



RISE

REHABILITATE. INTEGRATE. STIMULATE. EDUCATE.

“**RISE** can help you do your time on the inside,
so you can be successful on the **OUTSIDE**.”

—Cedric Dean



About RISE

- **RISE** is a voluntary self-empowerment program for individuals seeking to become self-sufficient, productive members of society.
- **RISE** was developed by Cedric Dean, co-founder of R3 Systems, and inspired by his experiences and insights while serving 24 years behind bars. During that time, Dean wrote and published 20 books related to self-improvement, sociology and thugology—a word Dean coined to describe the study of the criminal mind. He is the first recipient of the Federal Bureau of Prison’s Call to Service and Civil Service awards. To date, Dean has helped more than 500 returning citizens obtain their General Education Development degrees.

RISE Mission

It is **RISE**’s mission to put forward structured programming to modify behavior patterns that lead to criminal activity.

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Program Overview

Depending upon the security requirements and prevailing social structure of the host institution, the **RISE** program may be offered in one of three ways:

- 1. Community:** Participants are part of a single community that provides mentoring, classes, and group exercises for the duration of the program.
- 2. Classroom:** Participants attend daily or weekly classes under the leadership of a facilitator/mentor.
- 3. Self-Study:** Participants complete the program on their own as an independent self-study.

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RISE Self-Study Program Review

Depending upon the technology options available at the host institution, the **RISE** Self-Study Program may be offered in one of three ways:

1. At participating institutions, RISE curriculum is delivered via JPay tablet and Securus Technologies
2. Curriculum can be delivered via email
3. RISE Curriculum, workbooks, and video assets can be delivered through standard Postal Services as printed material with accompanying DVD.

Participants are assigned a **RISE** Case Manager who will connect with, encourage, and evaluate the participant's progress to promote a successful and timely completion of the curriculum.

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RISE Curriculum Includes

- Prisoner's Guide to Doing Time: Seven Laws of Doing Time
- Overcoming Addiction: Seven Keys of Motivation
- The Morale of Morality: Building Morale Changes Everything
- The Seven Steps to Character Building: Renewing the Minds of the Misguided, with accompanying book, *The Seven Keys to Character Building*

All curriculum and activities are written and developed by Cedric Dean.

Included videos feature his personal experiences and insights that encourage and empower each individual to reach for positive goals, personal growth, and success.

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The RISE Commitment

RISE requires each participant to declare a personal commitment and a sincere desire to succeed inside so he or she can succeed outside. **RISE** members agree to abide by the following three basic principles:

1. Practice nonviolence
2. Practice mutual respect
3. Practice sobriety

Successfully completing **RISE** program is the best way to avoid becoming a statistic and spending most of your life behind bars—more than 75 percent of formerly incarcerated individuals return to prison within five years of release, and more than 56 percent return within the first year.

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