

inside&out

Awareness, accountability and change

How one man came to understand his own addiction and find ways to serve others.

“I almost killed myself with alcohol – more than once. I had a good job with quite a bit of responsibility and good income, but all that mattered to me was drinking. After six drunk driving convictions and time spent in various programs, including two sentences to K-PEP, I finally took responsibility for my recovery.”

K-PEP residents often tell similar stories of having to accept responsibility before finding success. What is unusual, however, is the commitment to recovery for himself and others that former K-PEP resident, Todd Latshaw, has shown. Todd has been sober for a year and a half and doing very well in his recovery, according to K-PEP Director of Substance Abuse Services, Ann Webb. “Todd attends 12-Step meetings a minimum of three times a week and is a regular guest speaker for our Weekend Intervention Program. He considers it part of his 12-Step commitment to carry the message to others who suffer from addiction. He is very dedicated to working a solid 12-Step program, which accounts for his success in staying clean.”

“Weekend Intervention is the most positive program at K-PEP.” says Todd. “It’s an opportunity for people to gain the willingness to change, but the first step is to become aware of the disease of alcoholism. The awareness then leads to accountability and finally, to change. Without the willingness on the part of the offender, though, none of the programs will do any good at all.”

Todd gives credit to Ann Webb for “standing up and going toe-to-toe” with him, even when he was “most difficult”, but Ann comments that “he deserves the credit for the commitment he made to doing what it takes to remain sober. Todd still comes in for individual sessions about once a month and updates me on the insights he has gained during this process. He really is an inspiration to others because of his willingness to listen and take suggestions.”

Although Todd has had many years of experience in concrete construction and as a journeyman carpenter, he has currently chosen to work in manufacturing and aspires to a management job within the manufacturing environment. He plans to continue to work with K-PEP, welcoming the chance to “give back to the people who gave me the opportunity to change my life.”



Former K-PEP resident Todd Latshaw with Ann Webb, Director of Substance Abuse Services

INSIDE: *K-PEP Expands Classes and Begins New Project*

Program expansion in Calhoun and Muskegon

Domestic Violence classes are an important program component of K-PEP. Mike Cole, Director of Psychological Services, talks about the classes and the recent addition of Domestic Violence classes in the Calhoun and Muskegon County facilities.

“We’ve had Domestic Violence classes going in Kalamazoo and now have two groups up and running in Calhoun County. I became involved with the Domestic Violence Coordinating Council in Battle Creek and talked to them about batterer intervention services. There were only two agencies that met all of the standards, of which K-PEP was one.

“This winter we also began accepting referrals in Muskegon. In Muskegon County, the parole office approached me and said ‘We don’t really have a quality program for domestic violence that we feel comfortable sending our guys to. Would you be interested in starting one?’ Currently, the clients we are dealing with there are all parolees.

“I got my Masters Degree in Counseling Psychology while I was working for K-PEP. The Domestic Violence program that we run is called the Duluth Model, which is one of the most popular ones out there. I went through the training in Duluth and then devised the groups from that. We were approached by the Probation Department in Kalamazoo to start it and now there are six groups because there are so many people. A large majority of the class members are people that live outside of K-PEP.

“The classes are all self-pay, which results in class members tending to put forth a little more effort and taking it a little more seriously. They actually learn quite a bit, and they’re surprised at how much the topics fit. But boy, are they mad that they have to pay! They say ‘I’m sick and tired of paying and being in trouble, so I’m going to change some of this....I’ll never do it again just because I don’t want to have to pay like that.’ They also pay for their assessments, so for the 26-week class plus the assessment, it’s almost \$600.

“In terms of group size, a group of six is about as small as I want to go. That’s a size where I can keep things moving, but I will sometimes start it with four and let it go from there. If you have more than twelve people, it starts to get chaotic. When the groups get too big, you get a lot of guys that can hide; they’re not really participating. It becomes hard work if you don’t have enough though, because the class is not interacting, and it feels like you’re talking to stones.

“The group process is all about everybody sharing a bit and learning how to be honest. That’s a hard thing for these guys because they feel a certain amount of shame and embarrassment. Many guys also think that nobody else out there has ever gone through this. The hard part is to cut through the denial. We keep the focus always on their personal choices.

“Often, they have no concept of what good communication is. The class has whole sections on listening skills, conflict management skills, assertiveness skills, and thought patterns. There are guys that make little tiny steps and then there are guys that make these huge leaps, that actually feel really guilty and understand that 90% of what was happening was their own fault. If all goes well, it’s easier to tell the truth than it is to lie because the group won’t tolerate it. The group members keep each other honest.”



Mike Cole, Director of Psychological Services

Executive Director's Report

K-PEP Berrien Starts Project With Friend of the Court

In February of this year, a request was sent from the Berrien Community Corrections Office to the State Office of Community Corrections asking for funds to begin a program addressing the "deadbeat dads" issue in Berrien County. Once this request is formally approved the program will start.

Berrien County, like many counties in Michigan, has been struggling with the rising number of people not paying their court-ordered child support payments. According to the Attorney General's office there are 650,000 kids in Michigan not receiving full child support payments. 400,000 kids receive no support at all. There is \$7 billion owed in back child support statewide - \$4 billion to the parents and children and \$3 billion to the taxpayers of Michigan who have been paying for medical and social services. We think we can have an impact on these numbers, beginning in Berrien County.

The program would target those individuals that are in the beginning stages of delinquency, owing between \$1,000 and \$15,000. Failure to pay could result in a stay in K-PEP of up to 90 days. While in the program, they would have to participate in various programming including G.E.D. Prep, Successful Thinking and Job Club. Once they are gainfully employed and paying their support, they may be released from the program. It is hoped that we will have an impact on



some who will pay as a result of facing the serious threat of loss of freedom as a result of their non-payment. We have heard frustration expressed by the judges that they just don't have the sanctions available to them for the individuals targeted by this program. This program will change that. One of the results of having a sanction available will be an increase in payments made before even entering the program. This has been the experience of another county using their local probation center in a similar manner. The ultimate goal for all of us is to hold people accountable and enforce and collect payments.

William A. DeBor

Need a hand? Just ask!

K-PEP provides volunteer assistance to local non-profits, senior citizens and handicapped persons. We can provide volunteers to perform a variety of community service tasks, so whatever the need, just ask us.

In Kalamazoo County call: Jason McCune at 269-383-0444 or Cynthia Tall at 269-383-1386

In Berrien County call: Charles Adams at 269-926-1284

In Calhoun County call: Carl Crawford at 269-963-2085

In Muskegon County call: Linda Sheets at 231-726-2733



K-PEP Staff On the Move

January 1, 2004 through March 31, 2004

Hired:

| | | |
|---------------------|----------------------|-------------------|
| April Nactigal | Resident Coordinator | Kalamazoo Women's |
| Sheri Stratton | Resident Coordinator | Kalamazoo Women's |
| Melanie Wissel | Resident Coordinator | Kalamazoo Women's |
| Stacie Stachowicz | Resident Coordinator | Kalamazoo Women's |
| Jonathon Light | Resident Coordinator | Kalamazoo Men's |
| Carlos Macon | Resident Coordinator | Kalamazoo Men's |
| Christopher Oddy | Resident Coordinator | Kalamazoo Men's |
| Benjamin Langman | Resident Coordinator | Calhoun |
| Nicholas Knollinger | Resident Coordinator | Muskegon |

Promoted:



DeShawn Minor,
Full-Time Resident Coordinator,
Kalamazoo Men's Facility



Jonathon Light,
Full-Time Resident Coordinator,
Kalamazoo Men's Facility



Dannette Williams,
Full-Time Resident Coordinator,
Muskegon County Facility



Jeffrey Lucht,
Full-Time Resident Coordinator,
Muskegon County Facility

January 1, 2004 - March 31, 2004 2nd quarter results:

| | |
|------------------------------|-----------|
| Average Daily Count | 191.7 |
| Admissions | 605 |
| Successful Graduates | 365 |
| Jobs Obtained | 320 |
| GED Tests | 197 |
| GED Certificates | 10 |
| Substance Abuse Graduates | |
| Residents | 283 |
| Weekend Intervention | 46 |
| Resident Income | \$481,813 |
| Rent Paid | \$250,311 |
| Court Costs/Restitution Paid | \$ 41,598 |

Congratulations:



Linda Sheets, Resident Coordinator Supervisor,
Muskegon County Facility, chosen as one of 2003's
Outstanding K-PEP employees!

K-PEP is a private, non-profit probation residential center for adult offenders. Our mission is to provide a cost-effective and community-based productive alternative to incarceration. Our program provides the opportunity and structure for men and women to take personal responsibility in all areas of their lives.

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Kalamazoo Probation Enhancement Program, Inc.
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