Transforming Lives
Correctional Services

Inspiration. Experience. Results.
The Breaking Barriers Approach

An integrated course of instructor-led discussion and self-study facilitated by DVD lectures and a personal workbook.

Exercises call for reflection and commitment, helping students recognize harmful beliefs that lead to destructive behaviors, and learn ways of changing both.
# Program Goals

<table>
<thead>
<tr>
<th>Students</th>
<th>Institution</th>
<th>State</th>
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<tbody>
<tr>
<td>Self-awareness</td>
<td>Safer, more peaceful environment</td>
<td>Recidivism reductions</td>
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<tr>
<td>Empathy</td>
<td>Effective rehabilitation</td>
<td>Increased success for parolees finding employment</td>
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<td>Self-talking skills</td>
<td>Improved staff / inmate relationships</td>
<td>Lower incarceration costs</td>
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<tr>
<td>Principled thinking</td>
<td>Lower operating costs</td>
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<td>Long-term thinking</td>
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<tr>
<td>Awareness of consequences</td>
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<td>Self-respect</td>
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Improving Outcomes

Without Breaking Barriers

- **67.5%** national recidivism rate
- **72%** failure rate for re-integrating to society
- **11.3%** previous repeat DWI offender rate

With Breaking Barriers

- **26.5%** recidivism rate
- **35%** fail to re-integrate into society
- **1.32%** repeat DWI offender rate (2005-09)

State of Oregon Department of Corrections November, 2001

State of California Department of Corrections and Rehabilitation August, 2000

Curry County, New Mexico Magistrate Court November, 2005-May 2009
## Improving Outcomes

<table>
<thead>
<tr>
<th>Before Breaking Barriers</th>
<th>After Breaking Barriers</th>
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<tbody>
<tr>
<td><strong>Total Infractions</strong></td>
<td><strong>Infractions per inmate</strong></td>
</tr>
<tr>
<td><strong>221</strong> infraction rules violated</td>
<td><strong>2.05</strong> infractions</td>
</tr>
<tr>
<td>108 inmates</td>
<td>108 inmates</td>
</tr>
<tr>
<td><strong>128</strong> infraction rules violated</td>
<td><strong>0.69</strong> infractions</td>
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### Data

- **State of Washington**  
  Washington State Penitentiary, Walla Walla  
  2000-2001

- **Blair County, PA**  
  Adult Parole and Probation Office  
  2009

**Recidivism Rates**

- **69.5%** 2009 recidivism rate
- **19%** post-program recidivism rate
What Clients Say

**Corrections Professionals**

In my 16 years as a probation officer, *Breaking Barriers* has been one of the most effective tools that I have utilized with solid results.” – *Pennsylvania Probation Officer*

[The Instar Program] builds bridges and...partnerships between staff and inmate, and can help staff work with both inmates and the public.
- *California*

I have seen many effective programs through the years but this treatment program truly inspires people to want to change the direction of their life...As a mental health professional for over thirty years, fifteen years of which have been with the Department of Corrections, it is in my professional opinion our best psychoeducational program.
- *Virginia Correctional Psychologist*
What Clients Say

Inmates

…I enter such programs with a bit of skepticism. After completing Breaking Barriers, I feel as though I live in a new world. I have identified several barriers I had in place. For several days now, fellow inmates have stopped me on the yard to say, “What’s different about you?” I know I’m not imagining the positive self change!
- Kentucky

What I received from [Instar] is the ability to see options, make better choices, accept things I don’t have control over, and simply deal with today, today.
- California

This program [Breaking Barriers] opened my eyes completely. I have taken quite a few different programs and for the first time I actually understand the elements of the program.
- Idaho
The Instar Curriculum