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# About Us

The Program, It's About Change is an independent, 501(c)(3) non-profit organization committed to providing resources and encouragement to ex-offenders reentering our community.

With **offices in Harrisburg and York**, Pennsylvania, our experienced staff offer an array of **evidence-based, high-quality programs and services to men and women** returning home from incarceration.

Because the first days, weeks, and months of freedom are the most critical to an individual's success, we are determined to provide resources to individuals looking to re-establish a productive life after incarceration.



# Our Mission

Our mission is to serve and support individuals involved with the criminal justice system to prevent recidivism and promote productive, crime-free lives.



# Cognitive Behavioral Intervention

**ELIGIBILITY CRITERIA:** Adult clients currently on State Parole or State Intermediate Punishment

Evidence-based cognitive behavioral intervention curriculum aids clients as they transition home from incarceration. During the Cognitive Behavioral Intervention program, clients explore topics including:

- Establishing and maintaining healthy relationships, family reintegration, exploring the ripple effects of responsible and irresponsible behavior, improving communication and managing difficult feelings;
- Emphasizes individuals' abilities to change how they think in order to alter their attitudes and behaviors;
- Financial responsibility, time management, physical health, living arrangements, legal issues, employment and coping skills;
- Strategies to help stay on track with positive changes and prepare for warning signs that could lead away from change efforts.



# Family Reunification

**ELIGIBILITY CRITERIA:** Adult clients currently on State Parole or State Intermediate Punishment

Because every family is different, our philosophy is not “one-size-fits-all.” We tailor our services around the unique needs of our clients. Our flexibility allows for individualized sessions for clients, their children and family members.

Evidence-based parenting curriculum enables our staff to provide:

- Comprehensive assessments, regular evaluations and sessions;
- Specialized parenting groups for criminal-justice-involved parents;
- Specialized services for family reunification efforts;
- Goal setting, emotion regulation, and parenting strategies for different age groups.



# York County Family Reunification

**ELIGIBILITY CRITERIA:** Adult women who have a child or children who have, at some point, been involved with the criminal justice system in York County.

York County Family Reunification clients participate in one-on-one case management services in conjunction with 12 weeks of parenting classes.

The 12-week group sessions utilize a **research-based curriculum specific to parents with criminal justice involvement**. During the parenting classes, clients will **develop skills to enhance communication**, become familiar with the **stages of child development** and gain new skills to **build or repair familial relationships**.

Following completion of the 12-week group, clients are provided with up to 6 months of individualized case management and mentoring services.



# Housing Assistance

**ELIGIBILITY CRITERIA:** Adult clients currently on State Parole or State Intermediate Punishment

Choosing where a person will live after incarceration can be a life-changing step. Considering the positive impact this crucial decision could make on future generations, no one should be expected to navigate this alone. The Housing Assistance program helps men and women who have been working find housing that's affordable, secure, and sustainable.

- Housing placement with financial rent assistance for up to 6 months;
- Financial Literacy classes to help clients learn balanced budgeting, saving, and spending habits;
- Mentoring for clients to give them encouragement to thrive on their own.



# Mentoring

**ELIGIBILITY CRITERIA:** Adult clients currently on State Parole or State Intermediate Punishment

The Mentoring program strives to provide clients with the opportunities to strengthen their lives by building trusting relationships with Mentors who offer guidance encouragement, and nonjudgmental support.

The Mentoring program is a 9 – 12 month commitment. Our Mentors are known for their expertise, compassion and advice while modeling pro-social behaviors. Staff-assisted goal planning provides the client with available resources to promote a stable family structure and successful route toward self-sufficiency.

We value and respect the dreams, visions and goals that our Mentees develop, as they strive to become positive and productive citizens in our community.



# Workforce Development

**ELIGIBILITY CRITERIA:** Adult clients currently on State Parole or State Intermediate Punishment

- Resume development or enhancement assistance;
- Job placement assistance and on-one-one job coaching;
- Assistance in acquiring state-issued ID, birth certificate and / or Social Security card;
- Assistance in acquiring a GED or High School Diploma (in partnership with affiliates);
- Development and enhancement of soft skills (i.e. communication, dress, attitude, self-talk);
- Provision of work-related required items such as transportation assistance (bus passes and additional forms of transportation), interview clothes, work uniforms, steel-toed boots, two-way radios and non-slip shoes, if required.



# Youth Reentry Program

**ELIGIBILITY CRITERIA:** Individuals that reside within York City who have returned home from placement, York County Prison or who are on probation.

Youth Reentry Program staff work directly with youth clients and their families during the reentry period to establish and implement a viable aftercare plan.

- Youth Reentry Program targets youth ages 15 -24 being discharged from state-run or private placement in PA.
- Placement visits and meetings occur prior to discharge to create a smooth transition.
- Youth Reentry Program aims to coordinate youth and family access to supportive services; school enrollment and stability; and identification and elimination of barriers to the reentry process.





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