

THE DEN

Project Clean Slate's Detroit Expungement Newsletter

welcome back!

This month, Project Clean Slate is observing National Mental Health Month - which raises awareness of trauma and the impact it can have on physical, emotional, and mental well-being.

This edition of the **DEN** will bring awareness to the negative impact that a criminal record has on mental health, ways to cope with the negative stigma, and resources available for support.

stats

2022

Detroiters Registered	1,803
Applications Filed	769
Expungements Granted	486

Newsletter Highlights

MENTAL HEALTH AWARENESS MONTH

COMING UP

CLIENT CORNER

Project Clean Slate
projectcleanslate@
detroitmi.gov
(313) 237 - 3024



PROJECT
Clean Slate

The Impact of a Criminal Record on Mental Health

There are countless Detroiters whose lives have been upended because of the negative impacts associated with having a criminal record. In Detroit alone, it is estimated that there are 215,000 Detroiters with criminal backgrounds. Despite this overwhelming commonality, people with convictions on their background often do not talk about their experiences with others. If they do, they run the risk of having friends or family treat them differently. This discrimination or stigma can cause pain, loneliness, and constant worry. When applying for jobs, people with convictions face the constant and frustrating reminder of their past through background checks. Some people apply to dozens of jobs each day - waiting anxiously for a callback. It is a massive effort that would take a toll on anyone's mental health.

Stigma, discrimination, and repeated rejection often reinforce the feeling of being "less than." 82% of Project Clean Slate (PCS) clients cite the removal of stigma as the greatest benefit of expungement, which is why PCS is important to so many Detroiters. It is not uncommon for clients to cry out of happiness and relief when they learn their expungements have been granted.

Expungement can eliminate the barriers that criminal convictions have on employment, housing, and education, in addition to improving the emotional and social well-being of Detroiters. Those whose records have been cleared are freed from the stigma of their convictions; they do not fear background checks or what a potential landlord will think of them.

With that said, Project Clean Slate has been at the forefront of removing barriers to opportunity for Detroiters with criminal records, having served hundreds of people whose records prevented their full employment, housing, and education. With a limited scope, one may wonder whether expungement is really a useful remedy for the one in three Americans with a criminal record.

Based on the research, data, and most importantly, the lived experiences of PCS clients, PCS is convinced: Expungement can be life-changing for the thousands of Detroiters who qualify. The Client Corner section of this newsletter is proof, as it highlights stories of people whose lives were improved by the support of PCS and having their criminal cases expunged. We often hear from clients after their expungements are completed that they have been able to obtain housing, advance their employment, or attend their children's school events. Clients have even used words like "unburdened", "unshackled" and "set free" to describe the feeling they have knowing their criminal convictions are now behind them.

At PCS, we believe that no Detroiters should be prevented from moving forward because of a past conviction. PCS was developed to create a Detroit where every expungement-eligible Detroiters can have their convictions expunged - opening a path forward for tens of thousands of Detroiters - physically, mentally, and emotionally.



MENTAL HEALTH AWARENESS MONTH

Mental health matters

4 Ways To Improve Your Mental Health

Get 8-10 hours of sleep



Talk to someone about your feelings



Do things that make you happy



Engage in 1 hour of physical activity a day



coming up

PCS Prep Workshop - Updating Open ICHAT Segments

June 8th 5:00 pm

June 23rd 12:00 pm

If your file was closed due to open judicial segments please email PCSwarrants@detroitmi.gov for more info!

client corner

"First off, I want to give thanks to each and everyone of you who played a part in this journey. I am beyond grateful, you guys and gals are definitely my angels! For years these felonies have hindered me from providing for my family as well as myself. I've been turned away from numerous jobs because of this leading me to take lower paying jobs to make a living...I never thought this would happen for me, I am beyond excited to live a felony free life!!"

"I've always been a hard worker so I would work a lot to make a decent paycheck for myself....Many doors will open for me once this is finalized ,and you ask what are my plans?? As of yet I haven't decided yet what to pursue but I will definitely make good of this! This is my second chance at life, I feel like a new person! person! I am a new person, and I owe it all to all of you! I LOVE Y'ALL AND MAY GOD BLESS YOU ALL WITH ALL THAT YOU DESIRE!!"

- Rodney

To submit an entry/photo for Client Corner please email: PCSprep@detroitmi.gov.



Scan here to check the status of your case!

LOCAL RESOURCES

There is help close to home. Below is a list of some community organizations that specialize in mental health. If you are looking for mental health providers and support organizations for youth, teens, and adults in the Detroit area, consider reaching out to one of the organizations below.

AMERICAN FOUNDATION FOR SUICIDE PREVENTION-MICHIGAN

afsp.org/chapter/michigan

aperry@afsp.org | 810-701-7790

Eliminating the loss of life from suicide by delivering innovative prevention programs, educating the public, and reaching out to those who have lost someone to suicide.

CNS HEALTHCARE

cnshealthcare.org

info@cnshealthcare.org | 248-745-4900

Offering a wide spectrum of community-based support services, psychiatry, medication management, psychotherapy, nursing services, and case management.

COMMON GROUND

commongroundhelps.org

askcommonground@commongroundhelps.org | 800-231-1127

Providing free and confidential counseling, information, and referrals for individuals in crisis; texting and online chat service is available 24 hours a day and 7 days a week.

CALEB'S KIDS

calebskids.org/home.html

info@calebskids.org | 313-437-1609

Providing an outlet for Metro Detroit youth and parents to talk and learn about mental health, mental illness, and suicide with workshops as well as after-school and summer programming.

DETROIT WAYNE HEALTH NETWORK

dwihn.org | 313-344-9099

Serving individuals with mental illness, children with emotional disturbance, and individuals with intellectual and developmental disabilities.

MICHIGAN ASSOCIATION FOR SUICIDE PREVENTION TALK LINE

mymasp.org hoepfner@ceicmh.org

A coalition providing an avenue for local suicide prevention organizations to connect and share resources and links to loss survivor support groups.