

(Talking about personal thoughts and feelings pg.3) (Keeping yourself busy is key. I feel better when I am busy. pg.3)

•**BE SMART ABOUT ALCOHOL AND DRUGS, DURING INCARCERATION, JUST SAY NO!**
• Anger Management by: Melinda Smith M.A. and Jeanne Segal PH.D (Communication is Key pg.2) (Clues that there's more to your Anger than meets the eye pg.2) (Find Healthy ways to express your Anger pg.3) (Give yourself a reality check pg.3) (Talk to someone you trust pg.3) (E-Cigarettes by: S. Radcliffe pg.4)

• **Electronic Cigarettes or E-Cigarettes-** E-cigarette smoking is commonly called vaping. E-cigarettes work by heating a liquid (nicotine) to produce an aerosol that users inhale into their lungs. Lung injuries and death have been linked to the use of E-cigarettes and vaping products. As of Nov. 2019-2,290 related lung injury cases with 47 deaths. A study of 514 patients showed that 16% used only nicotine containing products. Some of the lung injuries had signs of Bronchiolitis Obliterans, referred to as Popcorn Lung Disease, which consists of airways (bronchioles) that are severely inflamed. (Radcliffe) The CDC has identified vitamin E acetate as a chemical of concern among people with lung injuries associated with E-cigarettes. **By: S. Radcliffe, Nov. 2019**
Vaping Lung Disease

MODELS OF ADDICTION

(A) Moral Model - Belief that people abuse alcohol and drugs because they choose to do so.
(B) Disease Model - Belief that people abuse drugs and alcohol because some biologically caused condition.
By: Carl Selby C.P.S.
• It's important and hopeful to remember that some version of relational healing is possible at every age.

Congratulations 5 v 5 Basketball Champs
Westside D- Block Team: LEOPARDS / Eastside F- Block Team: CRAIG
35 and Over B- Block

THE YOUTH OUTLET- MISSION STATEMENT

We aim to address certain issues pertinent to the youth of our community. Through wisdom, fortitude, and resilience, we will seek to advance the physical, mental, emotional, and spiritual well being of our young men and in doing so benefiting our immediate community.

DISCLAIMER: The material provided in all newsletters is for information purposes and source.

The Youth Outlet cannot offer any legal advice.

Take care of yourself and each other!

GREW OWLS Est.2020
Founder & Chairman: Anthony Brown
Co-Founder & Co-Chairman: David marks
Co-Founder & Co-Chairman William "Cool Pop" Abbott (Deceased)

HOPE FOR CHANGE
Since 2011

THIS NEWS LETTER IS UNDER THE GREY OWLS UMBRELLA

HOPE FOR CHANGE

THE YOUTH OUTLET NEWSLETTER

*Prior to establishing the GREW OWLS NEWSLETTER Publication, it was asked by many why won't you do something for the youth. "You are so right we all interact with each other." CHAIRMAN-Anthony Brown & Co-Chairman David Marks of the GREY OWLS with (HFC) HOPE FOR CHANGE is introducing a new Publication for our younger population @ SCI Forest, Called THE YOUTH OUTLET NEWSLETTER because you do matter, this newsletter is about you! But hear me out it's one thing to read this in the morning and forget about it at night. But it's another thing to read and use it during your incarceration so as you get older you are sharp as a tack. NOW! This does not mean all oldheads are sharp. So yes we need to talk with each other and have these talks. I know Co-Chairman and myself are willing to talk with you, the question is, are you? I look forward to working with our youth. I ask as you read this and other newsletters, may you pass this along, do not set it down on the table and walk away, pass it to another young man or anyone. **THANK YOU !***

JUST SO YOU KNOW: Healthy thinking, sometimes when you feel like you can not it take anymore or another minute, take some deep breaths. You are not alone in this journey. If you're incarcerated there are things that might make you feel depressed, alone, and sad: you have to recognize your triggers of those things that make you sad or feel depressed. I encourage you to talk to someone, a friend or counselor, or utilize the C.P.S. (Certified Peer Assistant). Let someone, anyone know you're depressed or just not feeling yourself. Please do not allow your Pride to stop you from seeking help. I say this to you because you are worthy to obtain the best possible way of life that you can make for yourself on the inside. "I came here by myself; I'm leaving by myself." When you came to jail you brought with you everyone you love and who loves you, every person whom you write or call, and when you leave you will take those people with you. We can not speak for everyone, but we will say this, **PEACE** is something you have inside of yourself. Peace is what can give understanding of somethings you can not understand. It might sound stupid but its actually true. Most incarcerated individuals go through hardship within themselves. Sometimes we are our own worst enemies. I know that to be true for most of us due to our incarceration. Sometimes when things go wrong we blame ourselves. Well ! It's not our fault all the time! I think that we on the inside need to **BELIEVE** in ourselves. Believe you can accomplish anything you set your heart and mind to. You can do anything positive that will increase positive thinking and energy. Take one step at a time and know that just taking the first step is doing something for yourself. I really want us on the inside to be more sure of who we are. There are so many obstacles that try to hinder our growth, mentally, and emotionally. Incarceration wasn't designed to be easy. It was meant to do exactly what it is doing {**But this is a positive column so I will not go there now!**}

Rise Up! Be better. Strive for something better. Don't let stinking deter you from doing new things. I believe in you. I believe that the best of you is yet to come. Get out of your own way. Try something different today... running, walking, readying, put in for weightroom. Do something! Always remember, you are not alone. If you need to seek help then do that. You have resources around you. This might not be the life you envisioned for yourself; but if you don't like it, change it by being your best self. Do positive things to change your current circumstances. Live for today and be better today than you were yesterday. Healthy thinking isn't a miracle to mental health. What is, is changing that way you think about yourself. (1.) I believe in myself. (2.) I am a good person. (3.) Loving myself is everything.

By: David Marks & Anthony Brown

Communication is Key

Anger Management *Is your temper hijacking your life? These tips and techniques can help you get anger under control and express your feelings in healthier ways.*

Understanding anger: Anger is a normal, healthy emotion, neither good nor bad. Like any emotion, it conveys a message, telling you that a situation is upsetting, unjust, or threatening. If you knee-jerk reaction to anger is to explode, however, that message never has a chance to be conveyed. So while it's perfectly normal to feel anger when you've been mistreated or wronged, anger becomes a problem when you express it a way that harms yourself or others. You might think that venting your anger is healthy, that the people around you are too sensitive, that your anger is justified, or that you need to show your fury to get respect. But the truth is that anger is much more likely to have a negative impact on the way people see you, impair your judgement, and get in the way of success.

CLUES THAT THERE'S MORE TO YOUR ANGER THAN MEETS THE EYE

The true goal of anger management isn't to suppress feelings of anger, but rather to understand the message behind the emotion and express it in a healthy way without losing control.

- When you do, you'll not only feel better, you'll also be more likely to get your needs met, be better able to manage conflict in your life, and strengthen your relationship.
- Do you feel that emotions like fear, guilt, or shame don't apply to you? If you are uncomfortable with different emotions, disconnected, or stuck on an angry one-note response to situations, it's important to get back in touch with your feelings.

"HELP GUIDE" EMOTIONAL INTELLIGENCE IN-CEEL PROGRAM. REQUEST TO HOPE FOR CHANGE (HFC) ABOUT THIS PROGRAM. THERE ARE OTHER PROGRAMS, ASK THE BLOCK REP. TO SHOW YOU.

FIND HEALTHY WAYS TO EXPRESS YOUR ANGER

Get moving- A brisk walk around the yard or dayroom. Learning how to resolve conflict in a positive way will help you strengthen your relationships rather than damaging them.

GIVE YOURSELF A REALITY CHECK

When you start getting upset about something, take a moment to think about the situation. Ask yourself:

•How important is it in the grand scheme of things? / Is it really worth getting angry about it?

• Is it worth ruining the rest of my day? / Is my response appropriate to the situation?

PROMOTE A LIFESTYLE OF WELLNESS WITH: DAVID MARKS.

TAKING CARE OF YOUR OVERALL MENTAL AND PHYSICAL WELL-BEING CAN HELP EASE TENSION AND DEFUSE ANGER PROBLEMS

Get enough sleep- A lack of sleep can exacerbate negative thoughts and leave you feeling agitated and short tempered. Try to get seven to nine hours of good quality sleep even if it's naps during the day.

Exercise Regulary- It's an effective way to burn-off tension and ease stress, and it can leave you feeling more relaxed and positive throught out the day. Good for mental & physical health.

TALKING ABOUT PERSONAL THOUGHTS AND FEELINGS

Talking can be a way to cope with a problem you have been carrying in your head for a while. In many prisons there are prisoners who have been trained as listeners and they offer a confidential service. We know them as (C.P.S.) workers. Talking to someone who is experiencing the same situation can help you to feel less isolated and feeling listened to can help you feel more supported.

KEEPING YOURSELF BUSY IS KEY, I FEEL BETTER WHEN I AM BUSY

Regular physical activity and exercise can help your physical and mental health. Researchers have found that even moderate exercise in a prison setting has a positive effect on mental health and is effective in reducing the risk of depression. You might want to be sport-related, anything that gets you moving can make you feel better. If you are slightly older, find out if the prison offers any special wellness time to help you manage your weight and blood pressure as well as any long term health conditions. Set yourself achievable goals such as getting a little fitter or losing some weight.

THINK MORE POSITIVELY

In difficult situations, your thoughts are more likely to be negative. This can lead to feeling anxious, guilty, or angry. This negative thinking can become habitual, particularly when life is challenging. Over time this can lead to depression or become a barrier to making changes and improvements to our lives.

Grounding Techniques

Grounding is an exercise that helps keep you in the present moment and reality. It can be helpful in managing overwhelming feelings, intense anxiety, or nerves.

(Name #5 things you can see) (Name #4 things you can feel) (Name #3 things you can hear)
(Name #2 things you can smell) (Name #1 thing good about you) **By: Carl Selby C.P.S.**

• **"THE YOUTH OUTLET NEWSLETTER"** Written / Editor by: **David Marks and Anthony Brown.** / Edited By: **Rakim Jordan and Kennel Spady**

• **Sources: Just so you know and Rise Up! Be Better. Strive for something better** By: **David Marks & Anthony Brown (1st and 2nd pg.)**

We want to thank all the Grey Owls members and non-members and especially the youth for taking time to read and digest these Newsletters. And also I would like to thank for all the positive feedback, encouragement, and support coming in from SCI Forest.



- "GREY OWLS NEWSLETTER" Written / Edited by: David Marks & Anthony Brown
- Sources:
 - FN. # 1 LET'S GET FREE By: Claudia Jones
 - FN. # 2 THE TOLL PRISON TAKES ON PSYCHOLOGICAL WELL BEING By: Mayo Clinic Staff, Health Life Style & Aging
 - FN. # 3 TALKING CAN HELP By: CPS Carl Selby
 - FN. # 4 PROMOTE A LIFESTYLE OF WELLNESS By: David Marks
 - FN. # 5 HOW TO SEEK THE TRUTH By: Demetrius Williams
- May of 2025 is Mental Health Awareness Month, and we hope to continue on and progress and celebrate this month each year.
- **More non-members are welcome to sign up (Must be 50 years and older)**
Send HFC Request slip to Attn: Anthony Brown, HFC Treasurer or GREY OWLS
- **Attendance at meeting is also very important, Your ideas and input is always welcome and often needed.**



We aim to address certain issues pertinent to the more mature members of the Elderly community. Though wisdom, fortitude, and resilience, we will seek to advance the physical, mental, emotional, and spiritual well being of our members and in doing so benefitting our immediate community



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✦ Congratulations to FOREST 8 ✦



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HFC

MAY 2025

7th EDITION

GREY OWLS COMMITTEE

NEWSLETTER

EVERYONE'S IN RECOVERY FROM SOMETHING

May is nationally recognized as Mental Health Awareness month. To honor this **LET'S GET FREE & GREY OWLS** is launching our **"EVERYONE'S IN RECOVERY FROM SOMETHING"**. This message is intended to be used as a tool to fight mental health related stigma. It provides validation, is a reminder that you are **NOT ALONE**, and inspires **HOPE**. We believe this message will positively impact broad demographics and may even help to help and save countless lives. This collaborative movement aligns with the goals of our incarcerated brother's and sister's. On our **GREY OWLS NEWSLETTER** and the **YOUTH OUTLET NEWSLETTER** we always promote wellness and recovery information. **GREY OWLS** and **LET'S GET FREE** invite you to be part of this extraordinary movement, **"EVERYONE'S IN RECOVERY FROM SOMETHING"**. This could be verbal, financial, psychological, or physical abuse; anger, fear, hate, addiction, depression etc. .

You need to put yourself in that recovery environment, physical or mental space. Help us so we can help each other to develop and promote wellness. Transform your mind into a recovery environment by thinking about moments you've felt joy, peace, and love. You can share your favorite of those moments. Of **H. O. P. E.** .

Healing **Optimism** **Possibilities** **Empowerment**
How has **H. O. P. E.** helped you to cope with life's challenges? _____
You can write your moments of hope on a HFC Request slip and send to: Anthony Brown - Chairman of **GREY OWLS**.

From: Claudia Jones

The Mental Health Effects of Being in Prison FN.# 1

According to the Prison Policy Initiative 11 million people go to jail and 600,000 people enter prison in United States each year. Many justice - involved individuals have pre-existing mental health issues. And some individuals who were considered mentally healthy prior to their arrest develop mental health symptoms once they are in prison. Being in prison can take a serious toll on an individual's psychological well-being. New conditions often develop, and pre-existing conditions may worsen. Sadly, many justice - involved individuals are released back into the community without ever receiving any type of treatment.

Mental Health Concerns Among Incarcerated Individuals
According to the American Psychological Association, 64% of incarcerated individuals in State prison report mental health concerns. Substance abuse is rampant among incarcerated individuals as well. Quite often, mental health issues and substance abuse issues occur alongside one another. Increased incarceration rates in the United States have disproportionately affected racial and ethnic minority populations. As of 2021 38.5% if incarcerated individuals are Black, 30% are Hispanic. A.P.A. estimates that between 10% and 25% of incarcerated individuals have a "serious mental illness" such as schizophrenia. In the general population, it's estimated that about 7 - 8% of individuals have a serious mental illness. Many other incarcerated individuals may experience depressive disorders, anxiety disorders, or P.T.S.D. . For some, these issues may be a pre-existing condition. For others, the issues may have started after their incarcerations.

THE TOLL PRISON TAKES ON PSYCHOLOGICAL WELL BEING

Separated From Loved Ones

We can no longer be with our friends and families. Missing our loved ones and not being part of their daily lives increases feelings of **Isolation** and **Loneliness**. Additionally, we can't be there for our loved ones, so we may worry about those we can't support, such as an elderly family member. We may also experience a lot of grief over missing out on a child's activities or not being able to be there for a partner.

Physical Environment Adds to Stress

Concrete walls, little natural light, and a lack of over all stimulation can take a serious toll on mental health. People in prison have few ways to relieve stress, and their sterile environment is likely to fuel boredom, which can be quite stressful in itself. But others are likely to develop mental health issues as a result of the extreme isolation. Studies show solitary confinement for the elderly increases the risk of anxiety, insomnia, paranoia, aggression, and depression.

Lack of Treatment

Even when mental health concerns are known, disorders often go untreated. Additionally, services in prison may not be all that effective. A 2024 study published in the American Journal of Public Health found that 26% of inmates were diagnosed with mental health conditions at some point during their lives. only about 18% of them were taking medication for their condition when they became incarcerated. Of those who were taking medication, less than 50% were precribed medication during their admission, so incarcerated individuals' conditions often go unrecognized. Quite often, inmates are given simple screening questionnaires to complete at intake. They aren't assessed by a mental health professional at all and likely never come into contact with one throughtout their time in prison.

Consequences of Inadequate Treatment

The consequences of inadequte mental health care contributes greatly to the suffering of the affected individuals and their families. Untreated psychiatric conditions may increase the risk of recidivism. Justice - involved people who have mental health issues **Are 70% More Likely To Return To Prison** at least once.

State Hospital Closures

Since the 1970's there has been a big push toward the deinstitutionalization of individuals with mental health issues. On the surface, closing "Asylums" and institutions that housed people with sever psychiatric conditions seems like a good idea. Many of the institutions were understaffed and unable to give patients the individual treatment they needed. Closing the doors to psychiatric hospitals and other long - term institutions, however has had serious consequences. The community mental health centers intended to replace long - term institutions quickly lost their government funding, leaving a gap in the social safety net. The lack of long - term treatment options contributed to a major increase in incarcerations. Anyone who is facing incarceration should consider revealing any pre - existing mental health conditions. Disclosing those issues my increase the likelihood of accessing treatment. But bigger changes are needed at the systemic and legal levels. Better access to mental health services overall may prevent crime. Treating people during incarceration and providing access to ongoing treatment after they're released may reduce recidivism rates.

Health Life Style

Health Aging

By: Mayo Clinic Staff

FN. # 2

Talking Can Help

Talking about feelings can be hard and finding someone you can trust in prison isn't easy. Talking can help you cope with negative feelings. Every unit has a Certified Peer Specialist (CPS) Worker. They are trained to be listener and keep what said confidential. If you are experiencing problems or just need to talk, try the CPS worker.

Diabetes is likely the leading metabolic endocrine disease in the country; it afflicts approximately 35 million people in the U.S.A.. It is the result of insufficient or ineffective activity of insulin (hormone secreted from the pancreas). Untreated diabetics have elevated blood sugar (**hyperglycemia**). There are two major types of diabetes.

Type 1 Diabetes: Is caused by total destruction of insulin-producing cells in the pancreas. Type 1 diabetics must take insulin injections one to three times per day for the rest of their lives.

Type 2 Diabetes: The pancreas produces insulin, but in insufficient amount. An appropriate lifestyle change (diet, exercise, and weight management) may correct the problem. If this doesn't correct the problem then drugs called **oral hypoglycemic** are prescribed. If the pills don't work then they must take insulin also.

TYPE 2 TYPICALLY OCCURS AFTER 40 YEARS OF AGE

Kennedy & Masharani - 2015 - Basic and clinical pharmacology pancreatic hormones and antic drug

MEDICARE: Medicare is the federal health insurance program for people: • age 65 and older,• under 65 with certain disabilities, and of any age with End-Stage Renal Disease (ESRD) (permanent kidney failure requiring dialysis or a kidney transplant).

Even if you do not retire at age 65 you may need to sign up for Medicare within 3 months of you 65th birthday to **avoid a lifetime late enrollment penalty.**

FN. # 3

Promote A Lifestyle of Wellness With David Marks

Clarify Our Values Toward Wellness

Our values are the guiding principles and beliefs in what's most important to us. A big plus to a wellness way of living is when we act in ways that counter our value system, producing likely feelings of stress, guilt, and self betrayal. Are you making choices that are in alignment with your values? Well, just in case... Distinguish between the things we can and can't control in our life to direct our efforts into worth while outlets. Forgive yourself for past mistakes and learn from them. In order to do this we must face all of our mishaps, fears, and obstacles that may have hindered us from moving forward toward certain paths that can be beneficial in our lives. So therefore we must face these barriers to lead toward a better and clearer well-being. So lets embrace change, loss, and things we dread doing that must be accomplished, all in which amounts to us making healthy decisions and actively soughted goals. When it comes to the road of clarifying our values, we have to be mindful that what we put in is what we'll get out, so lets not sell ourselves short when it comes to our own self worth, which also would amount to how much you value yourself. **Clarifying (Our) Values Enhances A Wellness Way of Living.**

FN. # 4

How To Seek The Truth

1. Do not simply believe what you hear just because you have heard it for a long time.
2. Do not be quick to listen to rumors.
3. Do not confirm anything just because someone else believes it.
4. Do not foolishly make assumptions.
5. Do not abruptly draw conclusions by what you see and hear.
6. Do not be fooled by outward appearances.
7. Do not hold on tightly to any view or idea just because you are comfortable with it.
8. Do not accept as fact anything that you yourself find to be logical.

By: Demetrius Williams

FN. # 5