



The PAPPC Journal

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Exit from Eden



A special THANK YOU to all of the employees at the Eden Resort & Suites, along with all of the attendees, sponsors and exhibitors that made the 98th Annual Pennsylvania Association on Probation, Parole and Corrections (PAPPC) Conference a success.



IN THIS ISSUE

Message from the President.....	2	98th Annual Training Institute and Conference Recap.....	9
2018–2019 Executive Committee	3	Great Pennsylvania Road Trip Destinations	11
Governor Wolf Declares Heroin and Opioid Epidemic A Statewide Disaster	4	Removing Bricks from the Walls of Life	12
Meet the “Chief”	6	A THANK YOU to All Those in “THANKLESS” Jobs.....	13
Working Toward Wellness	8	Summer Recipe.....	15
		In Memory: Sgt. Mark Baserman.....	16

A Message from the President TONUIA SMITH, 2018–2019



Greetings,

As we enter our ninety-eighth year, it is a distinct honor and humbling opportunity to serve as the 2018-2019 President of the Pennsylvania Association on Probation, Parole and Corrections (PAPPC). I am excited and committed to leading our association in “Building Bridges with Tools for Change”. Our 2018 annual conference theme is a reminder that we are being charged and expected to discover and implement solutions for addressing the growing challenges we face in our communities. **“Building Bridges with Tools for Change”** is not an option for our organization but rather an increasing necessity as we continue to manage multiple issues such as the opioid crisis, mental health concerns, veteran’s needs, recidivism and re-entry of offenders into society.

As we come together as an organization, we must ready ourselves by expanding our knowledge, strengthening our understanding of the challenges, identifying best practices and implementing solutions. As an active member of the PAPPC for over fifteen years, I continue to stand committed and passionate to our mission. It is our goal to promote a vision that is rooted in effectively improving lives and communities. I challenge each of us to seek progressive models, methods and systems that are inclusive, synergistic and effective so that those in need can fully participate and thrive.

My passion to this work and the association continues to deepen and I look forward to working with you towards the actualization of our goals and partnering to create the change we want to achieve.

With the reminder of our mission below, I task each of you to accept and fulfill the commitment and remember together we are “Building Bridges with Tools for Change”. I thank you and the members of the board for your commitment to ensuring that our mission is fulfilled.

The mission of Pennsylvania Association on Probation, Parole, and Corrections (PAPPC) is to support and promote best practice methods and professionalism in the field of juvenile and adult probation, parole, corrections institutional care and community supervision.

Regards,

Tonia Smith, PAPPC President

Contribute to *The PAPPC Journal!*

THE PAPPC JOURNAL is published by members of the Pennsylvania Association on Probation, Parole and Corrections. Articles, announcements and other newsworthy material of relevance to our membership may be submitted for consideration to:

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2018 – 2019

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PAPPC

MISSION STATEMENT

THE MISSION OF THE PENNSYLVANIA ASSOCIATION ON PROBATION, PAROLE AND CORRECTIONS (PAPPC) SUPPORTS AND PROMOTES BEST PRACTICE METHODS AND PROFESSIONALISM IN THE FIELD OF JUVENILE AND ADULT PROBATION, PAROLE, CORRECTIONS, INSTITUTIONAL CARE AND COMMUNITY SUPERVISION.

Governor Wolf Declares Heroin and Opioid Epidemic a Statewide Disaster Emergency

(Reprinted with permission from the press office)

Find the original article at:

<https://www.governor.pa.gov/governor-wolf-declares-heroin-and-opioid-epidemic-a-statewide-disaster-emergency/>

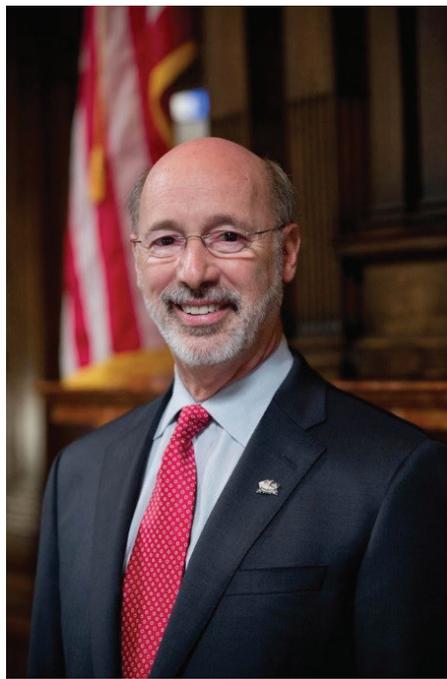
January 10, 2018

Harrisburg, PA – Today, Governor Tom Wolf took another step forward in bolstering the fight against heroin and opioid addiction by signing a statewide disaster declaration to enhance state response, increase access to treatment, and save lives. The declaration is the first-of-its-kind for a public health emergency in Pennsylvania and will utilize a command center at the Pennsylvania Emergency Management Agency to track progress and enhance coordination of health and public safety agencies.

“While we have made progress in combatting the heroin and opioid abuse crisis and drastically expanded Pennsylvania’s response, we are still losing far too many Pennsylvanians,” Governor Wolf said. “I am taking this step to protect Pennsylvanians from this looming public health crisis, and I am using every tool at my disposal to get those suffering from substance use disorders into treatment, save more lives, and improve response coordination.”

Among the declaration’s specifics are 13 key initiatives that are the culmination of a collaboration between all state agencies, with focus on the departments of Health, Drug and Alcohol Programs, the Pennsylvania Emergency Management Agency, the Pennsylvania Commission on Crime and Delinquency, and the Pennsylvania State Police.

“I routinely challenge all commonwealth agencies to think innovatively about



how they continue to address the opioid epidemic and seek solutions that last long beyond our tenure in this building,” Governor Wolf said. “One such solution is to use the executive authority granted to me as the governor of this commonwealth to waive statutory regulations that create barriers to treatment and prevention, prevent first responders and others from saving lives, and reduce efficiency of our response.”

The 13 initial initiatives are organized by three areas of focus and include:

Enhancing Coordination and Data Collection to Bolster State and Local Response

- **Establishes an Opioid Command Center located at the Pennsylvania Emergency Management Agency (PEMA)**, which will house the Unified Opioid Coordination Group that will meet weekly during the disaster declaration to monitor implementation and progress of the initiatives in the declaration.
- **Expands Access to Prescription Drug Monitoring Program (PDMP) to Other Commonwealth Entities for Clinical Decision-Making Purposes** to improve treatment outcomes and better monitor compliance among prescribers. Since 2016, 90,000 physicians have conducted more than 1 million searches on the PDMP.

- **Adds Overdoses and Neonatal Abstinence Syndrome (NAS) as Reportable Conditions in Title 28, Chapter 27** to the DOH in order to increase data collection and improve outcomes in both areas.
- **Authorizes Emergency Purchase Under Procurement Code for Hotline Contract with Current Vendor**, giving DDAP further emergency purchase authorization to allow the department to enter into a contract with the current drug and alcohol hotline vendor to ensure uninterrupted services. To date, the 24/7 helpline, 1-800-662-HELP, has received more than 18,000 calls to connect those suffering from substance use disorder with treatment.

Improving Tools for Families, First Responders, and Others to Save Lives

- **Enables Emergency Medical Services providers to leave behind naloxone** by amending the current Standing Order to include dispensing by first responders, including Emergency Medical Technicians (EMTs). The existing naloxone standing order and funding for naloxone to first responders has allowed for more than 5,000 lives to be saved so sufferers can be linked to treatment for substance use disorder.
- **Allows Pharmacists to Partner with Other Organizations to Increase Access to Naloxone** by waiving regulations to allow pharmacists to partner with other organizations, including prisons and treatment programs to make naloxone available to at-risk individuals upon discharge from these facilities.
- **Allows for the immediate temporary rescheduling of all fentanyl derivatives to align with the federal DEA schedule** while working toward permanent rescheduling.
- **Authorizes emergency purchasing under Section 516 of the Procurement Code** to allow for an emergency contract to expand the advanced body scanner pilot program currently in place at

(continued on pg 5)

Wernersville that is used on re-entrants returning to the facility. This would prevent the program from lapsing.

Speeding Up and Expanding Access to Treatment

- **Waive the face-to-face physician requirement for Narcotic Treatment Program (NTP) admissions** to allow initial intake review by a Certified Registered Nurse Practitioner (CRNP) or Physician Assistant (PA) to expedite initial intakes and streamline coordination of care when an individual is most in need of immediate attention.
- **Expand access to medication-assisted treatment (MAT)** by waiving the regulatory provision to permit dosing at satellite facilities even though counseling remains at the base NTP. This allows more people to receive necessary treatments at the same location, increasing their access to all the care and chances for recovery.
- **Waive annual licensing requirements for high-performing drug and alcohol treatment facilities** to allow for bi-annual licensure process which streamlines licensing functions and better allocates staff time. DDAP will request that facilities seek a waiver by filing exception requests to the annual licensing requirement.
- **Waive the fee provided for in statute for birth certificates for individuals who request a good-cause waiver by attesting that they are affected by OUD.** This is of particular importance to individuals experiencing homelessness and other vulnerable populations who often cannot obtain copies of their birth certificates in order to access treatment and other benefits due to the financial requirements.
- **Waive separate licensing requirements for hospitals and emergency departments to expand access to drug and alcohol treatment** to allow physicians to administer short-term MAT consistent with DEA regulations without requiring separate notice to DDAP. Governor Wolf was joined at the

declaration signing by PEMA Director Rick Flinn, Acting Secretary of the Department of Drug and Alcohol Programs Jennifer Smith, and the Acting Secretary of Health and Physician General Dr. Rachel Levine, who today signed the revised first responders "leave behind" standing order for naloxone.

For a one-page summary of the declaration, visit governor.pa.gov. Full text of the declaration is included here:

GOVERNOR'S OFFICE PROCLAMATION OF DISASTER EMERGENCY

January 10, 2018

WHEREAS, the opioid crisis is of such magnitude or severity that emergency action is necessary to protect the health, safety and welfare of affected citizens in Pennsylvania;

WHEREAS, the opioid crisis is a public health emergency in Pennsylvania contributing to addiction, overdose emergencies and deaths; and

WHEREAS, the opioid crisis includes heroin and prescription pain medications, such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, and hydromorphone; and

WHEREAS, Pennsylvania's opioid crisis impacts all areas of the state – including urban, suburban and rural communities and all ages including both young people and older Pennsylvanians – and is unprejudiced in its reach and devastation; and

WHEREAS, the deaths because of overdose are preventable and the effective treatment of opioid use disorders can reduce the risk of overdose; and

WHEREAS, the Drug Enforcement Agency reports the total number of fatal drug overdoses in Pennsylvania in 2016 was 4,642, a 37% increase from 2015 and those deaths increasingly are the result of fentanyl and other synthetic opioid compounds; and

WHEREAS, Pennsylvania's rate of drug overdose is 36.5 per 100,000 which is significantly higher than the national average of 16.3 per 100,000; and

WHEREAS, the Prescription Drug Monitoring Program reports the number

of emergency department visits related to an opioid overdose have increased by 82% from the third quarter of 2016 to the third quarter of 2017;

WHEREAS, the Governor and the Acting Secretary of Health have reasonable cause to believe that disease, illness, and health conditions, including death, are being caused by the opioid crisis;

WHEREAS, it is necessary to make Naloxone more widely available to treat narcotic overdose in emergency situations;

WHEREAS, it is necessary to expand access to treatment facilities, as well as treatment options across the commonwealth; and

WHEREAS, it is necessary to temporarily reduce regulatory burdens, in accordance with federal and state law, to ensure that individuals receive needed treatment without delay.

NOW THEREFORE, pursuant to the provisions of section 7301(c) of the Emergency Management Services Code, 35 Pa. C.S. § 7101 et seq., I do hereby proclaim the existence of a disaster emergency in the Commonwealth of Pennsylvania.

Further, I direct the establishment of an Opioid Unified Coordination Group that shall utilize the National Incident Management System (NIMS) to provide a consistent framework and approach to enable government to work together to prepare for, prevent, respond to, recover from, and mitigate the effects of the opioid crisis in Pennsylvania. The Opioid Unified Coordination Group shall consist of the heads of the following Commonwealth agencies, or their designee, and such other executive branch agencies as the Governor may designate:

1. The Department of Health
2. The Department of Human Services
3. The Department of Drug and Alcohol Programs
4. The Pennsylvania Emergency Management Agency
5. The Pennsylvania Commission on Crime and Delinquency
6. The Pennsylvania State Police

Further, the Opioid Unified Coordination Group shall establish a Public Health Emergency Command Center (Command

(continued on pg 6)

Center) that will operate within the Commonwealth Response Coordination Center (CRCC) located at the Pennsylvania Emergency Management Agency.

Further, during the period of this emergency, recognizing the need for urgent and expeditious action, pursuant to 35 Pa.C.S. § 7301(f), I do hereby authorize the suspension of relevant regulatory statutes that agencies under my jurisdiction are authorized by law to administer or enforce as may be necessary to respond to the opioid crisis. Any regulatory statute that agencies under my jurisdiction desire to be suspended must be reviewed by the Governor's Office of General Counsel, and filed with the Opioid Unified Coordination Group.

IN ADDITION, if any administrative order, rule or regulation relating to the opioid crisis is inconsistent with the requirements

of this Proclamation, or any rule, regulation, plan or administrative order issued pursuant hereto, or if strict compliance with such provisions would prevent, hinder or delay necessary action to cope with the emergency, then such provision is hereby rescinded for the duration of this Proclamation.

Still Further, pursuant to 35 Pa.C.S. § 7301(b), all agencies under my jurisdiction are authorized, ordered and directed to issue, amend and rescind such rules, regulations, orders and plans as necessary to carry out their respective responsibilities and functions pursuant to this Proclamation, to issue, amend and rescind such rules and regulations or orders under their respective statutory authorities as may be reasonably necessary to assist in responding to this opioid crisis.

Further, all Commonwealth agencies

purchasing supplies or services in response to this emergency are authorized to utilize the emergency procurement procedures set forth in section 516 of the Commonwealth Procurement Code, 62 Pa. C.S. § 516. This Proclamation shall serve as the written determination of the basis for the emergency under section 516.

STILL FURTHER, I hereby urge the governing bodies and executive officers of all political subdivisions that may be affected by this emergency event to act as necessary to meet the current exigencies as legally authorized under this proclamation.

GIVEN under my hand and the Seal of the Governor, this 10th day of January in the year of our Lord two thousand eighteen, and of the Commonwealth the two hundred and forty second.

TOM WOLF
Governor

NEWS

Meet the "Chief"

By Michael Carrington

On 4/17/18, I conducted a phone interview with George Little, the recently appointed Executive Deputy Secretary for Community Corrections and Reentry for the Department of Corrections. He is the former Commissioner of the Tennessee Department of Corrections and brings to the table decades of knowledge and experience in the field of criminal justice. He will be a major factor in the consolidation process between the DOC and PBPP moving forward and he brings past consolidation experience from his service in the Volunteer State.

Q. How did you find your way into the PA Department of Corrections?

A. I moved back to PA from Tennessee due to family ties. I actually grew up in Harrisburg and have history there. I had heard a lot of positive things about the PA Department of Corrections, especially pertaining to the leadership within the agency. I reached out to Secretary Wetzell and EDS Moore-Smeal and was informed that there was an opening for the Director of Community Corrections.

Reentry has always been very near and dear to my heart so I was very excited for an opportunity to enter into the agency in that capacity. Immediately prior to moving back to PA, I spent six years in local government as Chief Administrative Officer for the City of Memphis. In that position, I was really able to see the reentry process from the community's perspective. In a variety of ways, Memphis is to Tennessee what Philadelphia is to Pennsylvania. One similarity between the two was the volume of commitments to the criminal justice system on a local, state and federal level respective to other geographical areas within the state. During my time as Chief Administrative Officer, I was able to work with community members and second-chance programs which helped me gain a better understanding of the impact that reentry has within a given community.

Q. Would you discuss some of the obstacles that you encountered early on as the Director of Community Corrections?

A. One of the first things I noticed was the explosion in opiate use, not just within the community corrections centers, but the community in general. I am an avid bike rider and there were times that I would see hypodermic needles just lying in the

gutter along my bike route. There was also a significant rise in various synthetic compounds with unknown effects on the user. This epidemic certainly was impacting our centers and correctional facilities. Having said that, one of my first real challenges was attempting to ensure that the men and women working within the centers had an appropriate amount of resources in order to adequately do their job. Furthermore, I wanted to improve communication between the BCC and PBPP, especially as it relates to sharing data. With improved data, staff would be able to gauge program effectiveness and see what was working versus not working. It was a major challenge to build trust between the agencies and tear down walls that had been built over time. One of the benefits that I had coming into this agency was no preconceptions or bias based on past events. I took the approach that what happened in the past is the past and chose to focus on improvements that could be made in the future.

Q. Regarding the consolidation, why do you believe that the legislation has not been passed to support the Memorandum of Understanding (MOU) that was signed on 10/19/17?

(continued on pg 7)

A. *I can't really speak to the politics of the issues from the elected leader's side. I believe that the largest tangible concern that I have heard expressed is a feeling that the "checks and balances" system between the DOC and PBPP would be affected if the legislation passes. In fact, the legislation mirrors the MOU regarding the independence on the Parole Board. Under the MOU and the merger bill, the Parole Board decision making process remains unchanged. I can say that under the current administration, everything that is being done, or changes that are being made, is in response to data. The legislators may have a fear that one agency may be more concerned with getting people out of prison or keeping people out of prison that should be incarcerated. The administration has been very transparent in their actions; however, it has been a tough sell to the legislators that the "checks and balances" will remain in place with or without the passage of a merger bill.*

Q. *I know you were involved in an agency consolidation during your time in Tennessee. Would you provide a little insight into that experience?*

A. *Sure...In the State of Tennessee, any sentence of one year or longer falls under the jurisdiction of a state agency, whether dealing with confinement or probation. Prior to the consolidation that I was involved in, parole field services were spilt off with the parole board. Legislation was passed that consolidated probation and parole field services. When I went through that, probation caseloads were much greater than parole and the sheer number of individuals on probation was much larger than the number on parole. Essentially, the bigger agency (probation) was absorbed by the smaller one (parole). More recently, within the last five years in Tennessee, they essentially did the same thing that the merger bill would do in PA. They combined probation and parole services with the Department of Corrections, while the parole board remained independent.*

Q. *How has the employee response been to date regarding the consolidation effort?*

A. *Notwithstanding the fact that we are operating under an MOU rather than statute, I would say that the overall employee response has been enthusiastic. There has been a lot of employee buy-in and there has been a lot of great work accomplished, as a team, since the MOU was signed. Committees have been formed comprised of employees from each agency and all pay grades. In addition to performing their day-to-day jobs, they are working hard on changes that can be implemented under the MOU that will pay dividends down the road. Generally speaking, the employee response has been very positive. Certainly, there are those who are sitting back waiting to see some results before they commit to the process and that is also to be expected in an effort like this.*

Q. *Will the recommendations that come from consolidation committees really be the driving force behind changes that are eventually made under the current MOU?*

A. *Absolutely! You can't sit up in Harrisburg and know the work that is being done at the ground level. The practitioners, the people who really do the work each day need to drive this process. Will we be able to implement every recommendation from the committees? Probably not. For instance, we have already received recommendations for additional staffing and/or resources but the reality is that we, as an agency, need to find a way to do better with what we currently have. However, I do believe that the individual committee recommendations will ultimately shape what this consolidated entity looks like.*

Q. *Where did the title "Chief" originate?*

A. *Officially, I guess it started when I held the position of Chief Deputy Secretary. That was my working title until about six weeks ago when it changed to EDS for Community Corrections and Reentry. Prior to joining the PA DOC, I held the position of Chief Administrative Officer for the city of Memphis and had been referred to as "Chief" for 6+ years. So, it is a title that I have been very used to. Personally, I am ok with being called George but if people*

want to honor the position and use the term "Chief", I am fine with that as well.

Q. *During your career in the criminal justice system, what are the biggest changes you've witnessed in day-to-day operations from when you started until present day?*

A. *I think the biggest change is the use of evidence based practices (EBPs) and really having a discipline to our business processes. When I first came around, we did a lot of things because we thought they worked. Now, we are subjecting whatever we do to data. The analysis of that data lets us know what is, or is not, working. We are looking outside of the correctional environment for practical solutions to use within corrections. For instance, within the institutions, the use of unit management came from the health care field. Additionally, from the behavioral science field, we use of treatment type approaches with reentrants under our supervision. Generally speaking, we have moved away from punishment-based approaches. When I came around in the late 70s, early 80s, it was a "tough on crime" era and punishments were heavy. Prison populations ballooned at the expense of the taxpayers. Since then, states are realizing that throwing money at corrections is not the best use of their scarce public resources.*

Q. *Any long-term personal goals respective to business processes?*

A. *Respective to my individual role, beyond the consolidation, I want to help all employees realize their full individual potential and the potential for our agency as a whole. Additionally, because I am invested in Pennsylvania, as I grew up here, ultimately I want to help be part of a solution to make our communities better and safer.*

Q. *Ok, last question but possibly the most important one of all... Eagles or Steelers?*

A. *I'm in central PA so I'm going to play it straight down the middle.*

A special thanks to Chief Little for taking the time to answer a few questions that are on the minds of those employed by the DOC and PBPP.

Working Toward Wellness

By Jessica Eisenman

Have you ever approached your vehicle to find a flat tire? Have you ever been driving along, set on reaching your destination, when all at once, your vehicle jolted, causing you to pull over due to a flat tire? The experience of a flat tire can make it difficult to steer and remain in control of your vehicle. In some cases, a flat tire can even cause an accident. Whether you discover it in a parked position or while driving, having a flat tire can disrupt the flow of your activities making it more difficult to reach your destination. In this article we will compare the concept of wellness to a wheel or tire. We will examine how dysfunction in our lives can hinder our wellbeing and prevent us from reaching goals.



The **Physical Dimension** refers to our overall physical health. This includes our physical activity, eating and recreation habits, overall safety, and medical condition. When our bodies are physically healthy, we may have increased levels of energy and improved self-esteem. When our physical health is negatively affected, it can be difficult to perform in other areas of life.

The **Social Dimension** includes our relationships with others, with the larger community, and with nature. The quality of our personal relationships, our level of involvement in the community, and our interactions with nature can lead to feelings of harmony or conflict.

The **Intellectual Dimension** involves our mental activities. It includes our skills and abilities, knowledge, problem-solving, and ongoing need for intellectual growth. If we challenge ourselves intellectually, it can lead to improved satisfaction and productivity.

The **Spiritual Dimension** refers to our ability to find meaning and purpose in life. This dimension involves our personal value systems. Wellness exists when our actions are consistent with our values and beliefs.

The **Emotional Dimension** refers to our feelings about ourselves and about life. It also involves our ability to use self-control, to express our feelings, and to accept the feelings of others. Our feelings influence our thought processes and choices.

Each of these dimensions contributes to overall wellness. Examine the wellness wheel depicted below. Consider the person who suffers from chronic pain. Not only is the physical dimension impacted, but the person may experience difficulties completing work tasks, engaging in social activities with friends, and experience feelings of hopelessness

or depression. When one dimension of our wellness wheel is negatively impacted, it is likely that other areas are affected as well. It is comparable to having a flat tire which inhibits us from functioning properly and can make it difficult for us to meet goals.

Reflect on the questions below. Did you answer 'yes' to many of the questions? Are there specific dimensions that are challenging for you? Are you running smoothly or do you have a flat tire?

Occupational Dimension:

- Does your work align with your values and belief systems?
- Do you find your work interesting and meaningful?
- Do you feel involved in your work?
- Do you have the opportunity to develop and enhance your skill set?

Physical Dimension:

- Do you have a balanced diet with foods from each food group?
- Are you physically fit? Do you exercise regularly?
- Do you refrain from smoking, alcohol, and drug use?
- Do you monitor your medical conditions and comply with recommendations from your doctor?

Social Dimension:

- Do you volunteer or give back to your community?
- Are your relationships with loved ones characterized by effective communication and mutual respect?
- Are you aware of the effects of your behavior on the environment and strive to keep it clean?
- Do you devote time and effort to the meaningful relationships in your life?

Intellectual Dimension:

- Do you acknowledge and use your skills and abilities?
- Do you take a proactive approach and problem-solve when obstacles occur?
- Do you participate in intellectually stimulating activities?
- Do you challenge yourself on a daily basis?

(continued on pg 9)



Wellness can be defined simply as “good health.” The National Wellness Institute has recognized Six Dimensions of Wellness which contribute to overall wellbeing. A brief description of each dimension is listed below.

The **Occupational Dimension** refers to the satisfaction we get out of our jobs. Our attitudes toward work play a key role in our occupational wellness. A positive attitude about work can lead to satisfactory job performance and positive relationships with coworkers. On the other hand, if we are not satisfied with the work that we do, it can have a negative effect on our overall wellbeing.

Spiritual Dimension:

- Do your actions align with your values and beliefs?
- Are you tolerant of the others' beliefs that are different from your own?
- Do you find purpose and meaning in your life?
- Do you engage in meditation, mindfulness activities, or prayer?
- Emotional Dimension:
- Are you aware of both the positive and negative feelings that you experience?
- Are you optimistic about life?
- Do you practice self-control in difficult situations?
- Do you have healthy ways of expressing your emotions?

The DOC cares about your wellbeing. Please tune in next month to learn about DOC initiatives that support your wellbeing. For more information on the concept of wellness, please see the resources below:
http://www.nationalwellness.org/?page=Six_Dimensions
<https://www.nwmissouri.edu/wellness/PDF/shift/BalancingYourWellness.pdf>

2018 RECAP

98th Annual Training Institute and Conference: Building Bridges with Tools for Change

By Amanda Eisenman



(Pictured above are incoming PAPPC President Tonia Smith, Tonier Cain, and outgoing PAPPC President Eileen Hager)

The 2018 PAPPC Conference was held May 20-23, 2017 at the Eden Resort and Suites in Lancaster, PA. PAPPC hosted another terrific conference with various workshops to include: Interviewing Sex Offenders, Extremism and Hate Groups, Unmasking Human Trafficking, and Substance Abuse Prevention for 1st Responders.

The plenary speaker on Monday was Ms. Tonier "Neen" Cain. Ms. Cain spoke about her history with substance abuse, trauma, and incarceration. Her story, though one of anger, frustration, sadness, and despair, ended on a positive note as Ms. Cain overcame every obstacle in her life and is now a survivor! For twenty years, Ms. Cain was a crack cocaine addict with a RAP sheet to include 83 arrests. She now dedicates her life to giving speeches and working one-on-one with women in prisons and hospitals. Ms. Cain encourages everyone to adopt her motto, "Where there's breath, there's hope".

On Tuesday morning, Dr. Christian Conte captivated the audience with his view on emotional management and how it affects our personal and professional lives. Dr. Conte is a Licensed Professional Counselor, author, and professional speaker specializing in Anger Management and Communication Skills. He co-founded a center in South Lake Tahoe, CA to work with people convicted of violent crimes, and he is also the creator of Yield Theory™, a powerful approach to combining radical compassion with conscious education. His infectious energy, passion, and compassion regarding why people do what they do has helped people transform their own lives as well as those around them.

Finally, Professor Martin Bright concluded the conference Wednesday morning with a discussion on societal trends that likely contribute to criminality. Professor Martin Bright is a Certified Rehabilitation Counselor who currently teaches at Grove City College. He completed his dissertation on "Correlates of positive, post-acute rehabilitation outcomes following traumatic brain injury". Professor Martin Bright was able to keep the closing session light but meaningful. He also offered a few suggestions on how law enforcement officers can encourage re-entrants to make these societal trends better.



(Dr. Christian Conte addresses the 98th annual PAPPC conference attendees during the Tuesday morning plenary session)

(continued on pg 10)



(Pictured above from left to right are Court Liaison Program Specialist Supervisor Shawn Guyer and Court Liaison Todd Reisinger, winner of the 2018 Juvenile Justice Professional of the Year)



(Pictured above from left to right are District Director Fred Riccio, Parole Agent Joseph Aquino, winner of the 2018 Adult Probation/Parole Professional of the Year, and Joe's Supervisor, Alison Robertson)



And the award goes to...

Every year PAPPC honors deserving individuals with awards of excellence and professionalism. Congratulations to the following individuals on being named "Professionals of the Year":

Mr. Todd Reisinger has been working for the Bureau of Juvenile Justice Services for 18 years. He is currently a State Court Liaison, a position he has held for the past 10 years. He has played a huge role in helping develop a new information system for BJJS called JJACS and is always willing to answer questions and teach others about the new system. This, along with his positive outlook and overall work ethic, make Mr. Reisinger a pleasure to work with.

Parole Agent Joseph Aquino works as a Specialized Mental Health Agent for the Allentown District. This position requires supervision of re-entrants with severe mental illness to include psychotic disorders, bipolar, severe depression, and those with histories of suicidal and homicidal ideation. His professionalism and work ethic are illustrated through his strong professional relationships with local M/H outpatient providers and psychologists. Agent Aquino spends a great deal of time establishing a connection and rapport with the re-entrant as well as the re-entrant's family members. Situations have proven that he is able to attain and maintain this positive rapport with his re-entrants during times of crisis. He is able to provide leadership, tactical safety, and situational awareness during high-stress situations with allow re-entrants the opportunity to live another day in hope of finding mental stability.

The Robert E. Kelsey Annual Scholarship...

PAPPC awards two scholarships every year to either a current PAPPC member or immediate family member of a PAPPC member who is enrolled or accepted into a two or four year accredited program of higher education with a concentration of studies in the Humanities and Social Sciences. The maximum scholarship amount is \$1500 annually. This year, there were two scholarship recipients. PAPPC would like to congratulate Ms. Jessica Grimsley and Mr. Michael Steadele as this year's award winners!

Ms. Jessica Grimsley currently works for Bucks County as a Probation Officer. She was accepted into the Professional Clinical Counseling program at La Salle University in 2017 where she will obtain her Masters.

Mr. Michael Steadele works for Perry County Probation and Parole. He is currently attending California University of Pennsylvania working towards his Masters in Applied Criminology.

Thank You...

A special thank you to all of the sponsors and vendors who took part in this joint conference! Without your support, these conferences would not be possible. We look forward to your continued support in the years to come.

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5 Great Pennsylvania Road Trip Destinations

By Amanda Eisenman

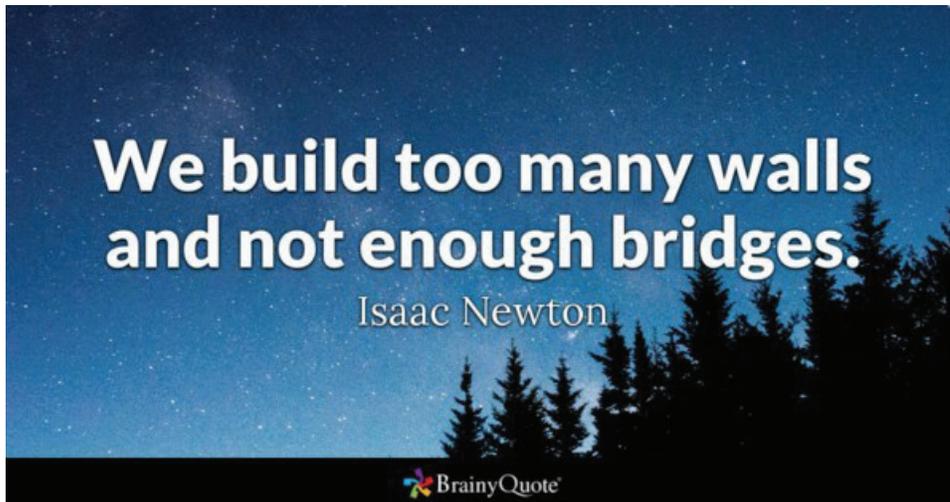
Summer and road trips go together like peanut butter and chocolate! Whether you are close enough for a day trip or need an entire weekend, below are some spectacular attractions that are both easy on the eyes and the budget! So, put your helmet on or buckle up and let's go exploring!

- 1. Pine Creek Gorge, Watson Township** - Pine Creek Gorge is also known as the Grand Canyon of Pennsylvania. Leonard Harrison State Park and Colton Point State Park both provide overlooks with sweeping views of the canyon. The gorge spans 50 miles and goes down 1,450 feet at its deepest point. Admission to both parks is free. If you enjoy hiking, biking, and picnicking, this is the ideal destination for a road trip!
- 2. Coudersport Ice Mine, Coudersport** - This ice cave forms icicles in the spring and summer but not in the winter! The mine was once used as a communal refrigerator. There is a fence surrounding the mine, but visitors can view it from various spots around the fence. The ice appears in various shapes and forms with icicles sometimes measuring from 1-3 feet in thickness and 15-25 feet in length! After taking in the natural phenomenon, enjoy a snack on the deck!
- 3. Penn's Caves & Wildlife Park, Centre Hall** - Discovered several centuries ago, Penn's Caves is the country's only all-water cavern. Sit back and relax on a motorboat as the guide leads you on a 45-50 minute tour of the cave. Penn's Caves also offers a wildlife tour, a maze, and gem mining for the kids.
- 4. Bushkill Falls, Bushkill** - This private, 300 acre park features eight waterfalls (the tallest of which cascades over 100 feet), scenic walkways, paddle boats, miniature golf, and a gemstone mine. It is a popular spot for hiking and birdwatching and is nicknamed "Niagara Falls of Pennsylvania". The main falls, named Bushkill Falls, and the main canyon area are accessible via boardwalk and stairs. The trails outside of the main canyon area are mostly dirt and stone with boardwalk and bridges in certain areas. There is a general admission which pays for the cost to keep the park looking beautiful.
- 5. Rickett's Glen State Park, Benton** - This beautiful state park is the home to 24 waterfalls. The expansive 13,050 acre park also features hiking trails, a sandy beach, horseback riding, boating, fishing, kayaking, canoeing, ten cabins, and camping. Rickett's Glen State Park was chosen by the PA DCNR as one of the "25 Must-See Pennsylvania State Parks". Admission is free, but you may have to pay for camping and swimming.



Removing the Bricks from the Walls of Life

By Michael Carrington

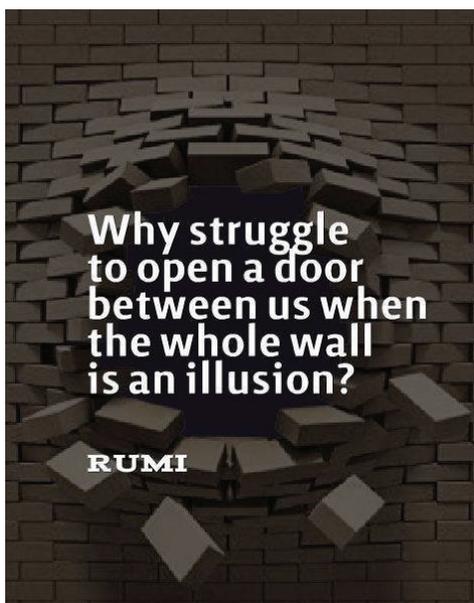


Unless you are a contractor or mason, you may not put the skill of “building walls” on your resume. However, the reality is that every person possesses the ability to build walls. Furthermore, in some capacity, we likely do a little wall building every day. If we are honest with ourselves, we probably spend a lot more time building walls throughout the course of our lifetimes than we would ever care to admit.

Give a toddler blocks and watch them build a wall as tall and wide as possible. It is completely instinctual, and the act of building allows them to experience a kind of independence that toddlers tend to appreciate. Much to their delight, building a structure out of blocks doesn’t generally require the assistance of a parent or older sibling. Their imaginative minds are free to navigate within the confines of their creation and they are empowered by the ability to make every key decision that ultimately impacts the strength, size, and design of their wall, their house, or whatever they call the pile of blocks that they just stacked together. As parents, we sit back and enjoy the construction process. We watch how intently and purposefully our children build until all the blocks are gone. Then, with no apparent regard for the hard work they just put

into their construction, it is destroyed. A quick squabble ensues concerning whose responsibility it is to pick everything up and the cycle continues.

Fast forward a few years to the mid-teens. Isolated block-building no longer satisfies the hunger for independence. Teenagers begin to figure out life, or so they think. They begin to form their ideas on key issues that they hear about through the television or social media. They see the lines that have been drawn in the



sand. They see the walls that have put distance between families, communities, governments and countries alike. They are predisposed to the thoughts and ideas of their parents, guardians, family members and friends. Amid everyone else’s opinions, they believe that they need to choose a side and represent it as if they have a reason for finding themselves there. Without any real-world knowledge, life experience, or investing time to research every side of a given issue, political affiliation, or crisis, they begin to lay bricks down. This is where the foundation for many of life’s walls will be laid.

The walls grow rapidly when we reach young adulthood. Whether we go to college or enter the workforce, we leave our teenage years with a level of confidence, also known as naivety, that is hard to measure. We believe that we have a good understanding of the world and we are ready to defend our positions on some of the world’s greatest conflicts, concerns and viewpoints. We tend to surround ourselves with others who share similar views and beliefs to avoid the possibility of being proven wrong or, even worse, the embarrassment of not being able to triumph in a debate about one of the topics we really don’t know anything about. We march alongside others to protest perceived wrongdoings or praise perceived acts of courage. We voice our often uninformed, untested opinions for the world to see over social media. We use strong, colorful language to show how deeply rooted our stance is on an issue and walls grow. We lose touch with friends and family members who no longer share the same belief system and we forget what it was like to be a toddler, without personal bias when stacking those colorful blocks. The walls that we build now are just as purposeful as back

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then, but we forget to take the time to see how the walls look from the other side.

Early adulthood has come and gone. The walls that we have built in our past have largely remained unchanged for many years. Occasionally, a major life event may break down a wall or two, but the damage that has occurred prior to that event cannot be undone. Breaking down walls becomes a lot like losing weight, working out regularly, or eating healthier. It sounds great, and we all know that we should do more of it, but it is **HARDWORK**. It is hard to call that family member up and work your way through a conflict that you had years ago. It is hard to admit that your stance on a major issue may have been wrong all along. It is hard to accept that you might have lost several important people in your life due to your unwillingness to budge on an issue that now seems completely unimportant. However, as we get older, we find that it is harder to feel the regret that coincides with failing to remove the bricks from our personal walls before something devastating happens on the other side.

It is time for compromise on a personal, national, and world-wide level. This is hardly an innovative thought and it may seem like an impossible undertaking.



By Frits Ahlefeldt

We hear the word compromise thrown around in every home, office, news outlet and social media forum. However, what we often fail to understand is that every big change begins with the removal of a single brick from a wall that has stood far too long. History has consistently shown us that the impossible can become reality. However, if we grow too tired to chip away at the walls that are setting us back personally, slowing progress in our careers or communities, deterring the very freedoms and ideals that our country was founded upon, then we have made the decision to fully isolate ourselves from the world. If this is where you find

yourself, do the world a favor, do yourself a favor, and break free from the box that engulfs your life. If not, you will eventually be buried in that very box, leaving many people in your life staring at the walls you have constructed from the outside looking in. There is never a bad time for positive personal change. There is never a bad time to break down barriers that negatively impact your daily lives on a physical or emotional level. Don't wait for the next funeral or crisis to make your move. Set a personal goal to remove a single brick each day and watch your life become a little less stressed, a little less guarded, and a lot more enjoyable.

THANK YOU

A THANK YOU To All Those In "THANKLESS" Jobs

By Michael Carrington

How many of us can look at ourselves today and say that our current job is exactly where we thought we would be when we were finishing up high school? How many of us had childhood dreams of finding a career in probation, parole, corrections or another law enforcement occupational field? If you are one of the few that answered either of those questions affirmatively, then you are in a very small minority. As hard as I try, I can't force myself to find any similarity between my current title as an Institutional

Parole Supervisor and my teenage dreams of becoming a professional baseball player or corporate lawyer. However, to the minority that is where they always wanted to be, I would like to take this opportunity to say job well done and THANK YOU for your service. For the majority, those who found themselves in their current position for any number of reasons other than it being a life-goal, I would also like to say job well done and THANK YOU for your service.

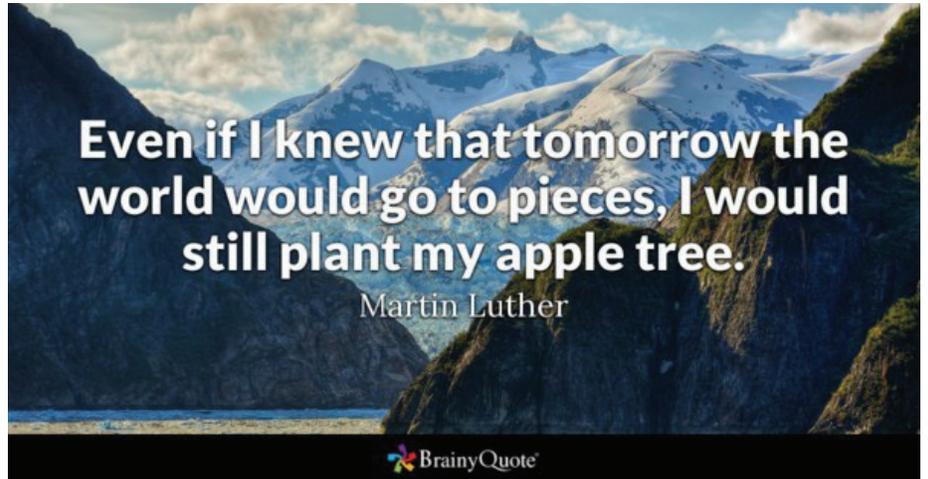


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“Thankless jobs” are generally described as positions that require a lot of hard work and often go unnoticed, unpraised and/or unrewarded. They are rarely the jobs that children dream of doing during their adolescence and they are often forgotten about until there is an occurrence, usually negative, that brings them to the forefront of conversation or media attention. Through advances in modern technology and social media, we can all rest assured that if/when we err in the performance of our duties, we will immediately get the attention of all those who normally pay us no mind. This is especially true for all those employed in the law enforcement field in the social climate that exists today.

Although we might not have cherry-picked our current job based upon its cosmetic features, public appreciation or “just makes me feel good about myself” characteristics, we have found ourselves where we are for a reason. Each of our reasons are likely a little different and the paths that we have wandered to get to where we are might never be replicated by another. However, we all have something in common that brings us together, even when outsiders try and tear us apart. We are SERVERS! We serve each other, we serve clients or reentrants, we serve our communities and we serve our commonwealth. In doing so, we are rewarded by the crimes that didn’t occur, by the recovering addict that didn’t use, by the victims that haven’t been victimized. Therein lies the reason that we are often left without proper “Thanks” in the careers that we chose. When we do our best, those whom we serve have no reason to think about the jobs that we do.

John Lennon once said, “When you do something noble and beautiful and nobody noticed, do not be sad. For the sun every morning is a beautiful spectacle and yet most of the audience still sleeps.” In essence, his words speak to what we do each day and the purpose for which we do it. Whether or not we are personally happy in our careers, we understand that our purpose is more important, and takes precedence over, our personal interests or feelings. It is often our personal service that provides the “job well done” feedback that continues to motivate us internally to perform at a high level on a daily basis. In the fields that we are involved in, it is often true that no one really knows all that is encompassed in the performance of your duties except for you, and you alone. If you accept that as truth, than it should also be stated that it is near impossible to operate



under that premise at a high level for an extended period of time without experiencing burn-out. When we feel over-worked, unappreciated or any combination of the two, the desire to serve and the purpose of our service begin to fade. In those moments, we have all learned how to recharge our batteries, regain our focus and push forward with the task at hand. If not, our agencies would have an incredibly high turnover rate and we certainly wouldn’t be facing a pension crisis!

Although many of us have found ourselves in stressful, often “thankless” positions in our career, it is important to remember that we can actively provide thanks and appreciation to those around us in similar positions. We are our brother’s, or sister’s, keeper. There is no one who can relate to our circumstances better than those who serve beside us on a daily basis. We must all make it a point to thank those around us for what they do, as we never know how desperately they may need to hear those words. In conclusion, I would like to say THANK YOU for all that you do in spite of the barriers, lack of resources and ever-changing direction in the fields that you serve. Stay Safe!

“Make it a habit to tell people thank you. To express your appreciation, sincerely and without the expectation of anything in return. Truly appreciate those around you, and you’ll soon find many others around you. Truly appreciate life and you’ll find that you have more of it.”

-Ralph Marston

A Force for Positive 
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Support your Association... Encourage a colleague to join PAPPC. Invite an industry expert to present at our Annual Institute or at a regional training. Ask a vendor to exhibit or provide a sponsorship at the Annual Institute. Strengthening connections and building awareness about PAPPC makes us stronger and benefits our membership.

Spinach Artichoke Stuffed Chicken

Servings: 4

INGREDIENTS:

- 4 boneless , skinless chicken breasts (2 pounds | 1 kg)
- 2 tablespoons Italian seasoning
- 1 teaspoon mild paprika (optional)
- salt and pepper to season
- 4 oz | 120 g frozen spinach , thawed
- 8 oz | 250 g block cream cheese (light or reduced fat), at room temp
- 6 oz | 170 g bottled or canned artichoke hearts in brine , finely chopped*
- 1/2 cup shredded mozzarella cheese
- 1/4 cup finely grated parmesan cheese
- 1 tablespoon minced garlic
- Salt to taste

OPTIONAL CREAM SAUCE:

- Remaining spinach / artichoke dip
- 1 cup milk (skim, 2% or full fat)



INSTRUCTIONS:

For The Chicken:

1.Place each chicken breast on a flat surface. Season both sides of each breast with the Italian seasoning and paprika. With your hand supporting each piece, cut a slit or pocket about 3/4 quarter of the way through, being careful not to cut all the way.

For The Dip Filling:

1.Squeeze any and all excess liquid out of the spinach. Discard the water released. In a medium-sized bowl, combine the spinach, cream cheese, artichokes, mozzarella, parmesan and garlic; mix well to combine (use your hands if necessary).

2.Fill chicken 'pockets' with 1-2 tablespoons of the spinach artichoke dip, spreading evenly with the back of the spoon (or use your fingertips to press it down). Reserve the leftover dip for the optional cream sauce (you should have exactly half left over), or see notes for other ideas!

3.Seal with two or three toothpicks near the opening to keep the dip inside while cooking.

4.Heat 1 tablespoon of oil in a skillet (or non-stick pan) over medium-high heat. Add the chicken and fry until golden. Rotate and fry on the other side, covering pan with a lid, until cooked through, (about 6 to 7 minutes per side). Transfer chicken to a warm plate to make the optional cream sauce.

For The Cream Sauce:

1.Pour milk into the skillet / pan and bring to a simmer. Add in the remaining dip (you should have exactly half remaining), and stir until sauce is combined and thickened. Add the chicken back into the pan and serve immediately!

Recipe Notes:

*Don't like artichokes? Replace them with an extra 4 oz | 120 g of frozen and thawed spinach.

The cream sauce is optional! If you're not wanting to make it, HALVE the DIP ingredients in the ingredients list to ensure there is no leftover dip! If you're wanting to save the reserved dip for later instead of using it in a cream sauce, simply refrigerate it up to 4 days OR freeze up to 3 months in a plastic container. When ready to use, mix 1/2 cup milk or cream through to thin the consistency and cook in pot over stove top!

Nutrition Facts

Amount Per Serving	
Calories	606
	% Daily Value*
Total Fat 31.3g	48%
Saturated Fat 15.8g	79%
Cholesterol 253.1mg	84%
Sodium 605.7mg	25%
Total Carbohydrate 13.2g	4%
Dietary Fiber 3.7g	15%
Sugars 5.7g	
Protein 66.6g	133%
Vitamin A 56%	• Vitamin C 25%
Calcium 43%	• Iron 24%



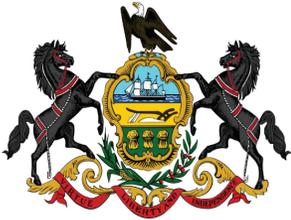
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IN MEMORY



Remember the Fallen
Sgt. Mark Baserman
End of Watch 2/26/2018



A Hero's Welcome
By Robert Longley

Time to come home dear brother
Your tour of duty through
You've given as much as anyone
Could be expected to do

Just a few steps further
The smoke will start to clear
Others here will guide you
You have no need of fear

You have not failed your brothers
You clearly gave it all
And through your selfless actions
Others will hear the call

So take your place of honor
Among those who have gone before
And know you will be remembered
For now and evermore