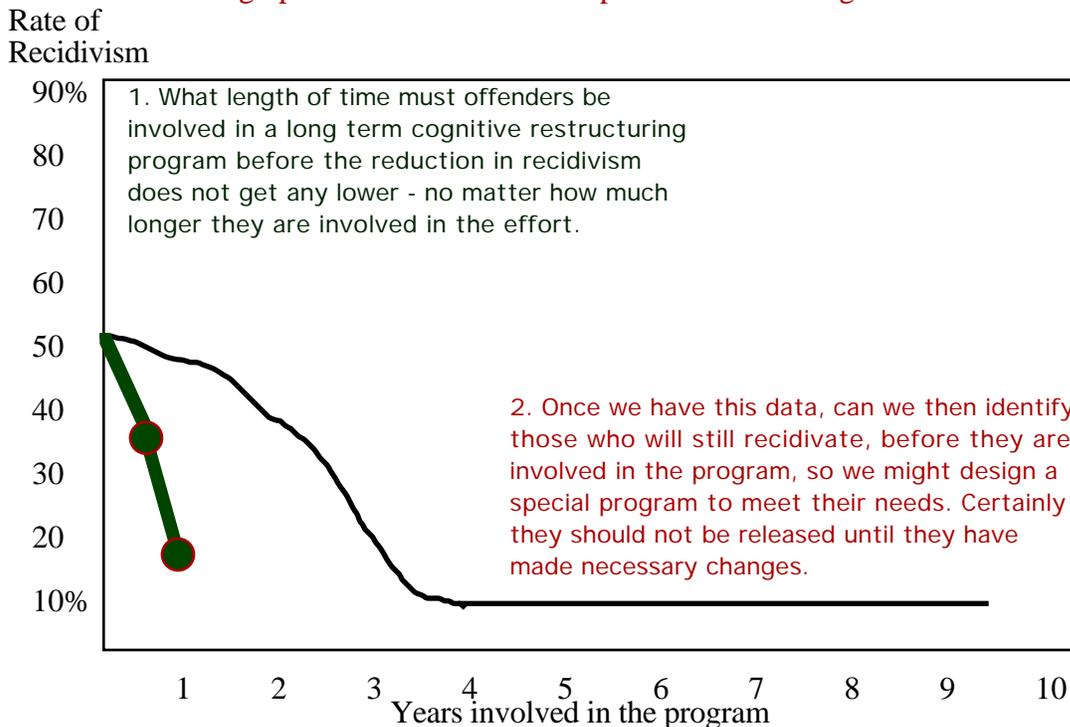


LONG TERM - HARD DATA

In September of 2000, the Oregon Department of Corrections (ORDOC) researched their records to determine the recidivism rates for 798 offenders who participated in the "NXChange" Program.

They determined that recidivism fell to 35% for those completing the FIRST segment of the program. More significantly, **recidivism was reduced to 15%** for those completing both the FIRST and SECOND segments of the program.

Two questions we posed to ourselves,.. and our prediction of the results this new program would achieve,.. are depicted as a thin black line in the graph. The actual results are posted as a thicker green line.



Based on the longitudinal hard data we are confident less than 10% recidivism is a realizable goal. This could save taxpayers BILLIONS of dollars.

NOTES:

- 1). By the end of the first year some offenders would be taking one regular program course, attending a facilitator training course, and be helping to facilitate the SBC Class. Many of the enrollees reflected in the ORDOC research took the first and second segments more than once.
- 2.) Each Course is one college semester in length. Once the SBC (5-day accelerator course) is completed, offenders participated in one 3 hour class period per week with an additional 6-9 hours of outside work. Increasing weekly classes to 2 per week would accelerate the program.
- 3). This information does not take into consideration the influence on recidivism rates of other programs in which inmates may have been involved - such as job skills training, etc. The most significant proof of success, of the program itself, is the difference in recidivism rates for those completing both the first and second segments as compared to only the first segment.

Further research will focus on improving the technology to shorten the amount of time it takes to reduce recidivism. We will eventually find a way to identify early those individuals most likely to recidivate regardless of how much time they spend in this first generation mental fitness program. Certainly we can develop a special program to address these individuals. We have already experienced great success running this program in the Special Management Unit (inmates with more severe psychological problems) at Oregon State Penitentiary.

If this program were available in the community, judges could sentence an offender to a **Jail Alternative Sentence Option Program (JASOP)** as an alternative to incarceration. The building of more and more new prisons, when we do not have a single long term jail alternative program in place, seems a wasteful expenditure of the taxpayer's hard earned dollars.

HISTORY: In 1972 Jim Campbell was asked to design, develop, and implement the first drug/alcohol program for the U.S. Army in Europe. After a week of frustrating discussions, with the psychiatrists, psychologists, professional, and non-professional counselors, attempting to agree on why people take drugs, Jim asked them to explore in the other direction - why do people **NOT** take drugs. They agreed quickly that people who do not take drugs have "too much going for them," they have greater self respect, self control, and a realistic higher self esteem.

With that in mind, Jim developed a program that focused on developing greater self esteem. He had the expectation that if we could find ways to build the correct supporting beliefs, the program would be successful. The program became so successful that it was selected by the U.S. Senate Committee for Drug and Alcohol Abuse as one of the ten best programs in the world. Over the past 25 years, that program has evolved into what we now call the subject of "Mental Fitness."

"Mental Fitness is a **Learned** set of beliefs that equips a person to respond more appropriately to all life situations." Jim Campbell, 1976.

The new technology, of "how" to teach the subject of Mental Fitness, makes old fashioned individual "counseling" obsolete - just as learning how to use word processing makes using a typewriter obsolete. As the subject of Mental Fitness evolves, we are gaining advanced technology in how to effect "change" in people - especially with offenders. We train you to run the program.



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Furlton is a retired disabled Vietnam Veteran who served 2 years on the National Board of Directors for the Vietnam Veterans of America (VVA). Furlton serves currently as an Advisory Board Member for the Oregon Department of Veterans Affairs. Furlton is the Director for National Projects, for Skills Of Communication National (SOCNAT).

For more information, click on this URL or go to: <http://www.nxchange.com/furlton.pdf>