



Chanel Wiest

SCI Muncy
OQ2972



STATUS:

Incarcerated in 2009 at the age of 32
Hometown: Harrisburg, PA

Education:

Money Smart, 2019
Business Education, 2020 to present
Microsoft Word, ICDL, certification, 2021
Business Information Processing NOCTI, certification, 2021

Volunteer Work:

Tutor: Muncy Organization for Reading Education (MORE), 2012-2019
Penn State, Tutor, 2019 - Present
CPL, "Puppy Program", 2021 - Present

Therapeutic Programs:

Victim Awareness Education, mandatory and completed, 2010
Violence Prevention Education, mandatory and completed, 2011
Violence Prevention Aftercare, voluntary, 2011-2012
PA Family Support Alliance Group, voluntary and completed, 2011
Self-Esteem Group, voluntary and currently enrolled, 2015
Parenting Teens, 2018 - Voluntary
Choices, 2018 – Voluntary

Work:

Educational Tutor, 2020 - Present
Correctional Clothing Industries, 2010 - 2020



Chanel Wiest
SCI Muncy
OQ2972

Community Engagement:

Muncy Inmate Organization, 2010 - Present
Criminal Justice Chairperson, 2019
Soda Committee Co-Chairperson, 2022

Research Participant:

"Self-Identities of Women Incarcerated For Act of Violence", Dr. Kathryn Whiteley

Spiritual Life:

Chapel Sacred Dance Group, 2013 - 2019
Kairos Leadership Church Seminar, 2014
Shining Light Ministries, 30-hour Impact Workshop, 2016
Shining Light Ministries, Weekend Impact Workshop, 2019
Chapel, "A Storied Christmas", Program Participant, 2021.

The Woman I Am Today:

A life sentence can mean that your life is over or that your life can be reborn. At SCI Muncy, I was embraced by the other "lifers" and they showed me that life can go on after you "weather the storm." Through the support of the lifer community and family and friends on the "outside," I was able to see that I could get help for myself. Through counseling and classes, I have been able to rebuild myself. I was given a chance and support to be able to reevaluate myself and change myself for the better.

I will continue to do groups, classes, and counseling to continue mental health stability for myself, but also to help others. I am one of the fortunate ones that have support from family and friends and because of them, I will continue to grow and to set new goals with the thought in mind that one day I'll get a chance to prove myself and to rewrite the wrongs of those affected by my actions. I will continue to educate myself in the hopes that one day I will get that "second chance" to show the "outside" that you can take someone broken and you can rebuild them and rehabilitate them and that I can take responsibility and accountability for what I have done and that I can take that and turn into something good for others.

The woman I am today would not take for granted my time with my family and friends. I would cherish every moment with them if given the chance. The woman I am today would take my trials and tribulations and my growth and help others so no one will have to experience this life.

"You can't go back and change the beginning, but you can start where you are and change the ending." (C.S. Lewis)