



NWRRC Community Newsletter

June 17, 2024

Director's Message

Brian Martinek - Director

The NWRRC is rolling into summer, although the weather this spring has certainly not been very summer like.

As the result of a substantial 2-Phase construction remodel project that started in February, we are not having an in person meeting this quarter. We are about to have Phase 1 of the remodel project completed in a couple of weeks. This will give us additional office, conference, and other meeting room spaces in our programs area of the facility. Phase 2 will start immediately afterwards and is on schedule to be completed in late September or early October. Phase 2 completion will give us increased attorney, probation officer, family, outside mental health, and social services provider visiting room capacity. We will also have a remodeled staff shower/bathroom and meeting area downstairs and a new single user orientation shower on the second floor.

This year we have had several interested parties, including politicians and government leaders tour our facility. In January we were visited by the Bureau of Prisons (BOP) Director of Re-entry Services Ms. Dana DiGiacomo and Regional Re-entry Manager Colby Seaman. In March, the Director of the Bureau of Prisons, Ms. Colette Peters, her Chief of staff and Ms. DiGiacomo came for a visit and tour. Ms. Peters was the Director of the department of Corrections for Oregon until her appointment as the head of the BOP in August of 2022.

(https://www.bop.gov/about/agency/bio_dir.jsp).

Our visitors were engaged, interested in what we do here and supportive of our efforts to help our residents succeed in their transition back to their communities. The BOP leadership expressed their appreciation for what we do and their commitment to supporting re-entry services to returning incarcerated adults coming to Oregon and SW Washington from their system.

We have another visit scheduled for the week of June 24th in the form of our annual Full Monitoring by the RRM's office. This will be a 3-day audit of our policies, procedures, operations, and facility. At the end of the week there will be a mandatory all staff training conducted by the Monitoring staff.

We are busy, to say the least. We appreciate your interest, support, and partnership with our program. Next quarter we hope to have an in-person meeting with you all here. In the meantime, reach out, come by, and/or let us know what we can do to be of service with you.

Have a great summer! Respectfully,

Brian Martinek



NWRRC Staffing

Jessica Dietz – HR Manager

We are seeking passionate and dedicated individuals to join our team. You'll have the opportunity to make a difference in the lives of those we serve. If you're committed to making a positive impact in your community and share our values and mission, are looking to gain experience, or even further your career, we encourage you to explore opportunities available at NWRRC (<https://nw-rrc.org/employment-at-nwrrc/>).

Now hiring:

- Resident Re-Entry Specialists
- Health Services Technician

OHA / DCJ Programs

Joel Robison – Program Manager

NWRRC's partnership with the Oregon Health Authority is now halfway through year number five. Each resident accepted for Community Restoration, allows a mentally ill person to leave jail, for a bed at the Oregon State Hospital. Our contract allows a maximum of thirty beds, and we average very close to that number. We are always mindful of adding activities, games, and groups that our Aid & Assist residents can participate in.

NWRRC is also in the 4th year of a 7-bed contract with Multnomah County Department of Community Justice. Like the OHA contract, we are working with people living with mental illness. Multnomah County Probation officers can refer people on their caseloads that need additional structure to stay on track.

Administration

Jill Anderson – Administrative Programs

NWRRC recently purchased a TruNarc Handheld Narcotics Analyzer. The safety of our staff and residents is our top priority. The Thermo-Scientific machine will allow us to safely identify controlled substances quickly and accurately. We also added a Biometric fingerprint scanner which is a highly accurate and efficient way for processing resident fingerprints and provides us the ability to capture rolled print images with minimum distortion.

Case Management Corner

Ben Percival – Case Management Supervisor

Our program continues to grow! We are expanding our workspaces for staff and during this period of reconstruction our entire Case Management team and the Health Services Coordinator moved into our large conference room to share our workspace. What was initially thought to be a difficult period has turned into an incredibly positive bonding experience that has done great things for efficient communication and coordination of services. While we are all excited to return to our new and improved individual offices, we will miss the camaraderie of the shared workspace.

Employment

Jakub Forrest – Employment Placement Specialist

I am pleased to share some fantastic news with all of you. We have just received word that five individuals from NWRRC have been accepted into the cohorts offered through POIC SOAR. Four of them were accepted into the construction cohort and one individual was selected for the culinary cohort. This accomplishment is proof to the dedication and hard work of our residents.

The process of selection was highly competitive. Each of our residents had to undergo a thorough interview to be chosen from a pool of very talented applicants. Their success in securing these opportunities reflects not only their individual capabilities but also the solid support and guidance provided by our team.

This partnership with POIC is amazing, and we are incredibly excited about the possibilities it holds for our residents. Together, we can create even more opportunities for growth, development, and success for our residents.

Food Services

Lorenzo Leon Guerrero – Supervisor

In 2016, Chef Dan was head Chef at Noma, in Copenhagen; considered one of the top restaurants in the world. He left that role and began a company called Brigaid that is changing the approach of food served in institutions such as schools, hospitals, and correctional facilities. Check out his website to see his new approach! <https://www.chefsbrigaid.com>

Mental Health Corner

Daniel Stinea – LPC, CADC III

RELAXATION METHODS

The body and the mind are interconnected. As a result, becoming relaxed physically helps us to relax mentally, and becoming relaxed mentally helps us to relax physically.

Concentrate on Your Breathing:

Anxiety can lead to shallow, fast, or irregular breathing. Likewise, shallow, quick, or irregular breathing can increase physical sensations of anxiety. Those breathing patterns can create an imbalance of oxygen and carbon dioxide in the body and brain, heightening physical indicators often associated with anxiety and, in turn, increasing our cognitive interpretations that what we are experiencing is due to anxiety.

Controlled Breathing Strategies:

Practice this method of breathing for at least 4 minutes because that's roughly how long it takes to restore the optimal balance of oxygen and carbon dioxide.

- Breathe in slowly and deeply to a count of **4**, hold the breath for a count of **2**, and breathe out for a count of **8**.
- With one hand on your upper chest, and the other on your stomach; the hand on your stomach should move in and out as you breathe, the hand on your chest should remain stationary.
- Breathe either through your mouth or nose; whichever is more comfortable.
- Breathe gently, slowly, and deeply and avoid taking big gulps of air.
- Practice this method of controlled breathing a few times each day in situations in which you feel anxious.

Relax Your Muscles:

Tense muscles can be a result of anxiety as well as a cause of anxiety. Although people carry muscle tension in different areas of their bodies, most people report increased levels of relaxation and decreased levels of physical tension and anxiety on completing the progressive muscle relaxation exercise.

Progressive Muscle Relaxation Strategies:

- Progressive muscle relaxation is a technique where the body's major muscle groups are alternately tensed and relaxed.
- The process can proceed from head to feet or feet to head.
- Tense and relax the muscles in the forehead, eyes, jaw, neck, shoulders, upper back, biceps, forearms, hands, abdomen, groin, hips, buttocks, thighs, calves, and feet.
- Tense the first muscle group for **5** seconds and then relax for **10-15** seconds; repeat, and do the same for the next muscle group until all muscle groups have been tensed and relaxed.

Relax Through Visualization:

Visualization (or imagery) methods are techniques for learning to relax and reduce anxiety.

Imagery involves actively visualizing scenes that are tranquil and relaxing for you.

Visualization Strategies:

- The scenes you imagine can be scenes that may or may not exist. The important thing is that they are tranquil and relaxing for you.
- The specific scene is less important than how the image makes you feel.
- The more senses you incorporate in your image, the more relaxing the visualization is likely to be.
- By imagining smells, sounds, tastes, and tactile sensations that go along with your image, you will increase your ability to relax.
- i.e. – If you imagine yourself walking along a tree-lined mountain path, notice the bird songs, the light through the trees, the fragrance and color of the leaves, and the feel of the breeze on your skin.

