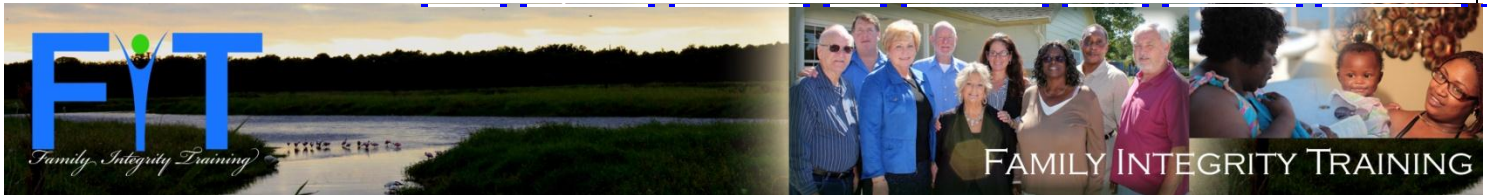




April 2011 Newsletter

www.100hour.org

FIT WEBSITE HAS NEW LOOK AND FEATURES



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FIT Homepage Redesigned

The sample above demonstrates three features that distinguish our new look:

1. Our new name appears at the top!
2. The site navigation bar (black ribbon) is redesigned for simplicity, ease, and functions.
3. The home page navigation bar (yellow and blue) now contains our promotional video (first selectable item in the blue area).

Our thanks to Paul Pratt for his design work as well as for his production of the FIT video (on the blue ribbon, top left – see example above).



NEW eMAIL ADDRESS FOR FIT BUSINESS

For better service, please take note of and use the following email address when contacting FIT:

fit@100hour.org

FIT's "Transitional" Emphasis is Broadly-Based

Transitional Beginnings

FIT was originally founded to provide transitional courses for use in jails and prisons. Now "transitional" includes recovery homes, pregnancy crisis centers, and community centers where men and women can meet court and probations requirements as well as just improve the quality of their lives through our faith-based life skills program. The newest addition is providing our materials for "lifers" in prison – those who will die there. They also need transitioning help. They need help accepting their sentence and learning good citizenship within their own community. Raising their morale will not only lead to fewer prison problems, it will help them to draw closer to God. They also need our family emphasis – they do have family members visit them.

New Emphasis - In an effort to encourage the use of our program with lifers, we would like to share one of the success stories coming from folks who have had "lifers" intermingled in our "transition" classes. This letter is from **Onalee Weber, Classification Officer** at Zephyrhills Correctional Institution, Zephyrhills, FL:

Dear Dr. Pratt - As you know I am teaching Florida Integrity Training here at Zephyrhills C.I. I've had one class finish the program completely and my second class is on the 5th module Parenting 101. When I was asked by our Assistant Warden Mr. Platt if I would be interested in teaching this program I was skeptical at best, but figured I'd give it a try. To see what interest there would be I put flyers out on the compound with a brief description of what it was all about and asked anyone who was interested to send me a request. It had been my understanding this was a re-entry class, but the majority of the requests were coming from inmates that either had life sentences, or 20-40 years before they would get out. I asked Mr. Platt if I could open up the class to everyone with the thought it may very well make a difference on the compound.

As my classes progress through the modules, you can not only see, but feel the changes in attitude. One of the inmates from my first class is my Peer Facilitator in the second class. He is a lifer, but does have a chance at parole. Not only do they come to class prepared, but will bring relevant articles from Time magazine and/or other periodicals to class with them. They are becoming more tolerant of others, they've stopped 'blaming other people' and have taken responsibility for themselves, they continue discussions among themselves, and they recommend the class to other inmates. Since my first flyer I haven't had any trouble filling the classes. It's all word of mouth.

I realize some of these men will never see the outside of the gate again, but I honestly believe that the integrity training has changed their lives for the better. I know some are just taking the course so that it looks good on their record, but those are few and far between. I feel truly blessed to have reached these inmates and that these classes have positively changed so many lives. Some have even sent their books home to their families.

My heartfelt thanks to you and all those who worked so hard to put together this program. From what I've seen, it's changed many lives and I look forward to continuing on and offering this program.

55 in Attendance as FIT Trains Chaplains in District 1 Florida State Prisons



FIT thanks FL DOC Regional Chaplain Director David Ring, Warden Roberts, and the Holmes Correctional Institution at Bonifay, FL for hosting our orientation training conducted specifically for the state prison chaplains of Northern Florida. More and more, the faith factor is coming to be recognized as important in developing life skills in prisoners. No other group recognizes this more than chaplains. FIT was honored to show these men and women its program and possibilities. A follow up session to train an even greater number of volunteer chaplains is in the planning. The session was conducted by Ed White, Fred DeMouey, and Beverly Shatterly.