MULE CREEK POST

Volume V, Issue XI, November 2023 Male Cancer Awareness Month

PRISON MINISTRY SOCCER

The Prison Fellowship Academy visits Mule Creek for prayer and soccer

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YOU'VE GOT TO SEE THESE…

View the photo gallery of some notable Native American individuals

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Ione, California Established 2008 www.[illegible]

To Our Readers

By D. Razor Babb, Feature Reporter

MULETIDE GREETINGS, readers. As we present this November 2023 issue we're in full-on holiday mode, welcoming in new readers and expanding readership and viewership via GTL tablets and digital downloads.

As a reminder, we are interested in featuring writers from all California institutions. What is going on at your location, what programs do you find most helpful, and what is the state of your prison experience? To submit your stories, articles, and ideas, see the submission guidelines pg. 3.

Until next time, holiday greetings and best wishes to you all!

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The first prisoners in California were incarcerated on the ships La Grange, Euphemia and Waban before the construction of San Quentin State Prison, the state's oldest facility. This year as part of the state's shift toward the California Model and a focus on rehabilitation, the prison was renamed the San Quentin Rehabilitation Center.

The California Model – Changing Lives One Conversation at a Time

By Jeff Macomber, Secretary of Corrections and Rehabilitation
and J. Clark Kelso, Federal Health Care Receiver

THE RESEARCH IS clear that prison can be unfavorable to the health and well-being of the people who work within them, and to those sentenced to rehabilitate within. Realizing that a prison sentence itself, losing one's freedom, is the punishment for the population we serve, we must do better to create an environment that is healthier for our staff while the population do all they can to rehabilitate themselves. The California Department of Corrections and Rehabilitation (CDCR) and California Correctional Health Care Services (CCHCS) are committed to making the working and living environments better for all.

Both entities recognize the importance of providing staff with additional tools and resources with an emphasis on improving staff safety and wellness while helping incarcerated individuals prepare to become better neighbors when they return to our communities. That is how we can best promote public safety.

Together CDCR and CCHCS are implementing the California Model, a system-wide change that leverages international best practices and processes to address longstanding challenges related to incarceration and prison working conditions. Specifically, the California Model aims to implement changes that create an environment rich in rehabilitation, a safer and more professionally satisfying workplace for all staff, and improves outcomes and opportunities for success through robust reentry efforts. California Model goals include:

- Improving the working environment of California prisons through improving health and well-being outcomes of people who live and work in them, with a focus on reducing trauma and toxic stress,
- Reducing recidivism and increasing public safety, and
- Reducing incidents of use of force, staff assaults, overdoses, self-harm, homicides, suicides, grievances, self-isolation, mental health crisis bed admissions, and other identified outcomes.

The following pillars form the foundation of the California Model:

- **Dynamic Security** which is an approach that promotes positive

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