

# Delta's Legacy

Volume 1, Issue 1

November 1 — December 31, 2018

## Special points of interest:

- Quotes from Graduates
- Letter from former Participant

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## Hopes for Delta's Legacy and Participants... by Terry Mudge

Deputy Warden Linda Dykes was asked the following questions concerning Think Legacy Re-entry Program at Delta Regional.

1. *What would I like to see for the Think Legacy Program?* How the program has impacted the individuals lives as they transition back out into society. Feedback from the graduates upon release on the benefits they have gained from being in the program and feedback from the individuals still incarcerated including what skills have they obtained and what have they learned that has made an impact on their lives.

2. *What are my thoughts toward the Think Legacy Program here at Delta Re-*

*gional Unit?* I want the Delta Unit to have the best Program in the state. That involves the inmates interactions in the program, but also upon release back out in society. The individual takes the tools, skills and knowledge they have learned and apply this to their life while continuing to grow by learning new skills, a trade or perusing an education. Also for them to become good role models for their families and in their community. We all make mistakes and bad decisions in life. We can use these lessons to insure that we do not continue to make the same mistakes and we grow in our decision making skills by understanding the consequences of our ac-

tions when we make bad decisions. One needs to understand that our decisions impact other people in our lives, not just our own.

3. *What role do I have toward the Think Legacy Program?* I am a monitor and a supporter of the program. I want to insure inmates are getting the information they need and it is made available to them as they transition back into society.

4. *What would you expect for participates to get from the Think Legacy program?* Knowledge, skills and abilities that they can use in their life from this day forward.

We hope to achieve all of

## Welcoming Ms. Foster... by Nathan Crawford

Hello Delta:

I just wanted to tell everyone about the new Program Specialist, Ms. Foster, and give her a big thank you for all she has brought to our Think Legacy program here at Delta Regional Unit. Ms. Foster's background in teaching has helped to set

up a better structure. She is involved in preparing information for the program, has gotten new books and curriculum and for that we thank her. This program is about changing our attitude, beliefs, and actions. Sometimes, when someone shows they care where you are headed, not

where you are or where you have been, it makes a difference in your attitude. She has helped people go to other programs, work release and home. She re-

### Getting to Know Your Mentors... by Travis Farmer

"The change will be easy if a person really wants it, but the journey will be hard. Just stay firm."—Cornell Griffin, Think Legacy Mentor

In our introductory issue of Delta's Legacy Newsletter, we are featuring our newest team member, Mr. Griffin.

I would like to say it has been my complete honor to get to know this man. In the short time I have known him, he has been a great asset to Delta's Think Legacy Re-entry Program. He has displayed extraordinary character and has gone above and beyond to help his fellow classmates.

If you pull up on him with a question, he will bend over backwards trying to find the right answer as long as it's positive. On the other hand, he will tell you quick not to come to him with any "bull jive" (his words, of course).

When asked a few questions, this was what he said. He is from North Little Rock, Arkansas and is 44 years old. After frequent issues with the Police and the System, since

he was 14, he realized he wanted more from life. At that point, he started seeking a better future and path. He says, "Change was easy for me, because my heart desired something greater." When asked if he has any advice for new clients, he said, "The change will be easy if a person really wants it, but the journey will be hard. Just stay firm and prayed up." He also added, "The Think Legacy Program is great. It has a lot



### 'Tis the Season... by Nathan Crawford

This time of year is not only hard on us, but our loved ones as well. They are out there without us. Mothers, fathers, siblings, children. I would like to encourage those of us who are blessed to have family and friends, to keep them in our minds and show them we are thinking of them. Writing a let-

ter or sending a card to say we are grateful to have someone that loves us is just a small way to show our affection. This is a comfort we can offer to show our gratitude and be a positive influence even though we are not home



### Child Support Guest Speakers... by Travis Farmer

Friday, November 16<sup>th</sup> at noon, the Think Legacy Program welcomed two visitors, Mrs. Shuntrice Hughes and Mrs. Rosa Racey, from the Arkansas Department of Human Resources, Child Support Enforcement Office, commonly referred to as

O.C.S.E. Mrs. Hughes gave a very informative presentation and answered all questions. Afterwards, Mrs. Hughes showed a video on NPOWR, a program designed to help parents that are delinquent with support get back on track, regain their Arkansas State Driver's License and parental/visitation rights. I would like to say a special thank you to Mrs. Hughes

for personally offering her expertise and helping me with my support issues. I would also like to say thank you to the 14 P.A.L.S participants, as well as the Think Legacy gentlemen, for acting accordingly.



**Inspirational Advice...** by Nathan Crawford

In prison we love to say "Be real... keep it real" Well, let's do just that. Take a second and look around yourself. Be real. What do you see? Now, ask yourself this, "Do I want this life for myself? Am I happy in here, with people I really don't know" Fellas, our families out there are the ones that really love us. They want a better life for us. It's up to us! It's not enough to just

want to do better. We have to do better.

We already have bad habits and beliefs that honestly are insane when examined. What do we want our legacies to be? A trail of pain for those we love? Right now we can challenge and change these attitudes and beliefs. The guy that sleeps beside you doesn't have to want to change or accept you. It

takes courage and strength to survive and change for the better.

It's easy to love a life of crime and spend our lives in prison. All we have to do is give up; not change what got us here. But, is that what you want your legacy to be? Now look around again. Do



**The Story of Delta's Think Legacy...** by Travis Farmer

The original Re-entry here at Delta was constructed and provided by Mr. Mills. Some of the older inmates might remember him as Warden Mills. In those days you were given a few classes and put back in general population. In 2016 Mr. Gladden was given the task of overseeing the new "Think Legacy." At this time, a couple of men

got the opportunity to try to mold what we now call our Delta Think Legacy. The two men were T. Mudge and J. Stewart. They thought of every task, wrote their own lesson plans and did a great job of lifting up their fellow peers. I was blessed with the opportunity in 2017 to start facilitating in Think Legacy and have enjoyed it

ever since. This summer we went through a change and gained a very strong component to what is now our current version of Think Legacy. Ms. Foster took the reins in July and has added nothing but greatness to our program. We all owe her our deepest gratitude for what she has been able to accomplish. Thank you for all you've

"They thought of every task, wrote their own lesson plans and did a great job of lifting up their fellow peers."—Travis Farmer, Think Legacy Mentor on T. Mudge and J. Stewart

**Giving Thanks...** by Cornell Griffin

As I sit here thinking about what I'm thankful for, I realized that being thankful is an attitude, as well as a state of mind. It's focusing on what I have and not focusing on what I don't have. I'm thankful for my parents, my peace of mind, my health and the people around me who continue to encourage me to keep going and stay

focused while on my journey of maturity. But most of all, I'm thankful for my Heavenly Father and the relationship we have. While I've been incarcerated, I was blessed with the opportunity to be a part of two programs that has been vital in my walk of life and recovery: Pathway to Freedom and Think Legacy. I am thankful.



November:  
T. Bowman  
R. Freeman

December:  
J. Spence  
J. Spencer

## Think Legacy—Changing Lives

Arkansas  
Department of  
Corrections

Delta Regional Unit  
Think Legacy  
880 East Gaines ST  
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Getting out and  
Staying Out!

### Writers:

Travis Farmer  
Nathan Crawford  
Terry Mudge  
Cornell Griffin

### Editor:

Ms. Rebecca Foster,  
Program Specialist



### Quotes from Graduates...by Cornell Griffin

J. Spence: "The most useful thing I have discovered is the ability to be self-aware and be brutally honest with myself."

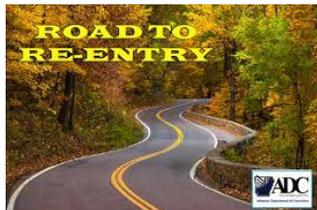
B. Gibson: "With positive self-talks and thought stoppers, we are better able to deal with our problems as we re-enter the job scene and our communities."

J. Gwin: "...now after being to prison and through the Think Legacy program, I am set with the skills necessary to change my life beyond these walls and become a productive member of society and not to return to prison."

J. Ricks: "There is a way out, and Think Legacy is the Key."

J. Spencer: "Think Legacy has interrupted the course of my life and I've

### Participant's View



#### To Think Legacy:

The Think Legacy Program was a very inspirational program to me. It prepared me for re-entry into the free world. It readied me for my future, helped with anger management, substance and alcohol abuse and different ways to approach situations other than the ways that got me into prison. It is a very good program for some-

body who is willing to change their life for the better and to stay out of prison. The mentors I had during the program worked very hard with me to help me get something positive from the program and to take with me to the free world.

I have learned several different things that are of positive and necessary for re-entry into the free world and how to reestablish becoming a productive member of society again. Now that I made parole and I am set in my career of construction, I know how to take the steps to get back to work immedi-

ately, stay drug free, keep God first in my life and to help me start, own and operate my own business.

Great thanks to the facilitator, Ms. Rebecca Foster, and to the mentors that helped me make these positive changes in my life. Thank you Farmer, Mudge, Crawford, and Griffin for everything.

--Jack Gwin, Think Legacy Graduate November 2018