

**THE FREEDOM
TO CHOOSE PROJECT**
Change from the Inside

ANNUAL ACTIVITY REPORT 2018

SUMMARY:

In 2018, The Freedom to Choose Project (FTC) has served 610 (324 women, 286 men) incarcerated individuals with 32,594 hours of FTC programs provided by a team of 198 dedicated volunteers.

Total Volunteers in 2018: 198

First Time FTC Volunteers in 2018: 59

Total Volunteers to date: 592

Total Inmate Program participants in 2018: 610

First Time Inmate Program participants in 2018: 315

Total Inmate Program participants to date: 3,387 (2,689 women, 698 men)





NEW DEVELOPMENTS IN 2018

March 9, 2018 - FTC became certified for Rehabilitative Achievement Credits (RAC) at CIW.

RAC are part of an incentive program to improve the lives of inmates through education, career training and rehabilitation. These programs aim to provide tools to support inmates to succeed when they reenter society. FTC provides approved self-help groups and activities which promote the rehabilitation or positive change in behavior of inmates. By participating in RAC approved programs, inmates can earn credits for good behavior.

September 2018 - FTC became a 2018 Top-Rated charity by Great Nonprofits. This acknowledgement is granted to nonprofits that are rated highly by people who experience their work first hand such as clients served, volunteers and donors.





LARGE PRISON WORKSHOPS - 2018

Five *Pathways to Freedom* prison workshops were held in three Californian prisons, working with both the male and female population. FTC workshops teach communication skills, relationship skills, and also works at the emotional level, offering a specific skill set to heal the underpinnings of anger and release patterns of behavior that undermine a healthy and balanced life.

Each workshop is presented in two consecutive 8-hour days.

Prison	Workshop Dates	Workshop Length (Days)	Nr. of Participants (Completed)	Nr. of Volunteers **	Hours Volunteered (In Workshop Only) **
CCWF	3/17/18 - 3/18/18	2	78 *	69	1104
VSP	5/19/18 - 5/20/18	2	207	78	1248
CIW	6/2/18 - 6/3/18	2	67	63	1008
VSP	9/15/18 - 9/16/18	2	157	76	1216
CCWF	11/10/18 - 11/11/18	2	192	52 ***	832
TOTAL		10	701	338	5408

CCWF – Central California Women’s Facility

CIW – California Institute for Women

VSP – Valley State Prison

* New prison administration. Inmates were not released.

** Does not include Lead Facilitators whose time spent in curriculum development, management, and workshop facilitation is all volunteered. / Does not include all curriculum development, translation, and training time of secondary facilitators. / Does not include preparatory volunteer time of Team Captains, Orientation and Trainings.

*** CCWF Nov 2018 – Woolsey Fire. Many volunteers dropped the workshop to attend to personal emergencies.



FTC MENTOR SUPPORT GROUP (ILTAG) - 2018

Prison institutions organize Inmate Leisure Time Activity Groups (ILTAG) which promote educational, social, cultural and recreational interests of participating inmates. Our ILTAG group is officially called the "FTC ILTAG Mentor Support Group." These classes are led by inmates, supported by FTC volunteers and use curriculum developed by FTC.

This program is open to 'Mentors', inmates who have successfully completed our *Pathways to Freedom* large workshop. Mentor Support Groups take place on Sundays for 2.75-3 hour classes and provides the space and support for the participants to integrate the tools and skills they learned in FTC's large workshops.

Five FTC Mentor Support Group programs were held in the 2018 calendar year. Two of these programs completed in 2018.

CIW L1-S1 consisted of one inmate group, meeting once every week.

The remaining four programs (VSP L1-S4; VSP L2-S1; CIW L1-S2; VSP L1-S5) consisted of two inmate groups with each group meeting once every other week.

Prison	Program	Program Dates	Nr. of Classes (All Groups)	Nr. of Participants (Graduates)	Volunteer Attendance	Nr. of Volunteers	Hours Volunteered (Class Only) **
VSP	Level 1-Series 4	12/10/17 - 7/22/18	18*	110	70*	20*	210*
VSP	Level 2-Series 1	12/10/17 - 5/5/19	44*	TBD	194*	31*	582*
CIW	Level 1-Series 1	2/11/18 - 5/27/18	15	20	49	11	147
CIW	Level 1-Series 2	7/1/18 - 1/6/19	25*	TBD	103*	19*	309*
VSP	Level 1-Series 5	7/15/18 - 3/24/19	20*	TBD	103*	26*	309*
TOTAL			122	130	519	107	1557

CIW – California Institute for Women

VSP – Valley State Prison

* Classes that took place in 2018 only. Total does not represent classes for the entire program.

** Does not include time for curriculum development and project management which is all volunteered.



COMMUNITY EVENTS

February 9, 2018 – An Evening of Spoken Word with Gonzalo. Poetry benefit.

February 17, 2018 – Community Trio Event (CTE) in Poway hosted by Nancy Datte.

April 2, 2018 – Mind & Supermind Lecture at the SBCC School of Extended Learning. FTC Founders David Paul and Bonnie Paul were invited to be guest speakers and presented a lecture titled, “How Selfless Service Can Transform You and the World.”

July 28, 2018 – Community Trio Event (CTE) in Pasadena hosted by Michael Lattimore. Facilitated by Rev. Michael Lattimore & Dr. Karen Peterson, Ph.D.

October 6, 2018 – Community Trio Event (CTE) in Poway hosted by Nancy Datte.

