



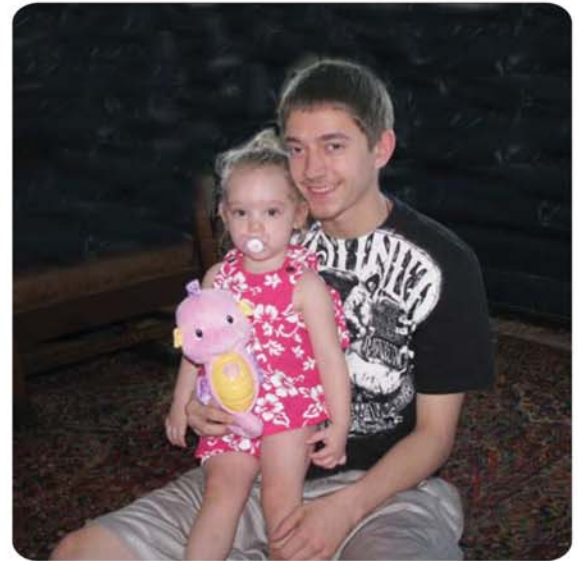
Pathfinders of Oregon works to break the cycle of criminality.

Pathfinders offers programs and services in Oregon's prisons and in the community to help individuals and families acquire the skills to become healthy, prosocial members of the community.

Corrections Programs

Pathfinders has been delivering programs in the Oregon prison system since 1993, under a contract with the Oregon Department of Corrections. The goal of all Pathfinders programs is to prepare criminal justice-involved individuals to re-enter society and avoid recidivism. Pathfinders offers the following programs:

- **Pathfinders.** Pathfinders is a cognitive restructuring program designed to help individuals examine and change the thought processes that led them into criminal behavior, and to help them develop prosocial skills and behaviors.
- **Parenting Inside Out.** Parenting Inside Out is an evidence-based, cognitive-behavioral parenting skills training program that helps parents promote healthy child adjustment, prevent child problem behavior, and interrupt the cycle of intergenerational criminality.
- **Living In Freedom Today (LIFT).** LIFT is a comprehensive six month, 14 hours-a-day, 7-days-a-week, intensive alcohol and drug outpatient and cognitive restructuring program for women. In addition to facilitating intensive programming, case managers act as transition specialists to assist participants in successfully re-entering the community after incarceration.



The Pathfinder Academy

The Pathfinder Academy is an accredited alternative school providing a safe educational environment supporting positive participation in education, family and community for pregnant and parenting youth. The Academy has been serving pregnant and parenting youth since 1999. The Academy offers:

- **GED and academic programs** to help youth complete their high school education. In the Literacy/Numeracy Focused GED to Post-Secondary Education Program, Pathfinder Academy provides credit retrieval and literacy and numeracy instruction aligned with Portland Public Schools and State standards.
- **Parenting skills education and support.** Using the *Parenting Excellence* program, the Academy provides evidence informed parenting education and life skills classes.
- **Post secondary transition support.** Through the Teen Parent College Access and Success program (TPCAS), Pathfinder Academy and Insights Teen Parent Program partner to help teens develop skills and access resources ensuring their successful transition to college. Pathfinder Academy also prepares our students to successfully enter the job market.

“ I was finishing my second term in prison when I went into LIFT. I made a decision when I was in LIFT that I was going to do things differently, that I was going to do whatever I needed to do to change my life. I still use my LIFT tools every day. Now I am in college and I have relationships with friends and family that I never thought I would have again. ”

LIFT Graduate

For every parent we help, an estimated \$35,000 in public expenditures is saved each year. For the children, success is experienced in happiness, stability and better outcomes.

The Center for Family Success

Families with criminal justice involvement come to the Center for Family Success for help. From the first visit, the Center assists families to obtain concrete resources, including public supports, to address immediate needs: food, housing, advocacy. Families take part in Center activities that support long term stabilization, usually participating for a full year. Some engage in programs for two years or more and all are welcome to re-engage or increase the intensity of their engagement as needed. The Center's comprehensive services allow it to tailor programs to each family's unique needs; through the Center's programs families are able to create positive plans for the future.

The Center for Family Success provides:

- **Parenting Inside Out** classes and coached family time
- Family stabilization
- **Healthy Relationships: Successful Families** family violence prevention classes
- Advocacy for parents and children
- Employment support
- Anger Management classes
- Community engagement activities for families



Youth Violence Prevention.

Youth violence in Rockwood/East Multnomah County is an increasingly serious problem negatively impacting community health and safety. Pathfinders of Oregon is leading a multi-partner, community building movement to stabilize families, prevent youth violence and improve community health and safety.

The program goals are to:

- Reduce youth violence and the number of youth involved in the juvenile justice system.
- Improve children's prosocial behaviors and skills.
- Increase the number of mentors available to youth in East Multnomah County.
- Increase the number and variety of activities available to youth and families.
- Increase parent participation; give parents the parenting skills demonstrated to improve outcomes for children and to reduce youth involvement in the juvenile justice system.
- Improve health outcomes for the most vulnerable.



Pathfinders of Oregon's mission is to break the cycle of criminality.

We accomplish our mission through prevention and intervention focused on high-risk individuals, families and children. We:

- Provide cognitive-based programs, education and supportive services for pro-social living to adults in the Oregon prison system and to children and families in the community;
- Create and disseminate evidence based curricula and programs;
- Build community and create systems change to focus resources on addressing the full spectrum of social factors impacting the health of individuals and communities.

Curricula.

Pathfinders has three curricula developed for high-risk families.

Parenting Inside Out is an evidence-based parenting skills training program designed specifically for justice-involved parents to help them break the cycle of inter-generational criminality.

Parenting Excellence was developed to meet the needs of teen and young parents. Incorporating evidence-based principles, *Parenting Excellence* is an outcomes-based curriculum that focuses on skill building to enhance both healthy adult development and healthy child development.

Healthy Relationships: Successful Families was developed to prevent family violence and improve outcomes for children. Based on new research emphasizing the importance of the interactions between the couple as a factor in intimate relationship violence, *Healthy Relationships: Successful Families* focuses on skill building to enhance healthy interactions within the couple's relationship.

Pathfinders operates the Center for Family Success in the Rockwood area of Portland and the Pathfinder Academy in St. Johns.

For additional information please contact:

Center for Family Success
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