

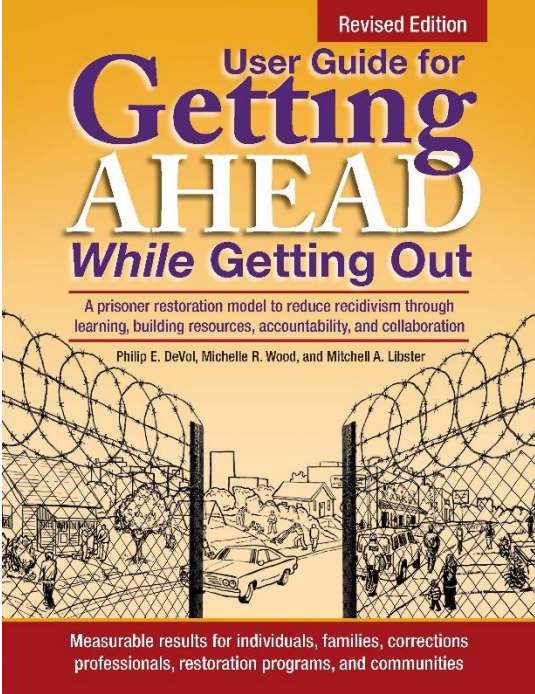
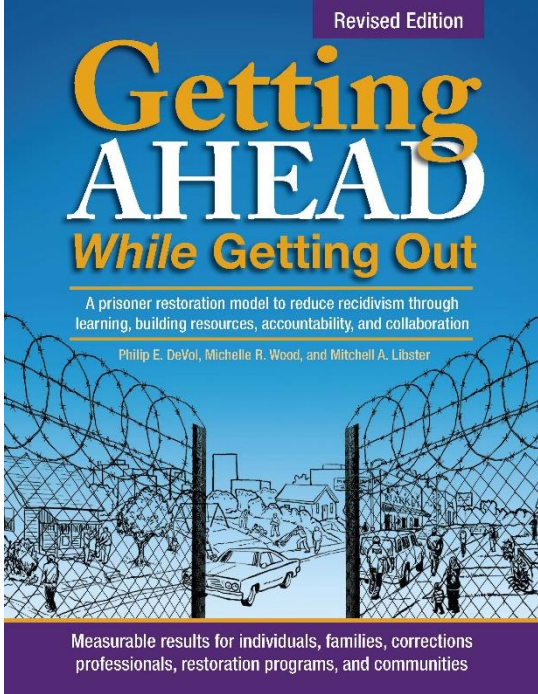
# **GETTING AHEAD WHILE GETTING OUT**

A Prisoner restoration model to reduce  
recidivism

A PRESENTATION ON THE  
PROGRAM



# LATEST IN THE GETTING AHEAD SERIES



# THERE ARE MORE THAN 200 GETTING AHEAD COMMUNITIES OF PRACTICE

## Just a Few Getting Ahead Sites

Bartlesville, OK	Inkster, MI	Presov, Slovakia
Baton Rouge, LA	Lewiston, ID	Reno, NV
Billings, MT	Lisbon, OH	Riverside, CA
Boulder, CO	Marshall, MO	Salem, OH
Bucks County, PA	Menominee Nation, WI	Schenectady, NY
Burlington, VT	Minneapolis, MN	South Bend, IN
Columbus, OH	Newark, OH	Springfield, OH
Evansville, IN	Newton, KS	Sterling, CO
Farmington, NM	Newton, NJ	Syracuse, NY
Gettysburg, PA	Owen Sound, Ontario	Toledo, OH
Indianapolis, IN	Pensacola, FL	Youngstown, OH

# GETTING AHEAD EVALUATION RESULTS

Scale Name (Range of Potential Scores)	Baseline Score	Follow-Up Score
Perceived Stress Scale (0–52)	27.7	25.2***
Mental Health Continuum – Short Form		
Positive Affect Subscale (0–15)	9.8	10.8***
Social Well-Being Subscale (0–25)	11.1	13.2***
Psychological Well-Being Subscale (0–30)	19.6	21.8***
State Hope Scale (6–48)	32.9	37.3***
Agency Subscale (3–24)	15.6	18.4***
Pathways Subscale (3–24)	17.3	18.9***
General Self-Efficacy Scale (10–40)	29.5	31.9***
Interpersonal Support Evaluation List		
Appraisal Support Subscale (0–30)	17.3	19.6***
Tangible Support Subscale (0–30)	16.6	18.6***
Self-Esteem Support Subscale (0–30)	17.3	19.3***
Belonging Support Subscale (0–30)	17.8	19.8***
Overall Functioning		
Poor Physical Health in Previous Month (0–30)	8.4	7.3
Days of Poor Mental Health in Previous Month (0–30)	12.8	9.1***
# of Days Health Prevented Usual Activities (0–30)	7.7	5.5***

\* =  $p \leq .05$ , \*\* =  $p \leq .01$ , \*\*\* =  $p \leq .001$  (significant changes are highlighted)

\*\*\*Statistical significance of 99.9%

Beth Wahler, Ph.D., L.S.W.

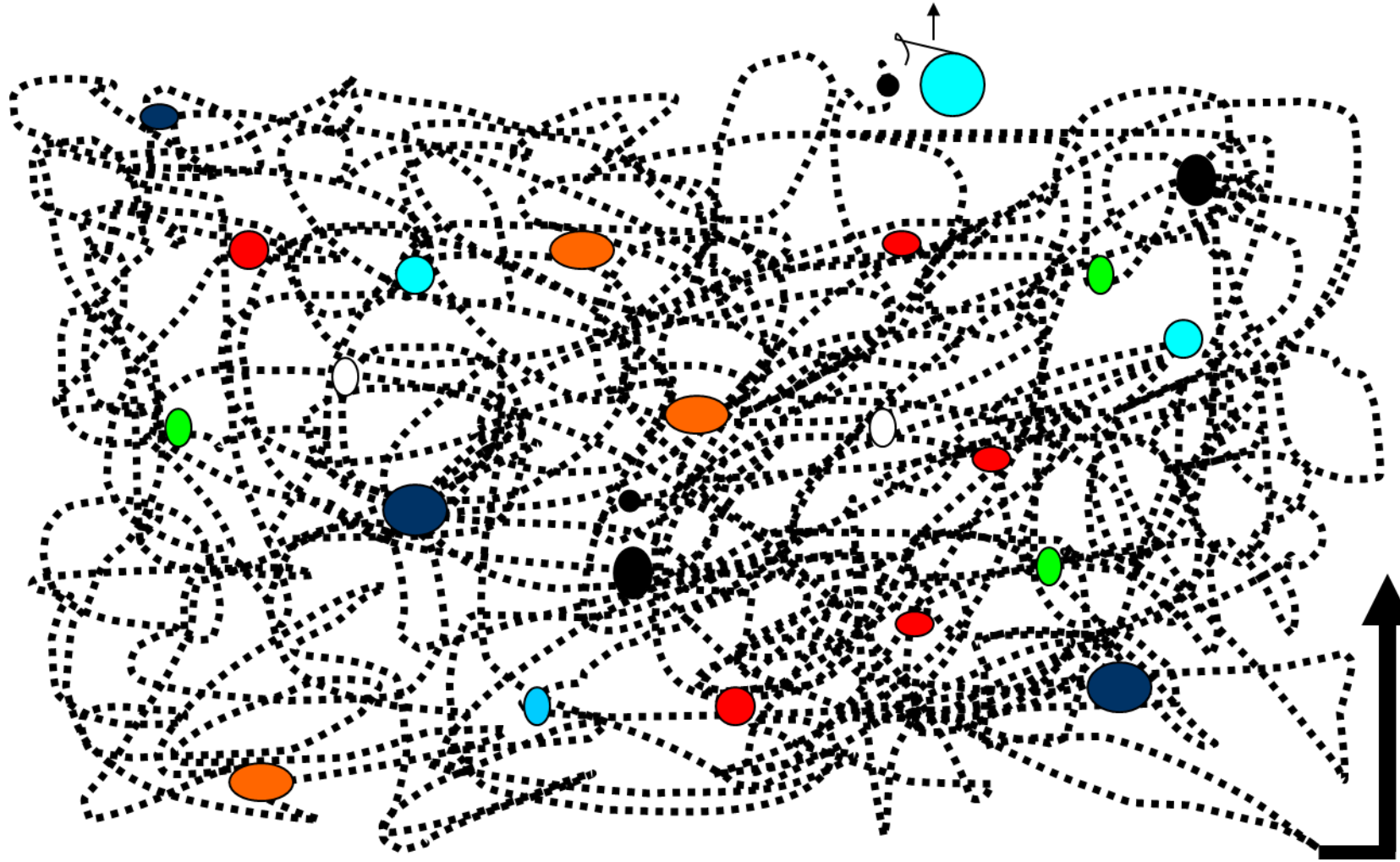




**SINCE APRIL OF 2021,  
178 INMATES HAVE  
COMPLETED THE  
GETTING AHEAD  
PROGRAM AT WCSO**


**Only 12.4% of our  
graduates have  
returned to the Washoe  
County Detention  
Center in the 1-year  
follow-up period**  
(44% national avg.)  
(24.6% for NV)

# Welcome to Self-Sufficiency



The Path to Self-Sufficiency Starts Here

# Socio-Economic Lens



## Learning Task

*What* do you think the causes of poverty are in the United States?

## Bridges Construct

**Define poverty as the extent to which a person, institution, or community does without resources.**



# Barriers to Change: Generated by Poverty



- Crisis living— Chaos
- Tyranny of the moment—no future story, choice, or power
- Distrust of institutions
- Not knowing how to plan
- Giving up self-image/identity is threatening

# Getting Ahead Is Different Because

- Students are recognized as problem solvers.
- Students' ideas and information are needed.
- No one decides for you or tells you what to do.
- No one will do for you what you can do for yourself.
- No one will “teach”; you do the learning.

# What Do Investigators Learn in Getting Ahead?

1. Future orientation
2. Overcoming the tyranny of the moment
3. Language—how to adapt language
4. Time management
5. Making **SMART** goals
6. Planning backward

# What Do Investigators Learn in Getting Ahead?

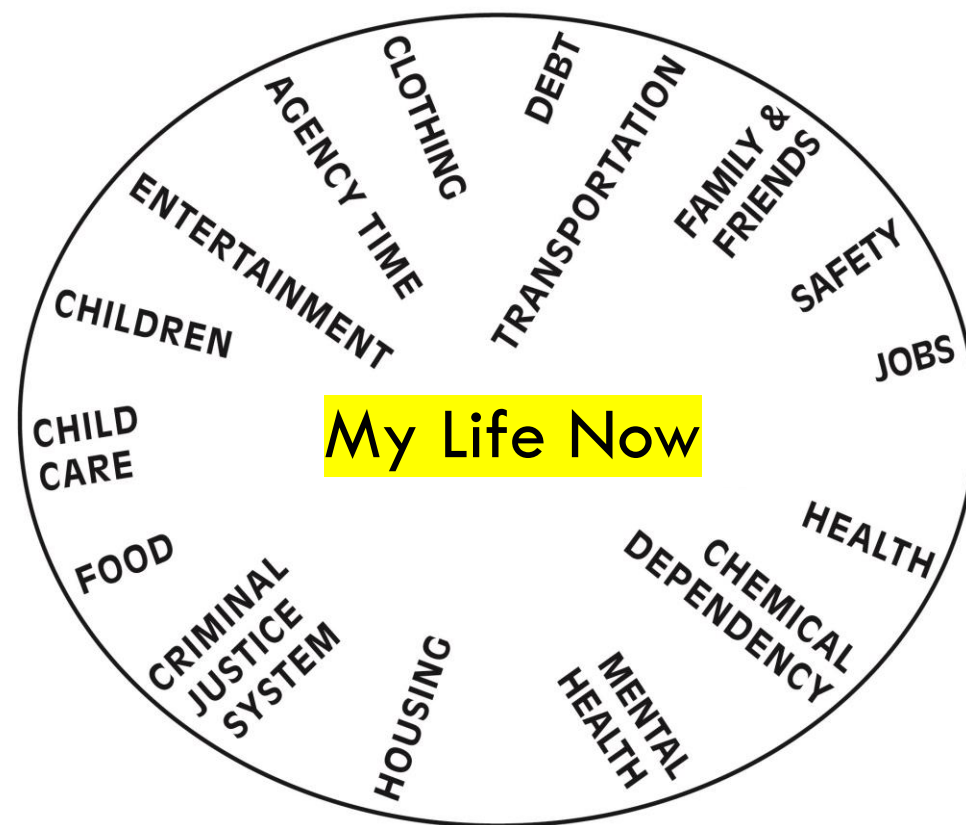
(continued)

7. Importance and value of stability in daily life
8. Importance of building 11 resources
9. Building social capital
10. How to manage the stages of change
11. Analyzing and addressing causes of poverty
12. Identifying and avoiding financial traps

# DISCUSSION-BASED LEARNING



# STUDENTS CREATE MENTAL MODELS





# THE GETTING AHEAD RESTORATION PLAN

## 72-Hour Stability Plan



- Based on the Threat Assessment
- First 72 Hours are the Most Dangerous
- Share with the Releasing Authority & Support System

## The SMART Plan



- Based on the Self-Assessment
- Detailed information about housing, employment & treatment
- Share with the Releasing Authority & Support System

## The Resource Development Plan



- Based on the Self-Assessment & Future Story
- Build Social Capital and contribute to the community
- Share with Support System



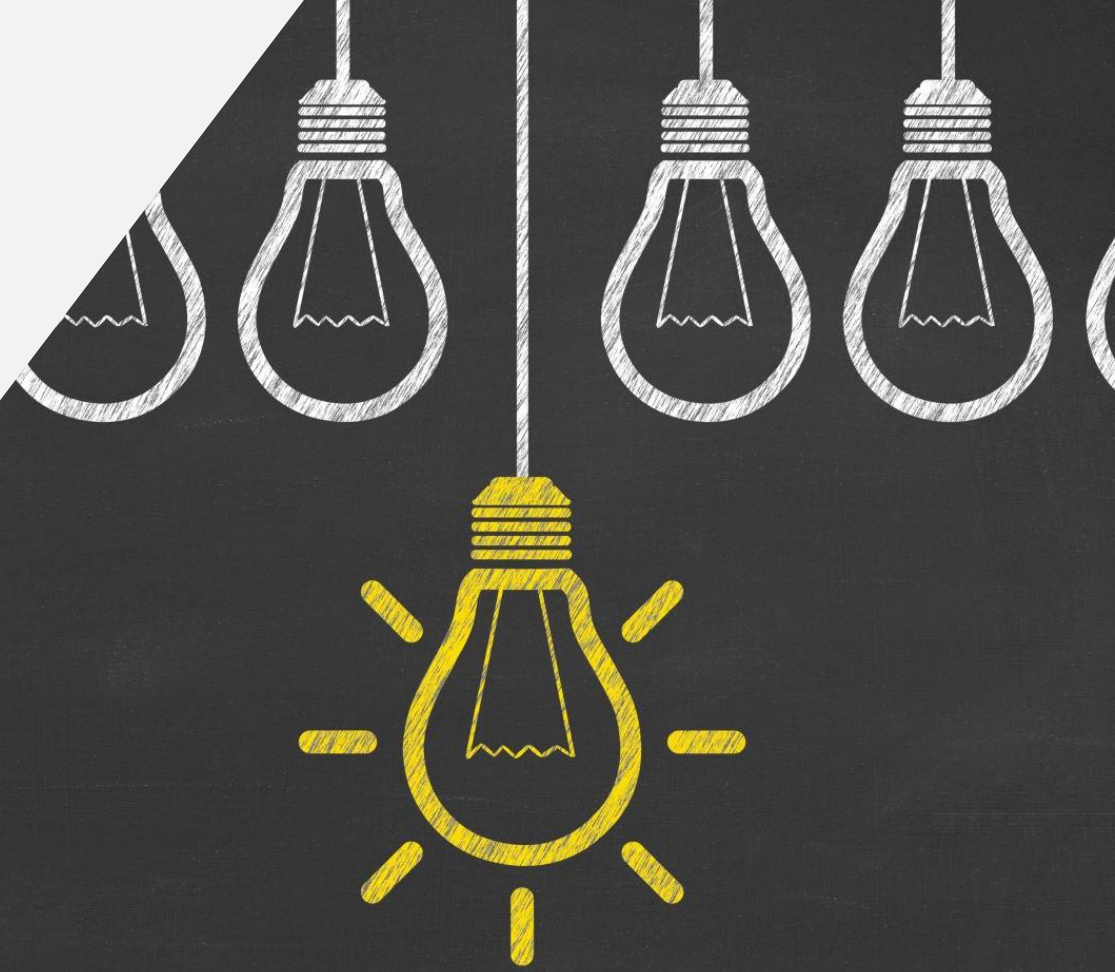
# GUEST SPEAKERS & SUCCESS STORIES



**WE HAVE 4  
GRADUATIONS PER  
YEAR**



**MOVING FORWARD**



**No significant  
learning occurs  
without a significant  
relationship.**

**-Dr. James Comer**