

CMCA 2024 CORRECTIONAL MINISTRIES SUMMIT

Keeping Your Sanity through your Loved
Ones' Incarceration and Return



INSIDE OUT
JAIL MINISTRIES



Rev. (Chaplain) Tammy Fisher
Founder/CEO
Inside Out Jail Ministries



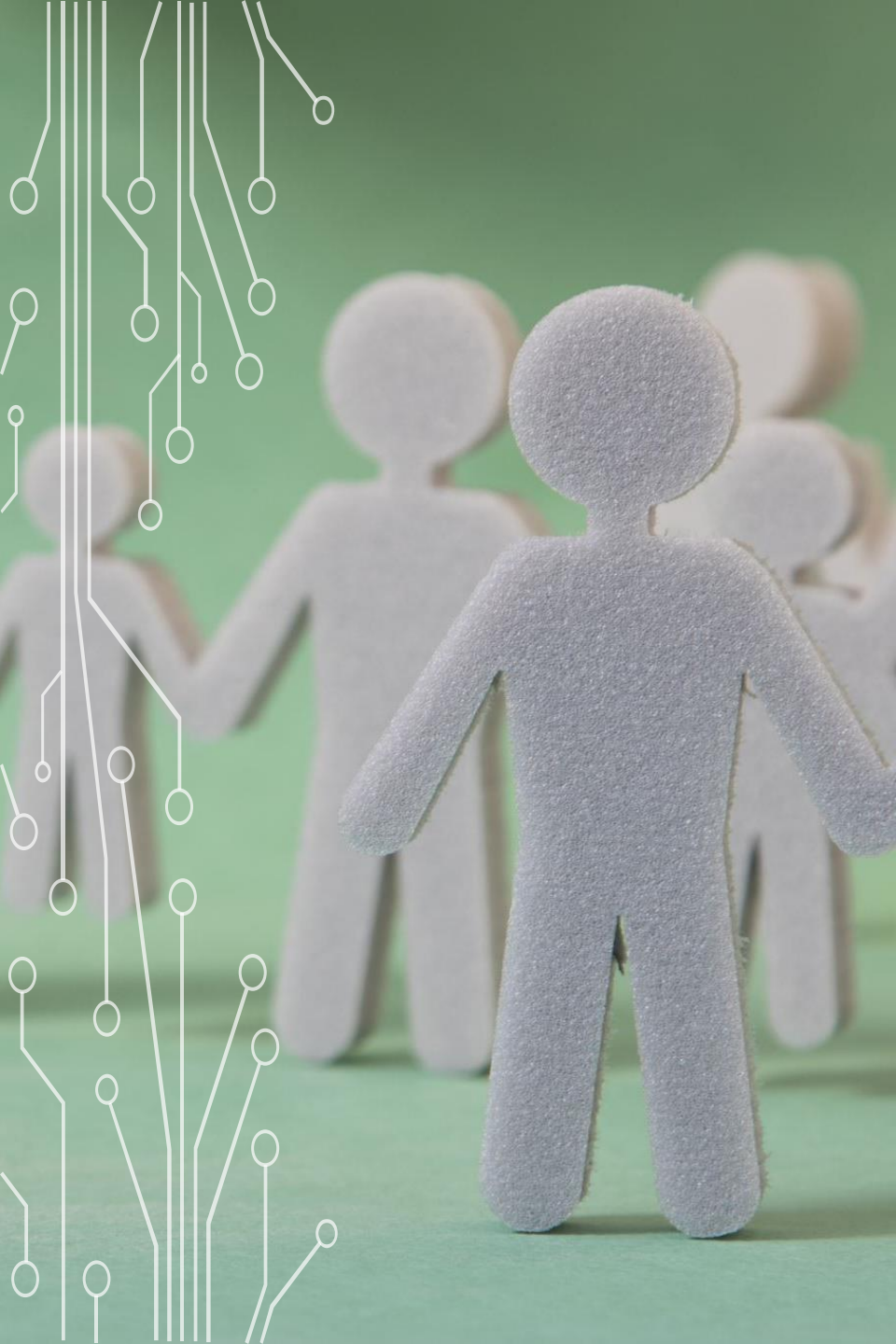
Lindsey Coates Horvatic,
Licensed Mental Health Care Provider (FL/TN)
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PRESENTATION OBJECTIVES

Why Help the Families of the Incarcerated?

How You Can Help

Importance of Family Self-Care

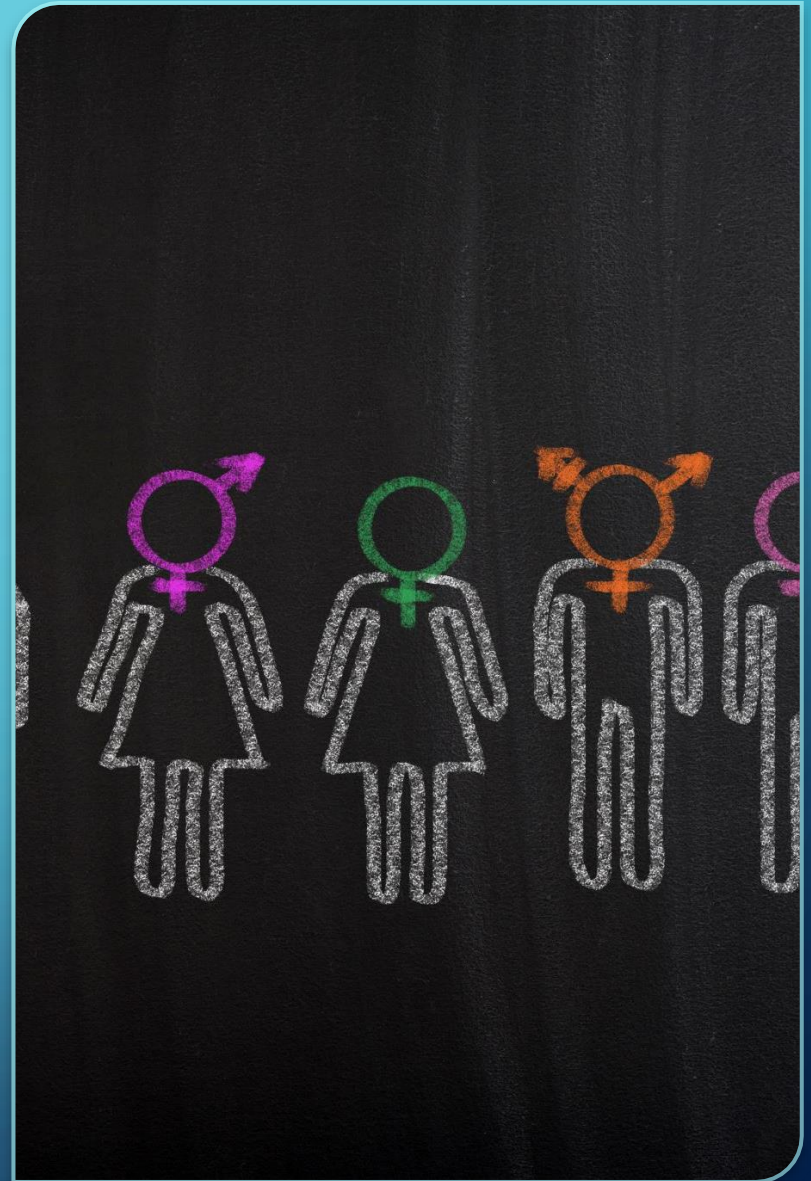


WHY HELP THE FAMILIES?

- No doubt chaos in the home
- Don't know what to do
- Don't realize they may be aiding problematic behaviors
- Make of break successful re-entry

FAMILIES RESPOND

- FEAR
- RESENTMENT
- ANGER
- GUILT
- SHAME





REFLECTION TIME



HOW YOU CAN HELP THEM

- AWARENESS
- EDUCATION
- SUPPORT/RESOURCES



WHAT IS ADDICTION?

A SHORT VIDEO





AWARENESS

- ADDICTION
- MENTAL HEALTH
- INCARCERATION



AWARENESS

- TRAUMA

- Collective
- Individual



AWARENESS

- FAMILY DYNAMICS
 - Culture Differences
 - Family Roles



FAMILY ROLES

- THE ADDICTED PERSON
- THE HERO
- THE SCAPEGOAT
- THE CARETAKER
- THE MASCOT
- THE LOST CHILD



EDUCATION

ENABLING/CODEPENDENCY

- Minimizes problem
- Makes excuses for them
- Takes care of bills
- Provides money

MANIPULATION

- Lies/Steamrolls
- Deny
- Plays victim
- Gaslights

BOUNDARIES

- Courage
- Communications
- Consistency

*Identify the fence

THINKING WORDS/PHRASES TO TRY:

- 'BUMMER'
- 'PROBABLY SO...' (REPEAT....)
- 'UNFORTUNATELY, ...'
- 'ITS YOUR CHOICE 'WOULD YOU RATHER _____ OR _____?'
(OFFER THEM OPPORTUNITIES)
- 'FEEL FREE TO' 'YOU DECIDE'
- 'I WONDER ...'
- 'NO PROBLEM'
- 'HOW ARE YOU GOING TO HANDLE IT?'



SUPPORT AND RESOURCES

- CHURCH
- PROFESSIONAL COUNSELING
- SUPPORT GROUPS
 - AL-anon
 - Parents of Addicted Loved Ones
 - Celebrate Recovery
- YOU TUBE
 - Amber Hollingsworth 'Put the Shovel Down'

RESOURCES:

Books:

Parenting Teens with Love and Logic/Cline and Fay
Boundaries/Cloud and Townsend
Parenting at the Intersections/Ramesh and Saara
Set Boundaries and Find Peace/Tawwab
Break the Cycle/Blique
Writing my Wrongs/Senchor
Letters to the Sons of Society/Senchor
Just Mercy/Stevenson
Chasing the Scream/Hari

Web:

Put the Shovel Down (video series/Hollingsworth)
Nuggets (animated short film)
Everything You Think You Know About Addiction Is Wrong (TedTalk with Hari)
Why Your Worst Deeds Don't Define You (TedTalk with Senchor)





IMPORTANCE OF SELF CARE

- Neurological
- Physical
- Emotional
- Spiritual



TWO 'BONUS' SELF CARE SUGGESTIONS

FORGIVENESS

REBUILD TRUST

Summary

Providing:

- Awareness,
- Education,
- Support and Resources,
- Self Help Initiatives

...can help families keep their sanity as they prepare them for their loved ones' return home from incarceration.



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