



# The Dibble Institute®

Resources for Teaching Relationship Skills  
to Teens and Young Adults

## Mind Matters in Re-Entry Program

<b>Organization:</b>	University of Georgia Cooperative Extension – Family and Consumer Sciences
<b>Program:</b>	Residential Substance Abuse Treatment (RSAT) Program, an intensive program for incarcerated men six months before their release dates to prepare them for re-entry into society.
<b>Program URL:</b>	<a href="https://discover.caes.uga.edu/reshaping-futures/index.html">https://discover.caes.uga.edu/reshaping-futures/index.html</a>
<b>Funding:</b>	The Extension budget and county mental health grant plus community donations of adult coloring books.
<b>What problem is being solved?</b>	To help inmates become less emotionally reactive and to decrease anxiety.
<b>Curricula Used:</b>	<a href="#"><u>Mind Matters: Overcoming Adversity and Building Resilience</u></a>
<b>Curricula Benefits:</b>	<ul style="list-style-type: none"><li>• Self-soothing skills</li><li>• Goal setting</li><li>• Understanding who will best support them outside of jail</li><li>• Inmates learn skills to help them succeed out of jail</li></ul>
<b>Target Audience:</b>	Inmates who are within 90 days of release
<b>Audience Demographics:</b>	Male adult inmates; 18-75; African American and Caucasian
<b>Class Size:</b>	7 to 15
<b>Program Setting:</b>	Washington County, GA - County jail
<b>Location of Instruction:</b>	Participants are in Classroom Teaching is either in person or virtually Moderator is in the room
<b>Length of Instruction (# of Sessions and hours per session):</b>	They go through all lessons – at the beginning of their RAST participation. Lessons are either taught daily or weekly
<b>Instructors:</b>	County Family and Consumer Sciences Extension Agent
<b>Instructor Training:</b>	Dibble's on-line Mind Matters training
<b>Participants Workbooks:</b>	All participants receive a Mind Matters workbooks
<b>Participant Engagement:</b>	Beyond Mind Matters, inmates have opportunity to garden, learn sewing skills, earn a ServeSafe certificate, get their GED, and participate in a community service project.
<b>Observable Outcomes:</b>	<ol style="list-style-type: none"><li>1) Inmates say they do the body scan so they can go to sleep.</li><li>2) After 5 minutes focused breather, inmate said he had reduced anxiety.</li></ol>

	<ol style="list-style-type: none"> <li>3) Some now recognize when their brain gets hijacked and they can't think or have emotional control so they need to self-soothe.</li> <li>4) Participants say that the new things they learn in Mind Matters really work.</li> </ol>
<b>Challenges:</b>	<ul style="list-style-type: none"> <li>• Had to put the section on brain biology into terms the inmates can understand.</li> <li>• ACE section was hard to teach until she watched the video several times.</li> <li>• Teaching online in jail meant just one camera in the room.</li> </ul>
<b>Tips:</b>	<ol style="list-style-type: none"> <li>1) Teaching MM online has been challenging and less personal.</li> <li>2) When the students want to share, have them walk up to the camera because they don't have individual lap tops.</li> <li>3) Tell participants upfront that you will ask them to do odd and weird things.</li> <li>4) Watch the <a href="#">Mind Matters Now videos</a> to familiarize yourself with how to teach the program.</li> </ol>