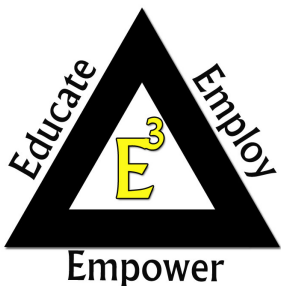




# ***Adjudicated Probation: An Alternative to Incarceration***

## ***#1 I Choose My Path***

***For the Justice-Involved: Ages 17-24***



***Hope in a future is a reason  
to stay on the right path***



# *If I want it, I can create it*

*Never forgot the look on my kid's faces, a boy and a girl ages 10 and 8, when I saw them for prison visitation. When they saw me the first look on their small faces was pain and my daughter's eyes filled with tears. It broke my heart to see their initial expressions and I too choked up. I vowed in my heart once out, I would do what it took to stay out and be a good father.*

## **Stick**

Sometimes, no matter what you do, life can throw you a curve and put a barrier between you and where you want to be.

Truth is, you are not where you want to be. Another truth—it's too late for "*what if's.*" It's NOT too late for "*what is,*" and the first step forward is to **see your situation as it is, evaluate how you got here, and make a commitment for freedom,** no matter the cost.

Wake up, the past is gone and you can't change your past but **you CAN change YOUR future.**

Double-take: Wake up, the past is gone; you can't change the past but you **can** change your understanding of where you've been, where you are, and where you are going.

Many of our contributors lived the struggles, loneliness, uncertainties, and the doubts you face. Many also know NOW is not the time to game. NOW is the time to stand up. **NOW is the time to stare that demon in the eyes and refuse to fall.**

Now is the time to choose what tomorrow is going to bring.

Courage begins with self-awareness...and so will your journey.

## ***Contributors, Credits, and Appreciation***

Danny Huffman, MA, CEIP, CPRW, CPCC

### Time Served Writers and Contributors:

STICK, ex-felon, served 11 ½ years in one of the hardest penal systems in the country, Texas

DUCK, ex-felon, served 13 years on a 40, released on mandatory supervision

### Editing, Writing, and Consulting Contributions Include:

KATHRYN A. BROYLES, Ph.D., Composition & TESOL, M. Div., M.A.

KELLY BYRNE, MA, Education, Recognized Entrepreneur and Human Rights Advocate

DIANNE IRENE, MBA, Organizational Psychology, Human Progression Advocate

LEWIS E. ALSTON, PhD Candidate, MHRM, MBA, MPM

### Special Appreciation & Recognition Dedicated to:

DR. ERICA POOLER, author, community developer, and an inspiration



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## ***About 2nd Chance University***

2nd Chance University does not see education as a technical process to be managed by specialists but as a heroic journey. Education and progression is a challenging quest each individual undertakes with the support and guidance of family, peers, and the community.

2nd Chance University is based on the idea that each person finds identity, meaning, and purpose in life through connections to the community, to the natural world, and to spiritual values such as compassion and peace. Our programs facilitate diversion by bringing education, empowerment, and employment into their future.

When an individual enters our program, acceptance and reintegration planning begins. 2nd Chance University strengthens and preserves their education, empathy, and self worth. Upon completion of our structured program, all receive tools needed to facilitate a successful transition back into the community, solid ground for employment, AND a plan to stay on the right path.

2nd Chance University believes everyone can reach their mountaintop no matter the obstacles in the way. Our programs rely on trauma informed care, behavioral best-practice approaches, cultural and holistic theories, and the most important ingredient threading success: the human element.

This powerful program was created, developed, and implemented by those who have been inside the walls of prison. Each member of our instructional staff gained the tools required to overcome roadblocks, internal as well as external, while forging their own path to personal empowerment.

The Ex-Offenders who helped develop our programs believe it is their duty to help reintegrate people back into society constructively. The tools they used to stay out of prisons and detention centers helped each achieve success in the Free World, even against insurmountable odds.



Today belongs to YOU.

Today is the day to build YOUR tomorrow.

Today is the day to rise above and create YOUR future.

**Doing time:** *A tall raw-boned red headed man sat next to me in the holding cell. He said his name was Red. We talked a little and he told me he was in for stabbing his girlfriend with a pitchfork. She didn't die.*

*"But," he said, "She won't be looking at any other men now!"*

*I asked, "Why's that?"*

*Red said, "I stuck the pitchfork in her face and the prongs went into her eyes, so now she can't see."*

*A cold chill went up my spine as I looked at this pasty faced man, I didn't comment, but moved a few inches away.*

**Stick**



*Been told what to do for the past 13 years, what to wear, how to walk, when to go to store, when to take a dump, and when to keep shut. These months out is out of control; not used to making choices, prison took all that away.*

**Duck**

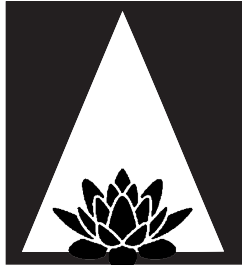
**Journal insight:** What life and everyday choices will you give up by going to prison?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



# Identifiers

These are visual guides directing you on your journey. These guides aid by informing you what's expected as you learn how to visualize more effectively in the future. Soon, whenever you see these images, you will know what should be done and won't need tasks to be identified - but we'll keep the text anyway.



## Affirmations

Through "self-talk" we actively choose to create a positive future. Within each workbook you will be asked to develop your own affirmations and re-write affirmations on provided lines. For some, this exercise may seem silly (at first), but by practicing, you will soon know (firsthand) the power positive thinking has when making life choices.



## Visualizations

Accomplishments begin by picturing and planning positives in the mind. From the mind, we choose to become **ACTIVE** participants in our own destiny. Visualization activities help you see the future. By seeing your future (and possible consequences), choice to stay on your path becomes clearer.



## Consciousness IQ

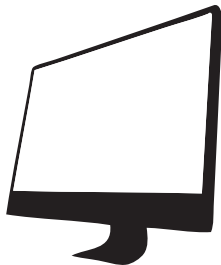
Examines how our mind interacts with the world through thoughts, feelings, emotions, actions, and reactions. By better understanding motivations behind what we do and the consequences of what we do, right choices become easier to make.



## Looking Glass

Questions designed to help you become aware of other people's view about you and the surrounding world. Truth is, in order to create a promising future, recognizing (and overcoming) your surroundings is key.

The Looking Glass Self-theory states the way we see ourselves is formed by the perceived views of others (in other words, I am who you think I am). To effectively blend into society with an arrest or conviction, it is essential to rid any self-defeating us versus them mentalities and focus on positive relationship building.



## Computer Time

Questions and activities to be encountered within the digital world. These sessions go hand in hand with our workshops (with a few surprises thrown in along the way).

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## Peers

Throughout our journey, you'll come to know three individuals who have gone through (or currently going through) an arrest and its consequences: From their words, experiences, and challenges, you may even see bits of yourself, your struggles, your triumphs, and your story.



*Name's Julie. I'm 19 years old, and a single mother, but the state has my baby. Well, my grandmother does, but she's technically in foster care. I only get to see her sometimes. I haven't been fully employed since high school, and even then I only worked part time jobs at places like Taco Bell and Target. But I did work at a neighborhood day care for a while and loved it.*

*It's really hard to find a job when everyone says you don't have enough experience or that I have a kid. I may not have a high school diploma, but I did get my GED. My kid deserves a better life than what I've had. Don't know if I will ever be able to get it together for her—guess things don't really change.*

**Journal insight:** Do you agree with Julie when she said “things don't really change?” Explain why.

- I agree/do not agree because: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Hey, I'm Robert. I work in construction, or at least I did until a few months ago. Boss fired me because the company wasn't doing well. I know they are getting plenty of business so I'm pretty upset about not working.*



*True enough, I'm more of a construction laborer but I still have lots to offer. Now, I can't seem to find a job no matter how hard I try. I'm 24 years old and all I've ever done is construction work. They don't want to hire somebody my age or maybe they think I can't handle the job. It may be time for me to move on from manual labor, but I don't know how.*

*All the jobs I apply for wash out, and I can't live off unemployment forever. I need a job now, any job. Don't want to be in the system but I am ready to give up.*

**Journal insight:** Sounds like Robert has accepted defeat. What advice would you share with Robert if he was in the classroom right now? Have you ever accepted defeat?

- My advice to Robert would be: \_\_\_\_\_
- \_\_\_\_\_
- Here's what happened when I accepted defeat: \_\_\_\_\_
- \_\_\_\_\_



Used to get around fine, hitting around the block and doing enough to get things done. Got into some trouble and needed cash in a hurry. The guy I was delivering to was not who he was supposed to be.

Same old story, got busted and found a way out by going inside. Did a few months in county, not much time but enough to know I got the rest of my life with this on my back.

After getting released, not many places gave me a chance to do right. Got my GED a few months later, but that's not enough. Don't know if I am going to make it but hoping this program can help get me on the track and out of jail. Truth is, without a job, don't look like it's going to happen.

Oh yeah, name's Mark, 21 years old, and I got out 94 days ago.

**Journal insight:** In what ways can you identify with Mark?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Looking glass:** Under what situations do you feel *out of place*? Why?

- I feel out of place when: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Here's why: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



On the flip side, consider barriers or obstacles as opportunities for growth.



**Visualization:** Beside your current sidetrack, explain where you want to be and the barrier(s) standing in the way. Explain how you will **actively** overcome each one.

- Here's where I want to be: \_\_\_\_\_
- \_\_\_\_\_
- Two barriers standing in the way are: \_\_\_\_\_
- \_\_\_\_\_
- I WILL overcome barrier #1 by: \_\_\_\_\_
- \_\_\_\_\_
- I WILL overcome barrier #2 by: \_\_\_\_\_
- \_\_\_\_\_



**Journal insight:** Now is the time to share your story. Which path will you choose, personal growth and freedom or stagnation and captivity?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# I Choose My Path...

This section builds on the very foundation of success, **YOUR** success.

For our first segment we begin collecting tools necessary to climb any mountain, no matter how large or overwhelming challenges may seem.

Our time together, just like life, will find surprises, obstacles, and opportunities along the way. How we prepare and react to surprises, obstacles, and opportunities is what our workshops are all about.

The mountains in front of us, materials, and what we ask from you will not always flow as many would expect or hope. Then again, life rarely goes as planned so why should our time together be any different?

No matter where you are, the next step is your choice... **which path will you take?**



## Key terms covered throughout this section:

- **Commitment:** To pledge, creating a promise or obligation not only to yourself, but to others.
- **Consciousness:** An awareness of life, thoughts, others, and sense of self.
- **Empathy:** The ability to recognize others as human beings with feelings just like you. Empathy underlies love, caring, and compassion.
- **Family:** A specific group of people made up of partners, children, parents, aunts, uncles, cousins, and grandparents. Truth is, any social unit can be considered a family unit.
- **Goal-setting:** The act of declaring what we want.
- **Juvenile delinquent:** By definition, a juvenile delinquent is a person under the age of 18 who has committed a crime and has been taken into custody, charged and adjudicated for that crime.
- **Procrastination:** Putting off what one should do NOW until a later time.
- **Trauma:** An overwhelming event or events creating a sense of helplessness or powerlessness while posing as a threat of harm or loss.

# Setting Our Gear

Before getting started with our workshop, we need to establish ground rules and expectations for everyone. Take a few moments to brainstorm in the space below. Think about the rules and expectations you have for the facilitator, as well as the rules you and your classmates will follow.

To get start, here's a few fundamentals:

**Facilitator(s) will ALWAYS:**

- Respect student confidentiality
- Take an active role in student development
- Engage professionally and without judgment
- Believe students have the ability to determine destiny



**Looking glass:** A characteristic not mentioned above that you would like your facilitator/ instructor to have would be:

- Characteristic: \_\_\_\_\_
- \_\_\_\_\_
- Here's why: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Visualization:** What type of ground rules and expectations do you have of the facilitator?

- Ground rule #1: \_\_\_\_\_
- \_\_\_\_\_
- Ground rule #2: \_\_\_\_\_
- \_\_\_\_\_
- My expectations are: \_\_\_\_\_
- \_\_\_\_\_

# If I want it, I can create it

**Student(s) will ALWAYS:**

- Respect fellow students and facilitator(s)
- Take an active role in personal and professional development
- Create your own destiny by accepting responsibility for your actions and consequences
- Be honest to themselves, recognizing these books are designed for life-long reflection and guidance



**Visualization:** Looking at the above student expectations, do you agree or disagree? Be specific and explain why each bullet is important.

• **Bullet #1:** \_\_\_\_\_

• \_\_\_\_\_

• **Bullet #2:** \_\_\_\_\_

• \_\_\_\_\_

• **Bullet #3:** \_\_\_\_\_

• \_\_\_\_\_

• **Bullet #4:** \_\_\_\_\_

• \_\_\_\_\_

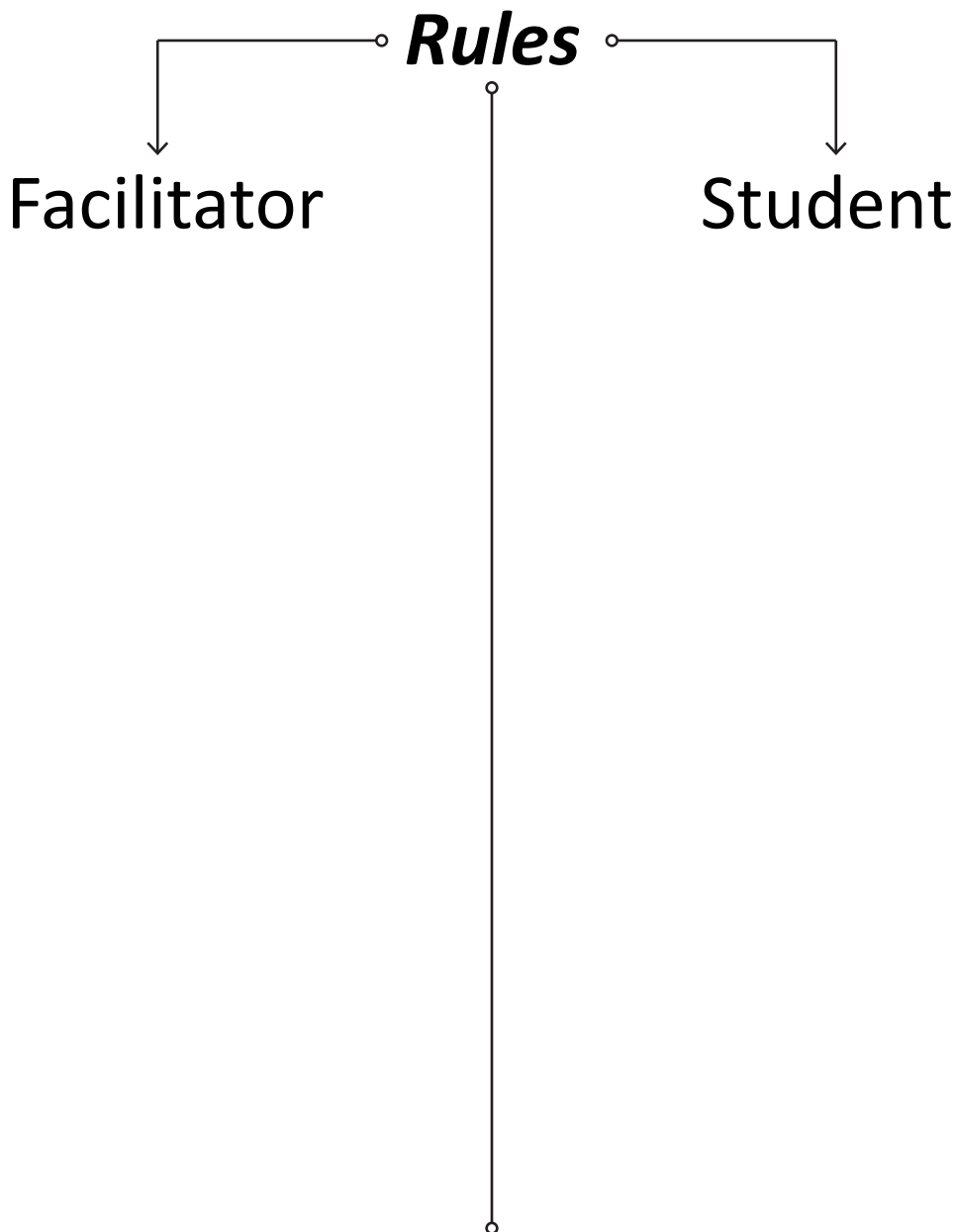
If I want it, I can create it

• \_\_\_\_\_



*I commit to the rules my classmates and I created to ensure a productive and safe workshop*

On the space below, list the agreed upon rules and expectations from the previous pages side by side for the facilitator and student. Take a second look and go ahead and sign (and date) your name across the page, indicating you are good with it.



I commit to the rules my classmates and I created to ensure a productive and safe workshop

- \_\_\_\_\_

The following page depicts the journey we will all be traveling. The five mountain ranges represent goals as we learn to visualize where we ARE going. As of this moment, **Your Journey Begins...**





