

JENNIFER VINSEK

ON1310
SCI Muncy

STATUS

Incarcerated in 2006 at the age of 24
Hometown: Greensburg, PA

OBJECTIVE

If given the opportunity for a second chance, I would achieve a career in Human Services and utilize my Certified Peer Specialist training to be an asset to the community. To embrace family and friends is an ultimate goal. I have a passion for helping women and at-risk youth. I would continue to be a mentor and a support system for those re-entering society; a motivational speaker; and do all I can to be a positive, productive member of society.

WORK HISTORY

- Warehouse
- Maintenance
- Violence Prevention Peer Assistant (3 years)
- Re-entry Peer Assistant (current)
- Certified Peer Specialist (current)
- Chairperson to NA/AA Self Help Groups (current)
- Reentry Peer Assistant and Certified Peer Specialist (4 years)
- Chairperson to NA/AA self-help groups (previous volunteer work)
- Peer Assistant for a psych led group -(Current)* Light duty block worker -(Current)

TRAINING

- Certified Drug & Alcohol Peer Assistant
- Suicide Prevention Gate Keeper Program
- Board of Probation & Parole - “Real Colors”
- Federal Bureau of Prisons - “Choices”
- Certified Peer Specialist (75 hrs)
- Wellness Recovery Action Plan (Wrap = 15 hrs.)

Training (Cont'd)

- Trauma Informed Care
- Health Care (Health Ins. Market Place)
- Dept. of Banking & Securities (Banking/Credit)
- Parole Violator Training (D.O.C.)
- West Branch drug and alcohol training
- PA certification board /certified peer specialist
- Mindful doodling/coping skills peer assistant training
- American red cross adult 1st aid/CPR/AED training.....

PROGRAMS COMPLETED

- Violence Prevention
- Parenting Teens
- Women's Support Group
- Victim Awareness
- Goal Setting
- Relationship Group
- Stay on Track
- Health Living
- Self-Esteem Group
- Impact of Crime
- Beyond Anger & Violence
- Day of Responsibility
- Crime Victims Week
- Meditation Group
- Domestic Violence/Trauma (lead by YWCA Advocate
- Career Link Workshop
- Career Link Seminar
- Parenting
- Living Safely for Women program
- Outpatient Substance Use Disorder program
- Victims of Inappropriate Childhood Experiences group
- Seeking Safety group
- Mindful doodling group
- Introduction to Legal writing workshop
- Network for Success Career Fair
- Legislative Advocacy workshop

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EDUCATION/VOCATIONAL

2013 - Money Smart (Banking Terms, Services, Accounts & Employee Duties, Identifying Valid Ways to Repair Credit).
- Accounting 1 & 2 (Concepts of Assets, Liability, Applying Payroll Theories and Procedures, Basic Mathematical Operations).

2012 - International Computer Driving License (ICDL) (Microsoft Word, Excel, Power Point Spreadsheets, Database and Presentations).

2011 - Carpentry 1 & 2 (Reading Plans & Elevations, Floor Systems, Wall/Ceiling/Roof Framing).

2010 – National Center for Construction, Education & Research (NCCER) Building Trades (Construction Math, Hand & Power Tools, O.S.H.A, Communication & Employability Skills, Intro to Blue prints).

Stratford Career Institute – Business Management – Diploma w/Highest Honors

The Woman I am Today

The first few years of my incarceration were a struggle, but I have become very dedicated and motivated to change and to help others. I continue to strive to be the Woman I know I can be by participating in programs, education and setting goals.

I have done a great deal of work on myself with personal growth while incarcerated. I've focused on my self-worth, confidence, coping skills, boundaries, education, and much more.

I use my past as a testimonial for those I come across to show that change is possible. Success is defined differently by every individual, and I desire to be successful in all I do. I've become a positive role model within this community and hope to carry this on to a community outside of prison.