



MINNEAPOLIS Community Justice Mentor Connection

Fall 2009

Thank you for your faithfulness as a volunteer mentor for the Community Justice program. Sometimes you may feel alone out there in your work, so we want to keep you informed, updated, encouraged and supported.

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2009 - 10 Mentor Training Dates

November 7, 2009
January 30, 2010
March 13, 2010
May 15, 2010
September 11, 2010
December 4, 2010

Our volunteer mentors are the backbone of the Community Justice program!

The Mentor Connection is a publication of the Minneapolis Police Department and the Greater Minneapolis Council of Churches.

Book Review

By: Judy Johnson (CJP mentor)

Social Intelligence, by Daniel Goleman, is a book I highly recommend for mentors to read. He discusses in length how we connect with one another, and the deep impact it has on every aspect of our lives.

In the early chapters Goleman talks about how we communicate with our eyes, body postures, tone of voice, and etc. He discusses the difference between a "normal" mind and the criminal mind. He also talks about how stress, family backgrounds, happiness, our genes, and nurturing contribute to who we are and what we choose to do.

I recommend this book because it helped to give me ideas about discussions I can have with my mentee and it may help other mentors to do the same.

Hammering on Others

By: Sybil Lang (CJP mentor)

One of the most common expressions used to describe losing your temper is to "fly off the handle." This phrase refers to the head of a hammer coming loose from its handle as the carpenter attempts to use it. Several things can happen as a result:

- First, the hammer becomes useless—no longer good for work. When a person loses his temper, he often loses his effectiveness. Anything he says may not be taken seriously and is likely to be unproductive.
- Second, the hammerhead—twirling out of control—is likely to cause some type of damage to anything in its path. The person who loses his temper causes damage even if he does not realize it—perhaps physically to people or objects in his way, and nearly always emotionally to those who feel they are victims of this uncontrolled wrath.
- Third, the repair of both the hammer and the resulting damage takes time. The person who loses his temper may recover quickly, but the victim of a hot temper rarely recovers as quickly.

Keep your temper today. Nobody else wants it.

Future Events

Mentor Support Group

Are you interested in connecting more with other mentors? Would you like to learn more about the mentoring experiences of others? Here's your chance! Wednesday, November 11th will be the first meeting of the mentor support group. The group will meet from 7-8 pm at Edina Community Lutheran Church. The church is located at 4113 West 54th Street in Edina. Parking is available in the lot on the west and south sides of the church.

For more information or to RSVP please contact Carol Mork by email cmork@gmcc.org or leave a voicemail at 612-721-8687, ext 301.

Best Practices Training

On Saturday, November 21st from 9-11 am we will be having a training for current mentors. Jim McAllister, a corrections supervisor at the Hennepin County Adult Correctional Facility, will teach us about best practices for working with offenders. A couple of the topics covered will be motivational interviewing and case management. The training will be held at the Minneapolis Police Department 4th precinct located at 1925 Plymouth Ave North in Minneapolis. Parking is available across the street.

Please contact Hillary Freeman at 612-721-8687 ext 332 hfreeman@gmcc.org or Jennifer Edel at jedel@gmcc.org 612-721-8687 ext 318 to RSVP for this training.



Reflections on Mentoring

By: Bob Rasmussen (CJP mentor)

The Community Justice Project, my mentee, and the "system" have brought me enrichment, warmth, and an understanding that another citizen with a different background is committed to making it every day just like me. When I visited my mentee in his treatment center, I would meet him at the front door at 3:00 pm on Sunday. "How did you know I was here?" "Because I watched for you out of my bedroom window and because you have never been late."

My first rule, then, is to be on time (it's a great message), be reliable and dependable. I've had the urge to be helpful when it was more important for my mentee to find his way. I did give him some coins every week for the pay phone at the treatment center. We talked three times a week. I have taken him grocery shopping. He has his bus passes and knows the routes. That should be his mode of transportation.

We live one day at a time. There may be a strong magnet on the street to draw him back but my mentee believes in God and gets his strength from his support system. As long as he is sober he can call me 24 hours a day; not to save him, but to talk things through. He has his choices and understands the consequences.

My mentee and I had another one of our Sundays. He made me a pork chop dinner and we were blessed with a Viking win. God works in my life, too. Thank you for putting my mentee in front of me.

Past Events

Mentor-Mentee Picnic

Our 2nd annual mentor-mentee family picnic was on Saturday, July 11th from 11 am to 2 pm at Boom Island in Minneapolis. It was a beautiful sunny day. Food included sub sandwiches, pasta salad, and cookies.



Activities included volleyball, tug-a-war, and toys for the kids. The Minneapolis fire department came by with a fire truck for people to explore while the Minneapolis police department brought a k-9 for guests to learn about.



Again this year karaoke was a big hit thanks to Ricardo & Lynette Richardson. Everyone enjoyed time to relax and mingle while eating and enjoying the activities.

Future Events

continued

Winter Event

As a thank-you to our mentors we would like to invite you to join the staff at Community Justice Project for one of either two productions on Sunday, December 13th. One is Black Nativity and will be shown at the Penumbra Theatre in St. Paul at 7:30 pm. The other is La Natividad that will be shown at the Heart of the Beast Puppet and Mask Theatre in Minneapolis at 6:30 pm. Tickets are free for mentors. Mentors are able to purchase one extra ticket for a guest for \$12.

Please RSVP by December 7th to Jennifer Edel at jedel@gmcc.org or 612-721-8687, ext 318. Checks should be made out to the Community Justice Project at 1001 East Lake St, Mpls, MN 55407 and need to be in by that same date.

Community Outreach

If you are a part of an organization, faith-based or otherwise, that is interested in giving back to your community by mentoring adult offenders please contact Hillary Freeman by email at hfreeman@gmcc.org or by phone at 612-721-8687, ext. 332.

Past Events continued

Drug Court

On Tuesday, July 21st Community Justice brought a group of mentors to visit the Hennepin County drug court located in the Government Center in downtown Minneapolis. Mentors had the chance to meet with Judge Cahill, prosecuting attorney Gail Baez, and others that work with drug court. After the meeting mentors were able to sit and observe the drug court in session.



The Hennepin County drug court is a court-supervised treatment program for non-violent property and drug offenders. The program is a voluntary year long program that includes intensive probation, one-on-one judicial interaction, counseling, random drug tests, community service, and employment help. To learn more about drug court visit <http://www.co.hennepin.mn.us/images/HCIInternet/Static%20Files/120199754DrugCourt2004.pdf>.

Mentor Support Dinner

Our sixth mentor support dinner was held on Friday, September 11th at the Edina Community Lutheran Church. Delicious food was catered by the Greek restaurant Gardens of Salonica and included gyros, boughasta, and Greek salad.

Our guest speaker was Daniel Marcou a corrections librarian that works at the Hennepin County Adult Correctional Facility (ACF). He discussed resources available from the library for mentees at the ACF and other print and online library resources. Two of the resources the Hennepin County library provides include Freedom Ticket and the World of Work Orientation.



Freedom Ticket is a newsletter available for residents at the Hennepin County Adult Correctional Facility (ACF). The newsletter answers questions about the ACF library, provides information about resources for offenders, and includes book recommendations. Freedom Ticket is also available online at <http://www.hclib.org/freedomticket>.

At the World of Work Orientation, ex-offenders can receive job application assistance, resume writing, mock interviews, support for their job search, and information about how to disclose their offense. The orientation is on the 2nd and 4th Tuesdays of each month from 4-6 pm at North Regional Library located in North Minneapolis. For more information call 612-630-6550.

Community Resources

Young Dads Program

One resource that is available for young male mentees that are also fathers is the Employment Action Center's Young Dads Program. The program works with all types of fathers age 15-29 including traditional fathers, step-fathers, adoptive fathers, and non-custodial fathers.

The program provides young fathers help with employment/education, housing, parenting classes, child support, legal aid, and establishing paternity. To learn more please call 612-752-8836.

Twin Cities

Community Voicemail

Do you have a mentee who has been released that doesn't have a phone? Are they looking for work, trying to find housing, or need away to stay in touch with you? Community Justice has a limited number of voicemails numbers provided by Twin Cities Community Voicemail. The mentee can have their own number, leave their own personal greeting, and then receive voice messages with this service. The numbers are available on a first come first come basis.

For more information contact Rachel Campbell by phone at 612-721-8687, ext 328 or by email at rcampbell@gmcc.org.

Past Events continued

Community Justice Video

The Community Justice Project created a video called "Together, We Can Make a Difference". The video includes Hillary Freeman, Brian Herron, and Corrections Supervisor Jim McAllister talking about the program, the Hennepin County Correctional Facility, and the advantages of mentoring.

The video also includes a panel comprised of mentors Judy Hasse, Rick Chilton, and mentee Traci Stevens. Traci talks about her experience being incarcerated and mentored while Judy and Rick talk about mentoring.

The movie was produced by the Minneapolis Television Network (MTN). To see it online please visit <http://mtn.org/Video/community/shows/2009/comjustice09.html>.

September Mentor Training

The last training held by Community Justice was at the Hennepin County Adult Correctional Facility on Saturday, September 26th. About 25 potential mentors and observers attended.

The training was the first since the creation of the Community Justice Project training manual that includes the same information from past trainings and some additional information. The training also included a tour of the correctional facility and lunch.



If you or someone you know would be interested in attending one of these trainings, as either a potential mentor or as an observer, please contact Jennifer Edel by email at jedel@gmcc.org or by phone at 612-721-8687, ext 318.

Newsletter Submissions

If you are a mentor or mentee with Community Justice that has written a piece that you would like to have included in an issue of Mentor Connection please contact editor/writer Jennifer Edel at jedel@gmcc.org or 612-721-8687 ext 318.