



Partners power progress!

A recent Life Skills participant notes after a few weeks: *“Well personally I have a short temper mainly when I drink alcohol. Since I'm not drinking it's been a eye opener. It's not me who acts up or makes a fool out of myself. It's nice to pass the torch to someone else. I find myself a lot calmer and and feel like I'm maturing and growing greatly. I've been using what I've learned so far on my husband and kids. Knowing that it's working let's me know I needed this class a long time ago. I was a single parent and boy it would of done me a whole lot good when raising my kids. They didn't turn out bad and proud of them. I know the difficulties life throws at you, so now I have more tools to approach any problems that will come my way.”*

THE PROBLEM: *Why are more folks on probation in non-metro / rural areas not getting resources?*

In a study of rural criminal justice completed in 2020 in a group of researchers concluded concerning rural area probation:

Rural residents face transportation challenges, a lack of social services, criminal justice staff shortages, and limited financial resources. These issues can have an impact on each facet of the justice system. In policing, these issues can result in decreased officer safety, as officers are forced to make the difficult decision between responding to a call alone or wasting precious time waiting for backup to arrive. In the court system, issues lead to fewer available court dates, increased pretrial detention, and potential constitutional rights violations due to lack of appointed counsel.

People involved in the justice system in rural areas often have to travel greater distances to comply with the conditions of parole or probation programming requirements which they must attend in person..

Rural probation officers also experience unique challenges. Research indicates probation officers in rural areas tend to perform more generalized than specialized roles compared to their urban counterparts...

Illinois Criminal Justice Information Authority Center for Justice Research and Evaluation

Yes, we know that.

Anyone working in probation in a county that does not include an easily accessible metropolitan area could write that without doing research. It is a fact of daily life for community supervision. Low resources to help. Hard to get to resources. Larger than wanted caseloads. Frustration.

Last year COVID changed the model. Our successes with folks on probation and in family services for the last seven years in North Texas in a rural county needed changed. We made a strong adjustment to mentored online/interactive in three core areas relevant to the assistance of probation efforts in community. **Over 700 participants in a rural county completed workshops in the last 7 years.** These include delivery in classroom and mentored online interactive with weekly zoom meetings and personal online follow-through training, tests, and life application.



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THE SOLUTION: With great success to this CBT based model, we are now offering to more counties and those they serve - Online/Interactive/Mentored. In the last month ten non-metro counties in Oklahoma and Texas quickly responded and we are setting them up.

Life Skills - A Cognitive Behavior Therapy based cognitive self-restructuring, skillsets, and problem handling adaptation of Thinking For a Change with trauma based components – 25 hours

Much of what we do is strongly focused on behavioral changes that last. At the end of every Life Skills workshop, we see typically a 100% improvement in these measured areas. Most move from poor or fair to good or great. They learn and apply every week and use in their life applications in real time during the workshop. Role plays and discussion reinforce.

1. Responding to feelings of others in a helpful way
2. Effectively respond to the anger of others
3. Negotiate productively and safely.
4. Apologize in the right manner.
5. Ask questions that get helpful response.
6. Be a good listener.
7. Prepare for a stressful conversation.
8. Handle accusations without being defensive.
9. Take time to understand the feelings of others
10. Understand and identify personal feelings
11. Give feedback to others in a safe manner
12. Effectively make a complaint
13. Identify a negative situation in a communication and time out and come back to it.



Happy to grow and graduate

Similar techniques of practical application are followed in Parenting and Anger.



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Parenting - a cooperative effort with Fred Jones Parenting – 10 hours

Meaning Business -Calm is strength, Body language, Consistency, Back Talk

Teaching Responsibility - Creating rules – structure, Routines and how they help, Building Motivation, Consequences

Building Values - Teaching right from wrong, Telling the truth, Solving disputes, Making things right, Constructive punishment

Fathering Joys– cooperative with the National Fatherhood Institute – 7.5 hours

- Family History
- Being a Man and Dad
- Handling Emotions
- Grief and Loss
- Your Health
- You and Mom
- Talking with Mom
- Co-Parenting
- Fathering Skills
- Child Development
- Child Discipline
- Sexuality
- Intimacy
- Work-Family Balance
- Managing Money

Conquer Your Anger Take Back Control of Your Future –

a CBT based approach using anger management techniques (Dr. Charles Elliot and Dr Laura L Smith), handling of automatic negative thoughts (Drs. Judith and Aaron Beck), life style balance changes of mind, body, relationships, and spirituality, (Dr. Daniel Amen), core value building (Dr. Steven Stosney) – 30 hours

PreWork Module – Conquer Your HAAAADs (hopelessness, anger, anxiety, abuse, addiction, depression) –Identify your challenges, your responses, and your goals.

Module One – Take Back Control of Activators –Implement key techniques to stop anger in its tracks. Keep from derailing under stress.

Module Two – Take Back Control of Inner Conscience – Tame and train the inner conscience to conform to peaceful and purposeful grasping of opportunity. Rid negative and toxic trash.

Module Three – Take Back Control of Your Future –Develop a strong inner conscience set on enjoying life, enjoying family and friends

Module Four – Conquer Your HAAAADs Resiliency - Stand up. Stand Strong. Resiliency is bounce back power. Develop regular routines that give you the extra edge, the bounce back.

Attached is our outline for 2022 planning with multiple counties. By scheduling in this manner, we can coordinate with multiple counties and make the programs available at reasonable cost.



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THE NEED: *To make this work, we need significant partners.*

Partnerships with county attorneys, judges, probation directors and congregations are needed. Partnerships with patrons are needed. Let's talk and see how we can help you achieve better results in working with those on probation.

Our strategy is simple. We are offering workshops for a simple \$25 registration fee. Using a standard workshop pricing calculator, each workshop costs \$549 to deliver when it averages 10 participants. That cost is based on an extremely lean operation that needs to grow. SOLUM has operated as an entrepreneurial startup during the season of investigation, design, development, and delivery to an unreached population in the U.S.

Non-metro or rural counties represent 23% of the county. There are 2.8 million individuals on probation and parole, community supervision. 67% reoffend and go back to jail or prison and cycle through again and again. The statistics of community and family disfunction are as horrid as any deep urban area. Except, there are limited to no resources. Counselors, healthcare, churches, and more have left the non-metro areas.



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