



**HINDA**  
**INSTITUTE**  
Changing Lives for Good

ב"ה

Chanukah 5785

Winter 2024

**Rabbi Binyomin Scheiman, Director**

📍 9401 Margail, Des Plaines, IL 60016

📞 (708) 374-7711

✉️ info@hindahelps.com

📠 Fax (847) 296-1823

🌐 www.hindahelps.com

**CHANUKAH LIGHTS**

*"I have lit the menorah in many places, including in the darkest institutions. Thanks to the tireless advocacy of Rabbi Binyomin Scheiman and the Chaplains, most of the time I was able to light all 8 days. But it was never guaranteed. I never ever took menorah lighting for granted. When I was able to light, I was filled with gratitude, and the act became precious. The greatest light is light in the darkness. And the greatest darkness is a darkness where light is tentative and can be taken away at any time. Light is Joy. Joy is also more powerful in a time of darkness. The Chanukah menorah helped me to reconnect to myself, to hope and to my community. I am grateful that the Hinda Institute is helping me now to reconnect and light the menorah in my community." (testimonial)*

A Jewish soul is compared to an eternal flame. Like a flame, it continually reaches upward to find spirituality and hope. The essential spark of humanity in us never ever dies. Like the Maccabees, we may have to battle heroic battles against mental health and addiction, or we may need to clean away the debris of trauma. We may need to fix ourselves and behaviors, but the Jewish soul is always waiting for us to reclaim our mission and purpose.

Chanukah teaches us that we are essentially pure, that we have what to give, and that we are on a path of growth. On each of the eight nights, we add more light. That is why Jews continue to sacrifice to light the menorah in the darkest of places: in concentration camps, as soldiers on the battlefield, during pogroms, in times of despair and in institutions. At Hinda we see Chanukah miracles and growth – one candle at a time. Miracles start with one light in the darkness.

**HELP HINDA HELP CAMPAIGN 2024  
A HUGE SUCCESS!**

Our 2024 campaign was a resounding success!! THANK YOU FOR YOUR GENEROSITY! Hinda does not charge for its services, and this annual campaign helps us to provide our critical services to those most in need in our communities. We do some of the hardest casework in the field and provide essential nonjudgmental therapy to those in pain and trauma. THANK YOU FOR MAKING WHAT WE DO POSSIBLE!

Thanks to our tenacious volunteer team leads. A special thank you to our generous matching donors: Walder Foundation, Sheppard Law Firm, Fossit Foundation, Cooperman Family, Decatur Friends of Hinda, Kohanchi Family, Maury Aaron, Gordon Family, Polan Family, Prodige Processing, Caslow Foundation, Crain-Maling Foundation, Susan Warso, Gable Family.

**WISHING**

**YOU A**

**VERY**

**HAPPY**

**AND**

**HEALTHY**

**CHANUKAH**



## CHILDREN; THE COLLATERAL DAMAGE

### EXCERPT FROM INTERVIEW

**Interviewer:** What was the effect on your children when one parent was institutionalized?

**Mother B:** Even now, when you ask me the question, I feel a physical response. At the time, shame, disbelief and insecurity replaced our carefree and joyful home. I continually asked myself: How did this become our lives? How would we live and survive such horrific circumstances? Each day I dragged myself out of bed for three reasons - my three children. No matter what new problem arose, I resolved to do whatever I needed to make sure they would not be a casualty. They were not responsible. The pressures of acting as mother and father with the financial and emotional responsibilities is exhausting and constant. I worry if I am enough. Will they be ok? How will this traumatic experience impact their lives in the future? In spite of the horror of it all, they are thriving. We have learned to adjust to a new normal.

**Mother E:** At the time, our family had to move out of our upscale community. I had 3 young children, huge court bills and no employment. We essentially became homeless, and I had to move back in with my parents. Initially I saw little effect on the children, but years later the trauma resurfaced. My son initially was quiet and held his "secret" close to him. As a child, he would not talk about this – much as I tried. Eventually he developed addictions, but he eventually fought back. My oldest daughter, I feel, has holes that cannot be filled. My youngest daughter is in therapy. Although she was so young, she was deeply affected as well. I had therapy for years which offered me insights and tools to work with the kids. This is a trauma that lasts for life.

**Mother Y:** It was hard to manage the kids. They were either sad, depressed or angry depending on their age.

**Father N:** It has been a depressing year, honestly. The light I focus on is making my child happy and making sure she knows she is loved by many. I am working hard on myself, because she is everything to me.

**Hinda:** Children are deeply affected when a parent is detained. The family structure is fractured, and parents are under tremendous stress. Many children end up living with other family members, such as grandparents and may become alienated from the parent. There is always a loss of income, which means there is not only less resources for the child, but also as a change in living situations. Many of our families are plunged into poverty. This has a huge effect on children.

**Interviewer:** How are the children affected socially?

**Abby:** It is sad to say that it is hard for the children to get support. This can occur because the children or family are hiding the situation out of embarrassment. They often experience tremendous social ostracism and prejudice, even more than their parents, despite the fact that they are innocent. We surveyed our families and found that 75% of our families mentioned that their children were treated differently by their teachers and stigmatized. Just under half reported being harassed, ridiculed and bullied by other children.

**Mother Y:** I agree. We were ostracized from my place of worship and embarrassed to go there. My children and I lost many friends. We were harassed in our neighborhood. My kids were looked down upon in school.

**Mother E:** I actually thank the Jewish Day School system for providing scholarships for my children for years and years. I felt they were in a kind and understanding environment.

**Father N:** My child doesn't talk about it and neither do we.

**Interviewer:** What does the Hinda Institute do to support these children?

**Hinda:** We create a safety net. We provide tutoring, free camp scholarships and meet personally with the children. In addition, we try to organize for them counseling services

Most importantly, we don't just provide services and leave. We stay with our children. We are nonjudgmental and hold the families' hands throughout the process. For example, there was a young child that I met every week. A beautiful, loving child who suppressed the trauma. Now I am helping her with Bas mitzvah lessons. The family has agreed after 5 years to get resources and referrals. We persisted and stayed with the child. We simultaneously supported the family. The quality of the child and family's social support system play significant roles in the child's ability to overcome challenges and succeed in life.

**Mother E:** Hinda gives families all kinds of support – emotional support from peers, advice without judgment, financial support when needed and a "blanket of love". We have classes. I love Hinda because they care.

**Mother Y:** The Hinda Institute called me every week; it was great to have someone to talk to who didn't judge me. The Hinda Institute sent me money monthly while I found a low paying job. I was so touched it brought me to tears.

**Father N:** I like my caseworker cause she got me to talk about things I usually don't share. My daughter loves going over. The Hinda Institute has done more for us in my memory than anyone else, especially since my mother passed away.

**Interviewer:** Thanks for your time and the courage to share.



## THIS CHANUKAH, SHARE A LITTLE LIGHT - CHANUKAH GIFTS FOR CHILDREN

Every year, we bring the warmth and light of Chanukah to our Hinda families and amazing children. For families facing poverty, isolation, or crisis, these beautiful gifts for children and packages for families are more than just items; they're a message of hope and belonging. The children who receive these gifts experience pure joy at a time in their lives when they need joy the most!

### In the News

#### New Course in Institutions-

Starting January, Rabbi Binyomin Scheiman will be giving a course on the 7 Laws of Noah at Marion Federal Prison. Those completing the course will be eligible for good time under the First Step Act.

#### UPCOMING COURSES


- **Successful Communication for Survivors** - Prof. Kutzen (Jan. 8, 15, 22, 29 Feb. 5)
- **Opening Up Issues and Dialogues in the Criminal Justice System** - Prof. Buslik (Feb. 19, 26, March 5, 12, 19)

#### Congratulations Lauren!

This year, our Casework Supervisor, Lauren, presented her work at the National Association of Social Workers (NASW) National Conference in Washington, D.C. This winter, she will present her social policy research at a leading European conference. We are so proud of Lauren and honored to have someone with her expertise as our casework supervisor.

We want to thank in advance the generosity of all who donate to our Chanukah campaign. In particular to our donors at the Decalogue Society of Lawyers, an anonymous Gan Izzy Camp Donor, Maot Chitim for gift cards, Karlene for her hard work and our dedicated Hinda volunteers that make the packages and deliveries possible. Please help us continue our Chanukah traditions. Make your donation at [www.hindahelps.com](http://www.hindahelps.com) (Chanukah gifts) and bring the joy of Chanukah to those who need it the most.


- Hinda holds a yearly Chanukah party for our Hinda families and clients, creating a deep sense of community and belonging. This year we are going traditional with Chinese food, December 25, 3:00 pm.
- Hinda chaplains bring Chanukah menorahs to Cook County Jail. They advocate for religious and civil rights. They provide Chanukah supplies, and most importantly, joy to those in despair at correctional institutions for the 8 days of Chanukah.



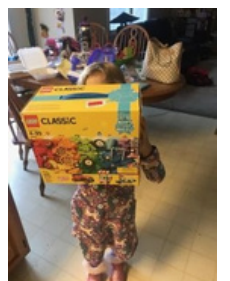
### UNDERSTANDING THE ISSUES

#### Effects on Children

- The immediate effects of incarceration on children and the loss of a parent can include feelings of shame, social stigma, loss of financial support, weakened ties to the parent, poor school performance and increased risk of neglect (Travis, McBride, and Solomon, 2005).
- These effects persist both during and post-incarceration. The children have more difficulty in school as a result and experience pain and hardship (Braun 2004).
- The same study reported that children were treated differently by other children (58%). Friendships were impacted (78%).
- The children were treated differently by other adults, such as teachers (63%); stigmatized (71%); and they experienced harassment (47%), ridicule (59%), teasing (52%), physical fights (22%), being left out (65%), depression (77%), anxiety (73%), anger (80%), fear (63%) and suicidal tendencies (13%).
- Besides the immediate effects, children who do not receive helpful interventions are statistically more likely to get into trouble with the law themselves.



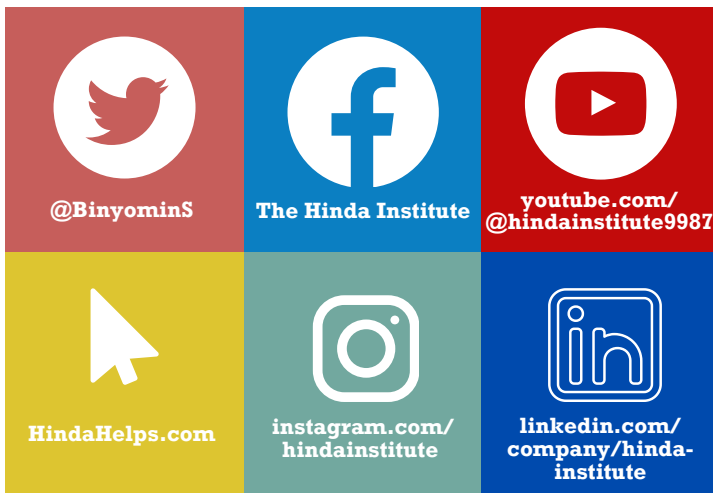

Rabbi Scheiman,  
Thank you so much for the  
generous gifts for the kids. They  
look forward to receiving them  
every year! We appreciate you  
thinking of them during the  
holidays. ... Torah School





**HINDA**  
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The Hinda Institute  
9401 N Margail  
Des Plaines, IL 60016



We now have the ability to charge your credit card on a one-time or monthly basis!



**Please accept my tax-deductible contribution to help Rabbi Scheiman continue his service to the isolated Jews in prison!**

Name: \_\_\_\_\_

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Enclosed is my gift of:

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