

inside & out

Promoting Real Change

"All personal achievement starts in the mind of the individual. Your personal achievement starts in your mind. The first step is to know exactly what your problem, goal or desire is."

~ W. Clement Stone

For the past 15 years, K-PEP has helped residents change their lives by first helping them change the way they think. The specially-designed cognitive therapy course is named "Successful Thinking". The aim of the class is to teach residents to resist criminal & unhealthy behavior from the "inside-out". The class challenges residents to monitor their unhealthy and criminal thought patterns, so they can change the way they think about criminal behaviors rather than just going through necessary steps to complete a program. The program's promise is to transform behaviors by transforming the mind.

Over the years, the Successful Thinking program itself has changed. The initial "one size fits all" approach has been upgraded into a course that is now custom-tailored to each resident's specific issues. Upon entry, each resident is evaluated. Based on an individual's NEEDS test score, the number of classes required will be determined.

The NEEDS test provides measurements for the following scales: Substance Abuse, Emotional, Employment, Relationships, Problem Solving, Education, Test Taking Attitude, Criminal Thinking Patterns and Overall Needs Summary.



Based on these scores, a client service plan is developed, which will require a specific number of classes be completed. The requirements range from waiving participation, to completing 20, 30 or 40 classes. Most residents complete many more than the required number of classes, with many attending over seventy classes while they are in the program.

It is apparent when looking at the graduation questionnaire each client completes prior to being discharged from the program, that the residents find the class useful. A high percentage list the Successful Thinking class as being most helpful in the changes they are making. When asked about the Successful Thinking program, resident Jenny Smith (pictured at left) commented, "I had a real attitude when I came in. It really helped to learn the thought process. I learned how to slow down and control my thoughts, which helps control my attitude." Resident Tiffany Rice also commented that the class has "helped me open up and see

issues I wouldn't have been able to see before. The group makes

you look at your behavior and be honest about your thinking patterns. The topics started to make more sense as I learned some of the themes. Now I feel more in control of myself."

Resident coordinators at each facility hold the classes so that two classes a day can be offered. As a result, staff and residents develop a relationship which is built on respect and mutual understanding. This was supported by Tiffany's comment, "It really helps to have staff teach them, because it helps us see staff as people. They have had their own experiences, and it helps us look at them differently. They aren't always the bad guy."

KPEP is proud of its cognitive therapy program. It has grown to fit the needs of the ever expanding clientele that KPEP serves. We strive to ensure that the programming offered is of the highest quality and helps prepare our residents for a future outside of the criminal justice system. Based on the comments that the residents are sharing with us, it appears to be making an impact.

INSIDE:

- *More facility changes at KPEP*
- *They've Got the Power* • *Graffiti Gone*

Program Update

The second quarter of this fiscal year slowed down considerably from the first—a trend that we believe will be short-lived. It was good, however, as we prepared for anticipated changes and growth in the coming months.

On January 29 and 30, our Calhoun facility completed the American Correctional Association accreditation audit. Like the programs in Kalamazoo and Muskegon we passed with flying colors. It is now on to Kansas City in August to appear before the Committee on Accreditation. It is our intention to have an audit of our Berrien program completed as well by that time. We also completed an internal audit of our Park Street facility, as it has been one year since accreditation. While it sometimes seems to be a laborious and daunting task, the benefits of this process in terms of quality control are immeasurable. As one of three persons performing this internal audit, I was extremely impressed by the work of all of the staff over the past year.

Last year we formed a facility review committee to look at all of our facilities. One of the recommendations of the committee to the board was a renovation of the Park Street facility in Kalamazoo. The full board passed the recommendation at its January meeting. The architect went to work immediately and construction began in March. The building currently has two sides—one for the residential program and one for administration. We are taking the center part of the building, which currently holds the dining area, and turning it into our Outpatient Services program. All of our outpatient programs and District Court services will be housed here. This work should be completed by May 1.

Both the accreditation process and the facility review represent the commitment on the part of the Board of Directors to maintain quality services to our local criminal justice systems and communities.

William A. DeLeon

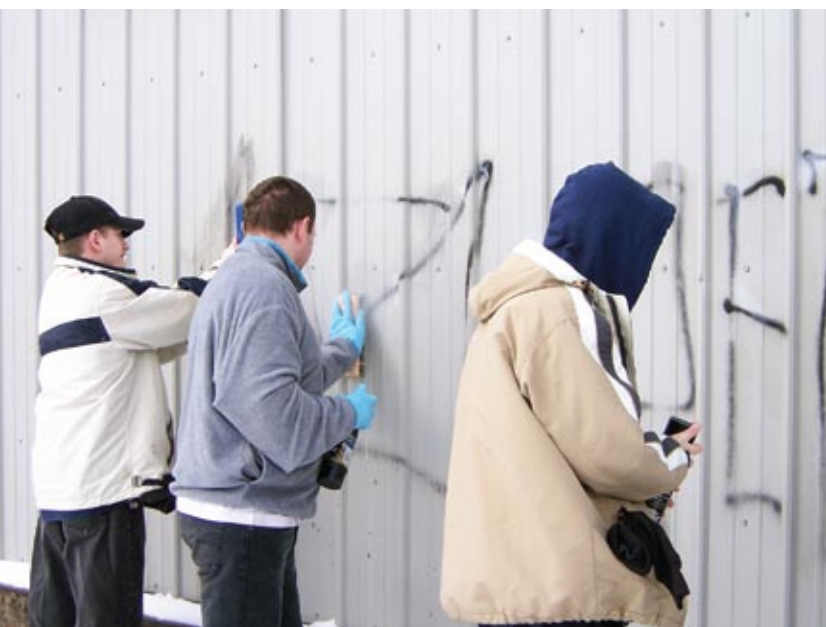


◀ *The former dining hall, which will become the Outpatient Services area of the building.*



The area soon to become the new dining hall at the Park Street facility. ▶

KPEP in the Community



On March 3, Calhoun Facility Resident Coordinator Ashley Wood arranged with the Gang Advocates of Battle Creek, to take 13 residents around the Verona/Post area to clean up gang graffiti. The residents scrubbed as much of the graffiti they could and city workers power washed the rest. The residents did an outstanding job and were called to help in other areas of Battle Creek. They worked with the Emmett Township Police Department, the Battle Creek Police Department, and the Calhoun County Sheriff's Department. Mayor John Godfrey and Battle Creek Chief of Police David Headings also stopped by and complimented the residents on a job well done.

On the Move

January 1 through March 31, 2007

Promoted:



Lindsay Marshall
*Resident Coordinator Supervisor
Olmstead Road Facility*



Scott Underwood
*Full-Time Resident Coordinator
Olmstead Road Facility*



Courtney Vaughn
*Full-Time Resident Coordinator
Berrien County Facility*

Hired:

Linda Archer

Edward Kutch

Jason Norman

Heather Shaffer

Edward Sherrick

Brandon Sparks

Tammy Thomas

Christopher Zielinski

Katherine Zimmerle

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Full-Time Resident Coordinator

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Part-Time Resident Coordinator

Calhoun County Facility

Kalamazoo Park Street

Kalamazoo Olmstead Rd.

Calhoun County Facility

Berrien County Facility

Kalamazoo Park Street

Kalamazoo Olmstead Rd.

Kalamazoo Park Street

Berrien County Facility

They've Got the Power

KPEP is honored to have the privilege of working with a group of recovering individuals committed to providing services to the residents of KPEP. While in the process of meeting Therapeutic Communities Accreditation standards, the need for recovery-focused slogans and sayings posted throughout the building was identified. This need was met in part by the donation of the first sign by Jeff Rust and Todd and Lynda Latshaw. The sign will be located above the resident exit door as a reminder that each individual is blessed with "the power of choice."

A big thank you to (from left) Todd and Lynda Latshaw and Jeff Rust for their sign donation and dedication to recovering KPEP residents.



Need a hand? Just ask!

KPEP provides volunteer assistance to local nonprofits, senior citizens and handicapped persons. We can provide volunteers to perform a variety of community service tasks—whatever the need, just ask us.

In Kalamazoo County call: Matt Decker at 269-383-0444 or Cynthia Tall at 269-383-1386

In Berrien County call: Clotte White-Johnson at 269-926-1284

In Calhoun County call: Ashley Wood at 269-963-2085

In Muskegon County call: Lisa Wright at 231-726-2733



Results

1st quarter:

January 1, 2007 through March 31, 2007

Average Daily Count	217.4
Admissions	525
Successful Graduates	352
Jobs Obtained	253
GED Tests	53
GED Certificates	7
Substance Abuse Graduates	
Residents	113
Weekend Intervention	30
Resident Income	\$282,963.37
Rent Paid	\$125,823.29
Court Costs/Child Support Paid	\$118,491.13



ACA Accredited



KPEP operates residential and non-residential programs for adult offenders as a community-based alternative to incarceration. We offer the opportunity and structure for men and women to take personal responsibility in their lives.

KPEP

519 South Park St. • Kalamazoo, MI 49007

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