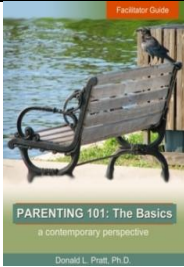


## AREA 1 PARENTING 5-18 Lessons



**Parenting101**

This basic parenting book specifically addresses issues that the incarcerated, addicted, and homeless populations face. It helps clients to self-evaluate areas so often neglected by other programs. This book was specifically created for the FIT curriculum.

**5 Lessons. Separate Facilitator and Group Member Guides**



**Godly Parenting**

The longest and most academic course, this series emphasizes parenting and disciplining based on the stages of development. There are separate lessons on each stage of development from prebirth to adult children. This book was written by a MD and is appropriate where extensive, age-appropriate materials are needed.

**13 Lessons. Separate Facilitator and Group Member Guides**

## AREA 2 PERSONAL INTEGRITY 9 Lessons



**Insight**

This is the most intense of all six units and has great 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.

**9 Lessons. Separate Facilitator and Group Member Guides**

## AREA 3 DECISION MAKING 12 Lessons



**Free to Grow**

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

**12 Lessons. Separate Facilitator and Group Member Guides**

## AREA 4 ANGER MANAGEMENT 9 Lessons

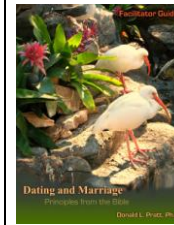


**Anger**

This excellent interactive course has the advantage of focusing on a well-recognized problem – anger management. Since its need is so universally recognized, 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.

**9 Lessons. Separate Facilitator and Group Member Guides**

## AREA 5 RELATIONSHIPS 9-18 Lessons



**Dating and Marriage**

In an age of widespread divorce and marital discontent, the principles in this practical guide to successful relationships have never been more needed. This material is especially pertinent for the adults who grew up as orphans or in dysfunctional families and have had no effective role models. In a world too full of selfishness, this study provides an outline for realistic expectations and processes for both partners to examine. Written for small group discussion, this book contains powerful suggestions, provocative questions, and a fun quiz at the end of each lesson.

**9 Lessons. Separate Facilitator and Group Member Guides**



**Loss and Grief**

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. This is the forgotten link in restoration because of the denial that any problem exists. Participants will share experiences that will enlighten their own personal struggles and coping strategies.

**9 Lessons. Separate Facilitator and Group Member Guides**

## AREA 6 ECONOMICS 7 Lessons



**Financial Recovery**

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, these bad habits must be changed. The group member guides contain sample account summaries and budgets for participants to use. This unit was specifically created for the FIT curriculum.

**7 Lessons. Separate Facilitator and Group Member Guides**

# Uses of the Integrity Curriculum

The Integrity Curriculum is used primarily by Florida Integrity Training Inc. in small group sessions set up and led by its own trained volunteers. It is used in jails, prisons, halfway houses, and community centers. It focuses on changing thought patterns and enhancing personal decision making through small group interactions. The materials emphasize questions designed to promote thought and problem solving as a means of changing life patterns.

The Integrity Curriculum is approved by the Florida Department of Corrections as meeting its 100-hour re-entry, transitional requirement for release from state prison.

## Agencies who have used the Integrity Curriculum

A New Generation, Brooksville, FL  
Citrus County Jail, Inverness, FL  
Covenant House Men's Shelter, Hernando County  
Covenant House Women's Shelter, Pasco County  
Dade Correctional Institution, Florida City, FL  
God's Glory Jail Ministry, Spring Hill, FL  
Glades Correctional Institution, Belle Glade, FL  
Graceville Correctional Institution, Graceville, FL  
Hernando County Jail, Brooksville, FL  
Hillsborough Correctional Inst. (State-women)- Riverview, FL  
Jericho Road House (Men), Brooksville, FL  
Joseph's Storehouse, Bradenton, FL  
Manatee County Jail, Bradenton, FL  
Manatee County Rural Health, Bradenton, FL  
Mid Pennsylvania Literacy Council, Phillipsburg, PA  
Mary's House (Women), Brooksville, FL  
Polk County Jail, Lakeland, FL  
Polk Correctional Institution (State), Polk City, FL  
Polk Juvenile Detention Center, Polk City, FL (closed 2008)  
Recently Released Aftercare, Journey Assembly of God, Bradenton, FL  
Rhode Island State Prison  
Sarasota County Jail, Sarasota, FL  
Second Chance Women's Center, Lakeland, FL  
Solve Maternity Center, Bradenton, FL  
Step House (Men and Women), Nokomis, FL  
Sowing Seeds Residential Center, Lakeland, FL  
Sumter Correctional Institution (state prison), Bushnell, FL



## Integrity Curriculum

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



100 hours of intense life-skills training lessons emphasizing responsible decision-making

Web site: <http://www.100hour.org>, Email: [info@100hour.org](mailto:info@100hour.org),  
Ph: (941) 739-1338

**Materials  
Available Online  
by Phone or Mail**

**Florida Integrity Training Inc.  
P.O. Box 21411  
Bradenton, FL 34204-1411**