

AFOI Family Seminar Series

Staying Connected with your Incarcerated Loved One

Thursday, January 18, 2024

6:30 pm via zoom

Pame Adams & Karen Beiber, AFOI

Welcome

Introductions & Thanks

Please remain muted unless speaking

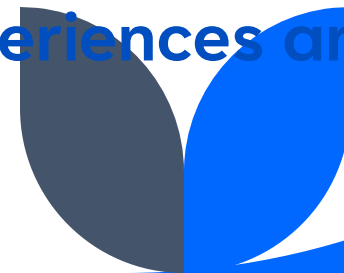
Use chat for comments or questions

Raise your virtual hand to add your voice

Follow up information and resources

Format:

- **About advocacy & making connections**
- **Nuts & Bolts of getting connected**
- **Coping Tips for Families dealing with incarceration**
- **Adding your voices – sharing advice, experiences and encouragement**



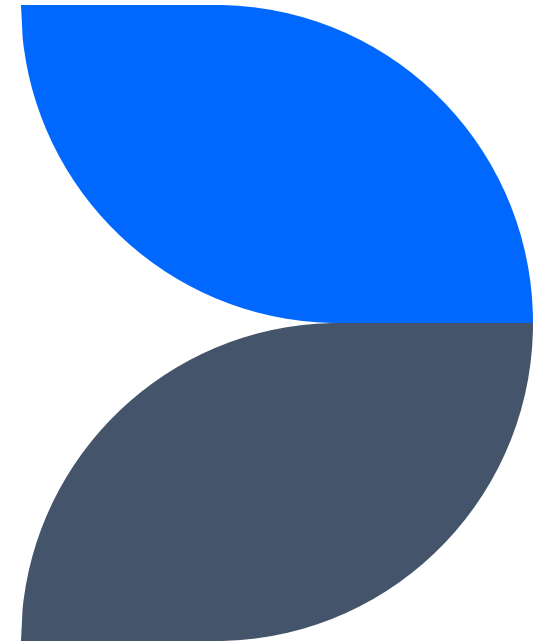
Advocacy & Connections

Advocacy is about helping people find their voice

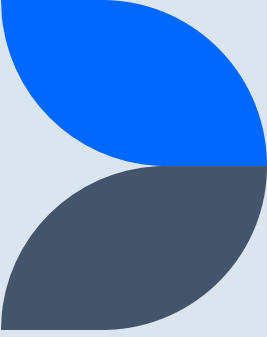
Advocacy helps people to express their views, thoughts and concerns & have access to information and guidance about how to help

Ways to Advocate for your loved one and yourself

- Strive to be a good listener
- Be supportive
- Collect the needed information
- Reach out to others for assistance



Golden Rules of Advocacy



Be Prepared

Be Polite

Be Persistent

“

Injustice anywhere is a
threat to justice
everywhere.

Rev Dr Martin Luther King, Jr

”

Where to start to connect

Locating your loved one

VADOC offender locator

Apply for visitation – VADOC website

if minor(s) will visit as well, they need to be added to your application.

Types of Visitation

Face to Face (F2F), Video from Home, Video from AFOI Visitation Center (8 across state)

Create GTL/ViaPath Account

enables you to schedule visits online

Phone Calls and E-mail

JPay and Getting Out



Scheduling Visits

through ViaPath account for F2F, video from home

AFOI Video Visitation Center

register with AFOI for ID card*, schedule visit through AFOI website

AFOI Transportation

register with AFOI for ID card*, sign up to ride AFOI bus to facility (quarterly beginning March)

*AFOI ID card used for both Video Visitation Center & Transportation ⁹



Sending Mail, Magazines, Newspapers, Books

**Letters can be sent
directly to institution**

Addressing your mail:

First and last name of individual

7-digit state ID number

Name of Facility or institution

City, VA Zip Code

Mail & pictures will be photocopied in
black & white and copies will be
delivered to individual, all originals will
be shredded

**All magazines, books,
newspapers and religious
material sent to central location:**

VADOC Centralized Mail Distribution Center

Inmate Name, Inmate Number

3521 Woods Way

State Farm, VA 23160



Helpful Telephone Numbers

Central Visitation Unit 804-887-8341

All visitation questions and concerns

Offender Management Unit 804-674-3000

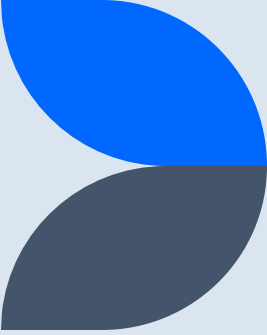
Time calculation

Warden at VADOC Facility

Wellness checks

GTL/ViaPath Customer Service 877-650-4249

AFOI 804-643-2401



Groups for Support

AFOI Monthly Support Group

**Meetings the second
Wednesday of each month
via zoom 6:30-7:45 pm**

Inmate Support Virginia

Facebook group

**Facebook groups for support for
specific VADOC facilities**



Coping Tips for Families

Although everyone copes with all emotions differently
(even/often individuals in the same family)

finding ways to continue to feel grounded and

face each day are important for you and your loved ones

Gifts to give to yourself & your loved ones

Find support with safe people

Take care of yourself

Keep doing things you love

Learn to forgive

Visit your healthcare provider

Make a plan for telling others – find at least one person to tell

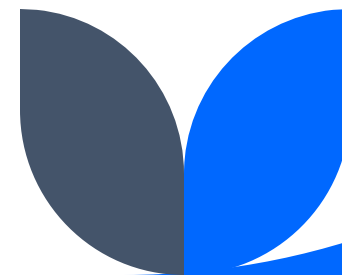
Plug into a community

Find a new hobby

Engage regularly with your incarcerated loved one

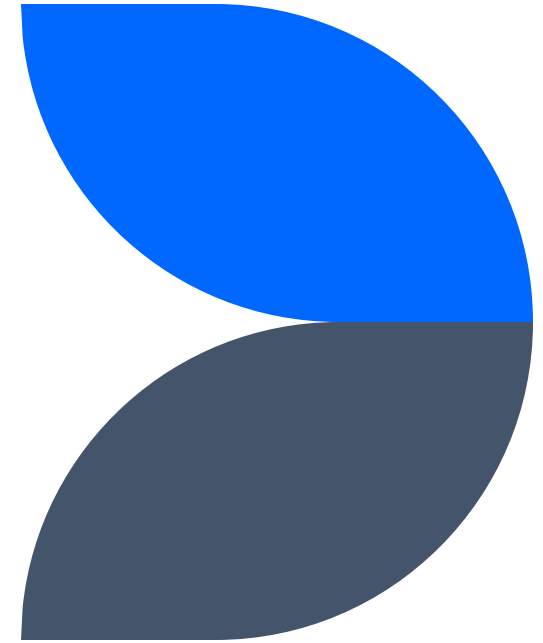
Set boundaries

Seek community resources



Wisdom and Advice from YOU

- What are your tips for staying connected?
- How do you care for yourself?
- How do you encourage others?
- What resources can you share?



Thank you for the gift of your presence

Assisting Families of Inmates

afoi.org

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