

Our Mission

The Department of Correction shall strive to be a global leader in progressive correctional practices and partnered re-entry initiatives to support responsive evidence-based practices aligned to law-abiding and accountable behaviors. Safety and security shall be a priority component of this responsibility as it pertains to staff, victims, citizens and offenders.

From the Commissioner



The week of June 9, not only marked five months serving with all of you, but also 30 years working in corrections. Although there is a big difference in the amount of time between the two milestones, I am equally proud of both. The employees of the Connecticut Department of Correction are some of the very best people I have been fortunate to serve with. Your work ethic and dedication to professionalism are elite in every department.

As some of you know, I was unable to participate in Corrections Week this year due to an unexpected circumstance that suddenly pulled me away the entire week. My sincere apologies for not being around. This is the first time in my career that I was not fully engaged in the celebration of our profession and the people who work in it. Please know how much I appreciate all you do, and wish I could have been here celebrating and recognizing you. Hopefully, I will get the opportunity to meet and thank you in person as we get around to the different facilities and community offices in the coming months.

It has been great to finally have a run of good weather as we head into summer. I hope that each one of you will make a concerted effort to make this summer one that is filled with family time and activities that bring you together with those who make you happy. Our profession comes with extraordinary stress and is one that can leave us burned out and simply too tired to do much once we get home. I've noticed that some of those same bad habits have followed me throughout my career regardless of rank or position.

I also hope you will take advantage of the wide variety of Staff Wellness activities going on across the state. Special thanks to all of those organizing, conducting and participating in these activities. For those on Facebook, I encourage you to join the closed group "Connecticut Department of Correction Employee Wellness" page. Here you will find a wide variety of activities and advice on things we can do to improve our physical and mental wellness. Again, thank you for all you do for us at work, for your families and for our community. We are all better because of you.

April 19, 2019
through
June 14, 2019

Distributed bimonthly
to 5,500 staff
and via the Internet
throughout Connecticut
and the nation
by the
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Heroic Good Samaritan

Things could have ended badly for two Ludlow, MA police officers if not for the heroic actions of Department of Correction Counselor, Bradley Guertin.

The Ludlow Police Department initially received several calls at about 9 p.m. on May 20, from people reporting a man and a woman having a loud argument outside a car parked on the side of the road. Officer Ryan Churchill responded and approached the couple to talk to them. The couple together advanced on him and starting punching and fighting with him, according to a report posted on Mass Live, an online news source.

While Churchill tried to gain control, a second police officer, Ryan Auclair arrived on the scene. During the fight, officer Auclair attempted to stop the couple using his stun gun, but they were too close to Officer Churchill. After entering the fray, Officer Auclair was eventually able to handcuff the female combatant.

Meanwhile Officer Churchill was able to take the male combatant to the ground, but the assailant continued to fight with the officer. The second officer attempted to assist the first officer, but he was still trying to control the woman.

Fortunately, Correctional Counselor Guertin, who works at the Willard-Cybulski Correctional Center, came upon the scene before things got out of control. Upon his arrival he saw the male combatant attempting to grab the officer's handgun. Guertin identified himself as a Department of Correction employee, and then helped the officers control and handcuff the male combatant.

Even after the trio gained control, the couple continued to yell and spit. When the officers pushed the male up against the cruiser, he kicked it multiple times causing damage to the cruiser.

Members of the Ludlow Police Department were very appreciative of Counselor Guertin's actions. The Ludlow Chief of Police reached out to personally thank Guertin for his bravery.

"My officers said, 'thank God this man was right there,'" said police Lt. Daniel Valadas.

As a result of the incident, Donald F. Roberts, Jr., 33, was charged with two counts of assault and battery of a police officer, attempting to disarm a police officer, malicious damage of a cruiser over \$1,200, disturbing the peace, and disorderly conduct.

Katharine V. Smola, 25, was charged with two counts of assault and battery on a police officer, disorderly conduct, and resisting arrest.

For his part, Counselor Guertin, an 18-year veteran of the DoC, felt it was his duty to assist.

"Too many people these days don't want to get involved," said Counselor Guertin. "I couldn't just standby and do nothing,"



**Counselor Bradley Guertin,
a self-effacing hero.**



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Deputy Warden Promotions and Reassignments

Commissioner Rollin Cook recently announced that the following individuals were promoted to the rank of Deputy Warden.



- Captain Christopher Brunelle to Deputy Warden at York CI.
- Captain Ernestine Green to Deputy Warden at Hartford CC.
- Captain Thomas Kenny to Deputy Warden at Robinson CI.
- Counselor Supervisor Carolyn McClendon to Deputy Warden at Robinson CI.
- Captain Carlos Nunez to Deputy Warden at Corrigan-Radgowski CC.
- Counselor Supervisor Nicole Thibeault to Deputy Warden at Osborn CI.
- Counselor Supervisor Craig Washington to Deputy Warden at Hartford CC.



In addition, the following Deputy Warden reassignments were announced and took effect Friday, May 24, 2019



- Deputy Warden Brian Bradway to Northern CI.
- Deputy Warden Gerald Hines to Osborn CI.
- Deputy Warden Stacey Marmora to Bridgeport CC.
- Deputy Warden Yadira Otero-Negron to Brooklyn CI.
- Deputy Warden Cynthia Scarmozzino to Manson Youth Institution.
- Deputy Warden David Snyder to MacDougall-Walker CI.
- Deputy Warden Bryan Viger to District II Office.
- Deputy Warden Denise Walker to New Haven CC.
- Deputy Warden Gerald Wood to Willard-Cybulski CI



Please join Commissioner Cook, along with the entire Executive Team in wishing each Deputy Warden well in their new assignment.

Employee Wellness Facebook Group



The Correctional Health and Awareness Made Practical (CHAMP) program is happy to announce the creation of a Connecticut Department of Correction Facebook group. One of the intended goals of the group Facebook page is to keep staff members informed of various events being hosted by the CHAMP program.

The group is a closed group, you have to be an employee or retiree of the DoC to join. As it says on the Wellness Facebook page, "...We work in a challenging environment and it's critical that we take care of each other."

The link to join is: <https://www.facebook.com/groups/327803897901191/>

New Haven Parole Receives Community Partner of the Year Award

The staff from the Department of Correction’s Parole and Community Services New Haven District Parole Office recently received the Goodwill of Southern New England “Community Partner of the Year Award.” The award was presented on May 9, 2019 at the Fantasia Banquet Facility in North Haven.



L to R: Goodwill President H. Richard Borer, Jr., Parole Supervisor Marvin Anderson, Parole Officer Giovonna Harris, Parole Officer Chanessa Bent, and Goodwill Attorney Paul Dorsi.

According to Goodwill of Southern New England, “The parole division has been an integral part in the success of the various programs offered to our clients throughout the years. They have worked side-by-side with our staff and the participants to implement a wrap-around approach to case management and community supervision through the use of dual reporting. The wrap around approach combined with dual-reporting has often worked to engage participants in needed services and treatments, thus avoiding re-incarceration.”

“We continue to maintain a very strong working relationship and mutual respect for one another. The parole division has continued their commitment to work with us for the betterment of the community with the ultimate goal of reducing recidivism. It is our pleasure to present this Community Partner of the Year Award to Parole Supervisor Marvin Anderson on behalf of his department and in recognition of the parole officers who have been assigned to work directly with our programs.”

Around the Cell Block



CALIFORNIA– California inmates can now possess marijuana without facing legal consequences from the state as long as they don’t consume it, thanks to a recent appeals court ruling.

CONNECTICUT - Torrington police have accepted a challenge from a suspect who vowed to turn himself in if they get 15,000 “likes” on his online wanted poster. To date, the fugitive has received more than 30,000 Facebook likes, but has yet to turn himself in.

COLORADO – The state’s department of correction has decided to lift the ban on offenders receiving personalized mail such as homemade greeting cards. While the ban was in effect, offenders received a photocopy of any personalized mail sent to them.

**Total
Supervised
Population
on
June 14, 2019
17,687
On June 14, 2018
the population was
18,151**

Introduction to Reflexology and Reiki

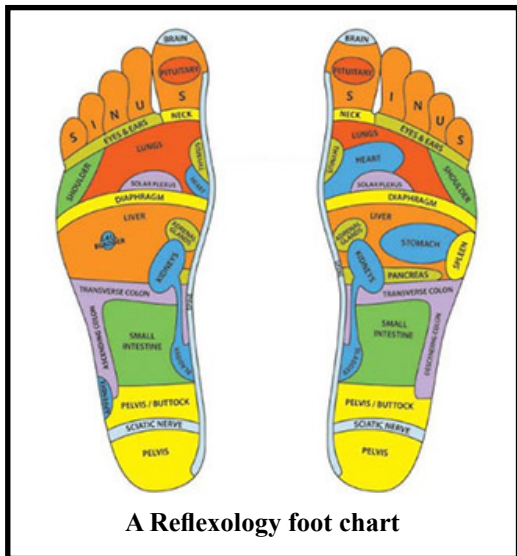
The Employee Wellness Committee is sponsoring a free seminar on The Benefits of Reiki and Reflexology to off-duty staff and retirees. Sessions are being offered at MCTSD on June 25 from 12:00 p.m.- 2:30 p.m. and again at 3:30 p.m. -5:30 p.m.

Reflexology

Reflexology is the application of pressure to areas on the feet, hands or ears. Reflexology is generally relaxing and may help alleviate stress.

Reflexologists use charts to guide them as they apply pressure to specific areas. Reflexology is sometimes combined with other hands-on therapies and may be offered by chiropractors and physical therapists, among others.

Although it's often combined with massage, Reflexology is technically not a form of massage; it is a separate practice that applies pressure to reflex zones on your feet, hands or outer ears to affect your entire body.



A Reflexology foot chart

Reflex zones are areas connected to other parts of your body. You have reflex zones on your feet, hands, and ears. The basic theory underlying applying pressure to reflex zones is that the pressure affects the nerves which then carry signals to other parts of your body. Reported benefits include relaxation and improved lymphatic drainage and blood circulation. These benefits help relieve the effects of stress, which in turn helps your body find balance and heal itself. How does that differ from massage? Many of the benefits are the same. However, massage is the manipulation of soft tissue, while applying pressure to reflex zones isn't an attempt to manipulate soft tissue. Also, reflexologists who aren't also massage therapist are limited to touching your feet, hands and ears.

Although some massage therapists have a basic working knowledge of reflex zones and use it in their massage practice, foot or hand

massage isn't necessarily using reflex zones. Many styles of massage include foot or hand massage techniques not related to reflex zones.

Several studies indicate that reflexology may reduce pain and psychological symptoms, such as stress and anxiety, and enhance relaxation and sleep. Given that reflexology is also low risk, it can be a reasonable option if you're seeking relaxation and stress relief.

Reiki

Reiki (pronounced Ray-kee) is a Japanese technique for stress reduction and relaxation that also promotes healing. Reiki therapy is often described as palm healing or hands on body healing in which a practitioner places hands lightly on or over a person's body. By doing this, a universal energy is said to be transferred through the hands of the practitioner to the patient in order to promote the body's ability to heal itself.

The term comes from the Japanese words "rei" meaning universe, and "ki," which means vital life force energy. Reiki was developed by a Buddhist monk named Mikao Usui in the early 1900s.

The practice is not specifically intended to treat any particular type of disease or condition. Because it works on the entire self – mind, body, and spirit – and because it consists of universal life force energy, it may be successful in helping to facilitate all types of healing. Some practitioners even claim that pets and other animals respond well to Reiki healing.

Lean Health Care Projects

Back at the beginning of November 2018, DOC was wrapping up its week long Lean Kaizen Event at Webster Correctional Institution. This process improvement event included three teams, one of which was a *Health Services Transition Team*, which was tasked with establishing a prioritized listing of health services processes that require improvement. The Team consisted of representatives from Medical, Mental Health, Custody, CTU, and

Fiscal Services. This team identified a number of health care delivery system processes in need of improvement and actually began process improvement or in Kaizen lingo, ‘Drilling Down’, on the Sick Call Process.

Since November, the Team learned a lot about working together, process improvement, and implementing change through all levels of Custody and Health Services. Their hard work paid off with the launching of a pilot program called *Prompt Care* on May 28 at the MacDougall-Walker Correctional Institution. This pilot

program streamlined the traditional Sick Call process by eliminating the eight-step written request process and replacing it with a two-step, ‘Sign-up & Be Seen’ process. Today, inmates follow three easy steps, #1-Sign-Up, #2-Stay Back, and #3- Be Seen.

In March, of this year, the Health Services Transition Team created an *Infirmiry Bed Lean Team*. As many staff know, a significant amount of time is spent on tracking down available beds and the related transporting of new intakes, transfers, and receiving offenders back from hospitals around the state. This Team’s work has been well received by the administration and while their work is in its early stages, it has already led to weekly provider conference calls being re-established. It is anticipated in the short term that this project will lead to a new and more transparent tracking system and eventually tackle the management of patients with long term care needs.

About Lean and Process Improvement: Lean focuses on opportunities for improvement, rather than problems. Lean facilitates doing more with less, freeing up time, providing a yes or no answer rather than a long, drawn out “maybe” and it encompasses teamwork between all levels of employees. With those concepts in mind, groups set out with a mission to improve current DOC processes in order to make happier customers and happier employees! Please send your process improvement ideas to Mike Lettieri at michael.lettieri@ct.gov.



The Lean Health Services Transition Team



The Prompt Care Pilot Team

USD #1's Teacher of the Year

Superintendent Maria Pirro-Simmons of The Unified School District #1 (USD #1) is pleased to announce that State School Teacher Jennifer Corti has been selected as the USD #1's Teacher of the Year. Ms. Corti teaches at the Manson Youth Institution.

During the course of the past twelve years, she has taught science and currently teaches science for the High School and Credit Diploma Programs for the USD #1. Ms. Corti has been the Co-Chair of the Special Olympics committee. She participates annually in the Law Enforcement Torch Run to benefit Special Olympics Connecticut, and has twice represented USD #1 at the International Law Enforcement Torch Run Conference.



USD #1's Teacher of the Year, Jennifer Corti

Throughout her career, Ms. Corti has also assisted with the Teacher Education and Mentoring (TEAM) program, Correctional Education Association (CEA) planning, and various other leadership forums. She recently completed a degree in Educational Technology. She has provided staff at the MYI with professional development on technology tools, and applications. Ms. Corti is always willing to assist her colleagues, no matter how large or small the task may be. In her leisure time, you can find Jennifer enjoying the outdoors, especially with her four-legged children. Please join Superintendent Pirro-Simmons, and Commissioner Cook, along with the entire Executive Team in congratulating State School Teacher Jennifer Corti on being selected as the USD #1's Teacher of the Year. Congratulations on a job well done.

Charitable Awards

Once again the staff of the Connecticut Department of Correction were honored for their generosity during the Connecticut State Employees' Campaign for Charitable Giving 2018 Thank You Recognition and Luncheon held May 9, 2019 in Middletown.



L to R: Deputy Warden Jennifer Peterson, Officer Micheal Hanis, Deputy Commissioner Cheryl Cepelak, and Captain Timothy Newton at the awards luncheon.

Out of all the state's agencies, the Department of Correction employees contributed the second highest amount of money to the campaign, with a total of 446 individuals pledging an impressive \$63,086. The staff of the Cheshire Correctional Institution outshined all the other facilities in the department by earning two awards: one for the highest percent of staff participation at 30%; and another award for the highest contribution total at \$16,422. Deputy Warden Jennifer Peterson and Correction Officer Michael Hanis were on hand to accept the awards on behalf of the facility. Also garnering an award was York CI's Correctional Counselor Kim Benoit who was presented with the ***Most Outstanding Loaned Employee Award***. All told, more than 2,000 state employees and retirees donated \$724,035 to the 2018 campaign. A special thanks to Captain Timothy Newton of the Hartford Correctional Center who, once again, served as the Connecticut State Employees' Campaign Committee Leadership Chair.

Kicking for a Cause

DoC Kickball Tournament Raises funds for Correctional Peace Officers Foundation



Participants from MacDougall-Walker CI celebrate winning the Charity Kickball Tournament

Although the weather did not exactly cooperate, the spirits of those who participated in the charity kickball tournament to benefit the Correctional Peace Officers Foundation could not be dampened. The tournament was held at the Officers Beach located on the grounds of the Carl Robinson Correctional Institution.

Due to the rainy spring, the condition of the field was in a word – muddy.

“There is no doubt it was a tough day with the given conditions, but the real reason we were all there was to show support to our correctional brothers and sisters having far tougher times than us,” said District I Administrative Assistant Diane Kay. She assisted District I Captain Donald Acus in organizing the event.

A total of 12 coed teams with 11 players on the field participated in the event.

The double elimination tournament including teams from: MacDougall-Walker CI (three teams); District I; Carl Robinson CI; The Maloney Center for Training and Staff Development; Osborn CI (two teams); New Haven CC (two teams); Bridgeport CC; and the Army Reserve.

Congratulations to the team from the MacDougall-Walker facility, who bested the competition and took home the championship trophy.

As a result, the tournament was able to donate \$1,450 to the Correctional Peace Officers Foundation. The mission of the Foundation is to operate and maintain a general fund for the perpetuation of the memory of those Correctional Peace Officers killed in the line of duty; to provide for their spouses, children or other beneficiaries; and to promote and project a positive image of the Corrections profession, both internally and to the general public.



MacDougall-Walker’s Lt. Chris McCreary mid-kick

Industries' Honor Roll

Correctional Enterprises of Connecticut's (CEC) Fiscal Administrative Assistant Mariela Salinas was named to the 2019 National Correctional Industries Association's (NCIA) Northeast Region Staff Award Honor Roll. CEC Director James Gaglione accepted the award on Salinas' behalf during the NCIA's Annual Awards Banquet held on April 17, 2019, in Minneapolis, Minnesota.

The award recognizes the superior performance of a correctional industries staff member who has made a significant and sustained contribution to a correctional industries program.

In order to be considered for the award candidates must excel in areas such as: meeting goals and objectives; effective use of resources; and dedication to being an expert in their respective area of Correctional Industry operations.

Ms. Salinas has been with the Department of Correction since 2003, and was nominated for the award by Correctional Enterprises of Connecticut (CEC) Director James Gaglione.

The mission of the NCIA is to promote excellence in Correctional Industries through professional development and innovative solutions that improve public safety, business operations, and successful offender reentry. Every year, NCIA makes a special effort to acknowledge individuals whose extraordinary skill and leadership in their respective programs improve Correctional Industries as a whole.



CEC's Mariela Salinas

Obstacle's for MPSP

The Military Peer Support Program held its second annual Obstacle Course Challenge on June 1, in Cheshire.



Winning top honors, along with a trophy and bragging rights was the Cheshire Central Transportation Unit team comprised of (from left to right in photo): CO Michael Bilotti, CO

Pedro Lopez, Lt Fernando Antunes, and CO Wilbert Perez. Congratulations to all those who participated and supported the Military Peer Support Program's important work.

Welcome Warden Black



New Haven CC Warden, Allison Black

The staff of the New Haven Correctional Center held a cookout – complete with cake - on May 30, to welcome, and get a chance to meet their new Warden, Allison Black.