



**DELORES  
RIVERS**  
OO8626  
PO Box 180  
Muncy, Pa 17756



## **STATUS**

Incarcerated at age 32

Began serving a sentence of life without parole in 1987

Hometown: Philadelphia, PA

## **Returning Objective**

I'm going to spend more time with my family, work as a Certified Peer Specialist, share my experiences to inspire hope and change among kids and young adults. I plan on joining Mothers In Charge and assisting with NA and AA meetings and go where ever I can help others.

## **Employment**

- Unit Detail
- Buffer
- Certified Peer Specialist
- Peer Facilitator for NA and AA meetings
- Facilitator for mental health groups

## **Education**

- General Education Diploma
- Computer Assisted Design
- Typing
- International Computer Driving License
- Machine Shop
- Certified Peer Specialist

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**Programs**

- AOD
- Suicide Prevention
- Violence Prevention
- “STEP” Elder Prisoners Project, PA Prison Society
- Canine Partners for Life
- Self-Esteem workshop
- Money Smart
- House of Hope

**Groups**

- Assertiveness
- Partner In Transition
- Boundary Power
- Cage Your Rage
- Anger Management
- Long Term Offender, parts 1, 2, and 3
- Violence Prevention

**Community Engagement**

- Muncy Inmate Organization, member
- Motivational Speaker
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**Activities**

- Muncy Inmate Organization
  - Cancer Walks
  - Paws Walk
  - Runathon
  - Pictures and Soda committee

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### **Health Report**

I suffer from the following chronic health diseases and conditions:

Type II diabetes, hepatitis C, chronic bronchitis asthma, gastric reflux disease, severe cirrhosis of the liver, severe chronic obstructive and inflammatory lung disease and emphysema, back and knee problems and I require a wheelchair. I am in great need of pulmonary health care.

### **The Woman I am now...**

...doesn't want to die in prison before I can have a second chance to give back to society and demonstrate that I can be a productive citizen. When I entered prison I was broken, lost, confused, angry, full of rage, frustrated, immature, unsure and afraid of myself. I ran from motherhood and disowned my responsibilities. I became focused on change and decided to take control of my life. I became motivated by slowly peeling back the layers of my life experiences that not only brought to prison and but kept me a prisoner inside of myself. I learned that it takes more than being female to become a woman. Today I am 64 years old. I accept full responsibility for the mistakes of my past. I no longer choose to allow my past to dictate my future. I am proudly a Certified Peer Specialist. It is my hope that when I share my life story I will touch at least one woman's heart and provide her with encouragement, strength and give faith to.