



The Hinda Herald

Written by the Hinda Family- March 2023 Issue



Dvar Torah

by L

Who Am I?

A survey conducted to examine the effects of incarceration on returning citizens found that a major percentage identified with the statement, "Everything I have can be taken from me in a single moment." While this speaks to the trauma of incarceration and identifies a manifestation of Post Incarceration Syndrome (PICS), it also prompts each of us to ask ourselves, "Who am I?". Read the rest [here](#).

The Hinda
Institute Bulletin

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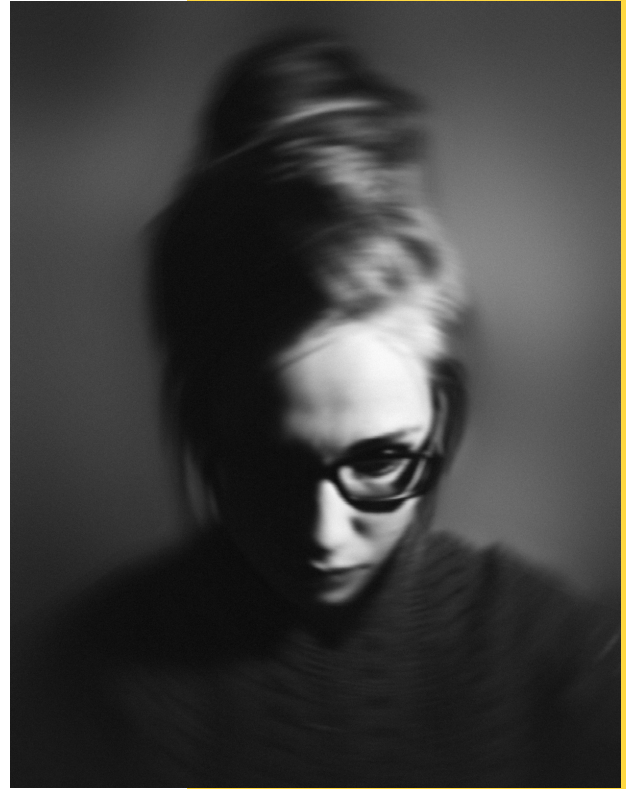
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The Criminalization of Mental Health

The integrity of a society can be gauged by how it treats its most vulnerable members. In our society, those with mental illnesses often find themselves jailed and imprisoned, where they are subject to inadequate treatment and abuse. Please follow these links for several articles that address this serious problem.

People with mental illness are overrepresented in our nation's jails and prisons. People with mental illness deserve help, not prison.



Break the Cycle

by Rebbetzin Scheiman

"[O]ur country's largest mental health institution, holding more than 2,000 mentally ill people, is Chicago's Cook County Jail." Dr. Christine Montross, associate professor of psychiatry and human behavior at the Warren Alpert Medical School of Brown University, discusses the issue from a psychiatric perspective, [here](#).

AMY POMEROY, A PROSECUTOR IN UTAH, [DISCUSSES THE ISSUE FROM A COST PERSPECTIVE](#).

LILI HOLZER-GLIER [INTERVIEWS INMATES IN COOK COUNTY JAIL](#).

Professor Jennifer D. Wood PhD, Professor Amy C. Watson, PhD, and Graduate Research Assistant Christine Barber MSW examine the perspective of police officers in [this paper](#).

The National Alliance on Mental Illness provides [these statistics](#), which support the idea that reform of the criminal justice system is a moral imperative.



Purim Party at

The Scheimans'

The Most Inclusive Hakhel Party In Town!

When: Tuesday, March 7 @ 4:00 PM

Where: @ The Scheiman's

9361 Potter Rd, Des Plaines, IL 60016

Megillah reading at 4:30 PM **SHARP**

Food Fun Megillah Treats

Click below to R.S.V.P.
Or call Abby – 708-990-7849

(Let us know if you need a letter requesting to attend.)

RSVP LINK

Rabbi's Meeting with IDOC about Kosher Food

In February, Rabbi Binyomin Scheiman, Director of the Hinda Institute, and Rabbi Bentzion Geisinsky, advocate for the Aleph Institute, met via conference call with two officials of the Illinois Department of Corrections (IDOC). The rabbis, together with Shelith Hansbro, Confidential Assistant to the Director, and Jennifer Parrack, Chief of Programs, agreed to resolve the longstanding issue of having a uniform and effective kosher food program across the entire state, including adding kosher options to the commissary. They discussed various possible solutions and Rabbi Geisinsky has since sent proposals for review to IDOC.

Passover

Pesach is almost here! Follow [this link](#) for all things related to Passover. You can even download a Passover Haggadah for Free! Make sure to sell your Chametz! Do it online [here](#).

If you are in the Chicago area, get your hand-made Shmurah Matzah [here](#). Choose from many options, including delivery:

Outside the Chicago area, go [here](#).





Upcoming Events

Watch your email for upcoming events.

- March 7 Purim
- April 5 Passover
- May 28 HINDA ANNUAL EVENT
- May 26 Shavuot

Click [here](#) for a full list of upcoming courses. Check out our website at www.Hindahelps.com for up-to-date information and to register.

Legal Panel

Our March 2023 Legal Reentry Course will be particularly interesting and of great value this year with a uniquely talented and expert speaker lineup on tap!!

- Elizabeth Kelley is a nationally renowned criminal defense attorney and advocate for those suffering from mental health challenges. Sentencing mitigation strategies will be one of several issues of focus in Elizabeth's presentation.
- Likewise, Mark Weinberg is a highly esteemed criminal defense practitioner focused upon post release registration issues. Mark will share his considerable professional experiences which have largely been dedicated to effecting change in this very important criminal case area.
- Finally, though certainly not lastly, we are once again honored to have Alan Mills speak on his over three decade tremendous experience in taking on prison misconduct cases, particularly and very notably, in several high profile class action cases where a victory effects change for a significant number of inmate class members as opposed to a single litigant.

We look forward to your attendance in March!!

Job and Education Opportunities

Free grant writing courses



Jails to Jobs

<https://jailstojobs.org/>



Library of Congress Reentry and Employment Resources for Justice-Involved Individuals

<https://guides.loc.gov/reentry-resources/employment>



**Emerging Practitioners
in Philanthropy**

Emerging Practitioners in Philanthropy

[https://www.epip.org/job_board?](https://www.epip.org/job_board?utm_campaign=february_2023_newsletter&utm_medium=email&utm_source=epip)

[utm_campaign=february_2023_newsletter&utm_medium=email&utm_source=epip](https://www.epip.org/job_board?utm_campaign=february_2023_newsletter&utm_medium=email&utm_source=epip)



UPCOMING

Courses

We are running several courses to help you build critical skills post-incarceration in the new year. ”

Technical Support- If you want to improve your technical skills on ZOOM, PowerPoint, email, internet searching, etc., through 10 min.-long skills building sessions, please contact Michael at michael@hindahelps.com to register.

February: Jumpstart Your Career- Defining yourself, Finding Meaningful Employment, Successful Interviewing, Writing Better Resumes, Job Searching

We are currently running workshops to help any of our clients looking for or seeking to improve their employment. Registration to this course will be limited, as the course will be customized to each person's specific needs by experts. An invitation to apply will be sent by email.

March: Legal Panel- Dealing with Legal Issues Post-Incarceration

David Grosky, assisted by Michael, will be facilitating a legal panel on important current issues for those reentering. Guest speakers include legal experts on reentry, Alan Mills Esq., Elizabeth Kelley, Esq., and Charles Isaacs, Equal Justice Fellow, among others.

May-June: Learn How to Resolve Conflict - Mediation in the Family

Learn how to deal better with family, spouses, children, employers and social prejudice, anger and trauma. Dr. Kutzen and David will be leading this course on mediating conflict.

June: Manage Your Finances for Success Post-Incarceration

Stay tuned for more information on this exciting course. Joel Keyser will be leading seminars on dealing with critical financial management challenges and strategies post incarceration.

July-August: Victims Survivors and Offenders - Where is Justice?

This course will look at the cycle of trauma from victim to offender and how to break the cycle. Dr. Golden is the director of the New Hope Clinic, a licensed sex therapist, and an expert on addiction and domestic violence who will lead this course, in addition to our own Hinda experts.

PICS/PTSD- We are continuing with courses related to integrating post-incarceration. There has been some interest in continuing a PICS (Post-Incarceration Syndrome) support group once the course ends. If you are interested, please contact Jay at Jay@hindahelps.com.

The Peer Support Program will continue in the new year. Contact Abby at abigail.rabinowitz@hindahelps.com for more information.

Happening Nationally



Courtesy of Professor Doug Berman's blog,

New Sentencing Project report: "Counting Down: Paths to a 20-Year Maximum Prison Sentence"

<https://www.sentencingproject.org/app/uploads/2023/02/Counting-Down-Paths-to-20-Year-Maximum-Prison-Sentence.pdf>

Another from the same source:

<https://www.sentencingproject.org/app/uploads/2023/01/Mass-Incarceration-Trends.pdf>

"...As depicted in Figure 3, probation and parole have expanded both in the absolute number and length of supervision for several decades now. Between 1980 and 2020, the number of people on probation nearly tripled and the number of people under parole supervision nearly quadrupled."

From the Brennan Center for Justice:

[Criminal Justice Reform Halfway Through the Biden Administration | Brennan Center for Justice](#)

Joke

Philanthropy

A visitor to Israel attended a recital and concert at the Moscovitz Auditorium. He was quite impressed with the architecture and the acoustics. He inquired of the tour guide, "Is this magnificent auditorium named after Chaim Moscovitz, the famous Talmudic scholar?"

"No," replied the guide. "It is named after Sam Moscovitz, the writer."

"Never heard of him," said the visitor. "What did he write?"

"A check," replied the guide.

Twitter Silly

The finer people in life
Don't go around
Causing Strife