



TulalipCares.org

## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Freedom Project

**DATE OF AWARD:** 2017 Q3

**ADDRESS:** 918 S Horton Street, Suite 1015, Seattle, WA 98134

**CONTACT:** (206)325-5678, <http://www.freedomprojectwa.org>

**GENERAL GOALS:** To support healing connection and restorative communities both inside and outside prison through the strategies of Nonviolent Communication, mindfulness, racial equity and anti-oppression.

### **SPECIFIC USE FOR THIS AWARD:**

This award went towards support of their administration and programs.

For more information please read the attached report from Freedom Project..



September 26, 2018

Tulalip Tribes Charitable Contributions

Grant Code: Q3-2017 14.2

Charity: [www.freedomprojectwa.org](http://www.freedomprojectwa.org)

Dear Marilyn Sheldon and Tribal members:

We were delighted to recently receive a grant for [REDACTED] in September of 2017, as a grant from the Tulalip Tribes Charitable Contributions. We have been able to put the funds to work immediately, to support programs in mindfulness and Nonviolent Communication inside Washington State prisons and in the community.

The funding we received from the Tulalip Tribes has been instrumental in our ability to coordinate with the Department of Corrections to keep classes going; to recruit and train volunteers; to continually evaluate our curriculum so that it is responsive to the needs of program participants; and to support the staff and board to do the hard work of working toward becoming an anti-racist organization.

One of the biggest challenges in providing more programming at Washington's prison facilities is the distance between where volunteers live and the prison facilities. Volunteers have to drive a long distance to get there and back each week. These grant funds helped us ensure consistent volunteer transportation, week after week. While this might not seem like a dramatic contribution, this support makes a world of difference to the folks inside. As one class participant said,

*"More than just the mindfulness, one highlight of the classes was coming up and finding that all 3 free-world people were here and they came back every week."*

Another way we address this challenge is by supporting people who are currently incarcerated to be co-facilitators of workshops and classes. With your contribution, we were able to support approximately 430 hours of classes facilitated by folks who are currently incarcerated. We also saw the addition of a unique and valuable "Family Constellations" class in February of 2018 at Clallam Bay, as well as new ongoing classes at Washington Corrections Center for Women and Coyote Ridge Corrections Center. Finally, this year, we saw the addition of Nonviolent Communication and Mindfulness classes at Benton County Jail in Kennewick – for both men and women – bringing our total to 7 facilities across Washington State.

**We served 819 participants in our programs during this grant cycle (Jan 2018-Sept 2018).** More specifically, we saw the following outputs in our prison programs:

Twin Rivers Unit at Monroe Correctional Complex:

- Nonviolent Communication classes: 43 weeks of classes and 86 hours of volunteering with 80 participants on Wednesday nights.
- Mindfulness classes: 36 weeks of classes and 72 hours of volunteering with 84 participants on Monday nights.

**FREEDOM PROJECT**

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- Nonviolent Communication and Mindfulness Weekend Workshops on topics like Anger, Healing and Restoration, and Leadership: 144 hours of volunteering with 186 participants
- Leadership Advisory Council ("Mentor Group"): 18 meetings, 54 hours with 21 participants, every other Friday afternoon.

Washington State Reformatory at Monroe Correctional Complex:

- Nonviolent Communication and Mindfulness classes: 42 weeks of classes and 82 hours of volunteering with 67 participants on Friday mornings.

Airway Heights Correctional Center:

- Nonviolent Communication and Mindfulness classes: 64 weeks of classes and 128 hours of volunteering with 94 participants on Friday and Saturday mornings.

Benton County Jail:

- Nonviolent Communication and Mindfulness classes: 39 weeks of classes and 78 hours of volunteering with 79 participants on Monday and Wednesday afternoons.

Clallam Bay Corrections Center:

- Nonviolent Communication and Mindfulness classes: 49 weeks of classes and 98 hours of volunteering with 85 participants on Wednesday and Friday nights.

Washington Corrections Center for Women:

- Nonviolent Communication and Mindfulness classes: 20 weeks of classes and 40 hours of volunteering with 43 participants on Sunday nights.

Coyote Ridge Corrections Center:

- Nonviolent Communication and Mindfulness classes: 39 weeks of classes and 78 hours of volunteering with 75 participants on Saturday mornings.

***But what's most important is the impact that was felt by participants in the programs:***

"I have found the simple practice of short meditation beneficial to "reset"; to quiet the mind and to be able to focus; train my brain to have less frown. I was pleasantly surprised."

***"I like how the meditation helped developed people's perspective about themselves regarding what they allow to happen, as opposed to focusing on what is outside of them being the cause."***

"Structurally, the class was perfect; the dynamic was interesting and yet challenging. Personally, I was forced to be honest and upfront, which was difficult in an unfamiliar environment."

"The biggest impact in my life was communicating, healthier and without violence, with my loved ones. It has led me to reevaluate myself and challenged me to be better."

"This course has impacted my life tremendously. I know how to communicate on all aspects of life with people in a manner to meet both of our needs."

***"I figured out that I had a need for empathy and it wasn't being met and so I closed off to the world. This class met my needs for compassion and community."***

"This class has helped me to better express myself in a matter that I do not offend or hurt others. It has also make me feel more balanced mentally and emotionally."

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"I have gained so much more self-awareness, learned to pay attention to what others are not saying- it has connected me more to other positive teachings in my life, such as religion, etc."

***"To always try to be mindful. Being able to hear others share what's really going on underneath it all. Because this is a very superficial environment."***

"The biggest thing that I take away from this class is how I actually hear what others say, beyond the words, and I maybe find myself knowing that everyone is saying something more than words strung together."

"It allowed me to take a class that I am not allowed otherwise because of DOC policy for lifers."

"It was very positive, and I received a lot of information to deal with 'any' and all violence. I think it should be a required program for all inmates!"

"It helped me form new ways to communicate with others. I learned not to judge those who might not be aware of who they are. Why couldn't I take this class sooner in life?"

***"I felt like I had a place where I truly belonged as a human becoming a better man."***

\* \* \*

On behalf of the community inside the prison, the folks returning home after incarceration, our volunteers, staff and board, we thank you for your generous support.

In partnership,

*Kirsten Elfendahl*

Kirsten Elfendahl  
Chief Operating Officer

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