

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!**}

(Continued from front pg.1)

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, reading, 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 your 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 Regularly- It's an effective way to burn-off tension and ease stress, and it can leave you feeling more relaxed and positive throughout 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.)**

Promote a lifestyle of wellness with David Marks:

(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

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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