
Conference Plenary Sessions Include:



Identifying and Celebrating Your Strengths



“Outside” Success Stories for Those “Inside”

The Successful Job Interview



Dress for Success for Less (fashion show)

What Conference Participants Say About the *Success Inside and Out* Conferences.....

“I learned to have a positive attitude. I can make my own choices.”

“I learned that even though I am a felon, I can still change my life and it is not too late to accomplish my goals.”

“I learned I am worth something.”

“I learned about building a healthy relationship with myself.”

“I learned not to be afraid. I can stand on my own two feet.”

“I learned I can be a success. I can do anything.”

“I learned about the help outside and that people do care about us.”



Inspirational speaker, Shirley Mae Springer-Staton, closes the 2007 conference

For more information, please contact baiken@courts.state.ak.us

SUCCESS INSIDE & OUT

A PROFESSIONAL PRE-RELEASE CONFERENCE FOR WOMEN AT HILAND MOUNTAIN CORRECTIONAL CENTER





(L-R) Chief Justice Dana Fabe, Superintendent Dean Marshall, DOC Commissioner Joseph Schmidt, Assistant Superintendent Amy Rabeau open the 2007 *Success Inside & Out* Conference

The first *Success Inside and Out* was presented at Hiland Mountain Correctional Center in November 2006 and the second in October 2007. *Success Inside and Out* was developed under the guidance of Alaska Supreme Court Chief Justice Dana Fabe and a steering committee comprised of 22 women leaders and women judges. The program is a national program sponsored by the National Association of Women Judges (NAWJ).



HMCC Superintendent Dean Marshall welcomes 2007 conference participants

Conference Goals

- To provide mentorship and support for women in prison who are within one year or less of release
- To provide women prisoners with information about resources available to them upon release
- To provide an opportunity for women judges and other women professionals to participate in a program within the prison, observe the prison environment, and become acquainted with correctional officials



Reading to Your Children



Job Interview Practice



Managing Your Finances

Conference Concurrent Sessions Include:

- * Surviving Probation
- * Housing and Transportation
- * Job Search Tips
- * Getting Involved in the Arts
- * Continuing Your Education
- * Establishing Healthy Relationships
- * Addiction Treatment
- * Fitness Training
- * Yoga



Navigating the Urban Culture



Yoga

- * Managing Your Finances
- * Tips for Being Successful on the Outside
- * Writing a Resume
- * Navigating the Urban Culture
- * Family Law Self-Help Center Services
- * Reading to Your Children