

VOLUNTEERS NEEDED

We train men and women to work with men, women, and juveniles with a record in various settings. For training dates consult our website at <http://www.100hour.org> or email us at info@100hour.org.

QUALIFICATIONS FOR SUCCESSFUL VOLUNTEERS

- A deep personal relationship with Jesus Christ. A person without this will be uncomfortable with the materials and unable to share how God can help someone to successfully reach personal and spiritual potential and to overcome life's addictions and pitfalls.
- A love for people. Individuals with a record are people, too, and are keenly aware of those that don't want to be around them. They are suspicious of volunteers who only want to come one time and don't want to know them on an ongoing basis. Our curriculum structure will help with this.
- A willingness to listen. Convicts rarely have a chance to have someone just listen to them. Our program provides questions and activities to encourage "getting into the heads and hearts" of prisoners and getting them to talk about the real issues of life.
- Knowing your role. You are not there to give legal or psychological advice. If you accomplish the goals of unit you are teaching, that is a major accomplishment. You are not going to be able to "fix" all the problems.
- A willingness to learn new techniques. The strategies of this curriculum will be new to most lay people. For personal safety and comfort level, the first group should be co-taught with a trained facilitator.
- A commitment to take our Orientation Training plus Specialized Training in one of our six teaching units: **Parenting, Personal Insight, Free to Grow, Anger, Loss and Grief, or Financial Success from Scratch.** See website at <http://www.100hour.org> for details and training dates.
- A commitment to stay with a group for the duration of a unit. The commitment time varies from 4 to 12 sessions, depending on the unit.

DESCRIPTION OF UNITS

- **1 PARENTING** 4 Lessons
This unit is recommended for volunteers who desire the shortest time commitment. It is a vital area for all prisoners, including teenagers. There is a need for much more time on this, but this is a good start.
- **2 PERSONAL INSIGHT** 9 Lessons
This is the most intense of all six units and has the greatest potential for fast and meaningful growth. Its key is its heavy emphasis on group interaction. It is based on the assumption that all of us have to deal with addictions of some type (substances, behavioral, or relationships) and that the answer lies in turning to God and removing the hindrances that keep us from doing so.
- **3 FREE TO GROW** 12 Lessons
Free to Grow focuses on ways to let go of the disappointments of the past so that a new future can be opened up. This is a very important area for all of us, but is of special concern among the incarcerated. The 12-session format allows a sufficient time period for participants to get to know you and open up and share in lesson material. It is the longest of our six units
- **4 ANGER** 9 Lessons
This excellent interactive course has the advantage of focusing on a well-recognized problem – anger management. Since it is so universally recognized as something that prisoners need, it is an easy one in which to get discussion going in and provide guidance. There are many otherwise nice people behind bars who ruined their lives precisely because of one act where they didn't properly handle their anger.
- **5 HANDLING LOSS AND GRIEF** 9 Lessons
Handling grief is handling losses of any type. The

incarcerated many times have more than their share. This unit gives group members a chance to systematically work through this, many for the first time.

- **6 PERSONAL MONEY MANAGEMENT** 9 Lessons

This 7-session unit was specially written for the needs of persons who need to start over financially. Habits of indebtedness and poor time and work management have led to destructive patterns which are hard to break. To ever succeed, however, they must be broken. This unit was specifically developed for and by Florida Inmate Training.

VOLUNTEER TRAINING

Besides providing effective materials for ministry workers, one of our greatest effort areas is training our volunteers to be effective in facilitating small groups and drawing out the thoughts of our clients and helping them to think for themselves and solve problems. Our techniques are actually easier than the lecture method and far more effective. Our training sessions are as much about being successful in "bringing down of strongholds" in personal lives, to quote a scriptural phrase, as it is about our materials. For our next training session, check our web site or email us at info@100hour.org.

ORDERING MATERIALS

Our materials can be ordered from the address below by sending us a check. At the present time, we do not accept credit cards. The startup kit includes 1 facilitator guide and 1 group member guide for each of the six teaching units.

Price list on web at <http://www.100hour.org>.

Order from:

FLORIDA INMATE TRAINING P.O. BOX 21411 BRADENTON, FL 34204-1411

GOALS

- To help prisoners transition to productive, successful living through applying their faith
- To help prisoners and their families in their relationships

OBJECTIVES

- Apply basic mental health principles for successful living
- Improve relationship skills
- Change financial management priorities
- Develop essential life skills

WHY IS OUR 100-HOUR PROGRAM NEEDED?

- It is an intense, comprehensive start at rehabilitation. The needs of this population are very great with major changes in thinking necessary for meaningful improvement
- It is based on constructivist learning theory. People learn more when they are active in the process and interactively share with their peers. AA has been doing this for years.
- It contains significant life-skills training in such areas as anger management and interpersonal relationships. This type of training is often ordered by the courts in sentencing.
- It appeals to faith as the foundation for overcoming addictions and addictive lifestyles. The faith will work if it is stronger than the addiction.
- It provides the structure to get to the real issues that must be dealt with and keep discussions from going off on tangents.
- It provides a safe group structure for prisoners to reevaluate their priorities, not a small undertaking for them.
- Lessons are sequenced and questions are designed to build trust over time.
- It provides training for volunteers in small-group interaction. The six teaching units are structured so that volunteers can plan their time commitments from as few as four sessions to as many as twelve.

WHAT ARE THE THREE FOUNDATIONS OF THE CURRICULUM? See our website for details.

1. **THE FOUR CONCEPTUAL AREAS:** Parenting, Personal Issues, Relationships, and Money Management represent the primary issues that are at the root of addictions and offences against society.
2. **THE FIVE STATE MODULES** emphasize Problem Solving. We have to teach people to solve problems on their own and not be so dependent on everyone else or they won't survive once released.
3. **THE SIX FIT TEACHING UNITS** allow for flexibility in training our volunteers and still allow for an extensive life-skills program for prisoners.

All our curriculum are formatted for small groups with facilitator and group member guides.

LEADERSHIP

Rev. Ed White, Founder/Director; Director of Men's Ministries, Peninsular-Florida District of the Assemblies of God, Lakeland, Florida, ed@100hour.org, 863-670-9712

Dr. Don Pratt, Curriculum Coordinator and Curriculum Trainer; Pastoral Care Pastor, Journey Assembly of God, Bradenton, FL, don@100hour.org, 941-751-4673

Mr. Fred DeMouey, Curriculum Trainer; Secretary-Treasurer of Sowing Seeds Residential Center, www.sowingseedsfl.org, Lakeland, Florida. fred@100hour.org, 863-644-6644

Rev. Philip Hulzebos, Parenting Trainer, Senior Pastor, Trinity Christian Center, Lakeland, FL, Philip@100hour.org, 863-646-2377

Rev. Michael Zarle, Advisory Board Member; Executive Director, The Freedom Center, Lakeland, FL Michael@100hour.org,

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FLORIDA INMATE TRAINING 100 Hour Curriculum

A Faith-Based Rehabilitation Program
to reduce recidivism and make fulfilled
and productive citizens

UNIT/TITLE	Lessons
1 PARENTING - Dad's Coaching Clinic or Parenting Heart (F)	4
2 PERSONAL INSIGHT -Insight	9
3 FREE TO GROW -Overcoming Disappointments and Setbacks	12
4 ANGER	9
5 HANDLING LOSS AND GRIEF	9
6 FINANCIAL RECOVERY - Financial Success from Scratch	7

Web site: <http://www.100hour.org>

Email: info@100hour.org