



Behind the Scenes ...

"developing life skills through faith" Part 2

Last month we discussed how the above motto relates to good citizenship. This month we will focus on developing personal integrity. As Chaplain Deborah Williams put it, she appreciates the programs that "reintroduce these guys to the purpose of true manhood...!"

This calls for some attitude recognition and adjustment. You can't gain respect for yourself and from others if you are out of control with regard to your emotions

and purpose. Personal fulfillment does not happen automatically. It is the product of deliberate planning and action. The chart at the right gives a few examples of moving from "darkness" into "light". The dark side gets you nowhere. The bright side gets you personal satisfaction as well as the favor of others. These characteristics are found in the Bible, are non-controversial, and in general just makes good sense.

Here are a few examples of how these items address personal fulfillment. Our *Anger Dynamics* course teaches patience and respect. *Coping with the Losses of Life* and *Discovering Financial Success* help with our sense of security. *Change of Heart* deals with the need to give and receive forgiveness. *Insight* has helped numerous people with their addiction (see Paul Webster's YouTube testimony on our [web page](#)). Christian principles such as honesty and what inner strength looks like are taught throughout the program.

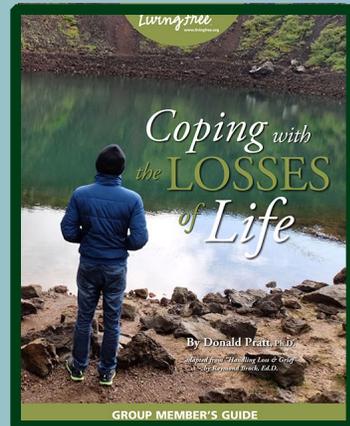
HATE	LOVE
Having THE Last Word	Patient
DisRespectful	Respectful
InseCure	Secure
SPIRITUALLY BANKRUPT	Spiritually Grounded
weak	Strong
Addicted	Clean
Dishonest	Law-Abiding
Unforgiving	Forgiving



Interested in taking our Coping with the Losses of Life course?

You can now take it [online](#) for just the cost of the book. This will be an interactive course just like our regular ones except we will connect via GoToMeeting (similar to Zoom). You can use your computer with a web cam, smart phone, or even an iPad. You will also need an internet connection. Join team leader Norine Hodder on Tuesday mornings learning how to cope with life's losses in this nine week course. Call the office at 941.799.4975 for registration and details. Join from anywhere in the world.

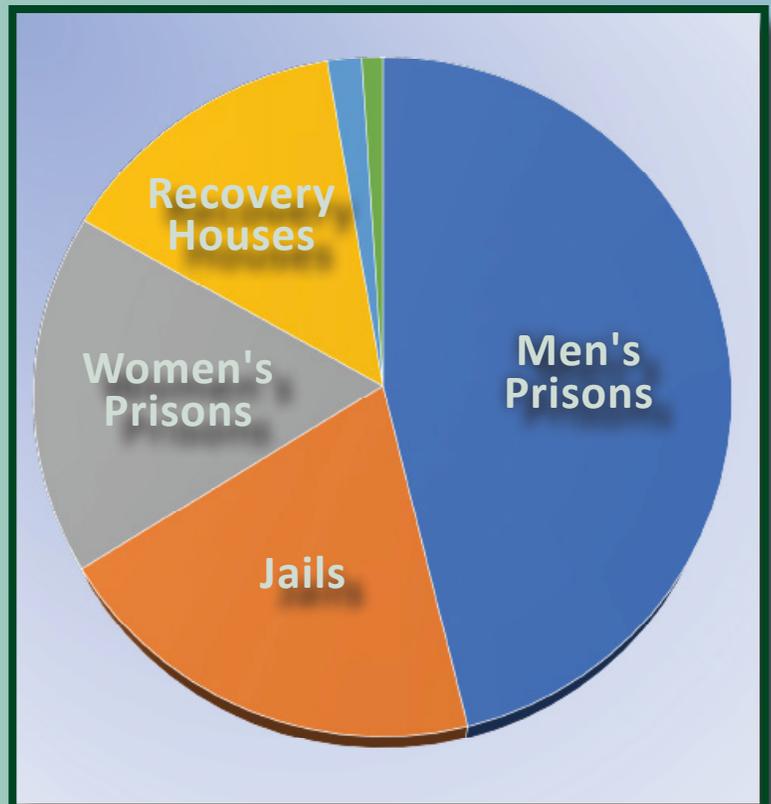
Tuesdays, 9:30 - 11:30 AM EDT, Starting July 27



FIT Course Completions by Institution

March 13, 2008 - July 5, 2021

Type of Institution	Count	Per Cent
Men's Prison	9745	46.2%
Jail	4193	19.9%
Women's Prison	3617	17.2%
Recovery House	2974	14.1%
Community Center	344	1.6%
Church	98	0.5%
School	67	0.3%
Rescue Mission	18	0.1%
Work Camp	15	0.1%
Pregnancy Center	14	0.1%
TOTAL	21085	



NEWS

As of this date, the number of FIT Course Completions since 2008 has increased to 21,085 and the number of contact hours with a trained facilitator has reached 350,000.

In a study of the seven-year period where we started using "peer" (inmate) facilitators, we came up with the following statistics on our prison populations: 50% of class sizes were eight or less and 90% were less than 18. This is consistent with our efforts to keep class sizes small for maximum interaction and effectiveness. 658 or 42% of the 1,577 facilitators were male and 919 or 58% were female. Of the clients, 6,098 or 61% of the 9,943 participants were male and 3,845 or 39% were female. There were 600 peer (inmate) facilitators, all male. There are three potential female peer facilitators being considered at the current time.



Transition

The FIT program is all about *Transition*. We all can become better at what we do and we can all benefit from the practical applications and support that FIT offers. All people incarcerated in jail will eventually be moved back into the community or on to prison. Prisoners face either moving back into the community or life in prison. Even the "lifers" benefit by becoming good citizens in prison and making a contribution. FIT and researchers are beginning to look at the advantages.