

# Inside Education

November 2014

WWW.ACEA86.CA

ALBERTA CORRECTIONAL EDUCATION ASSOCIATION  
**CONFERENCE 2015**  
March 4, 5, & 6, 2014

**REGISTRATIONS  
NOW OPEN**

JOIN A GROUP OF DEDICATED PROFESSIONALS IN  
BEAUTIFUL BANFF, ALBERTA FOR THREE DAYS OF  
SHARING, LEARNING AND EDUCATION



THEME  
2015 **FINDING THE BALANCE**

WHO: EVERYBODY IS WELCOME  
WHERE: BANFF PARK LODGE, BANFF, ALBERTA  
WHEN: MARCH 4, 5, & 6, 2015

FOR MORE DETAILS REGARDING THE CONFERENCE AND OUR ORGANIZATION,  
PLEASE VISIT OUR WEBSITE AND FOLLOW US ON FACEBOOK AND TWITTER

 Alberta Correctional Education Association

 ACEACanada

 www.acea86.ca

Conference Registration Fee: \$385  
(Group discount of seven registrations for the price of six available)  
Registration includes all meals (except Thursday evening) and ACEA Membership

Accommodation:  
Location: BANFF PARK LODGE (Toll Free) 1 800 661 9266  
Rate: \$133.00 (+ 11% tax) per night, Single or Double Occupancy  
Quote Group ID# 21849 for this rate  
Note: Accommodation Deadline February 3, 2015  
Registration forms are available at www.acea86.ca

Inside Education is the newsletter of the Alberta Correctional Education Association.

The newsletter is published two or three times a year, and submissions are always welcome.

The ACEA is a professional organization facilitating the educational needs of the incarcerated;

The ACEA strives to broaden professional horizons and interdisciplinary interaction of all personnel involved with correctional education;

Texts published in Inside Education express the views of their authors and do not necessarily represent the views of the ACEA, its executive, or the editor.

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## 2015 Conference Speakers

Thursday, March 5, 2015

### Margot Talbot

#### Overcoming Depression/Addiction Through Adventure Therapy

Margot Talbot is a writer, climber and public speaker. She was the main contributor to the fourth edition of Waterfall Ice Climbs in the Canadian Rockies. As a climber, her favourite medium is ice and alpine, and she has accomplished many first ascents of waterfall ice in Canada. Her travels have taken her from the High Arctic to Antarctica, and the mountain ranges in between. Her goal is to visit the remaining wilderness of the planet while sharing her personal story with others. There are lots of speakers who can speak on depression, on overcoming drug addiction, or on the topic of personal empowerment. There are lots of adventure speakers who can entertain us with the stories of their travels into far flung places. There are few, however, who can do all of the above; who can take us into the inner landscape of our psyches and teach us how to tap into the power that lies within each and every one of us.

### Dr. Keith Courtney

#### Post Traumatic Stress Disorder

Dr. Courtney is the Facilities Medical Director for the Alberta Health Services Correctional Health division. For the past 20 years, Dr. Courtney has worked in jail and prison systems as well as with the police and corrections officers in learning how to work with mentally disabled individuals. Before moving to Alberta, Dr. Courtney was Chief Psychiatrist for the Clark County Detention Centre in Las Vegas, Nevada. His other posts include Corporate Chief Psychiatrist for NaphCare Inc, Director for Outpatient Behavioural Health Services for the New Hampshire Department of Corrections and Clinical Director of the Long Creek Youth Development Centre in Portland, Maine.

### Dr. Allan Donsky

#### Mindfulness

Allan Donsky, M.D. is qualified as both a Pediatrician and Child/Adolescent Psychiatrist. He is a Clinical Assistant Professor in the Department of Psychiatry at the University of Calgary and Adjunct Professor in the Department of Child and Youth Studies at Mount Royal University. Dr. Donsky has also had a full time clinical practice for 17 years and has been a consulting Psychiatrist with the Healthy Minds/Healthy Children program in Calgary for the last decade. With a view to offering his work to more students, educators and other professionals, Dr. Donsky currently spends his time working in Mental Health Classrooms teaching Mindfulness. Mindfulness is an inherent human capacity that fits in well with the theme of "Finding Balance". It leads to greater insight about the human condition and enhances the ability to navigate the human experience. This ultimately leads to better mental health and wellbeing.

Friday, March 6, 2015

### Jack Jervis

#### Workplace Wellness

Jack Jervis is a Leadership Consultant with Alberta Government Human Services. He facilitates a "Leading Well" course that he developed as well as "Respect Works" and "Crucial Conversations" courses at various conferences and events. He has, for the past several years, acted as the work-life balance expert for the Ministry of Human Services. As such, Jack is a seasoned and sought after speaker and facilitator.

### Kathleen Henderson

#### Mindfulness Exercise

Kathleen Henderson is a veteran instructor with NorQuest College. She works at the Edmonton Remand Centre, where she teaches Anger Management, Prevention of Family Violence, and Parenting. Kathleen uses mindfulness practices both in her classes and in her life outside of work as a way to increase focus, decrease stress, and recharge after a long day in the classroom. A Registered Provisional Psychologist, she has both researched the mental health benefits of mindfulness and trained in Mindfulness-Based Cognitive Therapy.

## Your ACEA Board

The members of the ACEA board remain committed to producing a high-quality annual conference. If you are interested in becoming a part of this team as an executive member or regional representative, feel free to contact us for more information.

If you have any questions regarding the ACEA, suggestions for the upcoming conference or contributions for the newsletter, please don't hesitate to contact your local ACEA representative.

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## Message from the Editor

Greetings!

I'm happy to present the October, 2014 edition of the Alberta Correctional Education Association's Inside Education newsletter. Hopefully, this edition finds all of you happy and in good health.

Once again, the ACEA board members are working their hardest to bring you a valuable and informative conference. As of now, we have finalized our speakers and are putting the finishing touches on the schedule for the 2015 Banff conference. Our theme this year is "Finding the Balance", a topic that we all feel is of definite value as it is all too easy for us to forget or neglect balance in our own lives while we work to bring balance to the lives of those with whom we work. For more information regarding the conference, please take a look at the teaser flyer and speaker list in this newsletter. You can also find more information on our website - [www.acea86.ca](http://www.acea86.ca), our Facebook page - Alberta Correctional Education Association, and our Twitter account - @ACEACanada. Please note that we are now accepting conference registrations. Registration forms can be found on our website.

This edition of Inside Education features two writeups on a few of recent and innovative programs offered in Alberta. Ken Jansen's page 5 contribution details a collaborative effort with the Ironworkers Local 725 union that allowed two Westview students from the Calgary Youth Attendance Centre to gain valuable off-campus work experience and work experience credits. Sheri Lockwood's page 6 and 7 contribution describes her experiences with the recent Alberta Corrections and Nina Haggerty Centre for the Arts collaboration The Artist Inside – Removing Barriers Through Art in Edmonton.

As always, I am looking for interesting articles and contributions for this newsletter. If you've recently written or come across any interesting articles that you think would fit in our little publication, please forward them on to me. Please include a signed permission form with any of these submissions.

Regards,

Cobern Whitehead

## Message from the President

Welcome everyone,

Once again I am truly honored to be the President of the Alberta Correctional Education Association and I am proud of the work and dedication of my colleagues. I will admit in 2010 when I was first asked to represent central Alberta as a regional board member, I had no idea who the ACEA was or what they did. I spoke with one of the board members, viewed their website and attended their fall meeting before making the decision to get involved. The ACEA vision is simple; “dedicated to the academic, vocational and personal development of incarcerated persons and the professional enhancement of Association members”. 2015 will mark my fifth year as a member and my fourth year as your President.

The conference theme for 2015 is “Finding the Balance”. In past years we have always centred our themes around our clientele but this year we decided to self-reflect. It doesn’t matter how you fit in the Justice and Solicitor General jigsaw puzzle, if you are a Probation Officer, Correctional Peace Officer, Educator or a Community Partner, we are all employed in a highly demanding career. The majority of our clientele does not want to be there. They will not listen or respect our authority or understand our dedication to help them become better people. Each year we will see new and sometimes difficult challenges. How do we adjust and overcome these challenges? Well, that is the purpose for this upcoming conference.

Researchers have taken notice of the emotional roller-coaster that Correctional employees endure throughout their careers. Studies show that between seventy and eighty percent of correctional staff is stressed. The level or negative effects of that stress increases as the years of service increases. Forty percent have received professional help for traumatic stress-related health problems. Between twenty and thirty percent of correctional officers in Canada have been diagnosed with depression at least once in the last ten years. This is almost three times higher than the average national rate for workplace depression. The smaller the institution is, the higher the stress level.

For our 2015 conference, we have some dynamic presenters that will share their experiences and research on PTSD, Mindfulness and Finding Balance. I do want to thank each and every one of you for the interest you have shown and I look forward to seeing you all in March. If you have any questions, suggestions or general feedback, please feel free to email me at [jamie.barrow@gov.ab.ca](mailto:jamie.barrow@gov.ab.ca)

Sincerely,  
 Jamie Barrow  
 ACEA President

## Memories from the 2014 Conference - Encourage, Engage and Empower



## Program Lifts Students to New Heights

Ken Jansen  
Correctional Peace Officer  
Calgary Youth Attendance Centre

Students from Calgary Youth Attendance Centre (CYAC) recently turned their lives around – with a little help from the centre’s innovative programming.

The students attended Westview Secondary, a fully functioning Calgary Board of Education (CBE) high school within the walls of CYAC. The school has room for twenty youth over the age of fifteen.

Earlier in the year, two youth were selected to take part in an exploratory off-campus ironworking program with Ironworkers Local 725 union. While earning work experience credits, the students also earned industry recognized credentials, partnering with an ironworking mentor and getting a chance to experience what it would be like to work in the ironworking field firsthand.

One of CYAC’s students did so well that he received a full apprenticeship prior to completing the program. He was able to take the day off from his new full-time job working on a new downtown skyscraper to attend a graduation ceremony and celebrate with the other graduates.

After the ceremony, attendees were treated to an exhibition of the student’s newly acquired skills. Each student climbed a two-story high beam without the aid of any devices other than a safety harness.

The Calgary Youth Attendance Centre is pleased to support programs such as these as they give youth a chance to learn the skills that can help them become productive citizens within our communities.



A Calgary Youth Attendance Centre staff member and a Westview teacher get an ironworking lesson.

### Power

DMD, Offender  
Calgary Remand Centre

Power is an invisible source of energy that enables us to be positive, creative, unattached to material stuff. It is giving us a vision of the universe how well it’s functioning without any control or force, by putting in perspective the vast size of things that surrounds us.

Power is the element that uplifts and floats around us, waiting for us to understand it and use it to our benefit in order to give us purpose.

**Power does not corrupt. Fear corrupts...Perhaps the fear of a loss of power  
- John Steinbeck**

## Inside the Artist Inside

Sheri Lockwood  
Instructor, Bow Valley College  
Calgary Remand Centre

There is a feeding of the soul of our being through beauty, and beauty is never absent if we can see it. - Jack Kornfield

Recently, I was offered the opportunity to include doing artwork in one of my life management courses. While I couldn't help them with the drawing aspect, I could assist them with considering and preparing to submit their artwork to an art show. It would be a jury process with only a limited number of pieces selected. As a teacher, I like to connect learning with real life situations. I didn't anticipate all that I was going to learn as well.

Alberta Corrections has partnered with the Nina Haggerty Centre for the Arts in Edmonton in hosting an art show of selected artwork from inmates in Correctional Centres across Alberta. The Artist Inside – Removing Barriers Through Art will be held in the Stollery Gallery from October 15 to October 30, 2014.

Like a rose that grows in concrete, we can see beauty in the artwork of inmates inside our correctional facilities. In our classrooms, art personalizes notebooks, decorates assignments, and beautifies walls. Art sits on window ledges and hangs on walls of cells. Art extends down the arms of both inmates and officers.

When asked what kind of art they do, some inmates spoke of jail art and flash art and tattooing when they are outside. They described jail art as the flowers, banners, crosses and calligraphy that is sent home or kept in cells to connect them with the ones they love. Jail art can also be skulls, dragons, and epic battles of superheroes and villains.

For some in jail, doing art is recreational, a way of passing the time when they are locked up. They are rewarded by the recognition and appreciation of others. They stay within the conventional subject matter and parameters.

For others, however, doing art is about learning, growing, gaining in confidence and having a voice. They experiment, trying new things. These artists are versatile - they can do the conventional jail art that other inmates ask of them, but they can also do more. Their traditional artwork, landscapes, portraits, and animals could – and do - hang on walls outside the world of crime, courts, and harms done.

Dick Averbs, an artist and ACAD instructor, had provided a jury process to select the pieces to submit to Edmonton. In talking with Dick, I began to look at their artwork in a new way. A bear, mouth open in a roar, can suggest having a voice. Portraits can portray the emotions of the subject and evoke an emotional response in us. Symbols of healing and tradition can be seen in Aboriginal art. Landscapes can suggest freedom and invite us to consider place. Animals can take us into the wild and remind us of beauty and the laws of nature. The artists of these works invite us to engage with their work through our thoughts and reactions.

If there is no hobby program or no canteen money, art in correctional centres is often done simply with photocopy paper, a regular HB pencil, a medium black pen, and pencil crayons. The artists create beautiful work with the most basic of materials. Providing the artists with supplies that could be used in the classroom was a starting point. When they were given better quality supplies, the artists talk about the weight of the paper and how it takes colour. With an assortment of pencil leads, they can use light strokes with the hard lead to delicately begin a piece or use the softer leads and smudgers to shape the work. Sharp pencils are needed for the fine detail work and, yet, it can be difficult to get those pencils sharpened with limited access to sharpeners. They use paper on walls or windows to get a fine point. Some appreciated the opportunity to use materials they had used outside while others experimented and learned how to use the materials that were new to them.

Art involves the attention and observation of real life. As our buildings are designed for their function, windows can be small with limited views. We are fortunate to be on the edge of Calgary so we can see magnificent skies, birds, and the occasional wild creature. However, to work more fully with life outside the walls, we provided photo books, magazines, pictures of people, animals, and buildings as well as calligraphy styles.

## Inside the Artist Inside (Cont.)

The artists were all self-taught. They asked questions, shared ideas, and learned from each other. They encouraged one another. We provided art books which illustrated techniques and art basics.

Artists on the inside face unique challenges to complete work. Some cellmates get transferred, taking the artist's supplies – or work - with them. Angry cellmates can wreck their work. Art paper and even finished artwork can get ruined during routine cell searches.

Other challenges are more internal. It can be hard to focus on artwork when court dates draw close, cellmates are hard to get along with, or there are problems at home.

In the DVD "Finding Motivation", Damon Barryman talks to people in treatment centres about doing the hard work of making changes at a time when they can be most lacking of inner resources. When we see the beauty of the work, it can be hard for us to realize what is going on inside artists. Artists who are willing to show their work may face vulnerability, lack of acceptance, risk of rejection, and competition.

There is risk to having work presented in public and it takes courage to do so. However, when artists take that risk, they have an opportunity to express themselves and to learn more about themselves as individuals and as artists.

An integral part of our course was to create a safe space to work and to build a community of artists. To celebrate the community of artists and the work that was done in our centre, we held a one-day art show, featuring the artists and their art. Dick came to the remand centre and spoke with the artists about their work and conceptual ideas, answered questions, and encouraged them to continue drawing. The artists and staff were impressed when they saw all the work hung on the wall. They commented on the quality of the work and their favourite pieces.

One of our artists only began drawing again a few years ago, having not done it since he was a kid. At that time, another inmate told him, "As you are drawing, there are no mistakes. Work with it and keep going."

Deltonia Cook is an inmate who appeared in the DVD "Healing River". In the DVD, he says, "One of the things I would like, and a lot of prisoners would like to do is make things right and make society on the whole safer. Can this society and the systems create space for us to participate and, I guess you could say, redeem ourselves?"

Creating art is like creating our lives. Create space, begin again, work with it, and keep going.

### Resources

Healing River, DVD, Heartspeak Productions (Deltonia Cook)

Poetics of Peace, Vital Voices in Troubled Times, CD, Mosaic Multicultural Foundation (Jack Kornfield)

Finding Motivation, Surviving Recovery Series, DVD, FMS Productions (Damon Barryman)

Creating, Robert Fritz, Ballantine Books, 1991

## Student Artwork from the Calgary Young Offenders Centre

