

"This opportunity has taught me a lot and given me a lot of skills to take with me once I'm released. One of the most important lessons I have learned is never give up hope. Being in our circumstances, it's easy for us to feel down and lose sight of the light at the end of the tunnel, but HOPE helped me to realize that it's not the end of the road and that by facing my problems head on and taking responsibility for my actions that I can learn from them and move forward to bigger and better things in life."

~ Albert, a HOPE Pre-Release Participant



HOPE Pre-Release Program
950 Second Ave.
Pittsburgh, PA 15219
(412) 350-1322

www.foundationofhope.org

United Way Agency Code 12457222

Foundation of HOPE Pre-Release Program

Preparing and
Equipping for
Successful
Reintegration



"All in all, I can say I am a better man after joining the HOPE program. It was the best time spent in this entire time here at ACJ. I am grateful for the opportunity to take these classes and learn from them."

~ Brandon, a HOPE Pre-Release Participant

The HOPE Pre-Release Program is an interfaith, faith-based, rehabilitative program for individuals incarcerated at the Allegheny County Jail who are interested in long-term change. The HOPE Pre-Release Program seeks to empower people impacted by the criminal justice system to renew their faith, rebuild their lives, and restore positive relationships.

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 really enjoyed myself. I felt a part of something that didn't judge me for my past mishaps and my unpleasant thinking patterns and it gave me so much to enjoy. The HOPE program gave me a feeling of relaxation and a feeling that someone cares for me."

~ DeVon, a HOPE Pre-Release Participant



PRE-RELEASE



Foundation of HOPE Pre-Release Program

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 incarcerated individuals in two housing units in the Allegheny County Jail. Incarcerated individuals 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, incarcerated individuals who have passed the final exam receive a certificate of completion and a letter for court. In addition, incarcerated individuals 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.

Responsibility

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

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.

"I learned in HOPE to love and value myself. Before I tried to do that for another individual. HOPE taught me to become a better parent and I learned not to take my past into my parenting. I want to be the parent to my child that I never had."

~ Alexis, a HOPE Pre-Release Participant

HOW YOU CAN HELP

- Serve as an instructor or assistant with HOPE Pre-Release.
- 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
540 Suismon St.
Pittsburgh, PA 15212.
- Visit www.foundationofhope.org for more information or to make online donations.

"This program has helped me to realize that I was short-changing myself, my family, and my community. I now want nothing more than to be the very best version of myself. I do this by staying clean and sober and staying crime-free. This program has helped me reconnect with my Lord and savior Jesus Christ and nothing is better than that!"

~ Thomas, a HOPE Pre-Release Participant

