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Breaking the cycle of crime—jail—more crime—more jail: This is what AWE is all about.

OUTCOMES: 2008-2009

92% of 151 prisoners who completed our core programs, meditation/cognitive behavioral change, remained **free of violence and other behavioral violations.**

Since **development of potential** is a long-term goal, we measure the first steps: rise from depression, increased self-esteem and exhibited belief in the ability to change.

90% of 151 manifested rise from depression.

92% of 151 demonstrated increased self-esteem.

89% of 151 showed increase in self-efficacy.

60% of 10 students who qualified for GED test, passed.

80% of 5 Ad-Seg prisoners moved to communal housing units.

Additional steps by prisoners:

Served as GED teachers and tutors

Provided 16-week computer literacy course for fellow prisoners

Expanded closed-circuit TV channel/positive programming

Engaged in hospice care for dying prisoners

Participated in restorative justice projects benefiting victims of crime

Participated in outreach projects that benefited local families in need

Facilitated listening circles inside jail

Initiated inmate Sharing Fund for indigent jail prisoners

95% of all those who began meditation/cognitive behavioral change completed the programs.

90% of 41 ex-offenders, whom we could track after release, remain **free of recidivism.** 48 were released.

Alternatives With Education

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