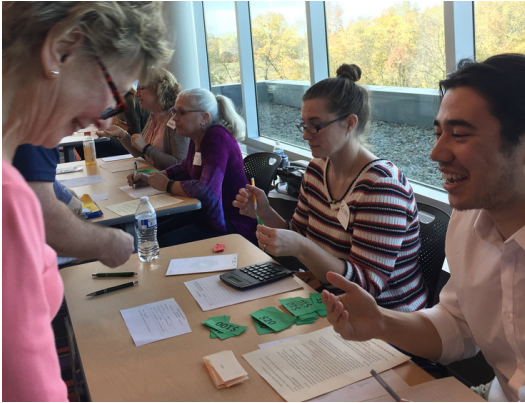




INSIDE OUT REENTRY COMMUNITY

WINTER 2023/24 NEWSLETTER

UPCOMING PAROLE SIMULATION - REGISTER TODAY!



2017 parole simulation

Each year, more than 5,000 citizens return from prison to their communities in Iowa. This transition back into the community comes with significant challenges. During the simulation participants assume the identity of a returning citizen and navigate a series of events to gain an understanding of the obstacles facing individuals upon release from incarceration. This event is April 19th from 1-3 pm at St Andrew Presbyterian Church in Iowa City. The event is free but space is limited so RSVP is necessary. If you are interested in participating sign up here:

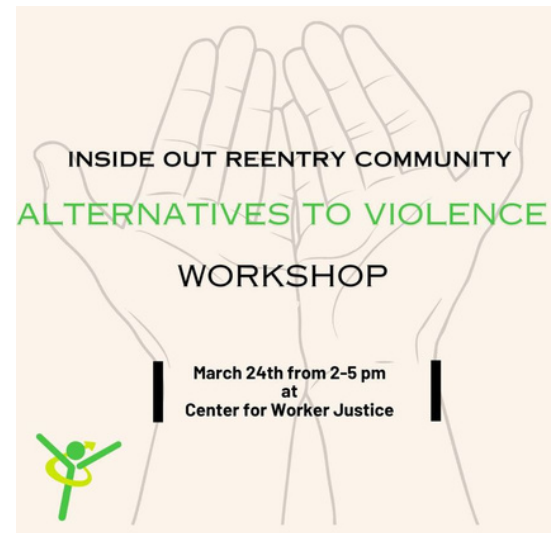
<https://bit.ly/ParoleSim>

ALTERNATIVES TO VIOLENCE PROJECT: WORKSHOP MARCH 24 FROM 2-5PM

Join us for an **Alternatives to Violence (AVP) workshop**. AVP is an all-volunteer, grassroots organization that offers experiential conflict transformation workshops in prisons, reentry communities, refugee camps, classrooms, and other environments in more than 60 countries worldwide. This immersive workshop will consist of structured exercises, games, role plays, and group discussions. Workshops draw on people's life experience and inner wisdom to help change how we engage in the problems and conflicts in our lives.

Space is limited - register now to save your spot!

<https://bit.ly/AVPWorkshop2024>



MEET TWO OF OUR OF CURRENT INTERNS!



Grace Hipwell



Meg Sparacino

Introducing spring interns Grace Hipwell and Meg Sparacino! Grace is a senior in the University of Iowa's School of Social work and is also studying criminology and psychology. She's interning at Inside Out because she's interested in working with individuals at all stages of the criminal legal system and hopes to gain experience connecting people with resources in the community. Grace loves to read, listen to music, and go ice skating. Meg is a senior at the University of Iowa School of Social Work and has a passion for social justice. She is interested in helping to create a successful and positive reentry into the community for our Inside Outs members. She has really enjoyed her time as a volunteer at Inside Out in the past months and is excited to keep getting to know the community and members and learn from them as an intern. Meg loves to spend time with family and friends, practice yoga, and cook.

Our mission: to support people involved in the criminal legal system in changing from the inside out, and to educate the public, in order to promote healing, restore relationships and achieve success in the community.

SPREADING HOLIDAY GREETINGS TO INCARCERATED MEMBERS

Every year Inside Out's staff, volunteers and members sign and mail holiday letters and cards to our incarcerated members. This year we **sent out over 70 messages** to individuals in jail and prison! We hope you had a happy holiday, and especially those separated from their loved ones this holiday season. These messages are signed by our members, staff and volunteers and we aim to let those who are separated from their loved ones know that the community cares.



OUR SUCCESSFUL SECOND ART FROM THE INSIDE OUT ART SHOW

You can put a person's body behind bars, but it is impossible to cage the imagination. Earlier this month we held our second annual **Art From The Inside Out** at Public Space One, a free art show featuring the work of people who have been incarcerated. It is meant to celebrate the talent and hard work of these artists as well as promote public awareness of the humanity and resilience of incarcerated people. Our reception event was a huge success! There was an overflowing crowd of people who came to enjoy the **work of all 39 artists featured**. This event included live music and speeches from artists Reggie Gradstaff and Shawn Lurkens who provided insight on their experiences of creating art while incarcerated. We also had the opportunity to hear from board member Doren Walker and how his passion for collecting art began. If you missed it, stay tuned for next year when we plan to showcase even more artistic talent from incarcerated individuals.



Stay connected!

hello@insideoutreentry.com www.Insideoutreentry.com
facebook.com/ioreentry Twitter: @IOReentry
Instagram: @insideoutreentrycommunity

SAVE THE DATE: 2024 SPRING CONCERT - FEATURING THE AWFUL PURDIES!



Inside Out Reentry Community Spring Concert 2024
Be an Instrument for Change
Featuring The Awful Purdies!



**Chauncey Swan
Park in Iowa City**
405 E Washington St,
Iowa City, IA 52240
**Sunday, May 19
3 - 5 pm**

Inside Out is hosting our 2024 Spring Concert: **Be An Instrument For Change** on May 19th from 3:00 PM to 5:00 PM. This year, we are proud to feature the renowned local band, the **Awful Purdies**, in an event that promises to be a celebration of music, community, and shared experiences. The Spring Concert is more than just a musical performance; it's an opportunity for our members to come together in a spirit of joy and camaraderie. In keeping with our commitment to inclusivity and community engagement, we are pleased to offer the concert free and open to all.

Sponsored by ACT, ImOn, The Principal Foundation, Dorothy and John Whiston, Full Circle Faith Community, Billion Automotive, GreenState Credit Union, and Unitarian Universalist Society. Interested in sponsoring this event? Check out our event page!

ANNUAL VOLUNTEER APPRECIATION EVENT

In January we had the opportunity to honor our amazing workforce of volunteers. We even gave out a few well earned awards! Our volunteers do a tremendous amount to support Inside Out, our members, and all of our programming. The generosity of our roster of over 50 volunteers is unmatched and crucial to helping our organization run smoothly. We thank you!



THANK YOU TO OUR COMMUNITY SUPPORTERS!

- We are grateful to our supporters who are passionate about helping those impacted by incarceration. Thank you **Hudson's Southside Tap, The Vue Rooftop, Gloria Dei Lutheran Church!**
- Thank you to recent grant funders for furthering Inside Out's mission: to support people involved in the criminal legal system in changing from the inside out, and to educate the public, in order to promote heal.

Upcoming share the profits: Short's Eastside March 20: 15% of ALL sales after 4pm will go to IO. Hudson's Southside Tap May 8: 15% from 4-9 will be donated to IO.

WE'RE SEEKING MALE MENTORS



Inside Out Reentry Community is currently **seeking male volunteer mentors** to provide social, emotional, and practical support to someone returning from incarceration. Mentors are paired with a currently or formerly incarcerated individual to listen, provide non-judgmental support, and offer companionship.

Form a meaningful friendship and help a returning citizen overcome barriers, increase their confidence, and reach their goals. Email our volunteer coordinator Zaria Rochester at Zaria@insideoutreentry.com if you're interested in learning more!

IO REGULAR MEETINGS

Coffee and Connections Tuesday evening 5:30 - 6:30 pm, *Peer recovery group for individuals in all stages of recovery*

Community Meetings Thursday evenings 6:30 - 8 pm. *Weekly group mentoring.*

A LOOK BACK AT 2023

Our mission: to support people involved in the criminal legal system in changing from the inside out, and to educate the public, in order to promote healing, restore relationships and achieve success in the community.

Inreach to incarcerated individuals



1822

total messages & letters sent & received

208

different individuals corresponded with

Resource Center Visits



641

total visits

170

number of individuals

Meetings

123

individuals at Community Meetings



103

individuals at Hope House Meetings

68

individuals at Coffee and Connections Meetings

43

individuals at Creative Collective (Art and Writing Workshops)

Backpack and Bus Pass Distribution



90

backpacks with hygiene products given out to newly released individuals



133

total 31-day and/or 10-ride bus passes distributed

FINANCIAL EDUCATION SERIES



Starting over after incarceration can be very challenging financially. **In March, Inside Out is partnering with Veridian Credit Union to host Money Moves**, a three part financial education series to help members develop their financial goals. We are grateful for community partnerships like these that provide valuable information to those returning to the community after incarceration!

Our First Reentry House Opened!



Our six bedroom transitional reentry house opened in August, in which residents can stay for up to two years following their incarceration.