

Incarceration in Virginia and Across the U.S.

According to Prison Policy Institute, there are currently 68,000 people incarcerated in Virginia.

Tracing its origins to 1961, the George Washington Regional Commission is the "planning district commission" established by the General Assembly for the region comprising the City of Fredericksburg and the counties of Caroline, King George, Spotsylvania and Stafford, known collectively as "Planning District 16," or, "PD-16." PD-16 is the fourth-largest and fastest-growing of the Commonwealth's 21 planning districts. The statistical data contained in this brochure is from the Virginia State Police report, "Crime in Virginia 2017."

PD-16 Region	Population	Incidents Per 100,000
Caroline	28,823	3875.37
Fredericksburg	27,645	10699.94
King George	25,381	3758.71
Spotsylvania	131,549	3395.69
Stafford	145,699	4114.64

PD-16 Region	Adult Arrests	Juvenile Arrests
Caroline	1345	17
Fredericksburg	2390	23
King George	568	4
Spotsylvania	2229	28
Stafford	4993	79

Between Nov. 1, 2016 and Nov. 30, 2017, 386 inmates returned to the Rappahannock Regional Jail with new charges and/or parole violations.

"The American criminal justice system holds almost 2.3 million people in 1,719 state prisons, 102 federal prisons, 1,852 juvenile correctional facilities, 3,163 local jails, and 80 Indian Country jails as well as in military prisons, immigration detention facilities, civil commitment centers, state psychiatric hospitals, and prisons in the U.S. territories."
 – *Prison Policy Institute, May 2018*

PLEASE DONATE TODAY TO HELP US DELIVER OUR MANY PROGRAMS



Please consider a tax-deductible donation so that we may continue our mission to assist those who have nowhere else to turn. Because of the generosity of people in our community, the chance of success for returning citizens is greatly increased. All of our programs provide direct assistance to returning citizens and their families. There are many ways to donate to our programs. You may do so via FailSafe-ERA.org, by mail, or by emailing your intentions for support to the email address directly below.

Please email Communications@FailSafe-ERA.org to express your desire to donate today.



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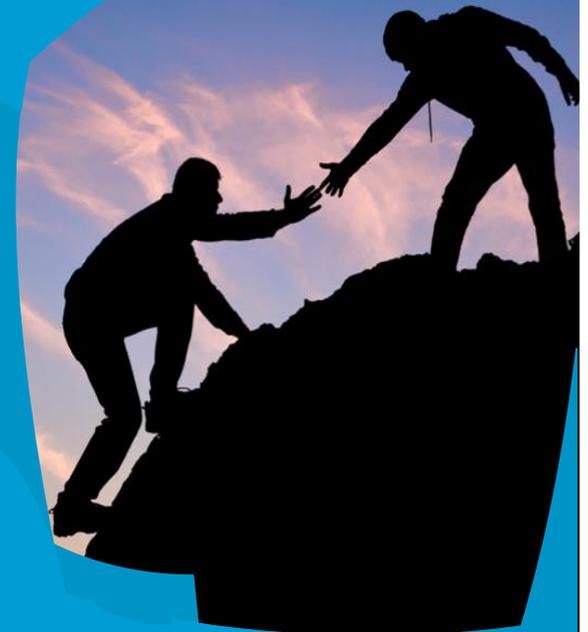
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About Us Our Programs and Our Services



FailSafe-ERA's Programs



Right Roads Training Program



Changing the Next Generation (three programs)

Equipping Children of Incarcerated Parents (ECHIPS)

Women Inspiring Girls (WIGS)

Youth Speaks



Prison Ministry

"We believe that once formerly incarcerated individuals have completed their sentences and paid their societal debt, they deserve a chance to be rehabilitated and become model citizens. FailSafe-ERA's mission is to help all those who have been affected by incarceration – the inmate, the family members and the community. We do not call them ex-inmates, ex-cons, or formerly incarcerated, we call them "Returning Citizens." – *FailSafe-ERA President and CEO Juanita Shanks*

About FailSafe-ERA and Our Programs

FailSafe-ERA is a 501C3 non-profit organization. Our mission is to assist individuals (and their families) affected by incarceration. We do this by providing needed resources and tools (see programs below) to recover from their life-altering decisions and challenges.

Our "ERA" model was developed to **EDUCATE** the inmate, family members, and the community and help those returning citizens (formerly incarcerated) who are willing, to be **REFORMED**. We offer continued support after their release by programs and services that **ALIGN** their thought process to values that include respect, cooperation, continuous learning, education, growth and personal integrity.



FailSafe-ERA proudly highlights the accomplishments of returning citizens who are giving back to the community in so many different ways. Antoine Carey (above) is a successful local barber.

OUR UNIQUE PROGRAMS

The Right Road Job Training and Placement Program

is a cognitive-behavioral, skills-building program which challenges transitioning inmates and returning citizens to change their beliefs and behaviors. Through structured group discussions, the participants are challenged to examine how their behavior choices have been caused by their emotions, thoughts and beliefs. The program is accomplished utilizing 40 hours of curriculum that focuses on cognitive awareness, self-control, problem solving, and interpersonal skills development. Following the classroom training, the returning citizen will then receive training in the roadway safety industry.



Changing the Next Generation Program This is an area of focus that is both proactive and preventative in nature. The overall mission is the social and emotional well-being of children, particularly those who are involved in the criminal justice system themselves or is a child whose parent is currently or formerly incarcerated.

Equipping Children of Incarcerated Parents (ECHIPS) is a program designed to reduce the trauma and related challenges that children of incarcerated parents often face. Parental incarceration is one of the 10 original studied Adverse Childhood Experience (ACE's). Children of incarcerated parents often present poor social and academic skills and are at a higher risk than their peers for juvenile delinquency, depression, drug abuse, and eventual incarceration.

This is a support group curriculum teaching the children social and emotional strategies whereby they can better cope with the challenge

brought on by having an incarcerated parent. The specific trauma informed interventions include, psychoeducation about trauma, strategies for identifying distressing and irrational thinking and behavior; relaxation techniques; cognitive reframing, and emotion regulation skills.

The Women Inspiring Girls (WIGS) Program

primary focus is assisting girls in the enhancement of their self-esteem and self-worth while building a positive identity. The secondary focus is for the young ladies to become successful role models for their peers. The WIGS program consists of varied group activities, such as field trips, community service projects and a guest lecturer series.

Youth Speaks is a FailSafe-ERA program designed to help build confidence, teamwork and personal responsibility among youth who are involved in the juvenile justice system. While participating in the program the youth learn and develop various communication skills.

FailSafe-ERA's Prison Ministry Program teaches inmates biblical principles and provides returning citizens the guidance and direction they need to become spiritual leaders of their families and exceptional members of the community. Our curriculum, "Building Your Spiritual House, Pathways to the Next Level," is available (at minimal cost) to individuals who want to increase their spiritual walk, and to interested churches and other faith-based organizations.

