Heather Lavelle
OK8736
PO Box 180
Muncy, PA 17756



Heather began her life sentence at the age of 35 in 2005.
Hometown: Wilmington, Delaware

Employment History

2019 to present – Certified Peer Specialist (CPS
2016 - 2019 – Peer Assistant, Reentry Services
2015 - 2016 – Peer Assistant, Wings of Life Therapeutic Community
2013 – 2014 Peer Assistant, Reentry Services
2010 – 2013 Legal Reference Aide, Law Library
2006 – 2010 Tutor, Education Department

Programs/Groups Completed

2025 - 2026 Shining Light Foundation Courses:
- Shining Light Learn Your Strengths Course, 8 hours
- Shining Light Creative Writing Course, 8 hours
- Shining Light Apply Your Strengths Course, 8 hours
- Shining Light Playwriting Course, 12 hours
- Shining Light Wellness Recovery Action Plan Seminar I

12/10/2025 Living Healthily: Breaking Away from Codependency
9/25/2025 Introduction to Legal Writing Workshop
8/1/2025 Basic Coping Skills: Creative Writing
7/24/2025 Mindful Doodling
7/9/2025 American Red Cross Adult First Aid/ CPR/ AED
4/14/2025 90 Day Transform Me
2/26/2025 Moral Reconation Therapy
2/13/2025 Seeking Safety
Certified Recovery Specialist CEU's:
2/20/2026 Recovery on Trial, 2 hours
10/31/2025 Current Drug Trend, part 2, 2 hours

Programs/Groups Completed (cont'd)

8/29/2025 Current Drug Trend, part 1, 2 hours
7/25/2025 Cultural Competence, 1 hour
6/20/2025 MAT training, 1 hour
5/16/2025 Understanding personalities, 2 hours
4/3/2025 Self-Care and Grounding Techniques, 2 hours
3/20/2025 Recognizing Secondary Trauma, 2 hours
9/26/2024 Eliciting Change Talk, 2 hours
8/22/2024 Time Management, 2 hours
2024 Certified Recovery Specialist, PA Certification Board
2023 Emotional Management Group
2023 Long-Term Offenders Program
2023 & 2015 Real Colors Workshop
2022 Coping Skills Group
2020 Pathways to Success
2020 Living Safely for Women
2019 Certified Peer Specialist, PA Certification Board
2019 A Mindful Self-Compassion Workshop, Bucknell University
2018 Community Capacity Building Curriculum, Reconstruction, Inc. 2017
50-hourYoga Specialist Training, Transformation Yoga Project
2017 Trauma Informed Care Workshop, Wise Options
2016 Integrity Group
2016 Who is a Criminal? Pennsylvania Parole
2015 Wings of Life Therapeutic Community
2014 Impact of Crime
2013 Mental Health Workshop
2009 Violence Prevention

Education

2026 Creative Computing & Society, Bucknell University Inside-Out
2024 Poetry, Bucknell University Inside-Out
2021 Who owns the Outdoors? Moravian College Inside-Out Student Exchanges
2021 Reentry, Address This!
2020 & 2021 Writing as Activism, Moravian College Inside-Out Student Exchanges
2020 Let's Circle Up, Address This!
2019 Positive Psychology: Creating a Good Life, Bucknell University Inside-Out
2019 Basic Tutor Training, Penn State/ Muncy Tutoring Program
2019 SUD Peer Assistant Training, DOC Bureau of Treatment Services
2018 SISTERS Lifer Mentor Program Training

Education (cont'd)

2016 Little Book of Restorative Justice Workshop
2014 Moral Reasoning in Times of Crisis, Susquehanna University
2014 Peer Assistant Training
2013 Women and the Penal System, Bucknell University Inside-Out
2013 Creative Writing Workshop
2008 Legal Reference Aide training
2008 Microsoft Word
2008 Accounting
2008 Pie Workshop
2007 Contributions of African Americans to American Cooking
2006 Typing
2006 Act 143 Victim Awareness Education

Spiritual Growth

2023 - present Marian Singers Choir Director
2020 When Light Appears, Shining Light Ministries
2020 Creations of a Caged Bird, volume 1, shining Light Ministries
2019 Book of Daniel Bible Study
2019 Impact.Retreat, Shining Light Ministries
2018 Revelation Bible Study
2017 commissioned & 2023 recommissioned Mercy Associate
2017 Shining Light Ministries production participant
2016 - present Rite of Christian Initiation for Adults (RCIA) co-facilitator
2016 Impact Workshop, Shining Light Ministries
2014 Job Bible Study
2011 KAIROS #1 Weekend, 2025 KAIROS Resident Council member/ Prayer & Share facilitator
2009 Going On With Christ Seminar, Light of Hope Evangelical Ministry
2008 Victory Over the Darkness
2007 Grief Share
2007 - present Marian Singers, Special Choir/ Program participant
2006 - present Catholic community member

Community Engagement

2006 - present Muncy Inmate Organization, offices held: President, Treasurer, Criminal Justice Committee Chair
Pennsylvania Prison Society member
Right 2 Redemption member
Coalition to Abolish Death By Incarceration member
AA/NA Volunteer Facilitator
Mercy Associate
Canine Partners for Life Puppy Handler/ Obedience Trainer
Contributing Writer - Graterfriends, Daughters, Michigan Lifers Report
What Is Life? Podcast, Spotlight PA
2024 Second Chance Month Events
2023 Self-identities: Conversations with Convicted Women Podcast
2022 Domestic Violence Awareness Event
2022 Incarcerated Person of the Year Award Recipient, PA Prison Society
2022 Let's Get Free Poetry Contest Winner
2020 PA Commission on Sentencing Presenter
2019 Crime Victims Right Week Event
2019 - present Mentor, Lifer Mentor Program
2019 DCC Adjustment Group Peer Assistant
2019 A Day of Hope and Celebration Legislative Event
2017 Legislative Black Caucus Panel Presenter
2017 Until We Have Faces Documentary Film
2013 - 2017 Day of Responsibility Presenter/ Attendee
2014 TEDx Muncy State Prison "Working Toward Redemption"

Prison Reports

Above average in work and housing reports
Incentive Housing Unit resident
2006 Fulfilled Act 85 financial obligations

Reentry Plan

Most importantly upon my release, I plan to take care of my aging mother who has been my most important source of support during my incarceration. I'd like to continue the work I've begun at SCI Muncy, helping women prisoners and women that are drug dependent in a paid and volunteer capacity. To do this I will further my education in the fields of psychology and social work. The success of my reentry also depends on developing and nurturing a positive support network. I will develop this network by attending religious services, AA meetings and Mercy Associate's gatherings. I intend to continue to be active in advocacy capacities for criminal justice and sentencing reforms. Lastly, I look forward to spending time with my extended family and friends.

The Woman I am Today

I am a woman of faith; committed to personal growth, concern for family and community.
I am a leader in my community; dependable and responsible. I can develop a project towards its completion. I live with integrity, according to my values and beliefs. I care about my health through diet, exercise and stress management. I have worked hard to identify the areas where I went wrong in my life and I actively pursue improving those areas. I am sober. I am active in a recovery program and often share my story to encourage others who are struggling to not make the same mistakes that I did. I spend my time engaged in positive activities to better myself and this community of women.