

# THE 7 HABITS<sup>®</sup> on the Inside



## The 7 Habits on the Inside: Making Prisons and Jails Safer

The 7 Habits on the Inside is an evidence-based program that changes the culture of jails and prisons. They become safer. This proven process is shown to significantly reduce recidivism, the number of incident reports, and staff turnover.

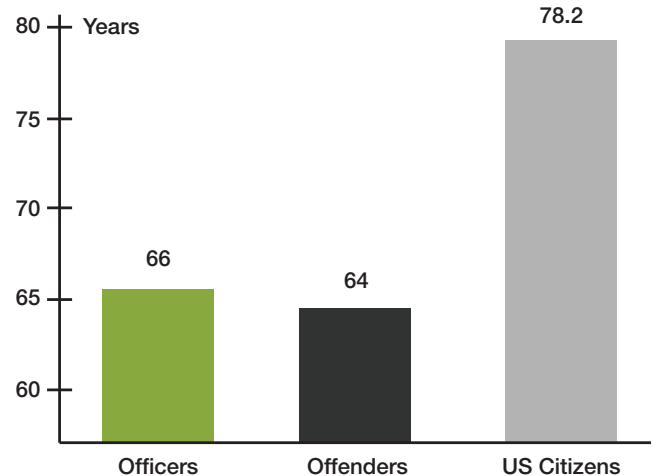
The truth is, staff and offenders feel unsafe in prisons and jails. In fact, the life expectancy of officers and offenders is dramatically lower than the average U.S. citizen.

Why the difference? Why do officers live such shorter lives than the general population? The answer is, it's the culture! They are two very different groups living in the same stressful environment.

*“In my 45 years in the corrections profession, between the U.S. Army, Colorado Dept. of Corrections, and consultant work, I have never experienced an offender program that is as electrifying as 7 Habits on the Inside.”*

—Gerald M. Gasko, LTC MP US Army (ret.) and Colorado director of prisons (ret.)

### LIFE EXPECTANCY



## Changing Your Culture Through 7 Habits on the Inside

THE CHALLENGE	THE SOLUTION
Most programming is for offenders.	The 7 Habits on the Inside is for both staff and offenders. Although taught on different yet parallel tracks, both staff and inmates learn the same concepts. The process creates a common language to resolve conflict or avoid it in the first place.
The victim mentality is a part of the institutional culture among offenders and creates an adversarial relationship between offenders and staff.	Individuals understand the power of choice and take responsibility for all actions and consequences. The victim mentality is no longer allowed, and culture begins to shift.

## STAFF PROCESS

- *7 Habits® Signature 4.0* is taught to staff from a law enforcement perspective. It emphasizes specific issues staff and their families experience.
- It is often taught over four to eight weeks in two- to three-hour segments. It is flexible.
- A graduation ceremony is held upon completion.
- It is taught by staff who become certified as 7 Habits facilitators.



## OFFENDER PROGRAMMING

- The 7 Habits on the Inside is taught to offenders in eight to twelve weeks for prisons.
- In prisons the 7 Habits are taught sequentially in a closed-ended format. It is typically taught once per week in two- to three-hour sessions. Out-of-class assignments are given.
- In jails it is taught in four to six weeks. Instead of only one class per week, it is usually taught in two classes each week. It is open-ended.
- Most jails and prisons have staff who are certified in the 7 Habits to teach it; however, some prisons certify offenders to facilitate it. In all cases, inmates are heavily involved so that they can offload some responsibilities from the facilitators.
- A core group of offenders is selected over time with the purpose of modeling or living the principles of the 7 Habits in the housing units and the yard. They assist the facilitators with various tasks and they serve as mentors to other offenders.
- A graduation ceremony is held upon completion.
- Sharpen the Saw® sessions make the principles stick. They are held once a month or once a quarter for 7 Habits graduates. Sharpen the Saw sessions are taught and led by inmates.

## Certification Process

Certification is typically four days. The first two days are actual training in the 7 Habits led by a FranklinCovey corrections consultant. The last two days are certification or facilitator training, again led by a FranklinCovey corrections consultant. It not only certifies your staff to teach the workshop to other staff, but to lead The 7 Habits on the Inside process with offenders. Coaching is ongoing. FranklinCovey partners with you long after certification.

**“The recidivism rate for the state was 51 percent. But for the offenders who went through the program, their recidivism rate was 8 percent! It was an amazing eye-opener. And for the offenders who haven’t gotten out, their incident rate dropped by 76 percent.”**

**—Jay Hudson, custody and control mgr., Fremont Correctional Facility**

To learn more about 7 Habits on the Inside or to schedule a complimentary overview, contact Jeff Carney at [jeff.carney@franklincovey.com](mailto:jeff.carney@franklincovey.com) or (303) 887-5459.