

Two Rivers Correctional Institution

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Senate Committee,

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I have learned through experience that actions speak louder than words. For the longest time I wanted to fully change but I was missing a key piece. I said all of the right things and I even learned a lot from my past. The main thing I have learned about my defects of character is that it takes daily inventory and daily maintenance to ensure that I swap those with positive traits. Before I go any further, I would like to share some things about my past.

I am currently incarcerated for Measure 11 Domestic Violence charges. I have no history of violence. This was my first person to person crime. I do struggle with substance abuse in my past. My crime was committed under the influence of alcohol. My past is full of methamphetamine use and property crimes. I haven't used meth since 2009 but used alcohol in 2019 when I committed the crime. Decisions in a 45 minute span led me to be in an altercation where I hurt someone I love in a 60 second span. During sentencing, I promised my victim that I would not count these days, but I would make each day count.

With that said, I put those words into action. It started with the book "The Purpose Driven Life" by Rick Warren. I had so much guilt and shame that was eating at me daily, that

I needed guidance. It was the perfect book at the perfect time. It took me on a 40 day journey to define my purpose in life and what I want to make of it. Since then, I have completed at least 40 other self-help/spirituality books on my own guidance. I have case planned with my counselor, Lori Abbott, here at TRCI to address my grief issues, goal setting, and relapse prevention, amongst other areas. I am finishing up "Free Your Mind" course by Pathfinders, I am also in the middle of my certification course for "GOGI", which both courses are extremely beneficial for personal growth and change. More information about GOGI can be located at www.gettingoutbygoingin.org.

These courses and work I have been putting in are NOT mandatory. I choose to do them because I know that I am on the verge of success. I am extremely confident that working daily and taking active steps will get me there. I do not get any good time for these things. I have not had any cell-ins, daily fails for performance, program fails, or any misconduct reports. I do not get any good time for 100% clear conduct. I choose to be good because I want to be positive. That all starts with my thoughts. I turn my positive thoughts into positive words. I turn those positive thoughts and words into positive actions. I get the positive results I desire.

I am not the only one that is doing this time, My family is suffering through this with me. I have

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victimized them with actions in my past as well. With the work I have put in, I have been able to rebuild my relationships and restore any hope that was lost. I don't want to get into my mother's medical issues because I don't want it to appear as though I am looking for pity. I do understand and have come to terms that my time left with my mother are limited. My parents have been there with me through everything. I lost my father to cancer in 2013. I am extremely proud of my parents and would like them to be proud of me. I don't want my mother's last memory of me to be in prison, stuck in my old ways, so I am working hard.

There are people in here that are stuck in their ways. Then there are people in here that are making the best of their time. My Counselor, Ms. L. Abbott, will vouch for how much work I have been putting in everyday, with changing my life as the only current reward. I am not doing idle time and I don't want this life anymore. I believe that people that work hard in here should be able to earn good time. Oregon Department of Corrections Counselors know the work we put in and do thorough evaluations. I believe they should have a say in this as well. I believe that by implementing this would encourage Measure 11 AIC's, as well as others, to put the work in to change. The golden carrot at the end of the stick for the AIC's would be their freedom. Freedom on the inside by changing their lives and being able to earn their physical freedom as well. There are 2 sides to

this though. By AIC's changing their lives through programming to earn good time, they will change their old thinking and behavior. This will prevent future civilians of being victimized. So this will benefit both AIC's and the community. It is not a secret that some Measure II AIC's do idle time, and do nothing to change because they have nothing to lose. That's because they think they have nothing to earn. That means that they stay stuck in their old ways and when they are released they could potentially do the same thing over again. My actions say the opposite. I guarantee that you will see a change in how many AIC's return to their criminality if you reward them for working hard to change. I have learned that repetition leads to retention. So, I work hard everyday to ensure my success. I am just asking that you take my words and actions into consideration? We can stop some civilians from being victimized and we can see the crime rates drop if we put effort into the right area... CHANGE!

Thank You,
Sincerely,

Jason Dungan
J.D. 3-21-21