



INSIDE OUT REENTRY COMMUNITY

SPRING 2019 NEWSLETTER

PARENT CAFES

Inside Out recently hosted a six week series of Parent Cafés. Parent Cafés provide a safe, non-judgmental opportunity for parents and caregivers to build their protective factors while engaging in conversations about what it means to keep their children safe and families strong. We provided childcare and a great meal every week. Some of the themes included: Parenting Through Difficult Times, Taking Care of Yourself and Having Fun With Your Kids. We had a great turnout and deep and meaningful conversations were had.

We'd like to thank the Johnson County Decat Board and Community Partnership for Protecting Children for providing the funding for this beneficial programming. All parents need support from time to time, and we are grateful we were able to support our members and their families.

UPDATE ON VOTING RIGHTS

We are disappointed that the Iowa Senate committee failed to advance a constitutional amendment to restore voting rights for ex-felons. Gov. Kim Reynolds, who has been a strong advocate for an amendment, said she was disappointed on the setback, but will not give up for Iowans who deserve a second chance. Inside Out remains hopeful that Gov. Reynolds could sign an Executive Order automatically restoring voting rights during her tenure.

To help build momentum for the growing movement to restore voting rights, Inside Out produced a new t-shirt that reads: "All Iowans Deserve the Right to Vote." Each shirt is \$20 and proceeds will directly benefit returning citizens.

You can order a t-shirt online at insideoutreentry.com/shop, or in person at our Resource Center during office hours to skip shipping charges.

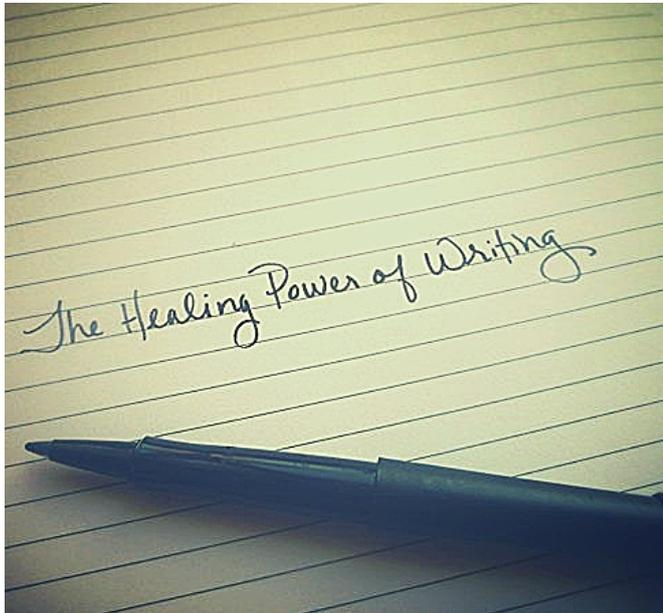
We Have New Neighbors

On March 1, One Ancient Hope Church of Iowa City purchased the building at 500 N. Clinton St. from Spirit of Christ Church. One Ancient Hope began in the Summer of 2008 as a relief work to help flood victims clean out and restore damaged homes. Rev. Didi Wong has been the pastor since June 2016. We are grateful for our new neighbors, the opportunity to remain in our original home on the second floor of the church, and for future partnerships.

Stop in and say hello!



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WRITING WORKSHOP

On January 10th, we started a biweekly writing workshop hosted by Inside Out volunteer, Janet. It's open to all levels of writing skills and interest. The overall focus is on healing through writing, and participants spend the hour on focused writing.

Janet is also available to meet with the writers outside of the workshop to work one-on-one on outside writings. The talent and interest of the writers is impressive. We're so happy to have another avenue for creativity and healing at Inside Out.

IMPROVING HEALTH AND MENTAL HEALTH



Starting in Fall 2018 Inside Out started new initiatives related to addressing the health needs of our community members. We started a food pantry to help address food insecurity. Nurse Practitioner student, Joshua Roorda, conducted a health based needs assessment, and offered health focused coaching as well as other needed services based on results.

In March and April, the University of Iowa Mobile Health Clinic hosted two clinics providing HIV and Hepatitis C testing, health information, reading glasses and had a physician on site to assist with prescription refills. We are excited to host future clinics at Inside Out throughout 2019.

In addition to focusing on physical health, we expanded our case management and outreach with the help of two Social Work students, Emma Springer and Dan Tallman. We would like to thank Josh, Dan and Emma for all of their work this year!



HANNAH RUSSELL

We would like to recognize the contributions of Inside Out volunteer, Hannah Russell, who passed away on March 5, 2019. Originally from Ohio, Hannah was a graduate student in the University of Iowa School of Social Work. They started volunteering with Inside Out in June 2018. Hannah worked on a number of key projects at Inside Out, including volunteering at parole/re-entry simulations, helping with grant research and writing, and spearheading our voting rights t-shirt campaign.

Hannah was passionate about serving returning citizens and made significant contributions to our organization with their dedication, skills and insight. We extend our deepest sympathies to Hannah's family and friends. Hannah will be dearly missed.