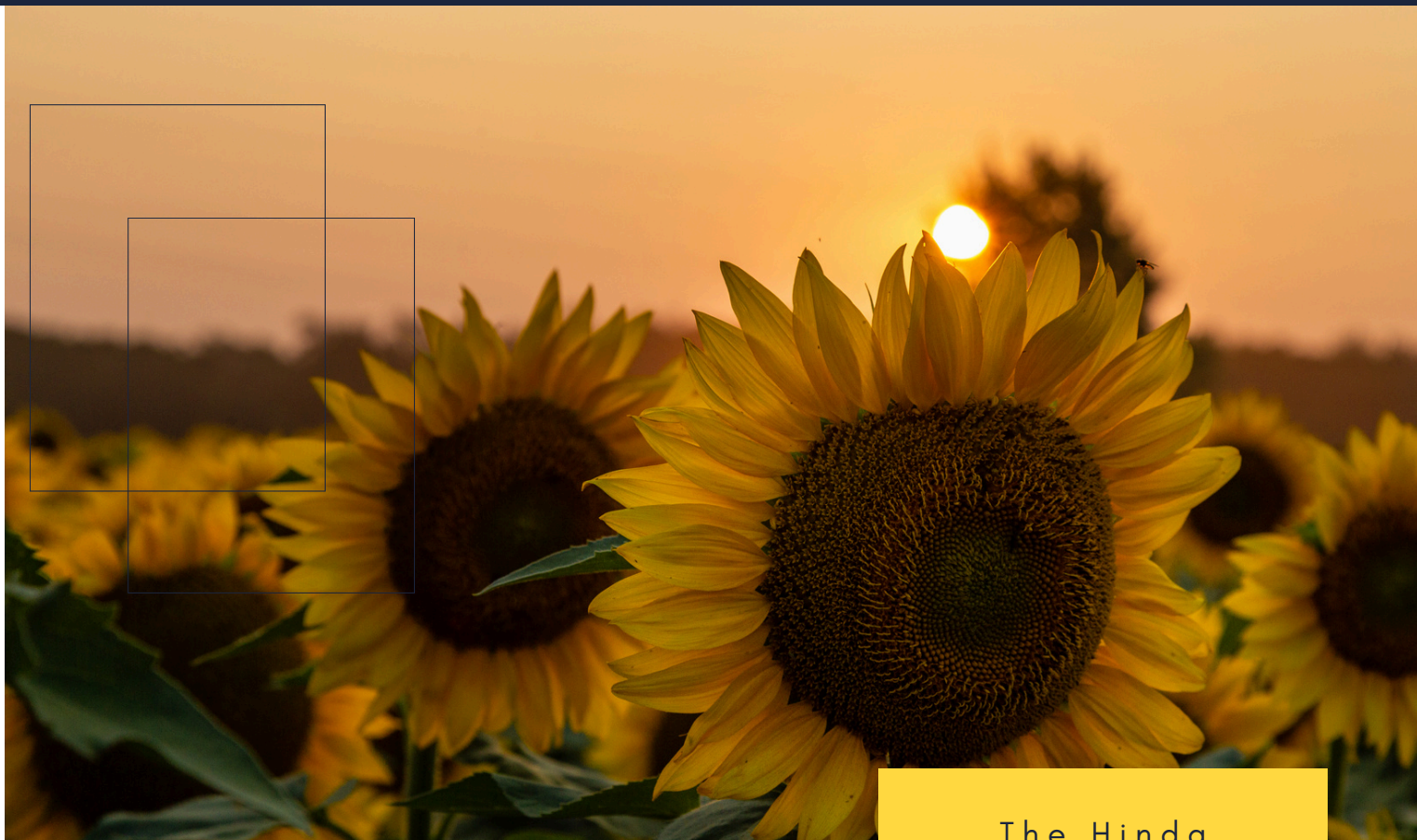




# The Hinda Herald

August 2024 Issue 5787



The bulletin written by our Hinda Family for our Hinda Family. We welcome any articles.

**Read ahead to find more about:**

*The Dvar Torah*

The Hinda  
Institute Bulletin

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# Dvar Tora: Av - *The Whiplash Month*

## **The lowest of the lows...**

The Jewish calendar cycle has its days of joy and days of sorrow. Days of celebration, days of reflection. But the month of Av (usually July/August) is unique in that it goes to both extremes. On one hand, the 9th of Av (August 12 night – 13) is the saddest day on our calendar. It is a troubling time. That is the day when the spies (after leaving Egypt) came back and gave a negative report about the land of Israel. The nation cried that night, and since then, generation after generation, we've had more and more to cry about.

Both Holy Temples in Jerusalem were destroyed on this day, and many other catastrophes throughout our history happened on this day. For more details on what happened throughout history, visit: <https://www.chabad.org/144575>

## **On the flip side...**

On the 15th of Av, seven joyous events happened. It is so joyous that the Talmud says, "There were no greater festivals for Israel than the 15th of Av (August 19) and Yom Kippur." To read about these events in detail, go to: <https://www.chabad.org/717167>

Within the same month, and with only five days separating them, we go from the lowest of lows, from sadness and mourning to the highest peaks! A time of celebration!

Some whiplash! The fact that they are in the same calendar month and only days apart teaches us some very important lessons.

We all have our lows and highs. Not only is it a fact in life, but in order to truly rejoice and reach new heights, we need to go through lows. It is similar to bending low to make a jump. In fact, the lower you go, the more momentum you have to jump higher.

When going through a low, we need to recognize our pain and not ignore it. Even after 1,954 years since the destruction of the second Temple, we are still mourning our loss. When we go through life's pain, whether it is regarding health, mental or physical, rejection, or financial problems, recognize it and don't ignore your pain. By burying or ignoring our feelings, not only do they not disappear, but they also jump back at us at the most unexpected times.

But at the same time, remember you are not stuck in this situation. You can make changes and adjustments. Look forward and know that in a few days it can be the joyous of times. It's similar to a car rearview mirror. It is there so we can occasionally look at what is behind us, but the main focus should be through the windshield. The future.

This month gives us the courage and strength to make changes. To go from a low to a high. From being indifferent to being caring. Every act of kindness, regardless of how insignificant it may seem, can make a huge difference in someone's life.

- David



UPCOMING

# Courses

“ Sign up for our courses! ”

**Seeking Safety**, led by our beloved **Lauren**, provides insight into trauma and strategies for coping and overcoming mental health challenges and addiction.. Sundays, August 25, September 1, 8, 15, 22, 29, October 6 & 13 @ 9:30-11 am CST.

Our **Legal Panel** Our Legal Panel hosts nationally-recognized legal experts who provide insights on better navigating the criminal justice system. **CLE credits are offered for some sessions.** See our website below for dates!

Our new **Finance course** has very practical advice about how to manage and grow wealth as a returned citizen. October 30, November 6, 13, 20.

**STAY TUNED FOR Upcoming courses in 2025:**

**January:** Successful Communication for Survivors, with Dr. Kutzen

**February:** Opening Up Issues and Dialogues in the Criminal Justice System, with Professor Marc Buslik.

[www.hindahelps.com/courses](http://www.hindahelps.com/courses)



**Elizabeth Kelley**



**Dr. Stephanie Kutzen**



**Joel Keyser**

## COMPUTER SKILLS

Let us know if you need a tutor for computer skills. For more info please contact Abby - [abigail.rabinowitz@hindahelps.com](mailto:abigail.rabinowitz@hindahelps.com)

All courses are copyrighted by the The Hinda Institute

# TECH TALK

## WHERE TO FIND TECH AID



### FIND IN PERSON CLASSES IN YOUR COMMUNITY:

**Chicago Public Library:** <https://www.chipublib.org/faq/technology/>

**Chicago Housing Authority:** <https://www.thecha.org/residents/services/digital-inclusion>

### YOUTUBE VIDEOS OR WEBINARS:

**Meganga Computers for Seniors and Beginners:** <https://www.meganga.com/>

**Alison Free Course on Typing:** <https://alison.com/tag/typing>

**Tech Boomers Courses:** <https://techboomers.com/>

**Teach An Old Dog New Tricks:** [https://www.youtube.com/channel/UCDDhgs7k5L22L51Mo5YO\\_Ew](https://www.youtube.com/channel/UCDDhgs7k5L22L51Mo5YO_Ew)

**Goodwill Community Foundation:** <https://www.goodwill.org/blog/news-updates/online-learning-opportunities-available-at-no-cost-to-you/>

### GET HARDWARE AND SOFTWARE:

**Chicago Public Library:** <https://www.chipublib.org/library-laptop-use-guidelines/>

**Illinois Department on Aging:** <https://ilaging.illinois.gov/programs/illinois-care-connections.html>

**PCs for People:** <https://www.pcsforpeople.org/>

**Compudopt:** <https://www.compudopt.org/>



### HINDA HELP:

Navigating the Digital Jungle:

[www.hindahelps.com/digital](http://www.hindahelps.com/digital)

**SIGN UP FOR TECH 5  
OR BACKUP ZOOM  
SUPPORT**



# JOIN OUR NEWEST SUPPORT GROUP

*PICS – Rebuilding Your Life After Incarceration?*

*Sunday Evenings: 6:30–7:30 ET / 5:30–6:30 CT / 4:30–5:30 MT*

Connect with others who understand your journey and find guidance on your path forward. Our supportive community will help you navigate the challenges of reentry and empower you to rebuild your life.

Join us for a safe, non-judgmental space to share your experiences, receive support, and find resources to help you thrive. Take the first step towards a brighter future!

**Email Jay for the Zoom Link: [jay@hindahelps.com](mailto:jay@hindahelps.com)**

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Please take an opportunity to view our newest video. We want to thank Vickie and Cynthia for volunteering to piece together these testimonials in a video. They really highlight some of the successes the Hinda Institute has had in supporting our families with mental health challenges.

**<https://vimeo.com/938033302/6cee44cdf8>**

The Hinda Institute is on the frontlines in the fight for mental health and changing people's lives and our community for good. There is no dichotomy between mental health and incarceration; 71% of people with mental health issues have encountered the criminal justice system. Half of the detainees at Cook County Jail suffer from some form of mental illness. Most are detained for nonviolent offenses closely associated with their unmet mental health needs, making this jail the largest mental health hospital in Illinois.

The Hinda Institute works to break the cycle of the criminalization of mental health and increase investments in mental health care. Our clients give faces and names to these statistics. Over 79% of Hinda clients report experiencing mental health challenges, most commonly trauma, Post-Incarceration Syndrome (PICS), and severe and persistent mental illness. Over 68% of families also report psychosocial challenges.

Less than half of our clients (49%) who specified that they have mental health challenges are currently seeing a mental health provider. Accessing mental health care in Illinois is increasingly challenging due to workforce shortages, underfunding, and low Medicaid reimbursement rates (45% of our clients are on Medicaid). These issues exacerbate the difficulty for vulnerable populations to receive timely and effective care, often resulting in long wait times and limited provider availability. It is hard for our clients, even for those in crisis to find support in other agencies who are already overtaxed and have very long waiting lists. Sometimes our clients and families are not welcomed in other agencies or feel "judged". They often have nowhere else to go except to the Hinda Institute for support and advocacy. This year our casework has increased by 47%. Our dedicated team has pivoted, demonstrating measurable results with the most challenging casework in the community providing support to clients and families upon reentry. Our miraculously low recidivism rate speaks for itself. We have provided over 4,841 hours of casework support, peer support, and chaplaincy support, as well as assisted with licensed trauma-based counseling. We have also provided excellent support groups and courses on psychosocial topics.

A big **thank you** to our dedicated team who deal with crisis and urgent need every day with professionalism and compassion.

THANK YOU LAUREN, JAY, BETH, MENDY, DEBBIE, PHYLLIS.

Also Rabbi Binyomin, Rabbi Chaim, Stephanie, Liz and Kyle. YOU HAVE MADE A BIG DIFFERENCE IN PEOPLE'S LIVES!





## Hinda Podcasts

### PODCASTS

#### Elizabeth Kelley

Check out Elizabeth Kelley, Esq.'s publications. Her website and blog have relevant updates and insights as to how the law interacts with mental health issues. Stay tuned for Elizabeth Kelley's Upcoming Book!

## ARTICLES OF INTEREST

### BOOKS AND PODCASTS

- David Schottenstein is the founder and former CEO of Privé Revaux sunglasses and has started and sold multiple companies and has ownership interests in a number of successful ventures including OneWheel, Mizzen & Main and his latest venture, 7th Heaven Chocolate Co. In [this episode](#) of [Meaningful People](#), the podcast about Jewish personalities, David opens up about his recent stint in prison, what he has learned from it and what he's doing now for the Jewish community.

### HOUSING AND EMPLOYMENT

- AXIOS [covers the importance of the role of the business community to lead in Second Chance Hiring](#).
- The Council of State Governments Justice Center, the Bureau of Justice Assistance, and the U.S. Department of Housing and Urban Development invite states and communities to work with them to achieve the [Zero Returns to Homelessness](#) vision of making housing available and accessible to every person returning home from incarceration.

### JEWISH TOPICS

- Tablet Magazine delves into the question: Was [Pinchas](#) a killer or a hero?

### CONDITIONS IN AMERICAN PRISONS - ARE THEY HUMANE?

- Equal Justice Initiative: [Prison Health Care Crisis Mounts as Incarcerated Population Ages](#).
- This new [Washington Post piece](#) discusses the long-standing and extreme problem of extreme heat in US prisons and jails. The full headline of this piece highlights its essentials: "For inmates, little escape from brutal heat in prisons without air conditioning: Climate change is exacerbating the danger. But no prisoners are sentenced 'to swelter to death in a confined space,' a civil rights attorney says."



Click here  
to learn  
more!

**Our Jewish Recovery**  
Happiness. Holiness. Healing. Together.  
One Day At A Time.

# In the News

## IS FEDERAL SUPERVISION WORKING?

- Big government has tainted the criminal justice system. This includes federal supervised release, which is failing everyone it is supposed to help, from taxpayers to law enforcement officers to those trying to rebuild their lives after prison. The Safer Supervision Act before Congress would restore federal supervision to its intended scope and purpose, create safer communities and use taxpayer money more responsibly.
- [The Hill hosts an article on the wasteful aspects of the current US parole/probation system, advocating changes via the Safer Supervision Act.](#)
- REFORM Alliance's [newsletter](#) has an instructive story about reentry and probation, and two pieces of analysis, promoting the Safer Supervision Act,
- A new article just published in the journal Theoretical Criminology and authored by Michelle Phelps and Eric Seligman: "[Probation and the shadow carceral state: Legal envisioning from Minnesota](#)".
- [Visual Capitalist shows the cost of each inmate per state.](#)

## EDUCATION

- [Why Education in Prison Matters, by Tiffany Orcesi, EdS](#)

## IN 2024 VOTE FOR JUSTICE

- In November of 2024, Americans will head to the polls to decide who will represent them in the White House and Congress. As voters choose their leaders, public safety is a top priority, with Americans also citing the size and cost of the criminal justice system as concerns. Policymakers have a variety of options to address these concerns, backed by a strong foundation of evidence and bipartisan support. Unfortunately, there are also policy choices that rely more on sound bites and anecdotes than evidence, which make the criminal justice system inhumane, ineffective, and expensive, placing an unfair strain on families and communities.
- Thanks to Professor Douglas Berman of the University of Ohio School of Law, whose [website](#) carried the [executive summary of policies](#) from the [Justice Action Network!](#)
- Reentry 2030 initiative aims to [improve outcomes for those leaving prison in participating states across the U.S.](#)

## NEW INITIATIVES AND LEGISLATION THAT MAKES A DIFFERENCE.

- Thanks to the initiative of **Gov. Pritzker of Illinois** and advocacy groups: [People set to leave prison gaining access to Medicaid in Illinois, 4 other states](#)
- Thanks to **Walter Pavlo** for his Forbes article, [Congress Set To Have New Oversight Over The Federal Bureau Of Prisons](#)
- This hopeful article from **Governing** is worth reading: [Releasing Prisoners from Long Sentences Draws New Interest](#)

# Resources



**PLEASE CONTACT THE SCHEIMANS FOR A WARM AND WELCOMING PLACE FOR THE JEWISH HOLIDAYS!**

## JOKE OF THE WEEK

A devout cowboy lost his favorite Bible while he was mending fences out on the range.

Three weeks later, a donkey walked up to him carrying the Bible in its mouth. The cowboy couldn't believe his eyes!

He took the precious book out of the donkey's mouth, raised his eyes heavenward, and exclaimed, "It's a miracle!"

"Not really," said the donkey. "Your name is written inside the cover."

## TWITTER SILLY BY RABBI BINYOMIN

If you spent as much time on improving yourself  
As you did on trying to be like others  
You'd truly be amazing

## E V E N T S

### Rosh Hashanah

Begins sunset of Wednesday,  
October 2, 2024

Ends nightfall of Friday,  
October 4, 2024

### Yom Kippur

Begins sunset of Friday,  
October 11, 2024

Ends nightfall of Saturday,  
October 12, 2024

### Sukkot

Begins sunset of Wednesday,  
October 16, 2024

Ends nightfall of Wednesday,  
October 23, 2024

### Shemini Atzeret & Simchat Torah

Begins sunset of Wednesday,  
October 23, 2024

Ends nightfall of Friday,  
October 25, 2024

Stay tuned: [JUF of Chicago](#)  
will host an event on October 7  
to remember the victims of the  
attacks. The event will be in  
Skokie and details are  
forthcoming.

Please also check [Hinda's Reentry Resources](#).