

## PRISONER RESOURCE DIRECTORY



This information was collected August 2009; BE AWARE that programs, addresses and requirements change **frequently**. This is as up-to-date as we could make it. Please alert us to any changes at this address: **DC Books to Prisons Project PO Box 5206 Hyattsville MD 20782**

**Recovery from Addiction.** If AA or NA have not worked for you, you may wish to consider an alternative.

**Rational Recovery (RR)** is a source of counseling, guidance, and direct instruction on self-recovery from addiction, alcohol and other drugs through planned, permanent abstinence designed as an alternative to Alcoholics Anonymous (AA) and Twelve step programs. RR was founded in 1986 by Jack Trimpey, a California licensed clinical social worker. Rational Recovery is a for-profit organization. Jack works in the field of treatment of alcoholism and other drug addictions. He admits to 25 years of "world class alcoholism", from which experience he developed his system of self recovery.

The program is offered via the internet and through books, videos, and lectures. The Rational Recovery program is based on the premise that the addict both desires and is capable of permanent, planned abstinence. However, the RR program recognizes that, paradoxically, the addict also wants to continue using. This is because of his belief in the power of the substance to quell his anxiety; an anxiety which is itself partially substance-induced, as well as greatly enhanced, by the substance (see Beck et al.). This ambivalence is the Rational Recovery definition of addiction.

In essence, the RR method is to first make a commitment to planned, permanent abstinence from the undesirable substance or behavior, and then equip oneself with the mental tools to stick to that commitment. While nomenclature differs, the methods are similar to those used in Beck et al.'s Cognitive Therapy of Substance Disorders (see Beck et al.) and other belief-, attitude- and appraisal-challenging and cognitive restructuring schemes (see Garrett).

The RR program is based on recognizing and defeating what the program refers to as the "addictive voice" (internal thoughts that support self-intoxication) and dissociation from addictive impulses. The specific techniques of Addictive Voice Recognition Technique (AVRT) are concerned with demonstrating to the practitioner that the practitioner is in control of the addictive voice, not the other way around.

In his book, rational recovery, Jack Trimpey, calls the addicts addictive voice "the beast". He proposes that this is the sole reason why addicts continue their self destructive ways. Furthermore, by recognizing any feelings, image, urge, etc. that supports drinking/drugging as

"beast activity", the compulsions will fall silent, and the person can eventually regain control over their life and never worry about relapses.

The notions that internal thoughts support self-intoxication and that the practitioner is in control of the addictive voice have become foundational in "evidence-based" treatment schemes at more progressive substance abuse treatment facilities in the US, Australia and the UK. These facilities base their programs on the success of Rational-Emotive Behavioral Therapy (see Albert Ellis et al.), Cognitive/Behavioral Therapy (see Aaron Beck et al., Cognitive Appraisal Therapy (see Richard Wessler et al.), and Schematherapy (see Jeffrey Young et al.) for anxiety and depression, as well as for substance abuse.

While RR and AA promote abstinence, the programs use different strategies. RR actually repeatedly makes it clear that there is no better time to construct a "big plan" to abstain from drinking/drugging than now, and that AA's idea of "one day at a time" is actually contradictory to the idea of never using again. Essentially, it proposes that if you are never going to drink again, then there isn't a reason to keep track of time.

- RR does not regard alcoholism as a disease, but rather a voluntary behavior.
- RR discourages adoption of the forever "recovering" drunk persona.
- There are no RR recovery groups (although meetings were held throughout the country during the 1990s).
- Great emphasis is placed on self-efficacy (see Bandura).
- There are no discrete steps and no consideration of religious matters.

Rational Recovery, Box 800 Lotus CA 95651

**Are the pills not helping?** If you have discovered that antidepressants, mood stabilizers, anti-psychotics and similar drugs are not helping you, or if you suspect that they may actually be doing you harm, you owe it to yourself to do some research.

**Do NOT stop or start any medication without first consulting a healthcare professional. Going cold-turkey with some psychiatric drugs can have serious consequences for your health, and can even be fatal. Get educated, then make your choice.**

Peter R. Breggin, MD, has been called "the conscience of psychiatry" for his efforts to reform the mental health field, including his promotion of caring psychotherapeutic approaches and his opposition to the escalating overuse of psychiatric medications, the oppressive diagnosing and drugging of children, electroshock, lobotomy, involuntary treatment, and false biological theories.

A Harvard-trained psychiatrist and former full-time consultant at NIMH, Dr. Breggin's private practice is in Ithaca, New York, where he treats adults, couples, and families with children. He also offers consultations in clinical psychopharmacology and often acts as a medical expert in criminal, malpractice and product liability suits. He is the author of many scientific articles and books including *Medication Madness: A psychiatrist exposes the dangers of mood-altering medications* (2008).

**If you cannot obtain any literature on this subject, ask the medical staff at your facility to educate you about the risks and drawbacks inherent in psychoactive drugs. Ask them to read these books:**

*Medication Madness* (2008) vividly portrays dozens of real-life case histories of people driven toward mayhem, murder and suicide by psychiatric drugs. The theme of medication spellbinding is intertwined with each of the stories. The book concludes with guidelines for living drug-free.

After writing books for more than forty years, Dr. Breggin believes that *Medication Madness* is by far his most interesting, well-written and exciting book. *Brain-Disabling Treatments in Psychiatry* (2008) is the the most complete presentation of Dr. Breggin's comprehensive and detailed scientific views with analyses of many topics including:

- Medication spellbinding
- Adverse drug effects caused by every type of psychiatric drug
- Adverse effects of ECT
- ADHD and the drugging of children
- The failure of the FDA
- Drug company negligence
- How to more safely withdraw from psychiatric drugs
- Alternative psychosocial approaches
- Guidelines for effective psychotherapy

**The National Center For Men**, incorporated in 1987, is dedicated to the advocacy of *men's equal rights*. We educate the public about how men have been hurt by sex discrimination and we also counsel individuals and families who have been damaged by discrimination against men. 2300 Monroe St. NE, Washington D.C. 20017

We can help you if...

you are enduring a difficult divorce,  
you are being forced into paternity and/or an unfair child support obligation against your wishes,  
you are a victim of domestic violence,  
you want to escape the narrow gender role restrictions imposed on men,  
you have been hurt by a false accusation, parental alienation or employment discrimination,  
you are a divorced father fighting for child custody or more time with your children,  
you want to discuss any area of men's liberation, including men wearing skirts or men working in non-traditional jobs,  
you want to explore sexist double standards confronting men during dating and in their relationships with women,  
you suffer from the lingering effects of conscription or circumcision or any other form of sexism or violence against men,  
you want to learn more about gender politics or any other aspect of the movement for men's equal rights.

**The Clancy Litigation Group Our Mission:**

**Sexual and physical abuse crimes are highly-charged emotional and legal issues that tragically affect all the individuals involved in such allegations. For too long, innocent victims of these heinous crimes were unable to count on the justice system to protect them. In an effort to correct the inadequacies of the courts, however, legislators, prosecutors and many powerful interest groups have created laws that now make it easier than ever to be falsely accused and convicted of rape, physical abuse and child molestation.**

**This occurs through:**

- Unreliable and unscientific interviews with children
- Dubious "syndrome evidence" from mental health professionals
- Inconclusive medical examinations

**These have all lead to a huge increase in false allegations from both children and adult "survivors".**

**We became involved in this field in 1979 but the technology did not exist to share our resources with others on a large scale. With the development and expansion of the Internet a method of disseminating this information was finally available to us. In 1995 we created [Falsey Accused.com](#) to help those falsely accused of different forms of abuse including:**

- **CHILD MOLESTATION**
- **RAPE**
- **SHAKEN BABY SYNDROME**
- **INTERNET POLICE STINGS**
- **CHILD PHYSICAL ABUSE**
- **SPOUSAL ABUSE**

**Our purpose is to help the falsely accused by providing them with resources to understand the source of the false allegations against them and with resources necessary to defend themselves. The task we are undertaking is enormous. We are attempting to network professionals, laymen, research, and resources for those who are falsely accused. These resources will focus on the latest research in memory, suggestibility, and medical examinations. We will also be including networking or links to other WEB pages concerned with these issues.**

**For All General or Representation Inquiries:**

Patrick E. Clancy Clancy Litigation Group 1600 S. Main St., Suite 195 Walnut Creek, CA 94596  
Tel: 925-639-3158 Fax: 866-725-1245

**For Investigation Inquiries:**

Harvey C. Shapiro CaseAssist PO. Box 6902 Vacaville, CA 95696 (707) 453-0388

## **NO GODS, NO MASTERS**

AK Press is a for-profit retailer of books on radical, anarchist and atheist themes.

**AK Press 674-A 23rd Street Oakland, CA 94612**

**American Atheists** is a nationwide movement which defends the civil rights of nonbelievers, works for the separation of church and state, and addresses issues of First Amendment public policy. **American Atheists, Inc. PO Box 158 Cranford, NJ 07016**

## **No More Drug War**

DPA Network is the nation's leading organization working to end the war on drugs. We envision new drug policies based on science, compassion, health and human rights and a just society in which the fears, prejudices and punitive prohibitions of today are no more.

**DPA Legal Affairs 819 Bancroft Way Berkeley, California 94710 (510) 229-5211**

## Legal Resources

**BE AWARE:** as soon as any legal handbook is published, it is out of date. The law changes constantly. No one book can give you everything you need to know. Use your law library!

### ***"The Jailhouse Lawyer's Handbook: How to Bring a Federal Lawsuit to Challenge Violations of Your Rights in Prison."***

This Handbook is a resource for prisoners who wish to file a Section 1983 lawsuit in federal court regarding poor conditions in prison and / or abuse by prison staff. It also contains limited information about legal research and the American legal system. The Handbook is available to anyone: prisoners, lawyers, families, friends, activists and others.

- **Chapter One:** Introduction, How to Use the Handbook, What is Section 1983 and Who Can Use It, The Uses and Limits of Legal Action
- **Chapter Two:** Planning Your Suit, Who You Can Sue, The Prison Litigation Reform Act, What Are Your Rights?, Access to Reading Materials, Freedom of Speech / Political Beliefs, Freedom from Racial and Sexual Discrimination, Prison Searches, Prison Conditions, Right to Medical Care, Injunctions, Money Damages, Class Actions, Settlements
- **Chapter Three:** How to Start Your Lawsuit, What Legal Papers You Need, The Summons and Complaint Forms, *In Forma Pauperis*, Three Strikes Rule
- **Chapter Four:** What Happens After You File Your Suit, Dismissals, Summary Judgements, Issue of Mootness, Discovery Process
- **Chapter Five:** Know Your Rights Information, Your Rights to File Suit, What to do Against Retaliation
- **Chapter Six:** The Legal System and Legal Research, How to Read Legal Citations, Introduction to Legal Writing

**Appendices:** Glossary, Legal Forms and Information, Constitutional Amendments, Sources of Support and Publicity, Information for Non-Citizens, List of District Courts

We hope that you find this Handbook helpful, and that it provides some aid in protecting your rights behind bars. As you work your way through a legal system that is often frustrating and unfair, know that you are not alone in your struggle for justice. Good luck! **PLEASE NOTE:** *The NLG is no longer able to send Handbooks for free. Please enclose \$2.00 in stamps, check or money order (to "NLG") with your request. Order here:* National Lawyers Guild 132 Nassau Street, RM 922, New York, NY 10038

**The Columbia Human Rights Law Review** The *HRLR* publishes and sells *A Jailhouse Lawyer's Manual* ("the *JLM*"), a legal resource produced to assist prisoners and others in negotiating the U.S. legal system. With thirty-six chapters on legal rights and procedures including the appellate process, federal habeas corpus relief, the Prison Litigation Reform Act, religious freedom in prison, the rights of prisoners with disabilities, and many more, the *JLM* is a major legal reference for prisoners and libraries across the country. The *HRLR* publishes this critical resource and delivers it to some of those individuals whose rights are most threatened in our judicial system yet who often have no access to legal assistance. Our students deliver over a thousand *JLMs* every year to prisoners, institutions, libraries, and organizations. We also publish a Spanish version of the *JLM* to serve as a resource to Spanish-language prisoners. Finally, the *JLM* offers an *Immigration and Consular Access Supplement* in both English and Spanish language versions.

**Jailhouse Lawyer's Manual Pricing For prisoners and their family members:** The JLM Eighth Edition main volume is \$30. The Immigration & Consular Access Supplement is \$5. The Manual de Asesoria Legal Para Prisioneros edition is \$15, and it is important to note that the Spanish-language Manual was last updated in 2005 and does not reflect changes in the law that have occurred since that time. First class shipping is included in the price. Prices and availability may be subject to change. See the pricing chart on the Jailhouse Lawyer's Manual order form. Prices and availability may be subject to change. (Note that this book may be available for free download online).

**For non-prisoners or institutions:** The Jailhouse Lawyer's Manual Eighth Edition main edition is \$90, or \$95 with first-class shipping. The Immigration & Consular Access Supplement is \$20, or \$22 with first-class shipping. The Spanish language edition, Manual de Asesoria Legal Para Prisioneros, is \$30, or \$35 with first-class shipping. It is important to note that the Spanish-language Manual was last updated in 2005 and does not reflect changes in the law that have occurred since that time. **If you are ordering for a prisoner, follow the instructions for prisoner pricing. Prices and availability may be subject to change.** Columbia Human Rights Law Review 435 West 116th Street New York, NY 10027 phone: (212) 854-1601 fax: (212) 854-7946 [jrnhum@law.columbia.edu](mailto:jrnhum@law.columbia.edu)

• **The Prisoner's Guide to Survival**

PSI Publishing, Inc., 413-B 19th St #168, Lynden WA 98264 / Tel: (800) 557-8868 / E-mail: [prisonsurvival@earthlink.net](mailto:prisonsurvival@earthlink.net) / Website: [www.prisonerlaw.com](http://www.prisonerlaw.com)

A comprehensive legal assistance manual for post conviction relief and prisoners' civil rights actions. 750 pages, soft cover, \$49.95 for prisoners. No matter what your legal or educational background, ***The Prisoner's Guide to Survival*** will help you learn how to research the law, study your rights, determine your legal options, and take the necessary steps to protect your rights or challenge an illegal conviction or sentence. Complex issues are explained in plain language so that even if you don't have an attorney you can make an informed decision regarding your legal choices. The Survival Guide includes: Current legislation and court decisions affecting prisoners, actual-size example forms for Appeals, Habeas Corpus actions, Motions, Constitutional rights complaints for state and federal prisoners, and much more.

**Nolo Press** 950 Parker Street Berkeley CA 94710-2524 (Write for a catalog):

The Criminal Law Handbook: Know Your Rights, Survive the System by attorneys Paul Bergman and Sara Berman 680 pages, published September 2008, ISBN-13: 978-1413308945

Represent Yourself in Court: How to Prepare & Try a Winning Case (Paperback) by attorneys Paul Bergman and Sara Berman 544 pages, pub. October 30, 2007, ISBN-13: 978-1413307108

• **American Civil Liberties Union (ACLU) / Prisoner's Assistance Directory**

National Prison Project Publications, 915 15th St NW 7th Floor, Washington DC 20005 / Tel: (202) 393-4930 / Website: [www.aclu.org](http://www.aclu.org)

The American Civil Liberties Union (ACLU) is our nation's guardian of liberty, working daily in courts, legislatures, and communities to defend and preserve the individual rights and liberties guaranteed to all people in this country by the Constitution and laws of the United States. The ACLU offers the ***Prisoner's Assistance Directory***, which includes contact information, services, and descriptions for over 300 national, state, local, and international organizations that provide assistance to prisoners, ex-offenders, and families of prisoners. The Prisoner's Assistance Directory also includes a bibliography of informative books, reports, manuals, and newsletters of interest to prisoners and their advocates. Copies are available for \$30.00 prepaid. ***Journal***, NPP's biannual newsletter, features articles, reports, legal analysis, legislative news, and other developments in prisoners' rights. An annual subscription is \$30 (\$2 for prisoners).

**• California Innocence Project**

225 Cedar St, San Diego CA 92101 / Tel: (800) 255-4252 (619) 239-0391 /  
Website: [www.innocenceproject.com](http://www.innocenceproject.com)

CIP is a law school program operating out of the Institute for Criminal Defense Advocacy of California Western School of Law. Students work with practicing criminal defense lawyers to seek the release of wrongfully convicted prisoners (California only). The law students assist in the investigation of cases where there is strong evidence of innocence, write briefs in those cases, and advocate in all appropriate forums for the release of the project's clients. Request an Intake Questionnaire by writing to the above address. Criteria: 1) Your conviction must have taken place in Southern California. 2) You must be able to claim actual innocence of the crime you were convicted for. 3) You have to have been sentenced for at least four years or longer. 4) You must have filed at least one appeal.

**• Centurion Ministries, Inc.**

221 Witherspoon St, Princeton NJ 08542-3215 / Website: [www.centurionministries.org](http://www.centurionministries.org)  
Centurion Ministries (CM) is a nonprofit organization with headquarters in Princeton, New Jersey. CM has a national network of attorneys and forensic experts who ably assist us in our work on behalf of the convicted innocent throughout the U.S. and Canada. The primary mission of CM is to vindicate and free from prison those who are completely innocent of the crimes for which they have been unjustly convicted and imprisoned for life or death. We also assist our clients, once they are freed, with reintegration into society on a self-reliant basis. CM has a very narrow criteria for the types of cases that we will consider reviewing. Please review our stated criteria: (1) We only consider murder or rape cases within the U.S. as well as Canada that carry a life or death sentence. We do NOT consider self-defense or accidental death cases. We will only consider a rape case if there is the possibility of using DNA testing to clear the convicted person. We do NOT consider child sex cases unless the case has physical evidence that could be scientifically tested to prove innocence. (2) You must be absolutely 100% innocent of the crime and have had absolutely no involvement whatsoever with the crime. (3) You must be indigent and have largely exhausted your appeals. (4) We are NOT lawyers and, therefore, we do NOT offer legal assistance to those who petition us for help. We CANNOT make referrals to attorneys. If the inmate does fit ALL of our criteria, their initial letter to us should be brief, outlining the facts of the crime, and what led to their arrest for the crime. Inmates should NOT send briefs or transcripts of other materials! We just want to hear the facts in the inmate's own words. We in turn will send them a letter that outlines exactly what information we want, and what they can expect from us in the way of assistance.

**• Coalition for Prisoners' Rights**

PO Box 1911, Santa Fe NM 87504 / E-mail: [cpr1911@yahoo.com](mailto:cpr1911@yahoo.com)

CPR has published a free monthly newsletter for prisoners for over 30 years, covering prison issues and excerpts from prisoner correspondence. We mail our newsletter to about 8,000 prisoners nationwide. We also provide free resource lists on a variety of topics. No lawyers on staff.

**• Davrie Communications**

13215-C8 SE Mill Plain #144, Vancouver WA 98684 / Tel: (360) 882-2932 /  
E-mail: [info@davrie.com](mailto:info@davrie.com) / Website: [www.davrie.com](http://www.davrie.com)

The products and services offered by Davrie Communications provide men and women facing the challenges of federal incarceration a distinct advantage—knowledge. Since its formation Davrie Communications has provided educational and practical assistance to men and women whose lives are impacted by the realities of federal incarceration. In addition, we serve as a valuable information resource to legal professionals with a genuine desire to support their clients. Davrie clients include legal professionals, defendants, inmates, United States Probation and Pretrial Services offices, United States Circuit Courts, and the family members of defendants and inmates.

**• EDPUBS**

PO Box 1398, Jessup MD 20794-1398 / Tel: (877) 433-7827 / E-mail:  
[ymears@aspensys.com](mailto:ymears@aspensys.com) / Website: [www.ed.gov/about/ordering.jsp](http://www.ed.gov/about/ordering.jsp)

A National organization providing information and referral services. We specialize in human services and criminal justice. We link people with resources in their community such as drug or alcohol programs, educational programs (assistance with reading, writing, and math), volunteer programs, employment assistance, temporary shelter and housing resources, counseling, and other services.

**• Families Against Mandatory Minimums (FAMM)**

1612 K St N.W. Suite 700, Washington DC 20006 / Tel: (202) 822-6700 / E-mail: [famm@famm.org](mailto:famm@famm.org) / Website: [www.famm.org](http://www.famm.org)

FAMM is a national nonprofit organization founded to challenge inflexible and excessive penalties required by mandatory sentencing laws. We promote sentencing policies that give judges the discretion to distinguish between defendants and sentence them according to their role in the offense, seriousness of the offense, and potential for rehabilitation. FAMM's 25,000 members include prisoners and their families, attorneys, judges, criminal justice experts, and concerned citizens. You may write for further information.

**• Grassroots Investigation Project (GRIP)**

Quixote Center, PO Box 5206, Hyattsville MD 20722 / Tel: (301) 699-0042 / E-mail: [claudia@celldoor.com](mailto:claudia@celldoor.com) / Website: [www.lairdcarlson.com/grip](http://www.lairdcarlson.com/grip)

The mission of The Grassroots Investigation Project is to empower family members of death row inmates and anti-death penalty activists to create partnerships with lawyers, journalists, and academicians for the purpose of conducting low-cost investigations of death penalty cases that may reveal innocence and help to bring about a death penalty moratorium. Inmates may write for further information.

**• Innocence Project**

Benjamin N. Cardozo School of Law, 55 5th Ave 11th Floor, New York NY 10003 / E-mail: [info@innocenceproject.org](mailto:info@innocenceproject.org) / Website: [www.innocenceproject.org](http://www.innocenceproject.org)

The Innocence Project at the Benjamin N. Cardozo School of Law was set up as and remains a nonprofit legal clinic. This Project only handles cases where post-conviction DNA testing of evidence can yield conclusive proof of innocence. As a clinic, students handle the case work while supervised by a team of attorneys and clinic staff. Most of our clients are poor, forgotten, and have used up all of their legal avenues for relief. The hope they all have is that biological evidence from their cases still exists and can be subjected to DNA testing. All Innocence Project clients go through an extensive screening process to determine whether or not DNA testing of evidence could prove their claims of innocence.

**• Lewisburg Prison Project**

PO Box 128, Lewisburg PA 17837 / Tel: (570) 523-1104 / E-mail: [prisonproject@chilitech.net](mailto:prisonproject@chilitech.net) / Website: [www.eg.bucknell.edu/~mligare/LPP.html](http://www.eg.bucknell.edu/~mligare/LPP.html)

Lewisburg Prison Project educates prisoners as to their civil rights and distributes a variety of legal bulletins and publications, written in non-technical laymen's terms, at a minimal cost. We accept stamps and self-addressed stamped envelopes as payment. Write for a free list of materials offered.

**• National Center on Institutions and Alternatives**

3125 Mt. Vernon Ave, Alexandria VA 22305 / Tel: (703) 684-0373 / E-mail: [info@ncianet.org](mailto:info@ncianet.org) / Website: [www.ncianet.org](http://www.ncianet.org)

It is the mission of NCIA to help create a society in which all persons who come into contact with the human service or correctional systems will be provided an environment of individual care, concern, and treatment. NCIA is dedicated to developing quality programs and professional services that advocate timely intervention and unconditional care. Our goal is to reduce the reliance on institutions in criminal justice proceedings by utilizing alternatives such as community service, addressing substance abuse problems, and by using a third party monitor. We offer pre-sentence investigative services, parole release reports, and we provide public information on criminal justice matters.

**• National CURE (Citizens United for Rehabilitation of Errants)**

PO Box 2310, National Capitol Station, Washington DC 20013 / Tel: (202) 789-2126 no collect calls / E-mail: [cure@curenational.org](mailto:cure@curenational.org) / Website: [www.curenational.org](http://www.curenational.org)

A national grass roots organization dedicated to the reduction of crime through the reform of the criminal justice system. CURE is a membership organization of families of prisoners, prisoners, former prisoners, and other concerned citizens. CURE's two goals are to use prisons only for those who have to be in them, and for those who have to be in them, to provide them all the rehabilitative opportunities they need to turn their lives around. Inmates may write to request our newsletter or further information.

**• The National Death Row Assistance Network of CURE (NDRAN)**

Claudia Whitman, 6 Tolman Rd, Peaks Island ME 04108 / Tel: (888) 255-6196 / E-mail: [claudia@celldoor.com](mailto:claudia@celldoor.com) / Website: [www.ndran.org](http://www.ndran.org)

The National Death Row Assistance Network of CURE is a new organization formed to help death row prisoners across the United States gain access to legal, financial, and community support and to assist individual prisoner's efforts to act as self-advocates.

**• National Lawyers Guild**

132 Nassau St. Room #922, New York NY 10038 / Tel: (212) 679-5100 / Website: [www.nlg.org](http://www.nlg.org)

The National Lawyers Guild is an association dedicated to the need for basic change in the structure of our political and economic system. We provide self-help law kits free of charge to assist inmates in representing themselves and their own cases or in assisting others. The self-help kits are written in an easy to use language that tells you how to file civil complaints, how to deal with grievances, and most other legal matters that you would encounter in the course of being imprisoned.

**• National Legal Aid & Defender Association**

1625 K St NW Suite 800, Washington DC 20006-1604/ Tel: (202) 452-0620 / E-mail: [info@nlada.org](mailto:info@nlada.org) / Website: [www.nlada.org](http://www.nlada.org)

NLADA is the nation's leading advocate for front-line attorneys and other equal justice professionals—those who make a difference in the lives of low-income clients and their families and communities. Representing legal aid and defender programs, as well as individual advocates, NLADA is proud to be the oldest and largest national, nonprofit membership association devoting 100 percent of its resources to serving the broad equal justice community. National listing of free legal services.

**• Prison Law Office**

General Delivery, San Quentin CA 94964 / Tel: (415) 457-9144 / Website: [www.prisonlaw.com](http://www.prisonlaw.com)

The Prison Law Office provides free legal services to California state prisoners (only), and occasionally to California state parolees. Our assistance is generally limited to cases regarding conditions of confinement. The office attempts to resolve such cases informally, if possible (by advocating to prison officials), or through formal litigation. We also offer numerous self-help law manuals free of charge.

**• Prison Legal News**

2400 N.W. 80th St #148, Seattle WA 98117-4449 / Tel: (206) 246-1022 / E-mail: [info@prisonlegalnews.org](mailto:info@prisonlegalnews.org) / Website: [www.prisonlegalnews.org](http://www.prisonlegalnews.org)

Prison Legal News is an independent 36-page monthly publication that provides a cutting edge review and analysis of prisoner rights, court rulings, and news about prison issues. PLN has a national focus on both state and federal prison issues, with international coverage as well. PLN is subscribed to and read by civil and criminal trial and appellate attorneys, judges, public defenders, journalists, academics, paralegals, prison rights activists, students, family members of prisoners, concerned private individuals, politicians, and state-level government officials. PLN will mail, at no charge, an informational brochure, a brochure of the legal and prisoner oriented books it sells, a calendar, and a bookmark to any prisoner in the U.S.

## **Book Programs**

### **• The Aleph Institute**

9540 Collins Ave, Surfside FL 33154 / Tel: (305) 864-5553 / Website: [www.alephinstitute.org](http://www.alephinstitute.org)  
Aleph is a not-for-profit national organization which has created and implemented a host of programs over the past 20 years that provide alternatives to incarceration, rehabilitate inmates, counsel and assist their families, and provide moral and ethical educational programs inculcating universal truths and concepts common to all of humanity. Jewish inmates may write to receive free books, regular monthly literature, holiday offerings, and family programs.

### **• Books for Prisoners**

c/o Groundwork Books, 0323 Student Center, La Jolla CA 92037 / Tel: (858) 452-9625 / E-mail: [groundwork@libertad.ucsd.edu](mailto:groundwork@libertad.ucsd.edu)  
Groundwork Books offers up to two books per person, free of charge. Send your request, specifying your interests, and we will send you a detailed booklet for that area of interest. Subjects: politics, spirituality, feminism, dictionaries, culture, social criticism, and select novels. Stamp donations are appreciated but not required.

### **• Books Through Bars**

4722 Baltimore Ave, Philadelphia PA 19143 / Tel: (215) 727-8170 / E-mail: [info@BooksThroughBars.org](mailto:info@BooksThroughBars.org) / Website: [www.BooksThroughBars.org](http://www.BooksThroughBars.org)  
We offer a wide range of reading materials free of charge to inmates. Request books by topic and specific subject areas (for example: novels, self-help, American history, etc.). If you wish, you may request specific titles or authors, however, we may not be able to provide these. No legal books. Donations, including stamps, are greatly appreciated. Please send information regarding prison regulations for reading material being sent in. Allow 3 to 4 months for delivery. Only serving prisoners in PA, NJ, NY, DE, MD, VA, WV.

### **• Books to Prisoners (BTP)**

92 Pike St Box A, Seattle WA 98104  
BTP sends donated books to prisoners. Choice of books is limited. Please send a list of topics you are interested in. No legal or religious books. It may take six to eight months for material to arrive, please be patient. Donations of stamps are appreciated.

### **• The Granite Publishing Group**

PO Box 1429, Columbus NC 28722 / Tel: (828) 894-8444 / E-mail: [brian@5thworld.com](mailto:brian@5thworld.com) / Website: <http://5thworld.com>  
Inmates may write to receive free books on subjects that support the cultivation of planetary consciousness. The metaphysical/transformational subjects of our books range from Native American spirituality to the extraterrestrial presence. Please send postage if possible.

### **• The Inside Books Project**

c/o 12th Street Books, 827 West 12th St, Austin TX 78701 / Tel: (512) 647-4803 / E-mail: [insidebooksproject@yahoo.com](mailto:insidebooksproject@yahoo.com)  
We send books free of charge to Texas inmates only. Please expect a three to six month wait. We also offer a resource list and a free newsletter. Donations and/or stamps are appreciated if possible.

### **• Jewish Prisoner Services International**

PO Box 85840, Seattle WA 98145-1840 / Tel: (206) 985-0577 / Emergency Collect: (206) 528-0363  
Offers support, referrals, guidance, educational and religious programs, pen pal service, free Jewish books (to Jewish inmates only).

**• Prison Book Program**

c/o Lucy Parson's Bookstore, 1306 Hancock St, Quincy MA 02169 / Tel: (617) 423-3298/ E-mail: [info@prisonbookprogram.org](mailto:info@prisonbookprogram.org) / Website: [www.prisonbookprogram.org](http://www.prisonbookprogram.org)

The Prison Book Program has been supplying individuals and groups of prisoners with free, quality reading material since 1972. We believe that literacy and access to reading materials are crucial for the personal, spiritual, and political development of all people. We offer a free National Prisoner Resource List to all prisoners. We do not offer a catalog of books, so please request books by topics. When requesting books, please send us your prison's restrictions on reading material. Donations, including stamps, are always welcome. Be patient, we have over a 3 month backlog of requests. We do not send books to Texas, California, Michigan, Nevada, Oregon, or Maryland (except Jessup).

**• Prison Book Project**

PO Box 396, Amherst MA 01004-0396 / Tel: (413) 584-8975 ext. 208 / E-mail: [info@prisonbooks.org](mailto:info@prisonbooks.org) / Website: [www.prisonbooks.org](http://www.prisonbooks.org)

You may request books by topics of interest. We do our best to meet the needs and demands of inmates. You may also request a specific book and we will try to find it for you. No mailing list or catalogue. Donations of artwork and poetry for fundraising greatly appreciated. Sorry, no Texas inmates.

**• Prisoners Literature Project**

c/o Bound Together Bookstore, 1369 Haight St, San Francisco CA 94117 / Email: [prisonlit@yahoo.com](mailto:prisonlit@yahoo.com) / Website: [www.prisonersliteratureproject.com](http://www.prisonersliteratureproject.com)

Please request types of books—not specific titles. No legal books. Stamps or donations are greatly appreciated but are not required. Sorry, no Texas or Oregon prisoners. Only 1 request per year and please note, there is a several month delay.

**• The Prison Library Project**

915 West Foothill Blvd PMB 128, Claremont CA 91711

The Prison Library Project supplies books free of charge to inmates who request them. We try to provide an ongoing invitation to prisoners to embrace personal responsibility, growth, and a deeper appreciation for the world of books, ideas, and education. We offer books on self-help, personal and spiritual growth, wellness, and metaphysical books. No law books, technical, or GED, and no catalogue.

**• Real Cost of Prisons Project**

5 Warfield Place, Northampton MA 01060 / Email: [info@realcostofprisons.org](mailto:info@realcostofprisons.org) / Website: [www.realcostofprisons.org](http://www.realcostofprisons.org)

RCPP works to strengthen and deepen the organizing capacity of people and communities struggling to end mass incarceration. Resources include a website with useful up-to-date research, books, links to hundreds of organizations, PDF's of RCPP created materials, including three comic books ( ***Prison Town – Paying the Price, Prisoners of a Hard Life – Women and Their Children, and Prisoners of the War on Drugs*** ) and the newest sections "Comix from Inside" and "Writing from Prison." Our comic books are free to prisoners and to organizers, advocates, family support groups, educators and others.

**• San Diego California Coalition for Women Prisoners (SDCCWP)**

SDCCWP c/o World Beat Center, 2100 Park Blvd, San Diego CA 92101 / Tel: (619) 987-7553 SDCCWP sends books to women prisoners on various women's and political issues. Please write to request a free book list. Stamp donations are appreciated to pay for shipping.

**• Wisconsin Books to Prisoners Project**

c/o Madison Infoshop, 1019 Williamson St. #B, Madison WI 53703 / Tel: (608) 262-9036 / Website: <http://lists.madimc.org/~infoshop/wbtp/>

Wisconsin Books to Prisoners is an all-volunteer, non-profit organization that sends books to prisoners in the state of Wisconsin , however, we do respond to requests from all over the country. WBTP believes that books are tools for learning and opening minds to new ideas and

possibilities. By providing books to prisoners, we hope to foster a love of reading and encourage the pursuit of knowledge and self-improvement. Incarcerated individuals may send us their requests for books. We attempt to provide the requested materials from our stock of donated books. We also provide books directly to prison libraries.

**• American Friends Service Committee Prison Watch Project**

89 Market St, Newark NJ 07102 / Tel: (973) 643-3192 / Website: [www.afsc.org](http://www.afsc.org)

The American Friends Service Committee is a practical expression of the faith of the Religious Society of Friends (Quakers). Committed to the principles of nonviolence and justice, it seeks in its work and witness to draw on the transforming power of love, human and divine. We provide human rights advocacy and monitoring on behalf of US prisoners. Prisoners may report human rights violations and write to us for further information. We also offer the **Survivor's Manual**, free of charge, written by and for people living in solitary confinement or control units.

**Most free book programs rely entirely on donations and volunteer labor. You will rarely be able to get the exact material you may need. Fortunately, there are booksellers that carry books that you can probably afford:**

**Hamilton Books** is a reliable company that **sells** very-low-cost books in a huge variety of categories. Write for a free catalog: HamiltonBook.com  
Falls Village, CT 06031-5010 [service@hamiltonbook.com](mailto:service@hamiltonbook.com)

**Daedalus Books & Music** sells deep-discount quality books. Write for a catalog:  
P.O. Box 6000 Columbia, MD 21045-6000

### **Creative Outlets:**

**• Pen Prison Writing Program**

Pen American Center, 588 Broadway Suite 303, New York NY 10012 / Tel: (212) 334-1660 ext: 117 / E-mail: [prisonwriting@pen.org](mailto:prisonwriting@pen.org) / Website: [www.pen.org](http://www.pen.org)  
Upon request, we will send inmates, free of charge, a writing handbook offering information on the craft of creative writing, places to send your work and a list of organizations and resources for writers. We also sponsor an annual writing contest for prisoners.

**Prison Art Gallery**, 1600 K Street NW, Suite 501, Washington, DC 20006 Write for details on submitting your artwork for display and possible sale. E-mail: Staff@PrisonsFoundation.org Phone: 202-393-1511

Please offer this resource guide to your prison librarian or chaplin for copying and distribution. Thank you!

**If you discover that any of the information given here is incorrect, please help us correct it! Send us a letter with details so we can update this sheet. Your feedback is vital. Thank you!**