



# Voices from the inside

## UW-Extension programs... Help inmates learn new skills for positive change

As incarceration costs pull critical resources from the local level, society seeks ways to control spending, prevent crime and reduce recidivism. Research shows that family support plays a vital role in helping individuals move back to the community and preventing future incarceration.

The voices here represent jail inmates and their family members who have participated in family-focused education through county UW-Extension Family Living Programs.

"As long as I keep applying what I learned here, there's a 99 percent chance I won't come back."

"This course helps you see things differently—even things you have done for years and not realized."

"The classes helped you work through things. I learned how to slow down, take a breath and look at things. Before, I just ran headlong and that never worked."

"I now recognize when something is becoming a problem. I think, 'what can I do differently to deal with it?'"

## Build stronger relationships and parenting skills

"I appreciate that I was able to learn new ways to be a better father."

"This class taught me a lot and I can't wait to get out and work on all these things with my kids."

"The big thing is learning how to prioritize values so I can be a better influence on my children"

"You use what you learn in all your relationships....It improves your self-worth."

When someone's incarcerated, their family is at its most vulnerable time and there's nothing you can do (as an inmate.) These classes empower you and it carries on afterward."

# UW-Extension helps families set the stage for success...

## Family voices

**"I'm working on communicating better, spending time away from cell phones, TV, and movies and spending more quality time with my child."**

*—Inmate's spouse on what family is doing differently after reading UW-Extension newsletter for families of inmates.*

**"We discussed what both of our strengths were in the family. Our relationship, if only just friends, is important because of our daughter."**

*—Co-parent with inmate*

**"Each week I took a topic (from the newsletter) to start a conversation with my daughter. It helped to open us both up to each other."**

*—Parent who received UW-Extension newsletter*

**"When he took the dads' parenting class, it was really a turning point for us."**

*—Partner of former inmate*



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