revised SMRs for approval by the Economic and Social Council (ECOSOC) and subsequent adoption by the General Assembly.

2015 The Nelson Mandela Rules

In December 2015, the UN General Assembly adopted the revised rules as the "United Nations Standard Minimum Rules for the Treatment of Prisoners". As per

the recommendation of the Expert Group, the revised rules are to be known as "the Nelson Mandela Rules" to honour the legacy of the late President of South Africa, Nelson Rolihlahla Mandela, who spent 27 years in prison in the course of his struggle for global human rights, equality, democracy and the promotion of a culture of peace.

(article adopted http://www.un.org/en/events/mandeladay/mandela_rules.shtml)



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