

in this issue >>>Summer 2022

What to write in your parole letter >>>

1 – 2 pages for easy quick reading is best practice

Basic information like, Name, TDCJ#, Unit, Address

Show that you are remorseful (if you are)

Acknowledge the crime for which you are incarcerated for

Elaborate on what you feel is important for the board to know

Describe how your life will be different from when you caught your felony charge

Describe your efforts to rehabilitate, recover, and improve your life

Brag on the positive improvements and privileges you have – such as participating in craft shop, faith-based dorm, etc.

Describe your support system upon release:

Transportation, Family, Housing, Employment,

Financial Support

Say This, Not That

Avoid saying, “I am not a threat to society.”

Instead say something such as:

- * I am incarcerated on a nonviolent offense.
- * I have no major cases for fighting or acts of violence while incarcerated.
- * I have respect for TDCJ officers and administration.
- * I have no gang affiliation.
- * I acknowledge I am incarcerated for a violent offense; however, I actively participate in rehabilitation programs and courses provided by TDCJ.

Avoid saying, “I have changed.”

Instead say something such as:

- * I have improved my quality of life by ____.
- * I participated in ____ Program, and one of the things I’ve learned is ____.
- * I was 19 at the time of my offense. I am now 35 years old. I have grown up and matured in prison. My mentality and peer group have changed over the years.
- * I believe in my success on parole because ____.



Wife & Inmate Connection

Educating & Promoting Positive Recovery and Integration

Parole **focus**

What are my chances of making parole?

As an advocate and educator, I cringe each time I hear this question! The reality is, there is no such formula to make Texas parole. Each individual has a risk assessment score and a unique set of applicable denial factors that may or may not apply during each parole review. In addition, parole review is also a character review. Not everyone possesses the same set of traits as the next. Couple this with individual criminal history, previous parole/probation revocations, alcoholism, substance usage, victims, or lack thereof and you’ve created your own flavor of pie!

Dissecting 1D Criminal History & 2D Nature of the Offense Denial Factors

The best thing you can do to help yourself is to work on your individual character starting on your first day of incarceration. Even the most powerful and successful athletes, celebrities, and influencers find mentors, read books, and challenge themselves to grow. Your thought process, actions, recovery, and daily efforts while you are incarcerated are equally as important as the day for day you serve incarcerated. Finding your identity in prison begins with examining your path to prison. Criminal history and the nature of the offense can be used against you in the parole review process. So, what information even constitutes criminal history and the nature of the offense?

Criminal history can be a combination of convictions and/or arrests. Criminal history can constitute multiple felonies in and out of state, or even between federal and state levels. It can also constitute a felony and misdemeanor. In cases for others, it can mean multiple arrests – even without a criminal conviction.

Nature of the offense can also have a mixed interpretation in which some aspects may unknowingly apply to you. Many believe this denial applies only to 3g offenses in which there is an attachment of physical violence in the commission of their crime. While this is one example it is not the only applicable usage of this denial factor. It can also be used for non-3G offenses that have assaultive attachments such as impeding circulation. The less obvious reasons in which 2D can be used to deny parole is when there is an identified vulnerability. This can be in cases where there is a drug dealer selling drugs to an addict. The addict is the vulnerable person. It can also apply to drug cases with enhancements such as possessing drugs in a school zone. The school zone has children in which they are the vulnerable persons. These are not the only examples in which 2D can be used against you. You must really consider the dynamics of your conviction; offense classification, displaying a perceived weapon, assaultive behavior, and/or vulnerability combined.

Recovery is Necessary >>>



How me and my parole officer be looking at each other waiting for the results of my drug test

Normalize Recovery

The path to freedom begins the day you become ready. Going to prison is often a secondary consequence of socio-economic status, lack of education, a break in the family home, generational curses, trauma, lack of mental health resources, and addiction.

In terms of parole, alcohol addiction, substance abuse, and drug/alcohol offenses are weighed heavily upon by the parole board. According to Texas State Statute, parole is always considered with public safety in mind first. Band this information with statistical data that supports a majority of crime is committed under the influence of drugs or alcohol. Without recovery, you have a formula ready for a parole denial.

Even for those who make parole, without effort to find recovery, there is usually a strong likelihood that recidivism will occur, and you will return to prison either for a parole revocation or new felony offense.

The first step is realizing you are in control, and it is time to find a better coping mechanism for success.



Connecting Families

Texas Parole can be a very overwhelming process to understand. We offer FREE education and paid preparation services.

Some of our FREE information sources can be found on YouTube and FaceBook through Zoom Education Videos.

Share our Information with Family and Friends or

Contact Us:

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Editor Note From Birdy Padron >>> 2 Things I want you to Consider

1. There are no bad people, just unhelpful attitudes, habits, and behaviors.
2. Behavior is geared towards adaptation.

I do not care what *they* have called you. Who are *they*? What do *they* contribute to the quality of your overall wellbeing? When you dwell on your shortcomings in life, you disable your participation in life success. How many times have we heard, "My mom was a crack addict, I never knew my biological father, I was abused as a child, I'm incarcerated for something I did not do, I was given a false case, my wife left me, my ex was abusive, I never got to attend school, we grew up on government cheese, I had hand-me-down clothes, etc." You carry your adversity of the past daily, right? Then when *they* are unhelpful you feel you have been blocked. But that is not the reality of your quality character and who you can become tomorrow. Yet, tomorrow must begin today. Behaviors you've adapted to in relentless environments are the only thing you can control and manifest change in now.

Your attitude, your habits, behaviors, and life events that brought you to prison need to chip away one layer at a time. Prison does not prove failure. No one in prison is a failure. One moment in time does not define you. You are a culmination of moments and experiences. You now have the responsibility to drive your life into success if you want it. Do not get me wrong, many of you will be in prison for years to come. But how you choose to live is a mindset. You are either ready for the next chapter in life or you are not. Successful adaptive behaviors begin with each moment of the day to make a powerful life decision to do better. One step at a time, I encourage you all to know the majority of us on this side of the fence want to see you do well. We want you to experience happiness and life success. Walk away with this, ***Your desire for change only comes when you desire to no longer feel the same.*** I support all of the incarcerated and prison families, and I wish you the very best.

Sincerely and Respectfully, Birdy Padron

TDCJ Service Provider

TDCJ Wedding Officiant & Registered Premarital Education Provider

Texas Parole Educator, Preparer, and Advocate

Certified Life Coach

Wife and Inmate Connection. Director