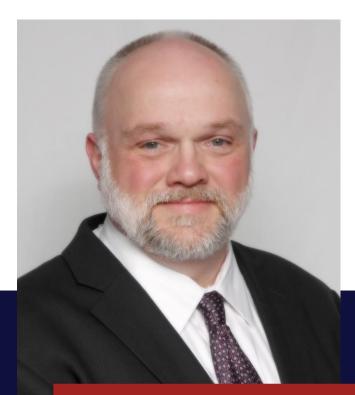


# Finding the Good Life:

A Bible-based Curriculum for Behavior Change

Matt Moore and James Stogner

# Meet Your Presenters



Matt Moore
Senior Director, Reentry Services
CoreCivic



James Stogner
Director, Chaplaincy &
Volunteer Services
CoreCivic

## **Learning Objectives:**

By the end of this Presentation you will be able to:

- Describe how the Finding the Good Life Program was developed.
- Describe an overview of the Finding the Good Life Program.
- Discuss the theoretical underpinnings of the Finding the Good Life Program

# Why Develop a New Curriculum?

# **History**

- The Old Curriculum
  - Was getting stale
  - Had lost much of its "faith"
  - Was too long and closed cycle

### Goals

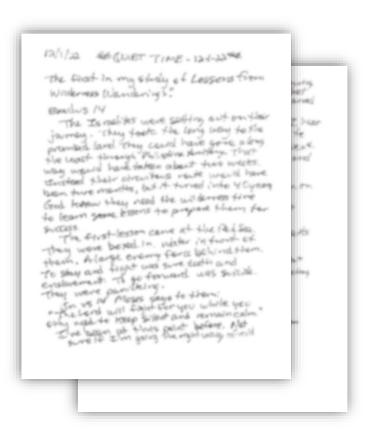
- Strong faith-base but within correctional guidelines
- Based on Desistance theory and Positive Psychology
- 12 weeks or less and open cycle

## The Search

- We looked at existing curriculum
- We talked to a number of curriculum publishers and thought leaders
- Decided to develop something ourselves

# **Inspiration**

- Matt's personal study of "Lessons from Wilderness Wanderings"
- New focus on Desistance and Positive Psychology



# What Process Did We Use to Develop the New Curriculum?

### The Process

- Call for Chaplains and Incarcerated Persons "Lessons from Wilderness Wanderings"
- Partnered with the Change Companies
  - James and Matt developed rough outline
  - 2-day Design Whiteboard session with Change Companies
  - Ongoing collaboration with Change Companies

# The Finding the Good Life Program

"Thank you to the worked experience experts and lived experience experts who contributed invaluable perspectives to the Finding the Good Life program."

- Mark Lopez, Program Facilitator
- Kirby Crawford
- Kirby Smart
- Marius Almarza



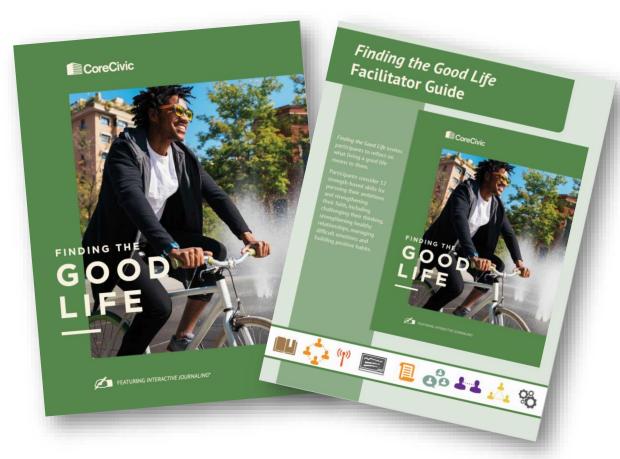
## The Finding the Good Life Program

- Developed in partnership with The Change Companies
- Utilizes their Interactive Journaling model

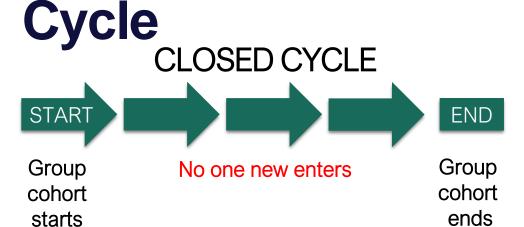


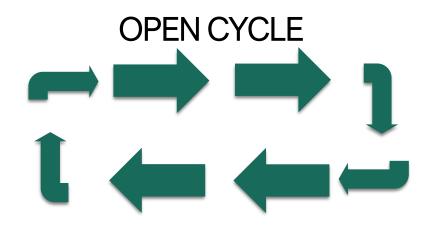
# The Finding the Good Life Program

- 12 Modules
- Open Cycle
- Separate Orientation and Moving Forward sessions held as needed



Finding the Good Life Curriculum is Open



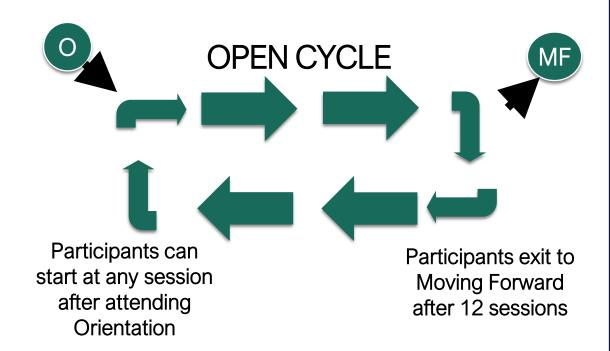


Participants can start at any session

Participants finish after 12 sessions

# **Operating an Open Cycle Group**

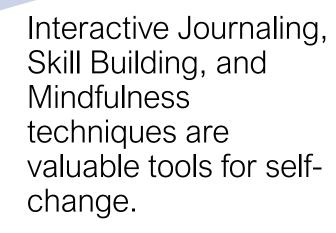
- Moving Forward sessions can be done individually or as a group outside of normal group.
- After Session 12 proceed to Session 1.
   Orientation and Moving Forward are done outside of normal group sessions.
- Do not take a break between cycles.



# What Are the Principles Underlying the New Curriculum?

# **Premises of the Program**

Participants have strengths they can build upon.



Participants can build a good life through improving Positive Emotions, Engagement, Relationships, Meaning, and Achievement.

People can and do change who they are and who they want to be.

#### **Thriving Life**

#### **Building a New Life**

- Coaching approach
- Signature Strengths
- PERMA
- Dimensions of Wellness
- Building a New Life You don't want to lose

Tertiary Desistance

Secondary Desistance

Primary Desistance

#### **Addressing Deficits**

- Assessments
- Identifying Driver
- Targeted Interventions
- Cognitive Change Process
- Skill building
- Enhancing Motivation

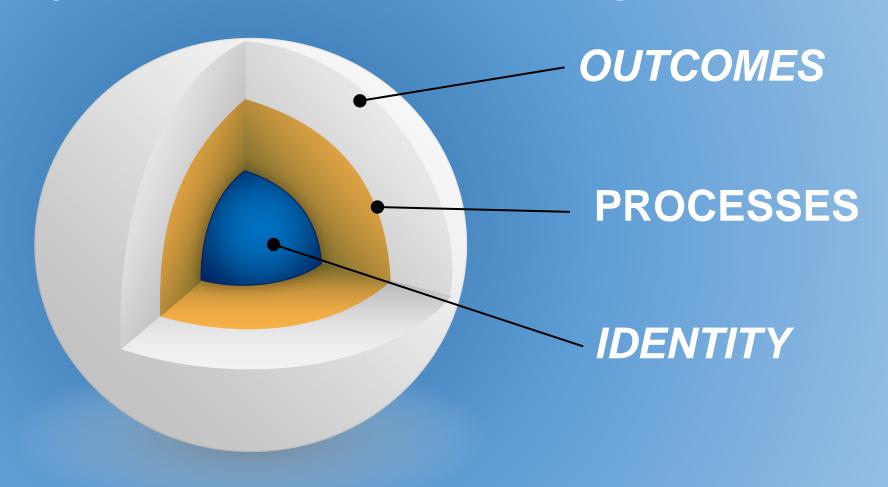
Wellness - Positive Psychology

Risk - Needs - Responsivity

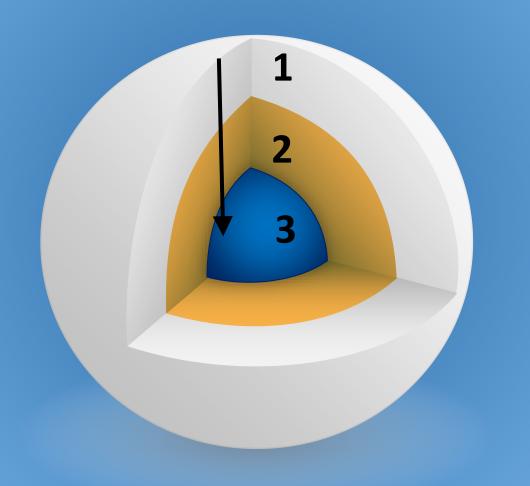
The Basement of Misery

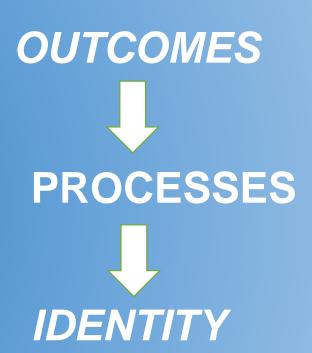


# Three Layers of Behavior Change

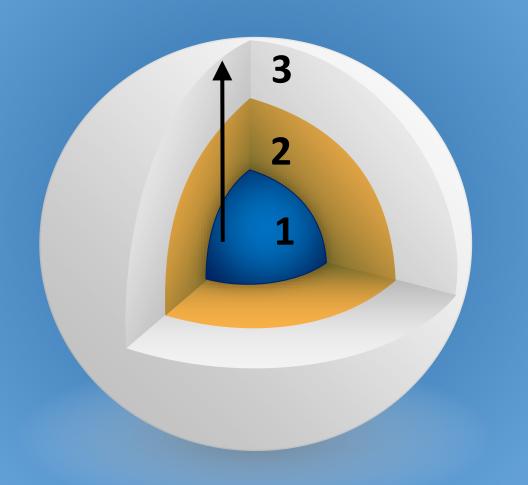


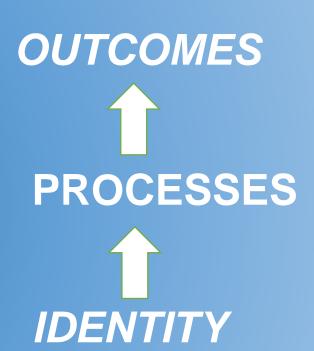
# Outcome-Based Habits

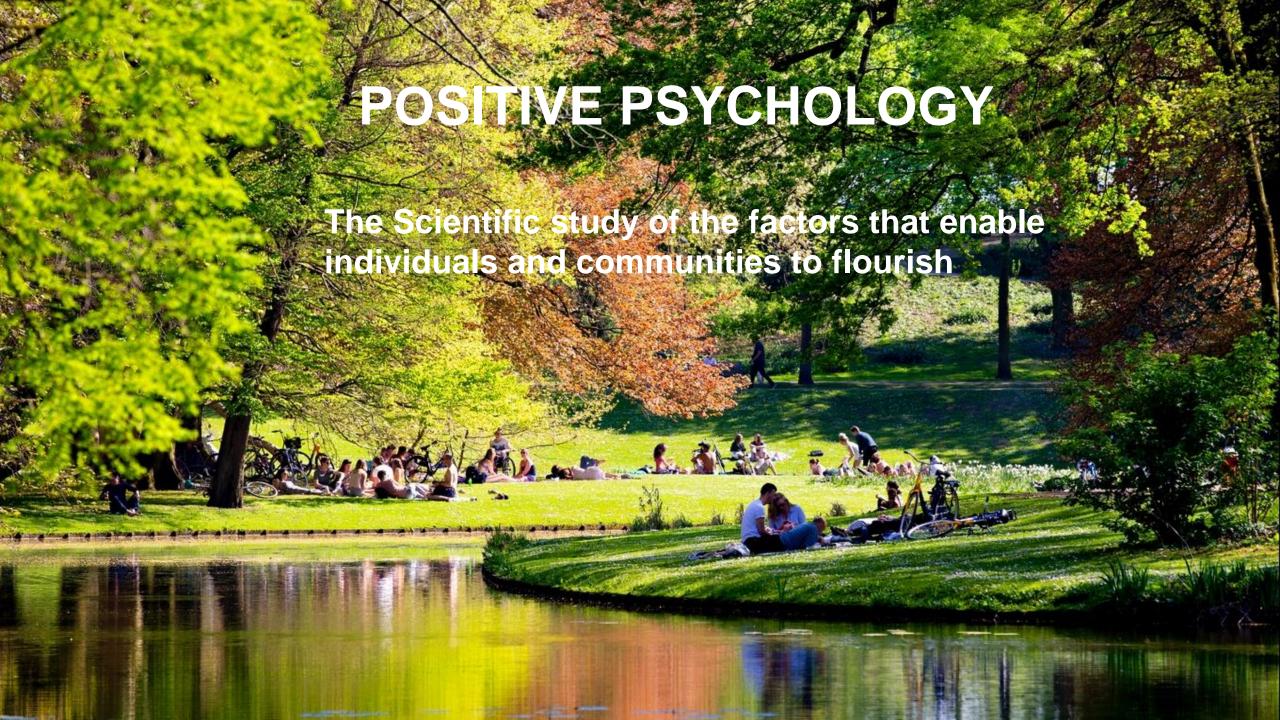


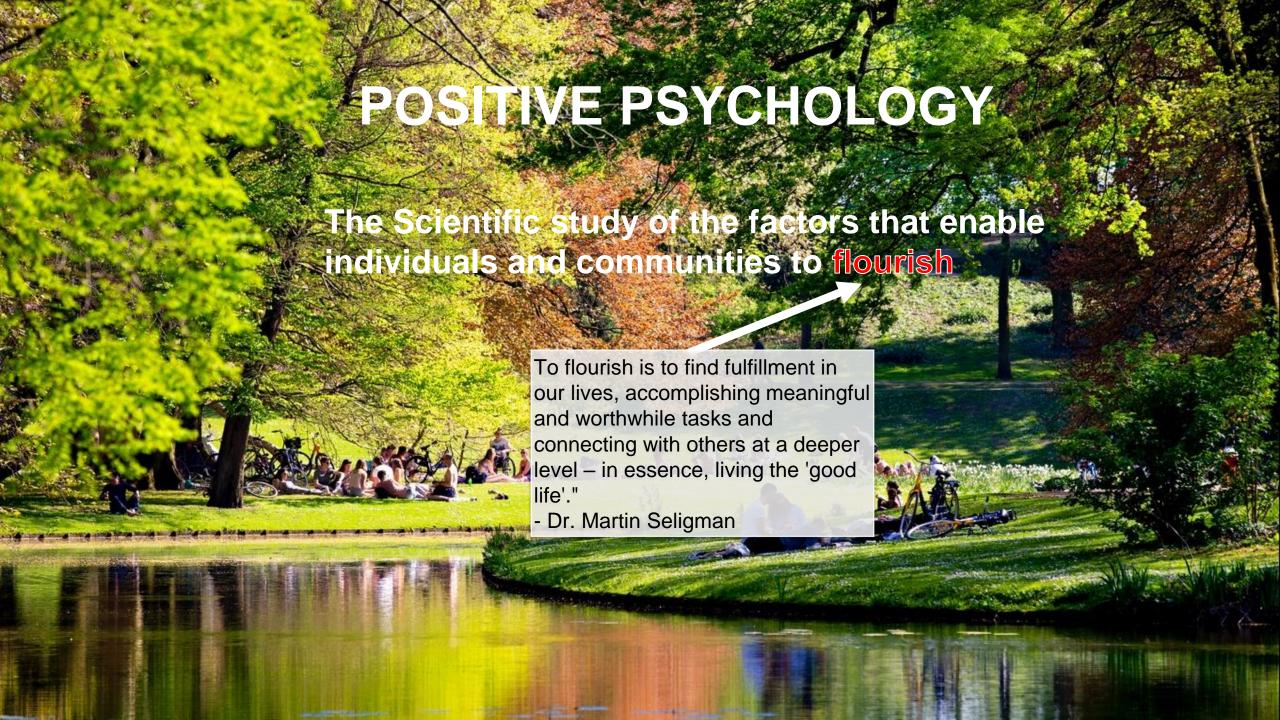


# Identity-Based Habits

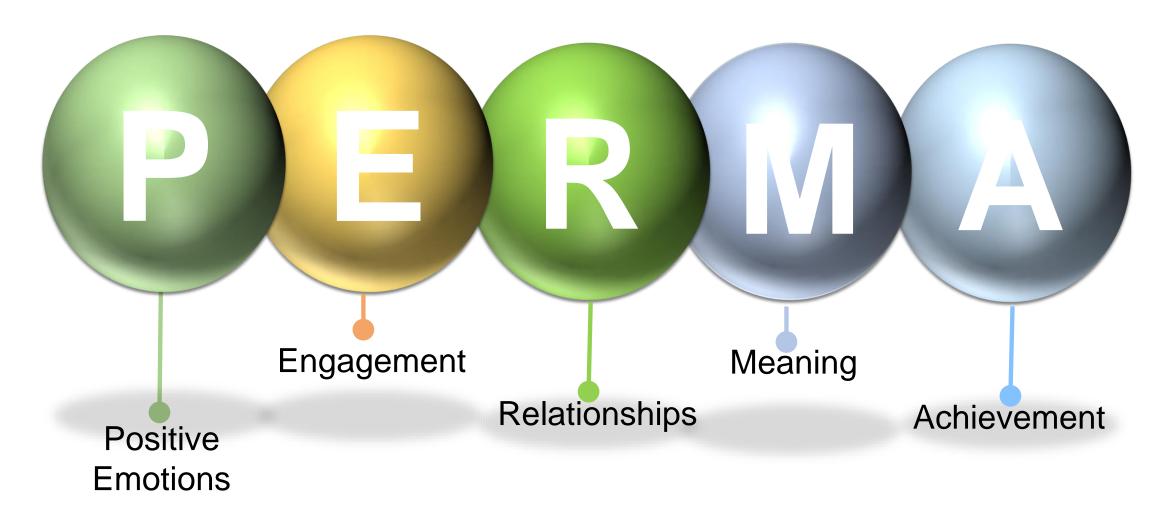




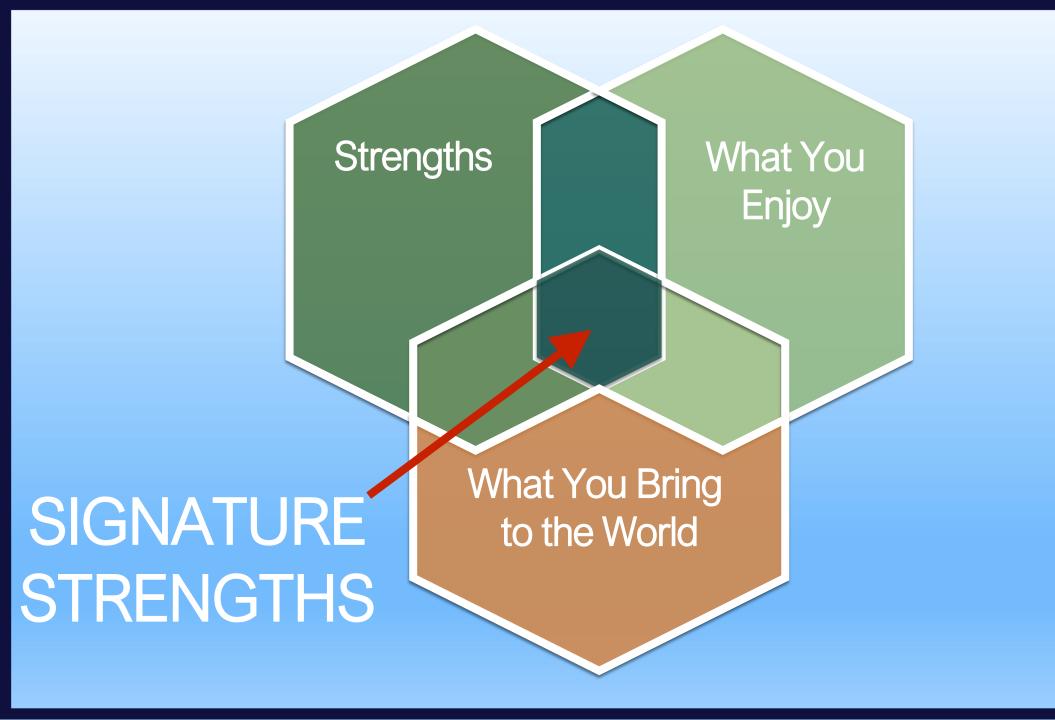


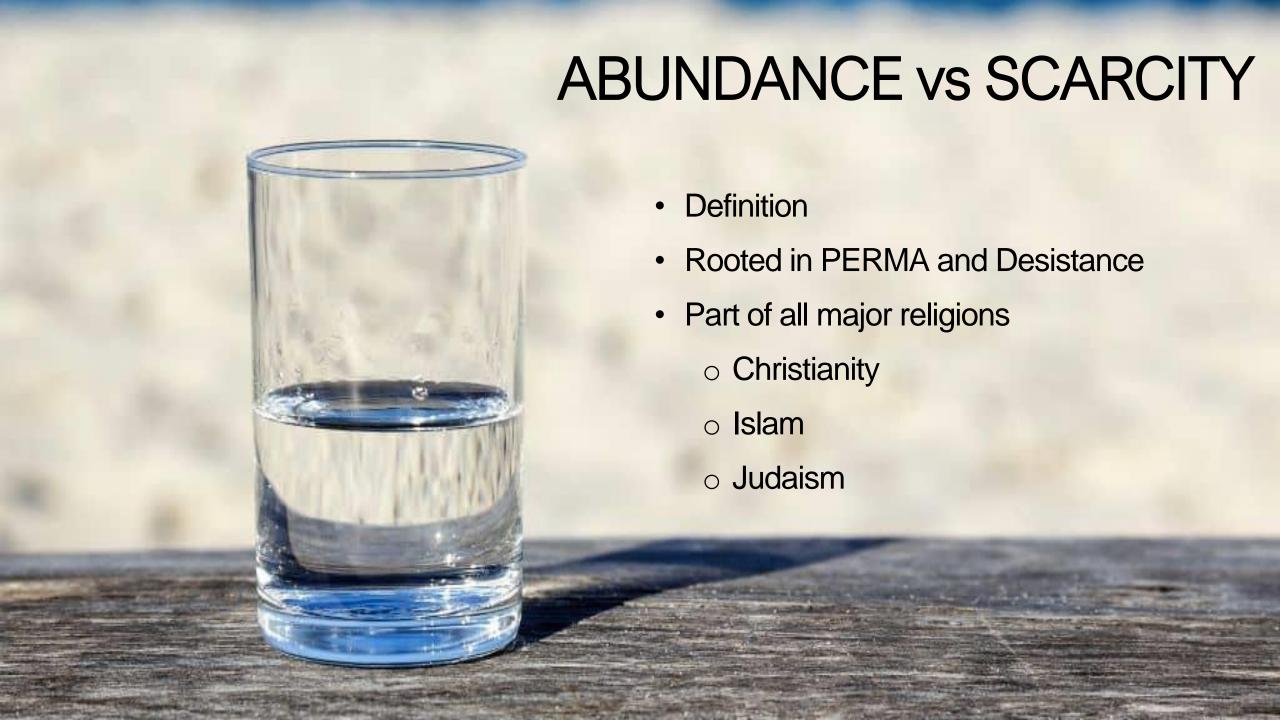


## A Framework for the Good Life





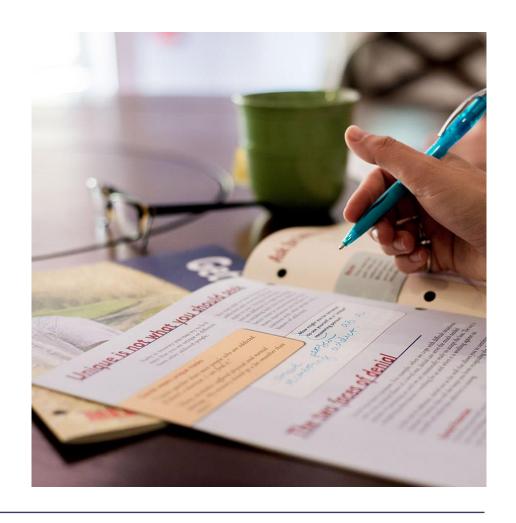




# What is In the New Curriculum?

# **Interactive Journaling**

- Evidence-Based
- Goal directed; client centered
- Process of written self reflection
- Structured and expressive writing techniques
- Integrates:
  - Motivational Interviewing
  - Cognitive-behavioral Interventions
  - Stages of Change



# **Participant Journaling**

- Change is possible and you can make it happen
- Allows them to tell their own story.
- Promotes engagement.
- Practical techniques to move them through stages of change.
- Makes them the owner of their change process.



Permanent resource.

# FINDING THE

# GOOD LIFE





- **61** Challenging My Thinking
- **Building Problem Solving Skills**
- **Identifying Skills, Strengths** and Resources
- 104 Taking Positive Action
- **05** Strengthening Healthy Relationships
- 06 Practicing Self-compassion
- 5trengthening Meaning and Purpose
- 08 Building Positive Habits
- Managing Negative Social Pressure
- 10 Managing Difficult Emotions
- **Making Wise Decisions**
- **Building Hope and Optimism**

unning continuously

#### **Journal Contents**

Orientation



# The Story of the Promised Land



#### **Journal Contents**

- Orientation
- On Challenging My Thinking



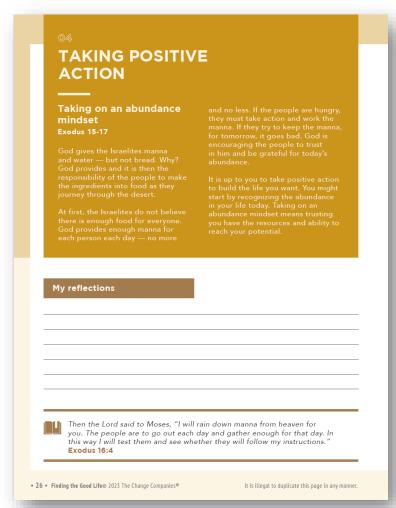
- Orientation
- Of Challenging My Thinking
- Building Problem Solving Skills

### **BUILDING PROBLEM SOLVING SKILLS** Facing difficult times Exodus 13-16 My reflections Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still." Exodus 14:13-14 Finding the Good Life® 2023 The Change Companies® • 15 • It is illegal to duplicate this page in any manner.

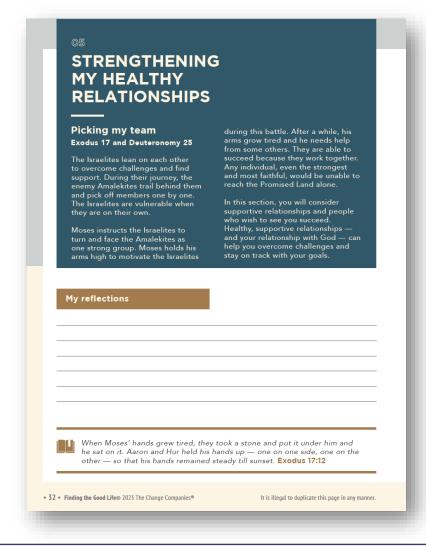
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- Challenging My Thinking
- Building Problem Solving Skills
- Identifying Skills, Strengths, and Resources



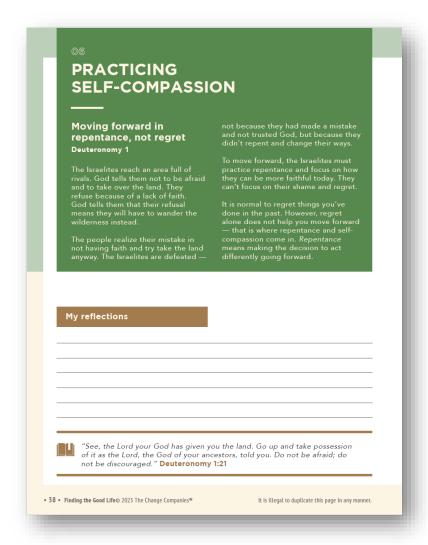
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- Strengthening Healthy Relationships



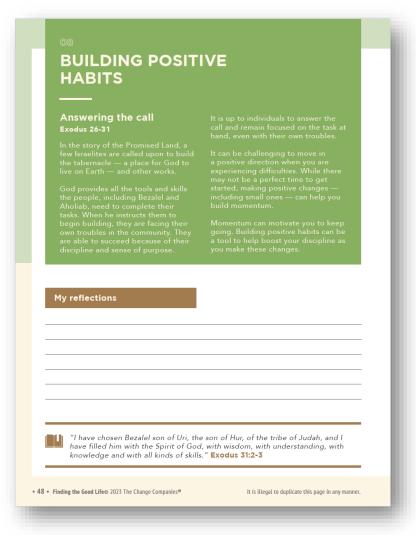
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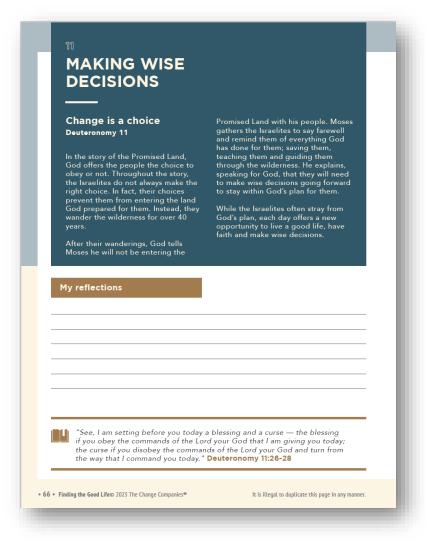


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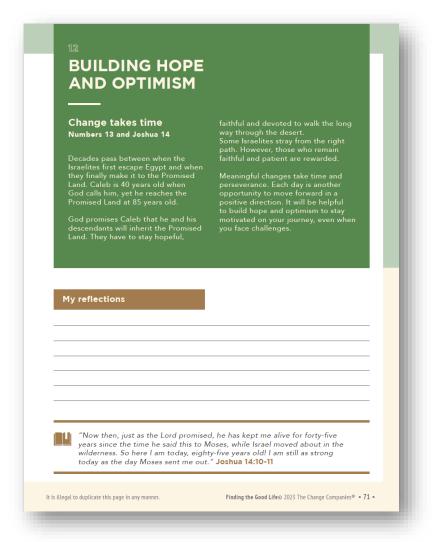




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- 11 Making Wise Decisions
- Building Hope and Optimism
- Moving Forward



# What Results Have You Seen?

## Results

- 19 facilities
- 501 completions
- 76% completion rate

## **Matt Moore**

**James Stogner** 

Matt.Moore@CoreCivic.com

James.Stogner@CoreCivic.com

#### Finding the Good Life

https://shop.changecompanies.net/products/finding-the-good-life

## **Learning Objectives Review**

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