



OCTOBER NEWSLETTER | OCTOBER 1, 2026

Connection Is the Foundation

Created by a family, for families.

Over the past few months, we have spent a lot of time talking about what we are building. This month, we want to come back to why we are building it.

Behind every feature, workshop, and conversation is something simple: **a family trying to stay a family.**

When someone you love is incarcerated, connection does not stop mattering. Families on the outside are trying to keep someone they love connected to home. People on the inside are trying to stay connected to birthdays, school stories, work, family decisions, inside jokes, ordinary days, and the people they love.

Some calls feel completely normal. Some are emotional. Some are quiet because neither person knows what to say next. We know those moments because we live them too.

Connection goes both ways. Both sides matter.

LISTENING TO FAMILIES

What the Workshop Reminded Us

Our recent virtual workshop with Project Avary gave us the chance to share Still Here Daily™ with caregivers, but more importantly, it gave us the chance to listen.

We heard about what feels difficult, what helps, and what families wish they had more support with. Those conversations reinforced something we care deeply about: support should consider the person on the outside and the person on the inside.

A conversation tool can help someone at home know what to share. It can also give the person inside more ways to participate, ask questions, share opinions, and feel included in everyday family life.

We want to keep building alongside real families, not in isolation.

CONNECTION LOOKS DIFFERENT

There Is No Single Right Way

Connection might be a nightly phone call. It might be sending the score after a game, telling a story from school, asking what everyone had for dinner, or getting someone's opinion on a decision at home.

It might be siblings laughing about something only they understand. It might be a parent giving advice from the inside. It might be a spouse sharing the ordinary details that help life still feel shared.

The person on the inside is not only receiving updates. They are still a parent, spouse, sibling, son, daughter, or friend. They still have advice to give, jokes to tell, memories to share, and moments they want to be part of.

Sometimes the conversation is deep. Sometimes it is completely ordinary. All of it counts.

FROM LISTENING TO BUILDING

Building for Both Sides of the Connection

Still Here Daily™ began as a way to make everyday conversations easier. As we grow, we are thinking more intentionally about the whole connection.

That means helping people on the outside bring everyday life into messages, calls, video visits, and in person visits. It also means recognizing that people on the inside need room to participate, respond, make decisions, and stay connected to the role they still hold in their family.

We do not have every answer. We do not think anyone does. But listening to people who are actually living this experience is a pretty good place to start.

We want to build what families actually need.

GROWING THE CIRCLE OF SUPPORT

Support Works Better When It Connects

Our work with Project Avary, our conversations with Prison Families Alliance (PFA), and our continued outreach are helping us learn from people who understand different parts of this experience.

We are not interested in duplicating good work that already exists. We want to fill gaps, complement useful resources, and help families find support that makes sense for them.

That includes thinking about the needs of caregivers and loved ones on the outside without forgetting the person living this experience on the inside.

There is room for all of us in this work.

A QUICK WORKBOOK PREVIEW

The Locked In Family Support™ Workbook is being created for people on the inside as well as the loved ones supporting them from the outside. Some pages will offer individual reflection, while others are intended to help both sides communicate, understand each other's experience, and think about what comes next.

OCTOBER CONNECTION CHALLENGE

Ask One Question You Have Never Asked

Whether you are on the inside or the outside, choose one question and let the conversation go wherever it goes.

- What is one ordinary thing you miss doing together?
- What is something in my life you want to hear more about?
- What is one thing you want my opinion on?
- What should we make sure we do together someday?

You do not need the perfect conversation. Sometimes you just need somewhere to start.

WHAT WE ARE WORKING TOWARD

A Bigger Vision, Built Carefully

Still Here Daily™ helps with everyday connection. The workbook is meant to go deeper. Workshops and organizational relationships help us listen, learn, and reach more people.

Some ideas are still ideas. Some are actively being built. Some will probably change as we learn more. That is okay.

We do not want to build something just because we can. We want to build what people on both sides of incarceration actually need.

Still Part of the Family

Incarceration changes where someone lives, how often a family can see each other, and how birthdays, holidays, decisions, and everyday life are shared. It does not erase someone's place in the family.

People on the inside still want to hear the small stories, celebrate wins, give advice, laugh, help make decisions, and feel like their voice matters. People on the outside need connection too. They need to feel heard, supported, and reminded that they are not carrying the relationship alone.

A website cannot fix incarceration, and a workbook cannot answer every question. But one conversation can remind someone that they are still part of a family.

Looking toward November: Next month, we will focus on staying connected through the holidays, sharing traditions when someone is away, and finding meaningful ways for people on both sides to still feel included.

We're still building. We're still learning. And we're still here.

Still Here Daily™

Presented by Locked In Family Support™

Where you are doesn't define who you are.™

Somehow, someday, someday.™