

Episode 8 SHOW NOTES

Episode 8 - A Path Forward

Sterling's new circumstances bring both joy and challenges in ways he hadn't anticipated. Meanwhile, legal advocates, community groups, and nonprofit organizations actively work to create alternatives to incarceration by facilitating opportunities for mediation, accountability, and transformation.

Correction: At the end of the episode, we mention the East Bay Arts Alliance. The correct name is the [Eastside Arts Alliance](#).

Show Notes

Featured

Sterling Cunio

Anthony Pickens

Cheryl Cunio

[Becca Stevens](#), Grammy-nominated singer-songwriter

[Antonio Sánchez](#), 4x Grammy Winner, Film Composer of 2014 Best Picture Winner, "[Birdman or \(The Unexpected Virtue of Ignorance\)](#)"

[Thana Alexa](#) - Grammy-nominated vocalist, composer, arranger and producer. She performs *The Bucket* in this episode.

[Aliza Kaplan](#), Professor of Lawyering and Director of the Criminal Justice Reform Clinic at Lewis & Clark University School of Law.

[Danielle Sered](#), Founder and Executive Director of [Common Justice](#); Author of [Until We Reckon: Violence, Mass Incarceration, and a Road to Repair](#)

Karuna Thompson, Former Prison Chaplain and Victim Liaison at the Oregon Department of Corrections

Rosemary Brewer, Former Prosecutor, Victims Advocate and Director of [Oregon Crime Victims Law Center](#)

[Professor Melissa Buis](#), Professor and Chair of Politics, Policy, Law and Ethics Department (PPLE) at Willamette University; Director, [Transformative Justice Initiative](#) Since 2016 she has taught "Restorative Justice" classes at Oregon State Penitentiary with both "inside" and "outside" students. Here is the [class syllabus](#).

Media

[Youtube](#): Antonio Sánchez; "The Bucket" (featuring Becca Stevens)

[Youtube](#): NPR Tiny Desk Concert, Antonio Sánchez (performs "The Bucket" at minute 9:04)

[Radio Interview](#): NPR, All Things Considered, “Grammy-winning drummer Antonio Sánchez discusses the making of ‘Bad Hombre Vol. II’” (August 2022)

[Radio Interview](#): KMUZ Radio, “Willamette Wake Up: Invisible People” (May 2022) (Sterling discusses the community event at Willamette mentioned in episode)

[Video Report](#): OPB, “Oregon Measure 112, the Slavery and Involuntary Servitude Measure, Explained” (October 2022)

[Video Report](#): KTVB, “Oregon Measure Banning Slavery Barely Passes” (November 2022)

[Video Interview](#): Harvard Kennedy School, “A Conversation with Former Governor of Oregon Kate Brown on Mass Incarceration” (March 2023)

References and Sources

Reentry & Prison Trauma

[Reports](#): Prison Policy Initiative, “Recidivism and Reentry”

[Research](#): Prison Policy Initiative, “Incarceration can cause lasting damage to mental health” (May 2021)

[Research](#): Prison Policy Initiative, “No escape: the trauma of witnessing violence in prison” (December 2020)

[Research](#): National Library of Medicine, “Incarcerated in a Pandemic: How COVID-19 Exacerbated the ‘Pains of Imprisonment’” (July 2023)

[Report](#): Oregon.gov, “COVID-19 Status at Oregon Department of Corrections Facilities”

[Report](#): Weather Spark, “2021 Weather History in Salem”

[Info Page](#): National Incarceration Association, “Post Incarceration Syndrome”

Slavery in State Constitutions

[Article](#): Stateline, “Yes, Slavery Is on the Ballot in These States (August 2022)

[Article](#): OPB, “Measure 112 passes, removing slavery language from Oregon Constitution” (November 2022) (Sterling quoted)

Prison Reform and Prison Abolition

[Info Page](#): The University of Chicago Institute of Politics, Kate Brown, “Seminar Series ‘Governing in Turbulence: From Housing to Drugs to Historic Social & Criminal Justice Movements’”

[Research](#): Prison Policy Initiative, “Mass Incarceration: The Whole Pie 2023”

[Research](#): U.S. Department of Justice, “Prisoners in 2020- Statistical Tables”

[Report](#): Yale Law School, “Nationwide Report Finds Reduction in Reported Use of Solitary Confinement” (August 2022)

[Trainings](#): National Institute of Corrections: “Becoming Trauma Informed: An Essential Element for Justice Settings”

[Info Page](#): Transform Harm, “Transformative Justice: A Brief Description:
[Article](#): National Institute of Justice Journal, “Hidden Consequences: The Impact of Incarceration on Dependent Children” (March 2017)
[Report](#): Illinois Criminal Justice Information Authority, “Trauma-Informed and Evidence-Based Practices and Programs to Address Trauma in Correctional Settings” (July 2017)
[Article](#): The Nation, “What Is Prison Abolition?” (July 2018)
[Info Page](#): ACLU, “School-to-Prison Pipeline”

Other

[Profile](#): Climate Breakthrough, “Denise Fairchild”
[Article](#): International Institute of Restorative Practices, “Restorative Justice Practices of Native American, First Nation and Other Indigenous People of North America: Part One” (April 2004)
[Article](#): Center for the Study of Social Policy, “Honoring the Global Indigenous Roots of Restorative Justice: Potential Restorative Approaches for Child Welfare” (November 2019)

More Information

[Article](#): Center on Budget and Policy Priorities, “How SNAP Can Better Serve the Formerly Incarcerated (March 2018)
[Article](#): CBS News, “Many former prisoners struggle to obtain health care after release” (March 2023)
[Article](#): Knowable Magazine, “Why probation and parole don’t work as advertised” (February 2024)
[News Report](#): WGBH, “Why people leave prison ‘more broken’ than when they entered” (September 2023)
[Article](#): Esquire, “When I Did Time, I Was- Technically, Legally, Constitutionally- a Slave (February 2022)
[News Report](#): NPR, “Documentary ‘13th’ Argues Mass Incarceration Is An Extension Of Slavery” (December 2016)
[Research](#): The Sentencing Project, “NEW DATA: After Almost Ten Years of Decline U.S. Prison Population Grew in 2022” (September 2023)
[Book](#): “Instead of Prisons: A Handbook for Abolitionists” (Originally published 1976)
[Resource List](#): Powell’s Books, “Abolition Reading”

Organizations

[ReGroup/Reentry Program](#)
[Church at the Park](#)
[Oregonians Against Slavery and Involuntary Servitude \(OASIS\)](#)

[Oregonians United to End Slavery](#)

[Ubuntu Climate Breakthrough Initiative](#) (also: [Nationwide Storytelling Contest](#))

[Freedom Community Center](#) (St. Louis, Missouri)

[People's Advocacy Institute](#) (Jackson, Mississippi)

[Westside Justice Center](#) (Chicago, Illinois)

[Eastside Arts Alliance](#) (Oakland, CA)