



New MindTM
HEALTH AND CARE

Hello,

I am the Executive Director and Founder of New Mind Health and CareTM, a not-for-profit organization.

If you are receiving this letter, I have decided after due diligence that you, your agency, or affiliate are advocates for the disenfranchised and your heart, much like my own, is committed to reaching out to children and their families.



New Mind Health and CareTM is an organization that I started with a macro-purpose to preserve families and help children prosper under the tutelage of their parents, many of whom are estranged, due to the involvement of their parent's in the criminal justice system.

I have literally been in angst for quite some time, by statistics indicating that **1.1 million incarcerated persons** are parents to **2.3 million children**. This becomes particularly troublesome when national statistics show that **recidivism (rearrested) is currently at a rate of 70%**, for most incarcerated parents. I had to come up with a solution that would reduce recidivism and ultimately bring families and communities back together.

I spent several years researching recidivism and studying the best practices for its abatement. The results: New Mind Health and CareTM: an evidence-based cognitive behavioral modification program, but the participants are only partial beneficiaries. The real beneficiaries of the ReFlightTM Curriculum are children like Casey - age 8, who last saw her dad when she was 5-years-old due to incarceration and Kweli - age 10, who has never met his Dad due to incarceration. ReFlightTM will give the parents of these children a chance to stay home when they are released this time. Through ReFlightTM they will have access to resources, rehabilitation, and opportunities to become economically viable, thereby keeping their families intact. ReFlightTM is based on 3 principles: Changing your thought process; changing what you believe, and ultimately changing how you behave. Criminal behavior will no longer be an option. The staff at New Mind Health and CareTM will meet the needs of all our clients with one goal in mind: Successful reintegration equating to crime free living and active family/community participation.

By reducing the recidivism rate, New Mind Health and Care through the ReFlightTM curriculum is preserving families, rebuilding communities, but most importantly we are: "**Changing Lives, One Mind at a Time**".

Won't you join us in our mission?

Sincerely,

Caroline Caldwell, PhD (ABD)
Executive Director

The Need for Reentry Programs like *ReFlight*™

Criminal justice research on reentry of incarcerated individuals has looked at recidivism rates, which are between 70% and 90%, and the effectiveness of reentry programs. Six primary risk factors, or “criminogenics,” of recidivism have been identified:

1. Anti-social values, attitudes, and beliefs;
2. Pro-criminal associates
3. Temperament and personality
4. Low levels of accomplishment in education, vocation and finance
5. Family factors
6. History of anti-social behavior

Evidence-based practices have generated three principles of “what works” in reducing recidivism: who to target; what to target; and the treatment principle, or how the risk factors are addressed. The “who” suggests focusing on higher risk individuals; the “what” finds that, of the six risk factors, the first four are considered “dynamic” or able to be changed, and reentry programs that primarily address these four have the greater chance for success; and the “how” involves the means of treatment, i.e. the tools, skills, knowledge and processes are used in the program to address such problems as lack of problem solving and self-control skills.

ReFlight™: An Evidenced-based Curriculum

Evidence-based studies of reentry programs show that effective programs should be behavioral in nature; focus on the present; are action-oriented and interactive; teach pro-social skills; reinforce new behaviors, values and attitudes; engender self-sufficiency; challenge cognitive distortions; develop problem-solving and self-control skills; and increase motivational skills. A well-trained staff is also essential. New Mind Health and Care is a non-profit organization whose mission is to reduce recidivism by utilizing the cognitive evidenced-based ReFlight™ curriculum which address all factors and principles listed above.

The ReFlight™ curriculum enhances the power of evidence-based programs. ReFlight™ benefits clients by providing effective tools that will prepare them for a successful and purposeful life. The ReFlight™ curriculum is effective with pre-release, community supervision, and diversion programs. The skills, tools and knowledge provided through the 400-hour program will reduce recidivism through evidence-based methods. The curriculum builds positive reinforcement by setting and meeting small goals that lead up to larger, more future oriented goals—tying sessions together and encouraging personal growth. Individualized Care Plans will give a road map for our clients to follow; teaching them a step-by-step plan that answers the questions of “What do I do?” and “Where do I go?”.

References: www.twi-institute.org

“The Only Constant is Change”

www.NewMindHealthandCare.com • www.ReFlight.org



New Mind Health™ and Care Partnerships

New Mind Health and Care™ has been able to form a number of key partnerships to help bring the ReFlight™ Curriculum into reality.

- **United Way of Greenville** – *Darrin Goss, VP Community Impact*
- **Pre-Trial Diversion** – *Ms. Judy Steadman, Director*
- **Greenville County Probation** – *Agent-In Charge, Jeremy Wendle*
- **SPICE Program** – *Louis Stewart, Coordinator*
- **Overcoming Barriers/Quick Jobs** – *Steve Hand, Director*
- **Vocational Rehabilitation Services** – *Mike Welch, Offender Services*
- **Greenville County Sheriff's Office** – *Master Deputy Natalie Hill*

Future Partnerships

- **U.S. Probation Office**
- **Greenville Drug Court**
- **Division of Juvenile Justice**

“The Only Constant is Change”



ReFlight™ : A Criminal Recidivism Behavioral Modification Curriculum

A Rational Approach Methodology

- Applying Cognitive Rationalization Methods to Everyday Problems 35
- The Process of Goal Identification and Attainment 20
- Negative Cognitive Processes 20
- Controlling Anger and the Anti-social Behavior that Accompanies It 25

Effective Socialization

- Emotions and Their Consequences 21
- Effective Communication 25
- The Family 35

Anti-Social Life Patterns

- Anti-social Cognitive Processes 30
- Anti-social Behavior and Drug Abuse 20
- Accountability - Developing Empathy: Individual and Communal Effects of Anti-social Behavior 20
- Self-Actualization and Behavioral Restructuring 20

The Abyss of Relapse - Substance Abuse Education

- Understanding Relapse 25
- Identification of Relapse Triggers 10
- Desensitization of Relapse Triggers 10
- Remaining Abstinent 10
- Creating a Sober Community and Network 15

Total Wellness and Health

- Physical Wellness 10
- Emotional Wellness 15
- Spiritual Wellness 10

Lifeskills for Successful Behavioral Restructuring

- Conversations for Self-Definition 25
- Conversations for Self-Identification
- Conversations for Self-Redefinition
- 1. Resolving Legal Issues 10
- 2. Healthy Housing 5
- 3. Securing Medical Access 5
- 4. Effective Social Interaction 5
- 5. Identifying Employment Interest (Career and Educational Planning) 15
- 6. Effective Budgeting 5
- 7. Transitioning to Society and Re-Adjustment Issues 15
- 8. Maintenance of Activities 5
- 9. Graduation and Individual Presentation of Skills Learned 15

Total Hours: 476

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Reflight™

Curriculum Summary

Cognitive Behavioral Structuring

An overview of the foundation of cognitive behavioral restructuring, and how persons can use it to deter criminal thinking and behavior.

A Rational Approach Methodology

Build an understanding of how the cognitive restructuring process can be applied to every day thought and actions.

Effective Socialization

Understanding how we process our emotions and communicate with each other, and how to use that understanding for family reintegration.

Anti-social Life Patterns

Develop empathy for others and apply cognitive restructuring and reframing to anti-social thoughts and behaviors.

The Abyss of Relapse

Substance abuse education; and focus on remaining abstinent from substances and creating a sober community and network.

Total Wellness and Health

Working towards total wellness and health by learning to develop physical and emotional plans.

Lifeskills for Successful Behavior

Developing an individualized care plan that addresses all the aspects of a successful reintegration into the local community.

Graduation

Graduation is dependent on the creation of an individualized care plan, which will include the answers that every person re-entering society asks: What do I do now, and where do I go?

*S*Mission Statement

The mission of New Mind Health and Care™ (NMHC) is to provide a personal and proactive service through the Reflight program to reduce the recidivism rate. The service works to ensure the successful re-entry, reintegration, and stabilization of formally incarcerated persons back into their communities, and to provide the resources and links for all other transitional and environmental necessities such as housing, medical treatment, occupational resources, and vocational resources.

*S*Outside Support

AA/NA/GA - 90/90 with a Sponsor
Urinalysis Monitoring
Community Mental Health Referrals
Health Screenings • Token Economy
Mentorship • Community Service
Yoga • Acupuncture
Chiropractic Services • Nutrition
Wellness • Housing
Occupational • Vocational



*S*Executive Summary

New Mind Health and Care™ is a non-profit, multi-disciplinary, life coaching, behavioral health, and social service program that currently offers life-altering, cognitive-based, action-oriented interventions to individuals with criminal histories. NMHC™ services provide potential recovery for these individuals and works to promote successful re-entry and reintegration into society. The primary objectives of NMHC™ are 1) Provide centralized life coaching and transitional service to criminally involved persons 2) Maximize their re-entry and stabilization within the community through the use of trained service providers 3) Offer culturally competent transitional services, mental health services, substance abuse education, and subsistence/social services to individuals currently or formerly involved with the criminal justice system.

For more information about the Reflight™ Curriculum, please visit us at Reflight.org.

Professional Summary

Caroline Caldwell, PhD (ABD), has extensive therapeutic and community based correctional supervisory experience. Caroline is a practicing clinician with 20 years experience and is a former Federal Officer with The United States Probations Office in New Jersey for nine years. Caroline has extensive knowledge and experience establishing and working with non-profit organizations. Caroline's personal philosophy is "giving is better than receiving"; and from this philosophy she has formed the non-profit New Mind Health and Care™ with the mission to provide services to persons involved with criminal justice and former incarceration. Caroline's lifelong passion is helping people in need, and has decided to challenge the obstacles facing persons who were formerly incarcerated. It is Caroline's experience that has inspired her to create a cognitive-based recidivate behavioral modification program. This program model is designed to be utilized with individuals who are within 12-18 months from being released from criminal justice supervision. ReFlight's™ flexibility allows for adjustments to meet the needs of the clientele upon re-entering society and to begin the process of successful abatement of recidivism.

About the Peacock

Many assume that the beautiful plumage of the peacock belongs to the female bird, but actually it is the male. Like peacocks, those reintegrating into society are mistakenly thought of as unfavorable; however, these individuals hold within themselves personal beauty like that of a peacock's feathers. ReFlight symbolizes flying with new wings.



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*The mission of
New Mind Health and Care[™]
is to reduce the
recidivism rate through the
ReFlight[™] Curriculum.*