Inmate to Citizen

Getting to Know You, Your Past, Present and Future

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About this Workbook

Most people spend some part of everyday thinking about where they are spending their time and how it is being spent. Sometimes this helps people think about where they would rather be spending their time and what they would rather be doing. Thinking about where we want to be instead of where we are right now is part of setting a goal for the future. Goals help people to have something to look forward to, even if they are far into the future. Goals also help people to get clear about what it will take to reach the goal. These are called steps. Steps are useful in moving people forward so that they do not wind up right back where they started.

This workbook was developed to help you to begin to organize your thoughts about what you would like to be doing when you leave prison. It will help you to develop a goal and a plan for taking steps toward the goal. Think about being a citizen in the community when you fill out the questions in the workbook. Imagine who you will be and what you will be doing—things that will make you productive and bring out the best of who you are. Be creative! Feel free to answer questions with pictures, poems, single words or whole sentences. It does not matter since this is your workbook ~ lead the way!

My Workbook________________________________________
Purpose for Planning

Begin with the story today. What is your life like in prison?

Is there anything about your life today that you have power over and wish you could change?

Is there anything about your life today (either in prison or outside) that you are glad for or like?
Attributes and Talents

What kinds of things do you know that you are really good at doing?

Name three things that you like about yourself:

1. 

2. 

3. 

What do you think that most people really like about you?

What kinds of things have always been easy for you to learn or to do?
Core Values and Ideals

What kind of person do you think you are? Meaning that no matter where you are, this is who you are and what you will always believe?

What are your hopes for the future? Who do you see yourself becoming?

What do you think are the most important qualities for any person to have? Why?

What would be the best job a person could have that you can imagine? Why?
WORK:

What kinds of work have you done in the past?

What is the best job you can remember having?

What are some things that you disliked about past jobs?

Is it important for you to get a job?

Why?

Why?
WORK continued:

How have you found work in the past?

Would you rather work with your hands (craft/manual labor)? Your heart (people/service)? Your head (thinking/problem solving)?

Would you need help in finding a job?

If so, what kind of help?
Work continued:

Would you need help in learning a job?

If so, what kind of help?

What types of problems have you had on jobs in the past?
SCHOOL:

Where did you go to school?

What was the last grade in school you:
- attended?
- completed?

What did you like about school?

What was easy for you to learn?
Interests, Experiences, Skills and Hobbies continued

**SCHOOL continued:**

What were you good at learning?

What was hard for you to learn?

What did you dislike about school?
SCHOOL continued:

Do you prefer to have directions explained to you, have them shown to you or read them yourself?

If you could learn five new things, what would they be?

1.

2.

3.

4.

5.
HOBBIES:

What are some of your favorite ways to spend time?

What kinds of things do you like to do that never make you feel bored?

If you could write a book about anything, what would it be about?
Preferences and Priorities

What would you say is your most important goal right now?

What will help you to achieve your goal/dream?

What do you think might hold you back from reaching your goal?

What are the three most important things you wouldn’t want anyone to take away from you or lose?

1.

2.

3.
What brings out the best in you?

What kind of people do you find to be most helpful in bringing out the best in you?

What does “respect” mean to you?

Who are the people in your life right now that are most important to you?
<table>
<thead>
<tr>
<th>Who are the people that you know you can count on for help?</th>
<th>What are some things that you have learned about yourself since you have been in prison?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Who are the people that know you best?</td>
<td>What are the things that you know you need to have in your life? How will you get them?</td>
</tr>
</tbody>
</table>
What brings comfort to you?

What are some things that make you want to SCREAM?

What are some things that make you feel really sad?

What are things that make you worry?
When is it hard for you to ask for help?

1. at work?

2. personally?

3. at home?

Why is it so hard to ask for help?

Where do you want to live when you leave prison?

Where do you think you will probably wind up living when you leave prison?
Who do you hope that you will get to spend time with when you leave prison?

What kind of help will you need in managing your money or benefits when you leave prison?

Are there important things that you need to do to get and stay healthy?
Community Contributions

Where would you like to spend your time when you leave prison?

If you could be anything you wanted to be, what would you be and why?

What are some things about you that your community would like or find valuable?

What are some things that you would like to do in your community?
What could you do to make the world a better place?

What are three things you can do right now to begin working toward your future?

1.

2.

3.
Thank you for taking your time and thinking through the questions in this workbook. By now there should be a clearer picture of who you are and what your hopes for the future look like. It should also help you and others see what you might need by way of assistance in moving toward your goals. If you are in prison, it is because of something that you did; it is not about the person that you are inside. Finishing this workbook is not the end but rather the beginning of taking the first step away from being an inmate. . . to a citizen.
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