

In This Issue

- Leonard Morgenbesser Educational Scholarship...pg 1
- Self Awareness in the Correctional Setting...pg 2
- National Training Symposium...pg 3
- Regional Round up...pg 4
- Upcoming Events...pg 4

L. Morgenbesser Educational Scholarship Winner!

Congratulations to the 2015 winner of the Morgenbesser Scholarship, Julie Colao-Termini, an Offender Rehabilitation Aide Trainee at Downstate Correctional Facility. The scholarship is a \$500 one time, non-renewable award given annually by CAYSA to a New York State resident currently working or studying in a field related to law enforcement, community supervision, child and family or correctional services. ORAT Colao-Termini is a matriculated student at Empire State College working towards her Bachelor's degree in Human Development with a concentration in Psychology. She holds an Associate Degree in Criminal Justice from Dutchess Community College.



ORAT Colao-Termini started working in corrections about eight years ago and has taken on numerous extracurricular activities in the department including Vice President of Fishkill CF Diversity Committee, Secretary for CAYSA Region 4/5, Coordinator for the Martin Luther King Food drive at Fishkill CF and participating in the annual Heart Walk and kickball tournaments. She has also assisted with fundraising for the "Forget U Cancer" Foundation and adopting a family from the Grace Smith House, a local domestic violence shelter, for Christmas. Furthermore, she is excited about future advancement opportunities within the department once she completes her Bachelor's degree.

The primary criteria for earning the scholarship is demonstrated leadership skills, a commitment to learning and community and other extracurricular involvement. Leonard Morgenbesser demonstrated these traits during his more than thirty years as a researcher for the Department of Corrections and Community Supervision. Mr. Morgenbesser, who passed away in 2013, worked tirelessly as an anti-gun-violence advocate in the city of Albany. His diligence and advocacy encouraged both citizens and law makers to make Albany a safer community.



Is there a Leonard Morgenbesser Educational Scholarship in your future? Are you currently enrolled in a formal education program or do you have a desire to attend a professionally relevant conference or training seminar? Check out the application requirements at www.nycaysa.com. Application deadline is July 15.

CAYSA Executive Board Members

President:
Sharon Benson-Perry

Immediate Past President:

Michael Graziano

President Elect:
Lisa Brennan

Vice President:
Richard Calidonna

Secretary:
Anne Marsolais

Treasurer:
Karla Barker

Check out CAYSA on FACEBOOK!

CAYSA is committed to developing the interests of its members by providing and supporting learning opportunities. The Morgenbesser Scholarship assists qualified members to realize their educational goals by providing monetary support for continued learning. Julie Colao-Termini has given us an outstanding example of demonstrating CAYSA and DOCCS commitment to lifelong learning and professional development. Congratulations, Julie!

Know Yourself: Being Self Aware in the Correctional Setting

Let's face it – there are days when we come to work preoccupied, or distracted...days when we do our jobs on auto-pilot. Some days we may cruise along on the expectation that today will be like every other day. Perhaps we have become numb to the ordinary, daily grind of our routine. Auto-pilot, distractions, numbness – these conditions inevitably lead to complacency in the workplace and a false sense of security.



I recently interviewed Adrian Brunson, a multi-talented vocational instructor at Cossackie Correctional Facility. He shared his thoughts on how to rekindle the capacity to be aware of our surroundings and challenge that false sense of security.

The correctional setting, by design, is an institution. As employees, we maintain the safety and security of the institution as well as model it on a daily basis. In fact, most of *us* become institutionalized by relying on that ordinary, everyday routine. Mr. Brunson pointed out that many of us take our daily routine for granted. He metaphorically said that “we don’t look up” to describe the absence of awareness of our surroundings. Here are some suggestions to improve our self awareness:

- Cultivate and use your senses including your intuition, the underdeveloped “sixth” sense. Trust your instincts!
- Acknowledge that in some ways we may develop routines that mimic institutionalization and then challenge those routines!
- Maintain your own personal balance. Negative thoughts bring negative results. Be positive!
- Be aware of your surroundings. Find something new every day in your routine that challenges you to think!
- Incorporate healthy living and wellness strategies into your schedule. Make emotional and physical wellness a habit!
- Finally, staying mentally and physically fit is the antidote to complacency.



Use these strategies to increase your self awareness!!

Statewide Training Symposium Successful!



Acting Commissioner Annucci and Distinguished Guests with CAYSA Symposium Committee in Lake Placid at the 2015 CAYSA Training Symposium.



An informative presentation by law enforcement veteran, Matt Episcopo, opens the conference.



CAYSA President Sharon Benson-Perry presents Clinton CO T.J. Strack with the CAYSA Meritorious Service Award.



Nels Ross Cremean inspires “fun” as a strategy to reduce work related stress.



CAYSA CARES presents \$5000 to support North Country Honor Flight.

CAYSA demonstrated the organization’s commitment to promote professional development among employees in the criminal justice and corrections field at the 24th annual training symposium held in October in beautiful Lake Placid! The breadth and variety of workshops challenged, informed and encouraged attendees to be healthier, happier and more productive in our daily lives.

Matt Episcopo, a seasoned law enforcement veteran, opened the conference with an engaging presentation on the importance of setting the stage for success before you begin a conversation, presentation or negotiation. By “setting the stage” Mr. Episcopo shared his strategy for success through the use of body language, specific clothing, humor and/or words to deliver the desired message.

What you wear and how you wear it has a direct connection to how you are perceived, according to Mr. Episcopo. He talked about how dressing in a particular way can influence the outcome of the exchange. Mr. Episcopo is a fan of the black suit, white shirt, blue tie and black shoes and socks for men and a black skirt suit with white blouse, dark hosiery, medium pumps and minimal jewelry for women as a tool for enhancing communication.

Communication was a theme woven throughout the conference presentations. Sergeant William Roy, Wellness Education Johnna MacDougall and Senior Training Technician Michael Orticelle delivered a powerful presentation on Building Awareness and Removing Stigma through suicide prevention awareness. Additionally, Nels Ross Cremean inspired attendees to “lighten up” and have fun as a strategy to reduce work related stress and increase wellness. Mr. Cremean is a juggler in the truest sense of the word! In addition to physically juggling multiple objects he knows how to move a crowd – he had us up out of our seats smiling, laughing and interacting with each other.

CAYSA has a deep commitment to veterans. The Essex County Veteran’s Court presented their organization’s approach to supporting a veteran offender and how important the mentoring process is to rehabilitation. CAYSA CARES presented the North Country Honor Flight with a check for over \$5,000. The North Honor Flight is a non-profit organization that works to fly America’s veterans to Washington DC to view the memorial’s dedication to honor their sacrifices.

One of New York’s most active Student Chapters from Plattsburgh CV-TEC, served as Color Guard. The high school students proudly presented the colors prior to Acting Commissioner Annucci’s welcoming address.

From renewing old acquaintances to making new friends, the Fall 2015 CAYSA symposium provided opportunity to network, opportunity to learn and opportunity to explore. Kudos to the CAYSA Symposium Committee for this superb event!

The 25th annual CAYSA symposium will be held October 26-28, 2016 at the Radisson Hotel in Rochester, NY. Mark your calendar now to attend!

REGIONAL BOARDS

Region I

VP: Brian Edwards
Asst. VP: Perry Sherman
Secretary: Michelle Kennedy
Treasurer: Andrea Schneider

Region II

VP: Karyn Langlais
Asst. VP: Laura Whalen
Secretary: Lisa Stickney
Treasurer: Beth Steria

Region III

VP: John O'Dowd
Asst. VP: Ora Perkins
Secretary: Debbie Parrow
Treasurer: Charles Newman

Region IV/V

VP: Anna Iccari
Asst. VP: Michael Cifone
Secretary: Jacklyn Chavetz
Treasurer: Patricia DeMattio

Region VI

VP: Karen Phillips
Asst. VP: Vacant
Secretary: Susan York-Vedder
Treasurer: Brenda Lee

To Join CAYSA Contact Your
Regional VP, or get an
application at:

**WWW.NYCAUSA.COM or
WWW.ACA.ORG**

**Many, many thanks to the
CAYSA Newsletter Staff for
this excellent publication:**

**Kathleen Barlow
Audrey Held**

Regional News Roundup



Region I : Allegheny, Cattaraugus, Chatauqua, Erie, Genesee, Livingston, Monroe, Niagara, Ontario, Orleans, Steuben, Wyoming and Yates

Conference.: March 18, 2106; Genessee Community College, Batavia

Region II : Clinton, Essex, Franklin, Hamilton, Jefferson, Lewis, Montgomery and St. Lawrence

Conference: June 10, 2016; Lake Placid Crowne Plaza, Lake Placid

Region III : Albany, Columbia, Fulton, Greene, Rensselaer, Saratoga, Schenectady, Schoharie, Warren and Washington

Conference: April 15, 2016; Radisson Hotel, Albany

Region IV/V : Dutchess, Orange, Putnam, Rockland, Sullivan, Ulster, Westchester, Bronx, Kings, Nassau, New York, Queens, Richmond and Suffolk

Conference: May 6, 2016; New Paltz College.

Events: March 11, 2016: Paint N Sip, Downstate QWL.
Contact Anna Iccari @ Fishkill x1132
Paint Ball event (TBD)

Region VI : Broome, Cayuga, Chemung, Chenango, Cortland, Delaware Herkimer, Madison, Oneida, Onondaga, Oswego, Otsego, Schuyler, Seneca, Tioga, Tompkins and Wayne

Conference: May 6, 2016; Holiday Inn, Waterloo



MARCH 4.....MICJ Annual Training Day, Schenectady Community College

APRIL 12-14.....2016 NAAWS three day conference, Tulsa, OK

JUNE 1-3.....CEANY 3-day conference, Great Escape Lodge, Lake George

JUNE 12-15.....MASCA, June 12-15, 2016, Ocean City, MD

AUGUST 5-11.....ACA, Boston, MA

OCTOBER 26-28..CAYSA Statewide Symposium; Radisson Hotel, Rochester, NY

