



Using **Credible Messengers** to Lead Change From **Within**



Inside Circle empowers system impacted people to lead change from within by providing opportunities for incarcerated and formerly incarcerated people to heal and serve both themselves and others. **We exist to reduce recidivism and all forms of violence - physical, emotional, and psychological - in our prisons and communities.**

Our Mission



Our History

- 1996** Inside Circle was born in tragedy within prison walls. A race riot left 1 man dead and 13 severely injured. In response to the violence, inmate Patrick Nolan - with the support of the prison chaplain - brought key influencers together to forge a new path. Overtime, with the partnership of former Arts-in-Corrections teacher and ManKind Project facilitator Robert Allbee, they established an enduring multi-racial circle of men committed to healing and change.
- 2017** Over time, what these imprisoned men forged within their circle is nothing short of miraculous. Roughly 350 men have benefited from their courage and 60 are now free. An award winning film entitled, *The Work*, was released in 2017 documenting the process and generating much public interest.
- 2018** A core group of formerly incarcerated men featured in the film stepped up to lead and carry on the work of Inside Circle on the outside. They are currently expanding their impact beyond the walls of prison.

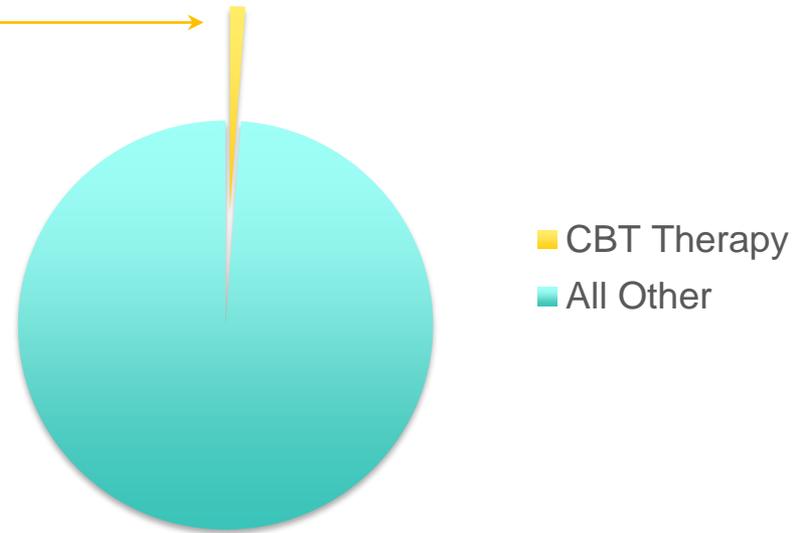
STARTED BY INMATES AND NOW LED BY EX-CONS



The Challenge

Hurt people, hurt people. Research suggests that to decrease criminal recidivism, treatment interventions must focus on the effects of early life experiences.*

1%
of the \$132,860 spent annually to incarcerate an inmate is directed to programs that address the effects of early life experiences driving much of violent criminal behavior and recidivism.**



** Source: California Legislative Analyst's Office 2016-



* Research associated with the Kaiser Permanente and Centers for Disease Control and Prevention Adverse Childhood Experiences (ACE) Study

Our Answer

Healed people, healed people. Using a cost effective peer-to-peer support model, we interrupt the cycle of aggression, violence and recidivism by putting justice involved people on a path of healing, integration and service.



What Makes us Unique



We Cracked the Code

We have successfully healed trauma and inspired lasting change in the most challenging of populations.



Credible Messengers

Our formerly incarcerated facilitators bring lived experience and wisdom in ways participants can identify with.



The Right Tools

We couple therapeutic evidence-based practices with the proven power of peer mentorship.



Community Building

Bridging different affiliations and ethnic groups, our work provides access to positive, healthy human connection. Once trust and connection are established, participants thrive.

What are Credible Messengers?

Formerly incarcerated and coming from the same community and background as many justice-involved people, Credible Messengers have turned their lives around and

— demonstrate that **CHANGE IS POSSIBLE.**

Creating crucial bonds of trust that reach justice involved people in a way the justice system cannot, they help others to heal while continuing their own healing.



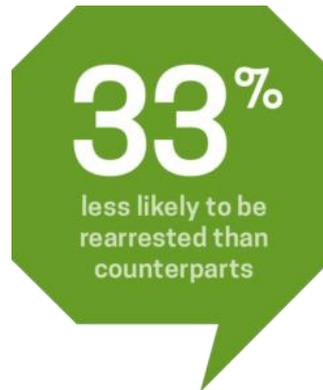
What is their impact?

Research shows that Credible Messengers improve outcomes for young people in the justice system. Our experience of the last 20 years within the adult CSP Sacramento population shows that they improve outcomes for adults in the same ways by demonstrating:

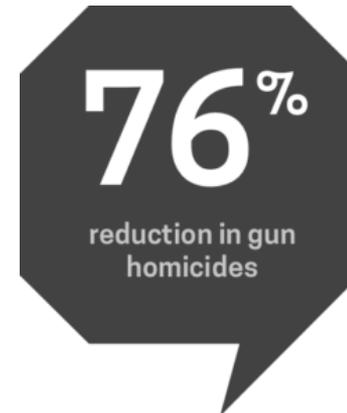
- Increased engagement with programs and services
- A reduction in re-arrests, violations, and anti-social behavior
- Increased compliance with institutional mandates



Evaluation of Arches Transformative Mentoring Program, Urban Institute, 9/17



Study by John Jay College of Criminal Justice, 2014



Richmond, CA Office of Neighborhood Safety



Source: Credible Messenger Justice Center. Please note that Inside Circle is not formerly affiliated with the Credible Messenger Justice Center. However, our facilitators meet the Credible Messenger definition criteria and function in the same capacity as described.

CALIFORNIA SPECIFIC IMPACT

CSP-Sacramento and California Medical Facility:

Since the start of IC in 1997, none of our participants have returned to prison within three years of release. That is 197 parolees out of 588 program participants. Based on self reporting surveys, all of our participants feel as if they benefit from IC, and many demonstrate marked shifts in resilience, empathy, self-regulation and perspective-taking after participating in circles for an average of three years.

A Virtuous Circle

Not only do Credible Messengers improve outcomes for other justice-involved people, they improve outcomes for themselves by:



- Reinforcing their new positive behavior, skills, knowledge, and commitment to change through teaching
- Building their self-esteem, confidence, motivation, and leadership qualities
- Finding a sense of fulfillment, purpose and meaning
- Improving their communication and personal skills

All of the above keep mentors on a positive path and reduce the drug use, gang involvement, and propensity for violence that drive criminal activity within the prison population.



Our Model

Working at all security levels with a recidivism rate of less than 10%, our cost-effective model has worked successfully as an “inmate change process” for 20 years.

- ✓ We reduce violence on the yard by facilitating greater communication between gang and ethnic groups as well as with correctional officers and administration
- ✓ We increase the capacity of participants to make use of other in-prison rehabilitation supports like drug and alcohol abuse groups, education, anger management and faith-based programs



Recognition for Inside Circle

- ✓ We have won critical acclaim for the documentary *The Work*, <https://theworkmovie.com>
- ✓ We have birthed and supported other successful restorative rehabilitation programs in California (Freedom Within Project) and across the nation (The Jericho Project)
- ✓ We have been cited as an example of a gold standard model to address “hyper-masculinity” in men - a contributing factor to recidivism - by *The Journal of Men’s Studies*, Vol. 18.
- ✓ The program has been reviewed by Columbia University to support its validity to donors and has accepted an offer to be assessed by Stanford University to cite its efficacy in rehabilitation
- ✓ Four formerly incarcerated participants in now hold key positions in the organization and have participated in national events such as the *The Global Citizens Movement Makers Summit* event in Washington, DC along side Nobel Prize winners and have been featured speakers of *Ted* talks



THANK YOU



INSIDE CIRCLE

WWW.INSIDECIRCLE.ORG | 2443 FILLMORE STREET #380-4123 | SAN FRANCISCO, CA 94115

Dr. James McLeary

Wisdom Keeper

P: (847) 309.8519

E: jamesmcleary@att.net

Eldra Jackson

Executive Director

P: (916) 995.6005

E: eldra@insidecircle.org