

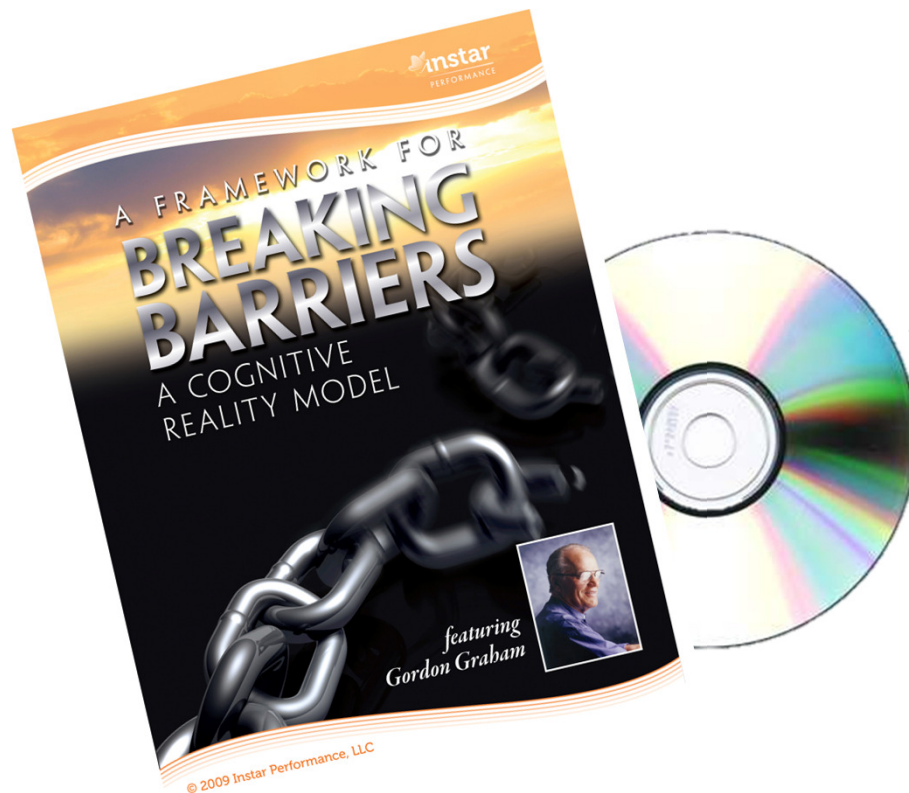


Transforming Lives

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

Students

- Self-awareness
- Empathy
- Self-talking skills
- Principled thinking
- Long-term thinking
- Awareness of consequences
- Self-respect

Institution

- Safer, more peaceful environment
- Effective rehabilitation
- Improved staff / inmate relationships
- Lower operating costs

State

- Recidivism reductions
- Increased success for parolees finding employment
- Lower incarceration costs

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



Total Infractions

Before
Breaking
Barriers

221 infraction
rules violated

108 inmates

After
Breaking
Barriers

128 infraction
rules violated



Infractions per inmate

2.05 infractions

108 inmates

0.69 infractions



69.5% 2009
recidivism rate

19% post-program
recidivism rate

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

Blair County, PA
Adult Parole and Probation
Office
2009

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

