

Lionheart Update Fall 2017...

The Lionheart Foundation, now in its **25th year**, continues to make a **life-changing difference** for thousands of **incarcerated adults, highly at-risk adolescents, and at-risk teen parents** through the Houses of Healing, Power Source and Power Source Parenting programs. To continue to support and grow these programs, we are developing new resources, expanding our research, donating thousands of our resources, and going to press with new printings of books, manuals and posters.

THE PRISON PROGRAM - Houses of Healing (HOH)

"We've heard about the good results the Houses of Healing course has had in other prisons in boosting morale, lowering violence and promoting development."

-Co-chairs, Spring Creek Restorative Justice Initiative, Alaska

HOH Self-study Program for prisoners in solitary/segregation/SHU: With support from the CA Department of Corrections and Rehabilitation (CDCR) "Innovative Grant Program", the **HOH Self-study Program for Prisoners in Solitary was delivered to 464 men in three SHUs (Special Housing Units)** otherwise referred to as isolation units. The program was offered in Pelican Bay, CSP-Corcoran, and CA Correctional Institution. The grant period ended this past June 30th. The following is a summary of the feedback we received, to date, from the 160 participants who completed the course evaluation.

- 93% of respondents reported **being able to remain in control of their behavior** when upset ("most of the time" or "almost always"), since taking the course, compared to 18% before the course, with 90% of individual respondents reporting improvement.
- 86% of respondents reported **being able to handle anger in a positive way**, ("most of the time" or "almost always"), since taking the course, compared to 15 % before the course, with 93% of individual respondents reporting improvements.
- 91% of respondents reported **using healthy ways to make themselves feel better** when upset, ("most of the time" or "almost always"), since taking the course, compared to 13% before the course, with 89% of individual respondents reporting improvement.
- 95% of respondents reported **feeling hopeful about life** ("most of the time" or "almost always"), since taking the course, compared to 29% before the course, with 83% of individual respondents reporting improvement.
- 95% of respondents reported **the ability to take responsibility for their actions**, ("most of the time" or "almost always"), since taking the course, compared to 30% before the course, with 86% of individual respondents reporting improvement.
- Among the emotional regulation techniques taught in the course are meditation and yoga. **78% reported that they meditated** between three times a week to almost every day.
- 100% of respondents stated that they **would recommend the Houses of Healing Self-study Program to others**.

Lionheart, in conjunction with criminal justice professor Dr. Carolyn Petrosino (Bridgewater State University), is now conducting **formal research on the self-study program with new participants in the CDCR**. We expect to complete and submit the findings to professional journals in Fall 2018.

THE YOUTH PROJECT - Power Source (PS)

"I am writing to tell you how the book Power Source has helped me. Before reading Power Source I thought that I might be the only one with really big problems. This book has taught me that if you want to give up - you are taking the easy way out. Learn from your mistakes and they will help you grow. Thank you so much."
Stevie - 16 yrs old - Los Angeles

The Power Source Training: A Program to Prepare Lifers and Long-Termers to Facilitate a High Impact Program for Young Adult Prisoners: Funded by another Innovative Grant from the CDCR, The Power Source Training is well underway at two California prisons. This program involves **training lifers and long-termers to deliver a program that integrates both Power Source and Houses of Healing with 18-23 year olds within the prison system.**

This training is an enormous gift to lifers, who see no possibility of being released and to those who have many years of incarceration in front of them. The program opens the door to an opportunity to **do something of real significance while incarcerated** where they can make a potential life-changing difference for the younger men, many of whom will be released.

There is a growing focus on providing relevant programs for older adolescents (18-23 year olds) in the adult system, and feedback from prisoners is that they are getting a tremendous amount out of the program. We expect that it will spawn many new HOH and Power Source Programs within the prison system.

Lionheart is also applying for CDCR **research approval for this program to gather data** on the impact of the training for both the prisoner-facilitators and the young men.

The POWER SOURCE Program for highly at-risk adolescents: In addition to the use of the Power Source Program expanding in adult prisons, its utilization is also **expanding in schools and juvenile halls** especially as people learn about our newest resource, and companion piece, the **Power Source Workbook which is EASY to use, FAST to learn, SIMPLE to deliver, and HIGHLY ENGAGING for youth.** Lionheart is also moving closer to having an integrated learning management system with the **Power Source book, workbook and videos available through mission-driven tablet providers**, expanding the scope of delivery even further.

In October Lionheart presented the Power Source Program at a conference for staff from six juvenile institutions throughout New York State and expanded presentations are now scheduled.

The POWER SOURCE PARENTING Program for teen parents:

"It brings tears of joy that you sent us the Power Source Parenting resources. Our teenage mothers are grateful and the workshop using these resources made a great impact on them. You are really making a difference in the lives of African teenage mothers."

Aisiwe Emmanuel, Director, Teen Mother's Foundation, Uganda

Although Lionheart's focus is primarily the U.S., **our programs are represented in many countries around the world.** Uganda has one of the highest rates of teenage pregnancy (over 25%) in Sub-Saharan Africa.

In May, **Lionheart's clinical director of youth programs conducted a training for Teen Success in CA** which serves pregnant and parenting teens from the ages of 13 to 19 across 15 locations in the Bay Area. The 14 social workers who participated will take the PSP skills they learned to train staff at the other sites. The training was very well received and will be implemented in conjunction with several other programs over the course of 18-months as part of a larger re-boot **grant funded by the Annie E. Casey Foundation.** As a result of this collaboration Lionheart will receive data examining the effectiveness of the component of the intervention involving the PSP Program.

EQ2: The Emotion Coaching Handbook is a staff-facilitated handbook that brings the same emotional regulation **skills taught in Lionheart's other programs to the staff serving trauma-impacted youth.**

With a generous grant from **The Boston Foundation**, over the next six months Lionheart will further pilot the EQ2 program, obtain pilot data, and complete *EQ2: The Emotion Coaching Handbook*. We will be working with direct care staff at four programs serving high-risk youth in the Boston area.

"I got to go through the EQ2 sessions in full...they are AWESOME! I absolutely love the content and the topics! This should be mandatory for staff working with young people!"

Anisha Chablani, Chief Knowledge Office, Roca, Chelsea, MA

Moving Forward

We are moving forward with unceasing passion for this work. We are beyond grateful to have the opportunity to do what we do. **Our work with youth is, we believe, on the cusp of a significant expansion.** Our support for staff through EQ2 is profoundly needed. It's been a long time in the development, but our programs stand the test of time once created. A friend recently told me that about 30 years ago I told her that **I hoped Lionheart would support healing in the darkest places – I'm sure solitary confinement qualifies.** We are humbled by this and every opportunity.

Thank you for your interest. Please consider donating to the Lionheart Foundation.

<http://lionheart.org/donation/>

Robin Casarjian
Executive Director