

Starting Over Strong



530-448-2620

StartingOverStrong.com

StartingOverStudents@gmail.com

Starting Over Strong (SOS) is a FAITH-BASED recognized 501(c)(3) non-profit organization.

Volume I, Issue 3 OCTOBER 2011 NEWSLETTER P.O. Box 2104 - Willows, CA 95988

Starting Over Strong Team

- Sharon Darsey, MSW
Founder/Director/Treasurer
- Stephanie Owens, MSW
Program Manager
- Al Scott, CDAAC, RASi
Recovery Chaplain
Volunteer Coordinator
Life Skills Supervisor
Newsletter - Editor
- Rachel Gonzalez, RASi
BSW President (SOS) Club
Principle Program Specialist
- Roberta Beatty
Secretary
- Mary Goodfriend
Receptionist

If you would like to become a Starting Over Strong (SOS) Volunteer Advocate
Call 530-448-2620

Volunteer Openings

Expungement Workshops
Life Skills Classes /Reentry
Life Skills Classes /Jail
Website Design
Community Events
Resource Guide
Advertising
Grant Writing

Inside This Issue:

Reentry Classes	Pg. 1
Editor	Pg. 2
Founders Corner	Pg. 3T
Workshops	Pg. 3B
SOS Programs & Services	Pg. 4T

Reentry Life Skills Classes

When: Every Tuesday (Or Special Arrangement)

**Where: United Methodist Church
544 N. Shasta St. Willows, CA 95988**

Class Time: 11:15 - 12:15 AM

Office Hours: 10 - 11 AM (Or Special Arrangement)

530-448-2620 Ofc or 707-689-4000 Cell

Al Scott, CDAAC, RASi

Recovery Chaplain / Life Skills Class Supervisor / Volunteer Coordinator

Starting Over Strong's Life Skills Classes are open to any individual who would like to address the issues which have impacted their life in a non-empowering way.

Family members and friends wishing to assist in reentry could benefit from Life Skills Classes.

The more empowered the reentry community becomes, the greater chance of someone putting their past issues behind them.

Editors Reflections:

**CHANGE IS GOOD...
YOU GO FIRST.**

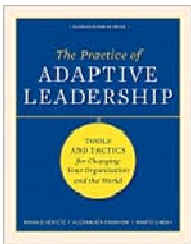
Question: How do you face change in your life?

Change is a reality of life that all of us are going to have to deal with, no matter how we try to control our lives. In our Starting Over Strong life skills classes we use a simple wheel of change visual which puts forth three basic statements:

1. **Change is a part of life**
2. **Change is constant**
3. **People are not afraid of change**

Most everyone agrees with the first two statements concerning change. However, most of those in the classes disagree with the third statement that "**people are not afraid of change**".

The fact that most people believe that we as individuals, living in a technological and interconnected global world, are afraid of change should at the very least give us a reason for pause and reflection on the implications of how fear and uncertainty towards change could be affecting our lives.



Harvard business school presented this to students in the Master of Business Administration Program.

You're Scaring People - Excerpted from The Practice of Adaptive Leadership by Ronald Heifetz, Alexander Grashow, and Marty Linsky (Harvard Business Press).

Below are insights from researchers at Harvard Business School.

"When you exercise adaptive leadership, your authorizers will push back, understandably. They hired you...or authorized you...and now you are doing something else: you are challenging the status quo, raising a taboo issue, pointing out contradictions between what people say they value and what they actually value. You are scaring people. They may want to get rid of you and find someone else who will do their bidding" (2009:26).

"You know the adage '**People resist change.**' It is not really true. People are not stupid. People love change when they know it is a good thing. No one gives back a winning lottery ticket. What people resist is not change per se, but loss" (2009:22).

Summarizing, the researchers differentiate technical from adaptive change. Technical change is the outside change, what takes place 'on paper.' Adaptive change is the internal hoops we jump through in order to embrace the technical change. In the end, the researchers assert people are not afraid of change. No, that part is okay. The scary part, the findings show, is the loss of something: **pride, control, power, face, and so on.**

People are more concerned with the loss of something and how they will have to adapt than the actual fear of change. So, if you've ever shared an idea with another person only to be shut down, consider that both of you are experiencing change.

The Apostle Paul said in Romans 12:2a "*Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.*" A renewed (**Changed**) mind is able to accept the things in my life I have no control over to change, as well as the faith to confront change with an attitude of expectation and trust in God's ability rather than my own. Jesus said, "*With man this is impossible, but with God all things are possible.*" Matthew 19:26.

"Everyone thinks of changing the world, but no one thinks of changing himself." Leo Tolstoy

"Change is inevitable . . . adapting to change is unavoidable, it's how you do it that sets you together or apart."

William Ngwako Maphoto

Life is change. Growth is optional. Choose wisely.



Founders Corner

Sharon Darsey, MSW

Dearest Formerly Incarcerated Friends:

I cannot believe how quickly time has flown. I just graduated from California State University, Chico on May 21, 2011 with a Master’s degree in Social Work and now I am employed as “Social Service Director” at the Susanville Indian Rancheria where I have been working for the past three months. It was so remarkable how God my Lord and Savior answered my prayer. I prayed from March of 2011 (Spring Break!) till the day I was hired which was one week before I graduated.

Friends, my prayer was -
“Dear God can I please have a job in my field, Social Work and please dear Lord – before I graduate!”

When I received the call that Susanville Indian Rancheria wanted to hire me, my good friend Lucy Hernandez was right next to me. We laughed and cried and she said “I knew you would get the job!” How blessed can one be you ask? For me it is endless. I never dreamed that it would be because of my criminal record that and indeed it was the very reason in which God would have me hired in a professional position as a Social Service Director. God wants to show you my dear formerly incarcerated friends that no matter how far down the scale you have been; He will make a way for you. Thank God every day for the experiences you have. Believe me you are not alone. When I went back to school at the age of 44 years old and with a rap sheet as long as your arm – no lie! I was a bit skeptical that I may have a bit of a problem landing a job, Ok I

was in a panic! Let me be very frank with you. Whatever your dreams are, you can reach them. But, a miracle is not going to happen under your seat, you must work diligently, night and day and most of all have the faith that -

“All hard work brings a profit but mere talk leads only to poverty”
Proverbs 14:23

I am living proof that we are not throw away citizens. We in fact are citizens of the Kingdom of God. No matter where I go in life, if I get paid to work with formerly incarcerated folks or not, I work for the Kingdom of God and my pay check is an eternal everlasting life with Jesus, Christ. I can tell you this, it sure beats sitting in a cell!

Sharon

530-448-2620

StartingOverStrong.com

Expungement Workshop Schedule

October Workshop
 United Methodist Church
 544 N. Shasta St.
 Fellowship Hall
 Willows, CA 95988
Tuesday 25th
6PM
 Cost To Attend - \$5.00

November Workshop
 Bell Memorial Union RM-TBD
 Chico State University
 Corner of W 2nd St. & Chestnut St.
 Chico, CA
Tuesday 29th
6PM
 Cost To Attend - \$5.00

December Workshop
 The Hope Center
 1950 Kitrick Avenue,
 Building A
 Oroville, CA 95966
Tuesday 27th
6PM
 Cost To Attend - \$5.00

If you would like to be added to our email list sent your request to

StartingOverStudents@gmail.com

Starting Over Strong - Programs & Services

Expungement Workshops

The Last Tuesday of Every Month
Call For Details

Men & Women's Life Skills Classes

Every Week On A Rotating Bases
Glenn County Jail

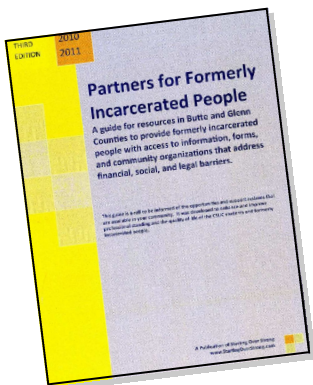
Reentry Life Skills Classes

Every Tuesday in Willows
Call For Details

Informational Workshops Available Resource Guide

**"Partners for Formerly Incarcerated People"
Over 150 Pages of Resource Information
Covering Butte and Glenn Counties**

**Copies are available for the Cost of \$15 + mailing
a larger donation would be appreciated
(All Donations Are Tax Deductable)**



Starting Over Strong

A Program for People Exiting the Criminal Justice System

People empowering people to advocate, access,
and achieve social and economic justice.

530-448-2620

StartingOverStrong.com

StartingOverStudents@gmail.com

P.O. Box 2104 - Willows, CA 95988