



# September 2013 Newsletter

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## LEADER TRAINING AT NOKOMIS, FL

Step House Transition Center in Nokomis, Florida, held its 2nd Facilitator Training class on August 17th, 2013. This is a transitional center for alcohol and drug rehabilitation and one of the best kept secrets on the West coast of Florida. Drs. Regina and Donald Maxwell are the co-founders of this center and have operated it for 20 years. Many men and women have been helped by their ministry. Along with the Family Integrity Training curriculum, they provided much needed counseling as these individuals work to re-enter society. Their success rate is very high due to the individual attention, guidance, and assistance when problems arise so no one falls by the wayside. Our thanks to Drs. Maxwell, their family, and extended family for a great training day and excellent fellowship. Our blessings go to this great work. -Helen Campbell, FIT Trainer



### Sally Clark Debuts as FIT Facilitator

“The classes every week at the Salvation Army with Ms. Sally are very pleasant and enjoyable. Also, I enjoy learning more about the Lord and my fellow friends. Thank you for providing them.” -Emily

“I’ve enjoyed the FIT Program so much that I have learned how to communicate, budget, in spite of my circumstances. It has helped me in my stay here at the Salvation Army so when I get back on my feet I will know how to survive on my own with me and my kids.” - Tamara

Editor’s Note: Sally Clark joined the FIT family in December, 2012 by completing her volunteer training course at Bradenton, FL. Like many others, she was reluctant of serving in a jail or prison right away. Then an opportunity opened to present courses at the local Salvation Army. Sally is now facilitating her third course there and loving it. The two quotes are from two members of her last class.

## **FIT MISSION STATEMENT**

Family Integrity Training, (FIT) assists the underprivileged, indigent, incarcerated, or addicted in transitioning from dysfunctional lifestyles to healthy ones through mentoring and small-group, faith-based, life-skills courses. It develops, provides and publishes appropriate lesson materials for use in these classes. It trains and authorizes facilitators in the specialized materials and methods. FIIT networks with other faith-based and non-faith-based organizations to accomplish the desired gains in clients' personal functioning and development. To do this, it partners with institutions such as state prisons, local jails, schools, recovery houses, churches, rescue missions, and the Salvation Army. It also partners with individual-leaders who want to increase the effectiveness of their own mentoring and ministries. The organization provides its printed materials free-of-charge to members who have completed the required training and keeps records of all facilitators it trains. It also provides custom graduation certificates to each client completing one of its nine life-skills courses. It uses its databases to provide reports for judges, officers of the detention system, and others desiring to see evidence of clients' effort in improving their personal lives. It provides pertinent information on each graduation certificate which includes client name, title of course, number of group-interaction-hours, date of completion, city of completion, and class facilitators. FIT accomplishes its faith-based dimension by using Christian scriptures and is by its By-Laws interdenominational. It functions by agreeing on the great Christian truths and avoiding controversial issues which would degrade its constructive life-improvement-skills mission. Though originally set up to address re-entry into society from incarceration, the organization works in many diverse settings, including high schools and middle schools. Prevention is as important as remediation. Much emphasis is placed on being free of life-controlling substances and other addictions. Content and emphasis is focused on life-skills training as something everyone needs and employs the best educational tools and practices toward this end. The faith-based element provides practical application of the learning.

## **HISTORICAL TIMELINE**

FIT began in 2004 with a group of three people who had a vision to a faith-based, life-skills curriculum to prisoners in Florida's state prisons to help them successfully transition from incarceration to society. Over the years, the transition theme has been applied to all kinds of people needing life-skills improvement. This included the addicted, homeless, incarcerated, those in recovery houses, and even prisoners serving life sentences.

Date	Activity
2005	Formulating the curriculum
2006	Began training leaders
2007	Field-testing with three pilot programs – in a juvenile state prison, a jail, and a half-way house--and started programs in about 3 different locations. In mid-2007 recognition came from the Florida Department of Corrections as approved as meeting the 100-hour re-entry requirement. In late 2007 our Recently Released program was started to minister to the recently-released and the adult members of their families.
2008	125 facilitators had been trained and 116 course graduates in 8 different locations with as many as 5-10 teams working in a single location. Feedback was very positive.
2009	By April 2009, the number of trained facilitators increased to 210. Incorporated as Florida Integrity Training Inc. on June 1, 2009. Recorded graduates of a course grew to 883 with an estimated 5,000 reached in one or more sessions. There were 12,200 documented contact hours (30,000 estimated).
2010	There were nearly 350 trained facilitators, 1600 graduates, and over 23,000 contact hours with clients. Over 25 agencies had used our materials.
2011	Changed name to Family Integrity Training Inc. on October 21, 2011
2012	By May 2012, there were 4700 graduates, and 72,000 contact hours
2013	By September 2013, there were over 7,000 course graduates and 115,324 contact hours. Over 850 facilitator-volunteers had been trained.