

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

2016-to present

Peer Assistant

Reentry Services

Facilitate workshops on:

Employment

Housing

Anger Management

Goal Setting

Healthy Living

Healthy Relationships

2016-2015

Peer Assistant

Wings of Life Therapeutic Community

Assisted staff:

Administrative support

Facilitation of groups

Conflict resolution and peer interventions

One-on-one support

2014-2013

Peer Assistant

Reentry Services

Assistant to Reentry Services Department

2013-2010

Legal Reference Aid, Law Library

2010-2006

Tutor and Administrative Support, Education Department

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COMMUNITY ENGAGEMENT

Muncy Inmate Organization

Member from 2006 to present

Treasurer of the Executive Committee

Chairperson of the Criminal Justice Committee

Member: Women's Support Group, Picture Committee, May Day Events

Committee, Criminal Justice Committee, Internal/External Lifers

Committee

Marian Singers member, 2007 to present

Pennsylvania Prison Society, member since 2007

Canine Partners For Life, 2008-2017

Puppy handler, obedience trainer

Raised successful service and home companion dogs

Paws Walk, participated in annual fundraising events, 2014-2017

Mercy Associate, 2017

Community Capacity Building Curriculum training, Reconstruction Inc, 2017

Trauma-Informed Yoga instructor, certification program, 2017

Sacrament of Reconciliation, teacher; Rite of Christian Initiation of Adults, 2017

"Until We Have Faces", documentary film, Messiah College, Professors Kathryn Whitely
and Nathan Skulstad. (2017 release date)

AA/NA, volunteer at DCC Classification housing units, Therapeutic Community

Day of Responsibility, performed original song, "Worst Day" 2016

Day of Responsibility, speaker, 2014

Tedx, "Working Toward Redemption" <https://www.youtube.com/watch?v=qG6-nAlinj0>. 2014

PROGRAMS COMPLETED

Wings of Life, Therapeutic Community, graduated, 2015

Real Colors, 2015

Impact of Crime, 2014

Violence Prevention, 2009

EDUCATION

Susquehanna University, Professor Skitolsky, 2014

Philosophy

Moral Reasoning in Times of Crisis

Peer Assistant training, 2014

Bucknell University, "Inside Out", 2013

Woman and The Penal System

Legal Reference Aid training, 2008

Act 143 Victim Awareness Education, 2006

Typing

Microsoft Word

Accounting

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EDUCATION (cont'd)

Contributions of African Americans to American Cooking
Pie workshop
Trauma Workshop, 2017

RELIGION EDUCATION

Rite of Christian Initiation of Adults, 2017
Shining Light , 2016 and 2017
KAIROS, 2011
Victory Over Darkness, 2008
Griefshare, 2007

PRISON REPORTS

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

HOBBIES

Running	Meditation
Weight Lifting	Creative writing and poetry
Aerobics	Singing
Reading	Songwriting

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.