

Foundation of HOPE Pre-Release Program

Preparing and
Equipping for
Successful
Reintegration



HOPE Pre-Release Program
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*"The HOPE Program was one of the best changes I have made in my life. I am thankful for everyone that's involved, because without HOPE, I was on a dismal path of self-destruction. But God had other plans."
~ James, a Pre-Release participant*

The HOPE Pre-Release Program is an interfaith, faith-based, rehabilitative program for inmates in the Allegheny County Jail who are interested in long-term change. The HOPE Pre-Release Program seeks to empower incarcerated individuals to restore their relationship with their God, rebuild their lives, and reconcile to their community.

OUR IMPACT

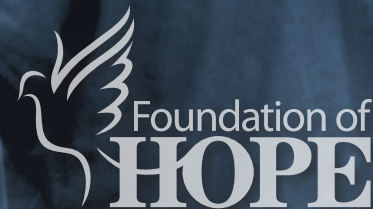
The HOPE Pre-Release program promotes critical thinking, goal setting, character development, and healthy living.

TCU and FACIT scale assessments indicate the program has proven effective in increasing spiritual well-being, self-esteem, and decision making while decreasing depression, hostility, risk-taking, and criminal rationalization.

Pre- and post- tests show an increase in knowledge and skills by 20%.

"I am able to stay away from negativity and better recognize bad situations. I've started taking small steps and making small goals."

~ Justin, a Pre-Release participant



PRE-RELEASE



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Be open to growth: Prepare for something new

In the HOPE Pre-Release Program, participants live in a communal, faith-based housing unit and meet for over 120 hours of class and group work. The HOPE Pre-Release Program currently serves inmates in two housing units in the Allegheny County Jail. Inmates choose to apply to the program and, if selected, live together in these housing units, agreeing to adhere to higher standards of conduct and daily living.

At the end of each cycle, inmates who have passed the final exam receive a certificate of completion and a letter for court. In addition, inmates who have graduated from the program and wish to remain in the housing unit are eligible to participate in supplemental graduate courses. Those who demonstrate leadership qualities are selected as Servant Leaders and assist with the program by setting up for classes and facilitating small groups.

The HOPE Pre-Release Program addresses key themes, including the following:

- Addiction and Recovery
- Anger Management
- Confronting “Stinking Thinking”
- Life Skills
- Parenting
- Release and Reintegration
- Spiritual Development



The HOPE Pre-Release Program strives to instill five core values in all its participants:

CORE VALUES *Respect*

We encourage the sharing of different beliefs and expect all HOPE participants to respect one another and themselves.

CORE VALUES *Responsibility*

HOPE participants should take responsibility for their own participation and put their best effort into all that is asked of them.

CORE VALUES *Integrity*

The HOPE program expects its participants to live in a way that is faithful to what they profess.

Productivity

HOPE participants are expected to participate in class, complete homework, study for the final exam, and plan ways to be productive upon release.

Perseverance

We expect HOPE participants to work and wait with hope, acknowledging that they are working towards difficult goals.

“HOPE is a great program. It teaches you to think before you act, to weigh your decision beforehand, and to care for one another to strive to benefit in everything.”

~ Sarah, a Pre-Release participant

HOW YOU CAN HELP

- Serve as an instructor or assistant with HOPE Pre-Release.
- Donate new Bibles, devotionals, children’s books, or DVDs.
- Invite the Foundation of HOPE to speak to your faith community, organization, or event.
- Support HOPE with a tax-deductible donation. Checks can be made payable to “Foundation of HOPE” and mailed to: Foundation of HOPE, 950 Second Ave., Pittsburgh, PA 15219.
- Visit www.foundationofhope.org for more information or to make online donations.

“I came to this program because I realized that I needed to make drastic changes in my way of thinking. This program is helping me to do so. I’m learning a lot about myself and I hope to utilize what I’ve learned and formulate a plan before I get out.”

~ Angela, a Pre-Release participant

