

**Committee on County Criminal Justice System Best Practices for the
21st Century – Annual Award Program 2020
Honoring Best Practices County Jail Programming**

OFFICIAL ENTRY FORM

Entrants must complete all sections for the entry to be considered complete. A copy of this official entry is available at <http://www.pacounties.org/ProgramServices/Pages/Criminal-Justice.aspx>

County	Pike County
County Class	Sixth
Address	175 Pike County Boulevard
City, State, Zip Code	Lords Valley, PA 18428
Primary Contact/Title	Krista Gromalski, Communications Director
Contact Phone	570-296-9805

PROJECT INFORMATION

Title	Model Recidivism Reduction Programs
Project Start Date	2002

NARRATIVE

Enter program narrative that addresses each of the following subject areas, and does so in the order presented below. Entries must be submitting using this form. All sections must be complete. Entries submitted without the required information may be disqualified.

Problem Discussion - Enter comments on the identified need and the background including what programs were in place before the current project, if any, and how it led to this effort. This section is worth 10 points.

Since 2000, the world's prison population has increased by 24%, according to the World Prison Brief, an online database hosted by the Institute for Criminal Policy Research. The United States has the highest incarceration rate, and although the criminal justice system is meant to rehabilitate, incarcerated individuals are often repeat offenders and returning offenders.

Consequently, a high recidivism rate burdens correctional facilities, taxpayers, communities, and families. By investing in the needs of offenders during incarceration, rather than exclusively upon exiting the corrections system, we can ensure people return to their communities equipped and

motivated to contribute to society in sustainable, mutually beneficial ways.

Beginning in 2002, to reduce recidivism at a local level, the Pike County Correctional Facility (PCCF) proactively developed and implemented a unique suite of Offender Programs, which have been successfully providing offenders with tools for personal betterment, preparation for release, and rehabilitation.

All offenders entering PCCF undergo an Admissions Process that assesses needs such as the influence of drugs and alcohol, detox, mental and physical health, suicide risk, and eligibility for PCCF's core Recidivism Reduction Programs. They are also provided a Community Resource Guide that contains a directory of information that will be helpful post-incarceration. This early intervention process has garnered the support of the courts and probation offices.

PCCF offenders currently have access to the skills and expertise of approximately 100 volunteers who assist in offering more than 90 programs. The correctional facility's core Recidivism Reduction Programs include: A.R.R.O.W. (Actively Reducing Recidivism Opens Windows); C.O.R.E (Correctional Offenders Reintegrating Effectively); H.O.P.E (Helping Offenders Promote Excellence); and M.O.R.E. (Motivating Offenders to Reintegrate Effectively).

All of these programs have been designed to create a disciplined, safe and positive correctional environment for everyone, and to provide offenders with the tools for societal success upon release regardless of where they will be residing.

Facility staff members also benefit from offender program participation in a variety of ways. Housing Units tend to be quieter when offenders are attending programs. This equates to smaller groups of offenders to monitor, and when program attendees return from a program, they tend to be in a better frame of mind. Offenders who are seriously involved in their rehabilitation are easier to manage and learn to assume responsibility for their own behavior. Offenders who invest themselves in the recovery process are more cooperative and are able to get along better with everyone.

The results of PCCF's programming include a positive correctional environment with an exceptionally low recidivism rate. For example, the rate of recidivism throughout the rest of the country hovers at 70%, according to the United States Department of Justice. Consequently, our country's current rate of incarceration in conjunction with the continued application of antiquated offender treatment has resulted in unmanageable correctional costs.

The PCCF recidivism rate over last 3 years is 19%. The facility's Recidivism Reduction Programs play a central role in this achievement. Using PCCF's Recidivism Reduction Programs as a model can potentially conserve taxpayer dollars and positively benefit offenders, their families, and our local communities.

Background – Enter history of the project, including any evidenced-based approaches to divert individuals from further penetration into the juvenile or adult justice system, community involvement strategies, formation of stakeholder groups, county- wide planning strategies, etc. This section is worth 20 points.

The Pike County Correctional Facility's longstanding Recidivism Reduction programs have proven effective since being implemented in 2002. PCCF's core programs include: A.R.R.O.W. (Actively Reducing Recidivism Opens Windows); C.O.R.E (Correctional Offenders Reintegrating Effectively); H.O.P.E (Helping Offenders Promote Excellence); and M.O.R.E. (Motivating Offenders to Reintegrate Effectively). Although these programs have evolved over the years, in particular to update educational materials and utilize additional facility space, they have not significantly veered from their initial intent to equip offenders with tools for personal betterment, preparation for release, and rehabilitation.

In January of 2014, the Pike County Correctional Facility became a G.E.D. testing site which provides offenders the opportunity to study and take their G.E.D while they are incarcerated.

The A.R.R.O.W. (Actively Reducing Recidivism Opens Windows) Program at the Pike County Correctional Facility provides participants with an environment which is similar to a highly structured family, where there are moral and ethical boundaries independent of those occasioned by the facility setting.

The program teaches and promotes pro-social values and emphasizes a positive work ethic, self-discipline, and positive personal characteristics including: honesty, personal responsibility, community responsibility, and the requisite concern for family and peers.

Defining characteristics of the program are that participants embrace an open mind and a supportive attitude. The result is an environment where program participants address each other's negative experiences, behavior, and attitudes in a positive manner which enables appropriate resolution and personal growth. Offenders enjoy an open, trusting and safe environment where personal disclosure is encouraged.

The A.R.R.O.W. Program is ninety (90) days in duration. The program consists of four major components:

- Positive Life Skills
- Drug and Alcohol Rehabilitation
- Employment Skills
- Reintegrating Successfully

Program curriculum addresses how to write a journal, confrontation avoidance techniques, how to achieve effective time management, and career development. Participants focus on departure from inappropriate choices and lifestyles while learning to develop new concepts of comprehensive wellness. Participants will examine emotional wellness, parenting skills,

interpersonal communication skills, understanding their feelings, anger management, written communication, conflict resolution and problem solving, as well as how to access social services and community resources. Topics such as housing, medical care, employment skills, and financial management are discussed with a treatment counselor to prepare for successful reintegration into society. In addition, each participant receives various types of individual counseling services as necessary. The program emphasizes the fact that personal change is possible in such a way that an ex-offender can learn to live peacefully and comfortably as a productive member of the community.

The Pike County Correctional Facility A.R.R.O.W. Program is based upon five basic principles.

1. Every participant is considered to be a person of worth and value.
2. Participation is voluntary. No one can be forced to change; participants must desire a change in their life.
3. Change will not occur on its own. Change comes as a result of hard work and dedication, as passivity and idleness will accomplish nothing.
4. Effective change for the participant must involve acceptance of their past digressions and they must dedicate themselves to becoming a productive, lawful citizen.
5. Post release societal success is possible for anyone at any time with no prerequisite beyond the sincere desire to change. Programming focuses on reinvigorating all aspects of the whole person, including the physical, emotional, and psychological self.

Offenders who successfully complete the A.R.R.O.W. Program and meet all program requirements will be eligible for a letter of recommendation from the Warden, which may be used for parole. They will receive an A.R.R.O.W. Program Certificate of Completion as well as a Food Services certificate for their work in the facility kitchen.

Upon successfully completing thirty (30) days in the A.R.R.O.W. Program, eligible participants will participate in **the C.O.R.E. (Correctional Offenders Reintegrating Effectively) Program**. Only Pike County offenders who are sentenced and who have not committed sex related or violent crimes qualify for the C.O.R.E. Program.

C.O.R.E. Program participants work outside of the facility while learning a variety of occupational skills. This is an opportunity for offenders to gain an invaluable work ethic and employment skills while they prepare for their inevitable return back into the community. C.O.R.E. Program participants are required to attend the C.O.R.E. Work Ethic Program, as well as A.R.R.O.W. programs for a minimum of ninety (90) days.

The C.O.R.E. Program is intended to begin as the A.R.R.O.W. Program is in progress. C.O.R.E. Program participants are involved in community service activities, small engine repair, outdoor landscaping, indoor and outdoor maintenance, chain saw operation, roofing and framing, sheet rocking, painting, snow removal, equipment maintenance and wastewater treatment duties.

Many projects which C.O.R.E. participants complete for county entities save incalculable amounts of funds which would have been spent on the necessary work in the absence of this program. The work completed is of the highest quality, and the offenders are ultimately very proud of a job well done.

All C.O.R.E. work assignments are performed under the direct supervision of elite, highly trained Correctional Officers. These officers undergo extensive training and establish levels of ability, dedication and professionalism. These Officers perform as role models for program participants, establishing high levels of motivation, professionalism, and skill which are sought in all valuable employees.

To facilitate completion of these work assignments, participants must focus on the task at hand, and continue to employ solid work ethics.

To maintain C.O.R.E. participants' exposure to counseling and programs, they are required to continue participation in all scheduled A.R.R.O.W. programs, thus ensuring consistent focus on rehabilitation.

The H.O.P.E. Program (Helping Offenders Promote Excellence) is comprised of female offenders. The program's philosophy dictates that each participant must be viewed as an individual with their own unique strengths and weaknesses. Each participant is considered to be a person of worth and value. Each participant must have a desire to change, to develop new life skills, and to learn to live successfully as productive members of the community. This change can only occur as a direct result of purposeful action. The universal understanding is that effective change is only possible when the individual restructures their view of self and the world.

The H.O.P.E. Program is designed to encourage personal progress, and promote positive relationships within highly structured program boundaries with stated expectations and direct confrontation of the individual's self-defeating behaviors, values, and attitudes. In addition, it is intended to help participants address issues of criminality, addiction, self-awareness, and emotional well-being. Any general population female offender, regardless of their charges, is eligible to participate in the H.O.P.E. Program.

Participants contribute to Housing Unit cleanliness and must maintain a clear disciplinary record during their incarceration. H.O.P.E. Participants are encouraged to work together to create a safe and motivational environment to help promote supportive attitudes.

The H.O.P.E. Program is ninety (90) days in duration. It includes SMART Recovery, Alcoholics Anonymous, Relapse Prevention, Life Skills, Rational Emotive Therapy, Forgiveness, Anger Management, Assess Your Stress, Women's Issues, Parenting, Happiness, Domestic Abuse/Violence Education, Relationship Building, HIV Education, The Rough Path, Looming, Employment Skills, and Money Management programs.

All those who successfully complete the program are presented with a certificate of completion and a letter of recommendation from the Warden. In addition, they will continue attending at least one (1) H.O.P.E. Program of their choosing per week, and a needs assessment is conducted by the treatment counselor to determine how to best assist the participant throughout their incarceration as well as for when they are released.

The M.O.R.E. Program (Motivating Offenders to Reintegrate Effectively) is available to all male general population offenders who do not meet the eligibility criteria for the A.R.R.O.W. Program.

The M.O.R.E. Program is designed to provide offenders with the opportunity to develop new skills and coping strategies in an effort to promote post incarceration success in all areas of personal development and community reintegration including emotional, physical, and social. The M.O.R.E. Program enables participants who want to change to develop new life skills and learn to live successfully as productive members of the community.

M.O.R.E. participants must complete all homework assignments, maintain a clean disciplinary record and are encouraged to maintain facility jobs unless they are not medically cleared to work. Facility worker positions include custodian, laundry worker, afternoon kitchen worker, facility painter, and housing unit worker.

The M.O.R.E. Program is a ninety (90) day program consisting of Anger Management, Men's Issues, Drug & Alcohol Awareness Programs, Rational Emotive Therapy, Relapse Prevention, Parenting Skills, Reintegrating Successfully, Employment Skills, Healthy Relationships, Life Skills, and Stress Management.

Participants who successfully complete the M.O.R.E. Program and maintain a disciplinary free record will be eligible for a letter of recommendation from the Warden.

To extend and support these cutting-edge Recidivism Reduction programs at PCCF, in 2018 the Pike County Commissioners and Criminal Justice Advisory Board called for establishing a formal **Reentry Coalition** involving a broad base of community stakeholders.

The county was awarded a \$15,000 grant from the Pennsylvania Commission on Crime & Delinquency to retain a consultant to assist with establishment of the coalition and development of its strategic plan. The Pike County Reentry Coalition officially launched in early 2019 to further help reduce recidivism among offenders at the Pike County Correctional Facility, and to ensure that a follow-up plan is in place that creates opportunities for former-offenders to move forward in life. This initiative also directly relates to the ongoing work of the Pike County Opioid Task Force, as addiction and drug-related crimes are, in many cases, a contributing factor to incarceration and recidivism.

The Pike County Opioid Task Force, which was established in 2018, leverages public and private partnerships to support and implement effective evidence-based treatment and prevention programs. Facilitated by the Carbon, Monroe, Pike Drug and Alcohol Commission, the Opioid Task Force meets monthly to address the issue of addiction, reducing stigma, and improving the health of local residents.

The task force collaborated with the University of Pittsburgh to create a three-year strategic plan that includes input and perspectives from community members. Its primary areas of focus include: prevention, reducing stigma, enhancing the continuum of care in the treatment and recovery process, improving public safety issues associated with substance use and related overdoses, decreasing the supply of illicit drugs, implementing harm reduction strategies, and increasing coordination between law enforcement and healthcare/human service entities to support recovery from addiction and improve the wellness of our communities.

PCCF Wardens and Treatment Counselors regularly attend and participate in both the Reentry Coalition and Opioid Task Force meetings.

In late 2019, the Coalition and Task Force agreed to merge their meetings throughout 2020 to strengthen efforts on these intertwined issues.

Soundness of approach – Enter a description of the ways the project conforms to either program themes or goals as established in the criteria. This section is worth 20 points

The development and long-term implementation of the Pike County Correctional Facility's model Recidivism Reduction Programs specifically relates to several of the Award themes and goals.

- **Addressing the Opioid Crisis** - The opioid epidemic is a nationwide crisis. Pennsylvania is in the top 10 for overdose deaths nationwide. In Pike County, 59 residents were lost to overdose since 2015. PCCF staff immediately assesses every offender for their needs related detoxification and drug and alcohol treatment and counseling. PCCF staff includes 3 full-time Treatment Counselors. As well, all Recidivism Reduction Programs include a strong focus on drug and alcohol treatment and counseling. Dovetailing with these important efforts, the Pike County Opioid Task Force leverages public and private partnerships to support and implement effective evidence-based treatment and prevention programs. The Task Force is facilitated by the Carbon, Monroe, Pike Drug and Alcohol Commission, an organization which provides treatment services to offenders of the Pike County Correctional Facility, and actively participates with the Pike County Reentry Coalition. PCCF Wardens and Treatment Counselors regularly attend and participate in meetings of both the Reentry Coalition and Opioid Task Force. The Coalition and Task Force now host conjoined meetings to strengthen efforts on these intertwined issues.
- **Reducing the Number of Offenders with Mental Illnesses**- The Pike County Correctional Facility staff includes a full-time licensed mental health clinician. And, PCCF was one of the first institutions in the state to join Stepping Up, a national initiative to reduce the number of people with mental illnesses in jails. Stepping Up helps PCCF to develop cross-systems, data-driven strategies that can lead to measurable reductions in the number of people with mental illnesses and co-occurring disorders in jail.
- **Re-entry Initiatives and Local Collaborations** – the Pike County Correctional Facility has consistently leveraged public and private partnerships to create innovative solutions to challenging

issues such as the opioid epidemic and recidivism. In early 2019, the Pike County Reentry Coalition officially launched to help reduce recidivism among offenders at the Pike County Correctional Facility, and to enhance PCCF programming and further ensure that a follow-up plan is in place that creates opportunities for former-offenders to move forward in life.

- **Evidence-Based Correctional Programming** – Recidivism Reduction and other treatment programs at PCCF are specifically evidence based in that they have proven effective over the course of close to 20 years of implementation, and have resulted in better facility conditions for both staff and offenders as well as a recidivism rate that is significantly lower than the national average.
 - *Intake assessment of need/risk levels* – All offenders entering PCCF undergo an Admissions Process that assesses needs such as the influence of drugs and alcohol, detox, mental and physical health, suicide risk, and eligibility for PCCF's core Recidivism Reduction Programs. Further, PCCF's Recidivism Programs include additional needs assessment. For example, The H.O.P.E. Program Needs Assessment includes:
 - ✓ Determining highest level of education received. (If the participant does not have a High School Diploma or equivalent, there are required to enroll in GED courses within the facility.)
 - ✓ Identifying history of drug and alcohol use and procuring the appropriate treatment throughout their incarceration and upon release.
 - ✓ Preparation for employment including creating resumes, cover letters, and interview techniques.
 - ✓ Encouraging additional program attendance and participation outside of the H.O.P.E. Program. (Examples consist of enrolling in Carbon Monroe Pike Drug and Alcohol Commission, MHDS, Thinking for a Change, Trauma Based Therapy, and Religious or Spiritual based programs/counseling.)
 - ✓ Creating aftercare goals in preparation for reintegration to society which include but, are not limited to, scheduling counseling/mental health services, arranging transportation, locating appropriate housing, learning how to utilize community resources, obtaining health insurance, scheduling job interviews, etc.
 - ✓ H.O.P.E. Programs include SMART Recovery, Alcoholics Anonymous, Relapse Prevention, Life Skills, Rational Emotive Therapy, Forgiveness, Anger Management, Assess Your Stress, Women's Issues, Parenting, Happiness, Domestic Abuse/Violence Education, Relationship Building, HIV Education, The Rough Path, Looming, Employment Skills, and Money Management programs.
 - *Enhancement of offender motivation* – PCCF's goal is to connect offenders with supportive programming as a voluntary option as soon as they enter the facility rather than have programming imposed by the court or probation office. This has proven to increase program effectiveness. It results in more follow through by offenders, and it has garnered the support of the courts and probation offices.
 - *Staff training is consistent with delivery of programs, including positive reinforcement, environments conducive to success* – All of PCCF's Recidivism Reduction Programs are implemented in an environment, which is under the direct supervision of elite, highly

trained Correctional Officers. These officers undergo extensive training to establish levels of ability, dedication and professionalism. They perform as role models for program participants, establishing high levels of motivation, professionalism, and skill which creates a valuable post-incarceration work ethic.

Program Elements – Enter a description of the elements of the project, utility, adaptability, strategies used, community and stakeholder involvement, evidence based approach. This section is worth 20 points.

PCCF's Recidivism Reduction Programs have proven effective over the course of close to 20 years of implementation in large part because the underlying methodology targets a disciplined, safe and positive correctional environment for everyone, while providing offenders with the tools necessary for societal success upon release.

Core tenets of the Programs emphasize the inherent worth and value of each participant and cultivate a conscious desire for a life change through voluntary engagement with the process. This holistic approach addresses a person's physical, emotional, and psychological self while encouraging them to accept and progress beyond their past offenses.

More than 100 active volunteers and a variety of agencies and community groups regularly work with offenders to supplement the programmatic leadership and support of PCCF's Wardens, Correctional Officers, Treatment Counselors, a Mental Health Clinician, and a Carbon Monroe Pike Drug and Alcohol Treatment Specialist.

Public and private partnerships are leveraged to create innovative solutions to recidivism. Stakeholders include private citizens, medical and therapeutic professionals, faith communities, employers, educators, non-profit agencies, and government entities interested in facilitating the transition of offenders back into the community by identifying needs and making referrals to those agencies able to help individuals attain success and independence.

PCCF's evidence-based approach to its programming has resulted in a positive correctional environment with an exceptionally low recidivism rate of 19% over the past three years, in comparison to the national average of 70%, according to the United States Department of Justice. Additionally, PCCF has not experienced a suicide since 1995 and the overdose rate upon release has decreased.

Positive effects on offenders and staff include quieter housing units when offenders are attending programs. This equates to smaller groups of offenders to monitor, and when program attendees return from a program, they tend to be in a better frame of mind.

Offenders who are seriously involved in their rehabilitation are easier to manage and tend to assume responsibility for their own behavior. Offenders who invest themselves in the recovery process are more cooperative and able to find success post-incarceration.

PCCF's unique approach has proven that strategic investments in the needs of offenders during incarceration, rather than exclusively upon exiting the corrections system, can relieve unnecessary burdens on the correctional facility, taxpayers, communities, and families while ensuring that returning citizens are equipped and motivated to contribute to society in sustainable, mutually beneficial ways.

Expectations and Measurable Goals – Enter a description of the costs of the project, how it was funded, projected impact, number of offenders diverted or assisted, utilization of risk assessment, impact on recidivism. This section is worth 20 points

As previously stated, offenders undergo an intake assessment immediately upon entering the Pike County Correctional Facility. They are provided a Community Resource Guide that contains a directory of information that will be helpful post-incarceration, and they are introduced to the appropriate Recidivism Reduction Programs, in which they can voluntarily participate.

PCCF's model programs save taxpayer dollars and create a better environment for staff and offenders. The programs are sustained through fiscally conservative annual budgeting and a closed-loop approach that pairs skilled contract negotiations with reinvestment of commissary and phone communication proceeds.

Pike County incurs no cost for its successful Recidivism Reduction Programs. The Commissioners maintain their commitment to reinvesting commissary and phone proceeds back into PCCF to support offenders on the path to becoming productive reentering citizens, rather than direct the proceeds into the county's General Fund. \$150,000 was reinvested into PCCF's \$10.8 million 2019 budget to continue Recidivism Reduction Programs.

As well, many projects completed by participants within PCCF's Recidivism Reduction Programs save incalculable amounts of funds which would have been spent on the necessary work in the absence of these programs.

Recent initiatives such the Pike County Opioid Task Force and Reentry Coalition have attracted grant funds and partnership resources to support this important work. For example, \$15,000 grant from the Pennsylvania Commission on Crime & Delinquency was key to the establishment of the Reentry Coalition and development of its strategic plan. And, the Opioid Task Force collaborated with the University of Pittsburgh to create a three-year strategic plan that includes input and perspectives from community members. Its primary areas of focus include: prevention, reducing stigma, enhancing the continuum of care in the treatment and recovery process, improving public safety issues associated with substance use and related overdoses, decreasing supply of illicit drugs, implementing harm reduction strategies, and increasing coordination between law enforcement and healthcare/human service entities to support recovery from addiction and improve the wellness of our communities.

The most specific impact these cumulative efforts have had on recidivism is the low recidivism rate of 19% in Pike County, over the past three years, in comparison to the national average of 70%, according to the United States Department of Justice. Additionally, PCCF has not experienced an offender suicide since 1995.

Evaluation/Sustainability – Enter details describing the process for evaluating success including assessment methodologies, data reports, continuation, and determination of success. This section is worth 10 points

The Pike County Correctional Facility defines a recidivist as any offender who returns to incarceration due to re-arrest, reconviction, or return to prison in Pike County with or without a new sentence during a three (3) year time period. (In accordance with the National Institute of Justice definition.).

Currently, the national recidivism rate hovers around 70%, according to the U.S. Department of Justice. However, the Pike County Correctional Facility (PCCF) recidivism rate over last 3 years is

19%. PCCF's Recidivism Reduction Programs play a central role in this low recidivism rate.

PCCF's proactive intake assessment, early introduction to Recidivism Reduction Programs, and emphasis on promoting life change through voluntary engagement with the process, has created a positive correctional environment; alleviated unmanageable corrections costs; and garnered the support of the courts, probation offices, and the Pike County Commissioners.

To continue these evidence-based successes, the Pike County Reentry Coalition was established to leverage public and private partnerships that will enhance PCCF programming and further ensure that a follow-up plan is in place that creates opportunities for former-offenders to move forward in life.

The approach of the Pike County Correctional Facility can be replicated in other facilities to foster similar results within the criminal justice system.

SUPPORTING DOCUMENTS

Please include any supporting documentation to demonstrate the impact of the project in cost or population outcomes, or other data to demonstrate the considerations utilized in determining the scope or design of the project. Scoring will be based on factors including the entrant's description of the problem, the soundness of the approach, and success in meeting goals and objectives. Award submissions will receive consideration for outcomes or best practices supported by data. **SUPPORTING INFORMATION SHOULD BE COPIED AND PASTED DIRECTLY INTO THE FORM USING THE BOX BELOW**

The following are excerpts from PCCF's "Words of Appreciation from the Inmates."

"There are many things that I'm not proud of in my life. But if there is one thing that I have learned, it's not to live with my regrets. If I had to sum up the whole of my existence prior to coming into PCCF, I would have to say that it was one of little motivation and drive to succeed. Basically, I had begun to believe that I was on a one track path to nowhere, and there was little that I could do to stop it. My life became a life without hope. Unfortunately, a life without hope combined without a drive to succeed only leads to negative results... The only thing that could stop me was an act of God, and that's exactly what it took. I began to empathize where I was once apathetic. I felt what I was once unable to feel. It was a catharsis of the heart and mind. Unfortunately for me, the seeds that I had sown previously would wind up growing into some pretty tough weeds. I'm in the process of trimming that garden now. What I want the volunteers to know, is that it is because of people like them, that I feel like I have the ability to succeed where I have always failed in the past. They have given me hope for a future, and any success that may come from it, I dedicate to them and to Almighty God."

“The A.R.R.O.W. Program gave me some hope and faith to go back out into the world (home)... I just want to thank staff for letting me show the program that I could make it on the outside.”

“I feel I know more about being a man and what that consists of. I control my anger in better directions for positive outcomes and not looking like the bad guy.”

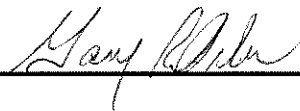
“I have been in the H.O.P.E. Program for over two months now and to be honest I joined to get off the unit and make time go faster. Now thanks to the volunteers that take time out of their busy schedules to come help us, I have started to see a change for the good in myself. It took a little while, but I have come to believe that we are here for a reason. The volunteers have made me realize that this wasn't the ruin of our lives but to help us get them back. A special thanks to the volunteers who come in to do Narcotics and Alcoholics Anonymous meetings, you have helped me truly start my recovery process all over again. I'm learning how to truly start dealing with my addiction and the consequences of my addictions when my addictions were active. Many of the volunteers have helped me to learn more patience, understanding, and coping skills to deal with my feelings and emotions.”

“I have learned a lot about myself, such as ways to changing my behaviors to changing my views and ways of how to have different everyday life situations and different ways to think and act. I've learned to think positive and handle situations as they occur. The volunteers taught us how to deal with everyday life situations while being incarcerated and how to deal with problems on the outside. The different groups and volunteers have broadened my horizons and made me understand a different way of life than I was ever used to.”

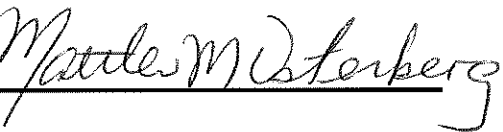
“When I came to PCCF I didn't know that there would be programs to attend and volunteers working with the inmates to help better themselves. I pictured what you see in the movies and was made quite nervous of what happens "behind bars". Once I knew what the A.R.R.O.W. program was all about, I made the move and started to attend the weekly programs that are made available to the population of cell block "C". I started out for the first few weeks of the program very closed minded. The only thing I was thinking about was the Warden's letter of recommendation that I would need in order to be granted parole. I can't say that I agreed with all the material that was offered but as Mrs. Hendricks says 'eat the meat and spit out the bones'. I took those words and started to do exactly that. I started to open up my mind and use the programs as a tool to help better my life and stimulate new growth as a human being. My whole outlook changed and I started to attend the programs with a completely different outlook... I know in my situation that if I had used the anger management skills that I was reminded of I wouldn't be here now. I am taking my whole experience

here as a chance to start over and move on to much bigger and better things. A lot of these lessons that are taught to us here are building blocks towards a more rewarding life. The men and women that donate their time to help out will always be here to lend a hand! They have even inspired me to volunteer my time in the community as well.”

All forms must contain at least one signature. Signatures can be entered electronically, or submitted via fax using a separate form. To sign, right-click on the signature line, select “Signature Setup” from the drop down, and follow the prompts. If submitting signatures on a separate form, enter “FAXING” on the signature line.

X  _____

County Chief Executive Officer

X  _____

Chair of Board of Commissioners

SUBMITTING YOUR ENTRY – To submit the entry, save a copy of this completed form after all information, including signatures and supporting materials have been added. When saving the form, please assure that the document name includes the county name, the type of project and the year – (i.e. FranklinJailAward2020). Address an email to bpenyak@pacounties.org and attach the award submission.