



Family Peace Initiative's Peaceful Families Program Outcomes from Topeka Correctional Facility (TCF) Program



Purpose:

It is the foundational purpose for FPI to create cruelty-free relationships and communities. In 2015, the Peaceful Families Program began providing services at the Topeka Correctional Facility (TCF) in Topeka, KS. TCF is the only correctional facility in Kansas that houses women.

Methodology:

The Family Peace Initiative (FPI) curriculum melds cognitive-behavioral and trauma-focused evidence-based strategies. In doing so, it offers a road map for both accountability and healing. Recognizing that cruel behaviors are often evidence of unresolved cruelty changes the way that we interact with those we serve. In order to make lasting change, we ask participants to be accountable for the impact of their behaviors toward others, while also accepting responsibility for healing the impact of the cruelty that was inflicted on them long before they were able to protect themselves. This melding of strategies takes shape in our River of Cruelty Model, a cognitive-behavioral and trauma-focused model that allows participants to examine the origin of and impact of their beliefs on their lives; the use of the enlightened witness experience provides evidence that disruptive beliefs can be valid. In this way, we don't have to fabricate an alternative belief, but use an alternative belief that originates within the participant's personal story. This blending of cognitive-behavioral and trauma-focused approaches is also used in the majority of other activities in this curriculum.

To be effective, the FPI Approach is built on compassion, integrity and expertise. Our facilitators must be able to:

- Build Relationship and Connection with those we serve;
- Acknowledge impacts of trauma;
- Meet people where they are in their change process;
- Hold reasonable expectations for participants and staff
- Lead by example
- Teach through role-modeling and storytelling
- Understand and navigate the Funnel Process (a cognitive-behavioral application) in all related activities

Program Structure:

All classes at the Topeka Correctional Facility are led by two FPI facilitators. Since January of 2016, one of those facilitators has always been Audra Fullerton, Director of the Peaceful Families Program.

Program Structure (continued):

Each session of the Peaceful Families Program at Topeka Correctional Facility includes between 1 and 4 classes and 1 Alumni group. All classes meet for either 90 or 120 minutes, twice each week for up to six months. Classes include 8 first-time participants, 2 Peer Leaders, and 2 FPI facilitators. A Peer Leader is someone who has successfully completed the program and was invited to attend the program again with additional leadership and responsibility. Prior to disruptions, the Alumni group had been held on the maximum security side of the facility and met once monthly. The Alumni group is open to any program graduate and attendance averaged between 12-15 Alumni.

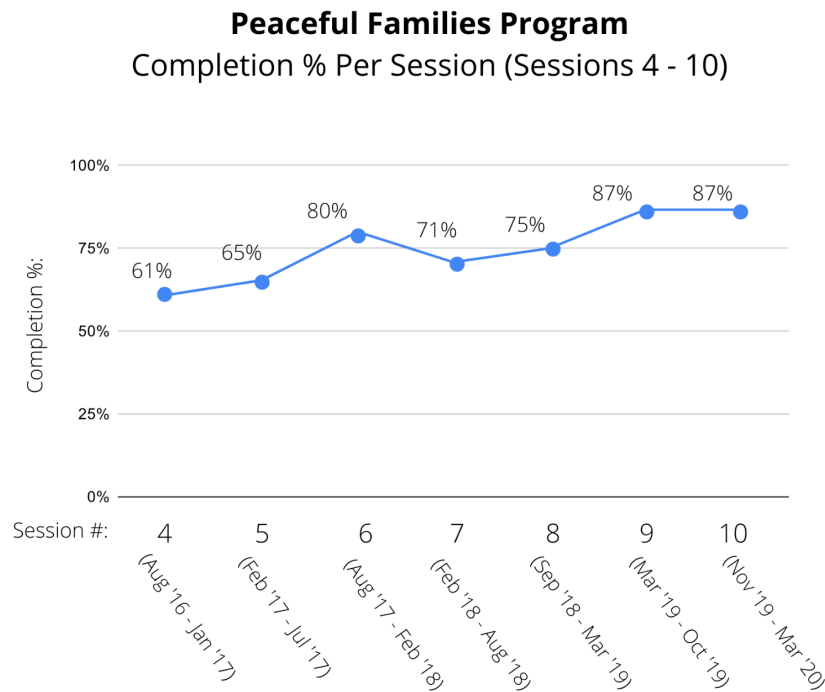
Outcomes and Effectiveness:

Total Number of Sessions: 10 completed, 1 statistically invalid due to COVID-19

Total Number of Unique Participants: 182

Total Number of Participants Who Returned to Serve As Peer Leaders: 32

Completion Rates:



Completion Rate for Peaceful Families Program at TCF*

Overall Program Completion Rate*:	75%
Completion Rate of Maximum Security Classes*:	79%
Completion Rate of Central Unit Classes*:	71%
Number of classes with 100% Completion Rate*:	3 classes (1 each in Sessions 6, 8 and 9)
Number of unique participants who dropped out but returned to complete in a later Session:	11

*This data set includes Sessions 4 - 10, roughly August 2016 to March 2020. For Sessions 1 - 3, attendance data was collected in a method not consistent with Sessions 4 - 10.

Disciplinary Reports from Peaceful Families Graduates at TCF:

This data measured the disciplinary reports (DRs) of participants six months prior to the program, during the program, and six months after graduation from the program as listed on <https://kdocrepositary.doc.ks.gov/kasper/>. This data set does not include 5 participants for which statistics were not available.

Disciplinary reports are measured in three levels or categories, declining in seriousness from 1 being the most severe to 3 being the least severe. Level 1 DRs are defined as very serious in nature such as threatening, intimidating, or fighting. Level 2 DRs are moderate in their seriousness and include activities such as gambling, insubordination and disrespect. Level 3 DRs are the least serious in nature and include things like unsanitary quarters.¹

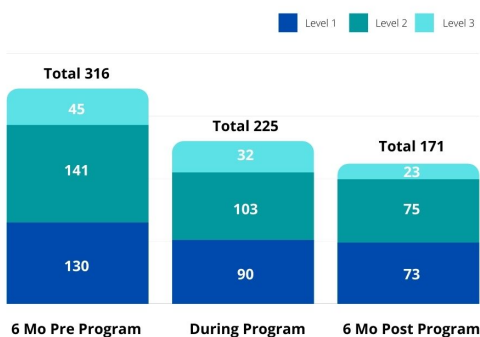
Across the course of 10, six-month sessions with 182 participants, there were 4 participants who represented a significant portion of the number of total disciplinary reports, and as such, have been classified as Outliers. Including Outlier totals, we saw a drop in overall disciplinary reports by 34% from 393 pre-program to 258 post-program. Totals below do not include data from Outliers unless otherwise noted.

Of those disciplinary reports (DRs) measured across all sessions, the rate of decrease was similar for Level 1, Level 2 and Level 3 with a decrease of between 44% and 49%. Also, the number of participants who had zero DRs for the designated period increased from 67 participants (or 35% of all participants) to 93 participants (or 52% of all participants).

	Level 1	Level 2	Level 3	Total	# with 0 DRs
Pre-program:	130	141	45	316	67 participants
During program:	90	103	32	225	90 participants
Post-program:	73	75	23	171	93 participants
Increase/Decrease: <i>(Pre to Post)</i>	-44%	-47%	-49%	-46%	+26 participants

In conclusion, the number of DRs decreased substantially from pre-program to post-program, and the percentage of participants with zero DRs increased significantly from pre-program to post-program.

Changes in DRs Over Time
(excluding Outlier data)



¹ [Kansas Department of Corrections Disciplinary Reports Defined](#)

Conclusion:

The Family Peace Initiative Program wishes to thank the TCF staff and administration for all of the collaborative efforts in this project. Together, we were able to create a program and atmosphere that helped many women make lasting positive changes. Some evidence of this is the information provided above. Other evidence includes many personal life stories of those impacted, and the fact that FPI has changed in this environment from a noun, to a verb.