

AT A GLANCE

PAROLEES & ALUMNI EDITION

A Publication by the CTP for the CTP Family



FALL SCHEDULE

Last Tuesday of the month
PAROLEES/ALUMNI VISITS
TO pre-CTP

Pre-CTP: 9-11 am
CTP: 5-9 pm

Dr. Shearn needs to advise ECI of parolees/alumni attending.

Dates are: 8/25, 9/29, 10/27, 11/24 and 12/22 (closed on the 29th)

First Tuesday of the month
CTP GAME NIGHT

November 25-30
No programs. Happy Thanksgiving!

December 11 & 12, 2026
FAMILY WEEKEND & CHRISTMAS BANQUET

- All parolees/alumni **MUST** register to be placed on the ECI entry list (*those not on the list by Nov 11, will NOT be able to enter ECI*)
 - No guests
- Deadline: **NOVEMBER 8**
- Register at:
a.jansen.ctp@gmail.com

December 23 - January 4

- No programs - No visits by parolees/alumni

CONTACT US

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Editor: Alan Di Diego, CTP Volunteer

FROM THE EXECUTIVE DIRECTORS

Welcome to, *At a Glance* Parolees & Alumni Edition

Published at the beginning of each college semester, Spring, Summer, and Fall, this newsletter is designed to help us stay connected with our alumni, parolees, and their families. Through *At a Glance*, we hope to keep you informed about important dates, program updates, changes at ECI, and articles of interest written by our dedicated volunteers and members of the CTP family.

As the CTP continues to evolve and grow, our goal is to maintain a strong, cohesive, and united CTP family, both within the institution and in the free community. Every man who has been part of this program plays an important role in helping the CTP become stronger and continue moving forward.

Staying Connected

Our alumni and parolee community is an essential part of the CTP's continued growth. Communication is key. Your ideas, involvement, and continued communication with Dr. Shearn and Professor Jansen are essential to developing new ideas and creating new opportunities for a stronger CTP.

We hope this newsletter will help us reconnect, share information, and keep everyone involved in what is happening with the program.

Save the Dates!

This first edition introduces our Fall calendar. We encourage everyone to save the dates in your phone or calendar and pay close attention to updates regarding the CTP, Pre-CTP, and ECI.

The calendar includes dates available to visit the Pre-CTP, required notification dates for Pre-CTP visits, dates when visits should not be scheduled, Game Nights and other special events, banquet dates, deadlines for submitting guest names to ECI, and important ECI visitation and entry information.

Please pay particular attention to guest-list deadlines. ECI has strict requirements regarding notifications. If your name is not submitted by the required deadline, you will not be permitted to attend the event. Once a parolee/alumni list has been submitted to ECI, it cannot be amended.

The calendar is therefore more than a list of dates; it is an important tool for staying informed and avoiding missed opportunities. And remember, if you see **Game Night** on the calendar the men will be participating in the games. If you want to participate in Game Night, you are welcome to join us.

What's Happening in the CTP & Pre-CTP?

The FIU class continues to meet on Monday evenings under the instruction of Professor Jansen and Ms. Ashley Hechevarria. Our dedicated volunteers continue to return each semester, bringing their professional experience and knowledge in psychology, criminal justice, and related fields while supporting and mentoring our students.

Continued

Our volunteers give more than their time. Many also contribute financially to the program, helping provide the resources needed to keep the CTP strong. Every contribution, whether it is time, expertise, and/or financial support, will make a difference.

We are especially grateful to Alan Di Diego, the editor of this newsletter. Alan is not only a counselor and aspiring physician, but also one of the CTP's generous supporters. His commitment to the program represents the spirit of service and dedication that makes the CTP family so special.

Tuesday Evenings

Tuesday evenings continue to be an active time for our alumni and parolees. The schedule may include Game Night, visits from Dr. Shearn, and opportunities to spend time with Professor Jansen. And from time to time, we may have special guests who can share their experiences, knowledge, and unique perspectives with the men.

Tuesday evenings provide an important opportunity to stay connected, share stories, build relationships, and continue the sense of community that has always been an important part of the CTP.

Our Gratitude to CTP Leaders

We are extremely grateful to the CTP leaders for their continued support in keeping the program moving forward. Their dedication and commitment are important parts of our ability to continue providing opportunities to the men in the program.

The Pre-CTP is experiencing several changes. We are developing new classes and bringing in new facilitators and instructors. These changes are being carefully reviewed and implemented to ensure that the Pre-CTP continues to provide meaningful preparation and support for the men who hopefully will join the CTP.

Dr. Shearn continues to conduct interviews with CTP and Pre-CTP participants on Wednesdays and Fridays via Zoom, providing an important opportunity for continued communication and support.

Continued Growth

As the CTP and Pre-CTP continue to grow and evolve, we hope *At a Glance* will become another way for all of us to remain connected.

We are stronger when we stay connected.

We are stronger when we communicate.

And we are stronger when we work together.

Welcome to *At a Glance*,

Dr Regina B. Shearn and Professor Adriana Jansen
Co-Executive Directors

The Power of Small Habits

By Alan Di Diego



When people think about changing their lives, they often imagine one big moment that changes everything overnight. In reality, lasting change is usually built through small choices made consistently over time. Every day gives us opportunities to move closer to the life we want. Simple actions—making the bed, taking a walk, reading for fifteen minutes, drinking more water, calling a family member, arriving at work on time, or saving a few dollars—may not seem important on their own. But when repeated regularly, they shape our character, habits, and future.

Think of a brick wall. One brick may not seem significant, but hundreds of carefully placed bricks create something strong. Our habits work the same way. Each positive habit becomes another brick in the foundation of the life we are building.

Progress is also not about perfection. Everyone has difficult days and makes mistakes. Missing a workout, eating an unhealthy meal, oversleeping, or having a discouraging day does not erase your progress. What matters is returning to the habits that help you instead of giving up after one setback.

The more we repeat positive habits, the easier they become. What initially requires effort and self-discipline can eventually become a natural part of our routine.

A helpful question to ask yourself is: “What is one small thing I can do today that my future self will thank me for?” It could be taking a walk, organizing tomorrow’s schedule, finishing a task you have been avoiding, or spending quality time with someone important.

Small habits also build confidence. Each time you keep a promise to yourself, you strengthen your belief that you can follow through. Over time, that confidence makes bigger goals feel more achievable. Success is rarely the result of one extraordinary day. More often, it comes from many ordinary days spent making good decisions. Growth is a process, and every positive choice matters. Progress is not about being perfect, it is about continuing to move in the right direction, one day at a time.



Help Us Sustain the CTP & Pre-CTP

The Corrections Transition Program and Pre-CTP (CTP) continue to thrive because of the generosity and commitment of our members, donors, and volunteers who give their time, resources, and financial support to the program.

Over the years, so many people have stepped up to help. The men at ECI have contributed funds through checks sent to the CTP and also by purchasing CTP merchandise for students and volunteers and for themselves when they are released. Our volunteers have contributed toward Christmas gifts for the children of the men of the CTP and the toiletry bags for the men in the CTP. Students have helped fund the Awards Ceremony at the end of each semester, and some of our parolees generously donate coffee and other needed items.

Now, we are asking everyone to do their part

The cost of maintaining the CTP has increased, and we need everyone's help to sustain the quality and traditions that have become such an important part of our program.

How you can help

We are asking members of the CTP family to consider donating items that are regularly needed, including: Coffee, tea, coffee creamer, sweetener, cookies and snacks.

Financial contributions are also greatly appreciated. Monetary donations allow us to purchase items where and when they are most needed and help us respond to the changing needs of the CTP.

Families may also contribute by sending needed items through Amazon or Walmart, or by making a Zelle donation directly to the CTP using the email address provided below.

Let's take pride in our CTP

The CTP belongs to all of us. Its success depends on the people who believe in the program and are willing to contribute what they can, whether that means donating an item, contributing financially, volunteering time, or simply helping when help is needed.

Every contribution makes a difference

We also want to remind everyone that the CTP is sustained by people who give because they believe in its mission. We all volunteer. No one is paid for working in the CTP. The time, energy, and resources given by our volunteers, students, parolees, families, and supporters are what allow this program to continue. Please consider making a contribution today and helping us maintain the CTP for years to come.

Let's all do our part. Let's take pride in the CTP. And let's continue building this program together!

Zelle Donations:

Dr. Regina B. Shearn Corrections Transition Program

→ Use this email address: a.jansen.ctp@gmail.com

When making a Zelle donation, please use the **Note** section to provide your email address so that we can send you a thank-you note or donation acknowledgment letter, if requested.

If you are making a donation on behalf of a family member, please include the name of the CTP member for whom the contribution is being made.

Amazon/Walmart Donations:

If you would like to donate items through Amazon or Walmart, please contact Professor Jansen at a.jansen.ctp@gmail.com to make arrangements.

Thank you for helping us take pride in our CTP and for being part of the CTP family.

THANK YOU
SO MUCH

OUR MERCHANDISE

Help the CTP through purchasing our t-shirts, hats, embroidered polo, and/or sweatshirts. All proceeds go to the CTP fund.

To purchase email Professor Jansen at
a.jansen.ctp@gmail.com



PICNIC TIME!



We are bringing back one of the CTP's most enjoyable traditions, the CTP Picnic! The picnic was a special time when we all came together, invited our families, students, and volunteers, and enjoyed a wonderful day together under the Florida sun. It was an opportunity to relax, reconnect, share good food, and create memories with the CTP family.

Bringing back the picnic will take teamwork and planning. The picnic needs to be organized by a committee of alumni and parolees' volunteers. We will need volunteers willing to help with fundraising, food preparation, cooking, event planning, and activities. We may even be able to rent a bounce house for the kids. Our students and volunteers will take the lead on events such as games and entertainment. We know they will have a wonderful time coming up with creative ideas and planning activities that will make the day special for the families and kids!

Would you like to be part of the committee?

If you would like to join the CTP Picnic Planning Committee, please contact either Dr. Shearn by phone or Professor Jansen by email. Let us know your ideas and how you would like to volunteer. Once a committee chair is chosen, we can all work together and start planning for 2027.

If we work together, we can make it happen!

Protect Yourself from Online Scams

By Alan Di Diego



Technology has made many parts of life easier. We use our phones and computers to communicate with family, search for jobs, manage our finances, pay bills, and stay connected with the world around us. Unfortunately, criminals have also learned to use technology to deceive people and steal personal information.

Every year, millions of people become victims of online scams. The good news is that many scams can be avoided by knowing what warning signs to look for.

One of the most common scams is called phishing. **Phishing** occurs when someone pretends to be a trusted organization—such as a bank, employer, delivery company, or government agency—to convince you to provide sensitive information. They may send an email, text message, or even call you on the phone.

These messages often try to create a sense of urgency. They may claim that your account has been locked, that you owe money immediately, or that you have won a prize. Their goal is to pressure you into acting quickly before you have time to think.

If you receive an unexpected message asking you to click a link, provide your password, share a verification code, or send money, pause before taking any action.

Here are several ways to protect yourself:

- Never share your passwords or verification codes with anyone.
- Be cautious of links in emails or text messages from people or organizations you were not expecting to hear from.
- Create strong passwords and avoid using the same password for multiple accounts.
- Turn on two-factor authentication whenever it is available.
- Keep your phone and computer updated with the latest security updates.
- If something feels suspicious, contact the organization directly using a phone number or website you know is legitimate.

Scammers often rely on fear, excitement, or urgency. Taking just a few extra minutes to verify information can prevent months of frustration and financial hardship.

Protecting yourself online is similar to protecting your home. Most people lock their doors before leaving because they understand that simple precautions reduce risk. The same principle applies to your digital life. Small security habits can make a big difference.

Knowledge is one of the best forms of protection. The more informed you are, the less likely you are to become a victim of online fraud.

Stay curious, stay cautious, and remember: if something seems too good to be true or feels suspicious, it is always worth taking a moment to double-check before responding.

More Than a Cup of Coffee

By Alan Di Diego



Every Monday evening before class begins, something special happens at the CTP.

Students, volunteers, and staff gather over a cup of coffee, tea, and a few cookies before settling into class. At first glance, it may seem like a simple routine. But over time, it has become one of the traditions that helps make the CTP feel different.

Those few minutes before class create space for conversation. Someone asks how another person's week has been. A volunteer checks in with a student. Friends reconnect. New students begin to feel welcome. Laughter is shared. Encouragement is offered. By the time class begins, people are not simply sitting in a classroom—they are part of a community.

Research has consistently shown that people learn best in environments where they feel safe, respected, and connected. A welcoming atmosphere encourages participation, curiosity, and trust. While coffee and cookies may seem like small things, they help create the conditions that allow meaningful learning and relationships to grow.

Many alumni remember those conversations just as much as they remember the lessons themselves. The sense of belonging that develops during those moments often lasts long after the semester has ended.

As a graduate of the CTP, you have the opportunity to help continue that tradition for future students.

Donations of coffee, tea, creamer, sugar, cookies, and other refreshments may seem modest, but they directly contribute to creating the same welcoming environment that benefited so many before you. Every donation helps ensure that future students experience that same feeling of being welcomed into the CTP family.

One of the unique strengths of this program is that those who have benefited from it often choose to give back. Some return to visit classes. Others attend banquets. Some share words of encouragement with current students. Others contribute supplies that make each Monday evening possible.

Giving back does not always require a large donation or a grand gesture. Often, it is the small acts of generosity that leave the greatest impact.

If the CTP has made a difference in your life, consider helping us continue creating that same experience for others. Together, we can ensure that every new student is welcomed with warmth, encouragement, and the knowledge that they are joining a community that believes in their potential.

Sometimes, a simple cup of coffee becomes the beginning of an important conversation. Sometimes, that conversation becomes the beginning of lasting change.

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