



**Ed White** (Centered) is the first Board Member Emeritus to receive his award. Also present were Donald Pratt (President), Fred Demouey (Treasurer), Norine Hodder (board member), and John Ringleb (Vice President). The other honorees, Helen Campbell and Joe Sheehan, will receive their awards soon.

Board Member Emeritus recipients are able to participate in FIT board meetings as non-voting members.

## Everybody Needs to Take the Anger Dynamics Course

Hello, my name is Karen and I am taking FIT courses and have learned something valuable from all of them. “Anger Dynamics” is now definitely my favorite but it didn’t start out that way. I originally thought it was the one that I needed the least. Boy was I wrong!!! Now I think it should be mandatory for everyone.

I had looked at anger as only being a physical thing. I thought it just meant being mad and abusive to someone. I was surprised to find that was only part of the problem and that we ALL have anger issues from time to time. Almost anything can make us angry. Someone cuts us off while driving. They use NO signals. They jump in front of you in a grocery store or let a door slam in your face. People just not being kind can set us off. We can burn something or over cook it. Arguing with a spouse or child can make us angry.

Anger can turn inward and cause us to be dissatisfied with ourselves. This also can lead to a need to learn how to forgive ourselves and bring down the level to healthy levels.

To me, this book is the most valuable of all the FIT course I have taken. And I think that if you take the class with an open heart and mind you will definitely learn something. I know I have. You can get angry over almost anything in life. The key is how you handle it and control it. My best advice is to turn it over to God and accept what it is. If you can’t change it for the better, then you need to walk away with the least amount of anger as possible.

# **Training Report**

## **11 New Facilitators Trained**

Each of our certified leaders go through at least one day of training where they interact with our certified trainers and learn effective means of using our materials. They learn how to use the course books to engage their participants in meaningful discussion. Generally, they are shown how easy it is to do that with the guided step by step format of lesson progression. First, the stage is set with a short informational reading. This is followed by a related question or discussion prompt. The facilitator guide provides suggestions as to what to expect. Participants go through sample lessons as a group to actually experience the process and see how natural and rewarding it can be. We recently trained 11 new leaders, six regular volunteers and five inmates to teach other inmates (peer facilitators).

## **6 Volunteers**

Six volunteer leaders were trained online on May 4. They were from six cities in Florida: Winter Haven, Brooksville, Longwood, Englewood, Davenport, and Port Orange. They included a bilingual assistant manager, a social worker, a registered nurse, a sales inspector, a real estate agent and a general contractor. We were impressed by this enthusiastic group. They have already shown an active interest in implementing our materials and program.

## **5 Peer Facilitators**

Two of our certified trainers, Norine Hodder and John Ringleb, trained four women and one man to become certified peer facilitators. This involved each of the candidates completing a course in each of our six focus areas, completing a minimum of 100 clock hours with one of our certified facilitators, additional teaching by our certified trainers and observation of them facilitating a group. Finally, each candidate needed to be formally approved by the Family Integrity Training Board of Directors. Three of the women certified were at the Homestead Correctional Institution in Homestead, FL and one was at Lowell Correctional Institution near Ocala. The man was from the Tomoka Correctional Institution near Daytona Beach.

## **Course Completions in April**

There were 215 course certificates issued for the month of April. These only include participants who have completed a course conducted by one of our certified facilitators. It does not include individuals who attended but did not complete the whole course. It also does not include participants in classes sponsored by other organizations who use our materials. We have recorded and issued a total of 25,679 certificates since 2008 and entered the records into our database.