



RHODE ISLAND DEPARTMENT OF CORRECTIONS

Planning & Research Unit

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Evaluation of the Path of Freedom Program for Incarcerated Men and Women

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Abstract

Path of Freedom (POF) is a mindfulness-based emotional intelligence curricula program modeled delivered at the RIDOC for incarcerated men and women. By introducing program participants to key personal development, exercises, including mindfulness meditation, emotional intelligence, conflict resolution, communication skills, greater self-awareness, improved impulse control and greater social awareness which will give positive vision for their lives. POF requires participants to complete 12 interactive facilitated sessions, composed of exercises, mediation practice, instructional videos, 'cell work' and group reflection.

The formal program evaluation will focus on all aspects of the POF program, including facilitator training, program delivery, program impact, data collection, assessment, and program management. The main sources of data collection will include clients in the POF programs held in men's and women's facilities at the RIDOC, existing data sources, quantitative and qualitative data collected by POF facilitators and clients, as well as data collected from key RIDOC administrators and staff. The programs include an introductory class and an advanced class at Medium Security (Moran) and Women's.