

# CHRONICLES

Volume XXV  
Winter 2024

Eradicating domestic abuse from the inside-out.

*Awareness Into Domestic Abuse-AIDA 501c3 is a non-profit organization that seeks to bring awareness to communities. The AIDA Chronicles consists of testimonials of past participants, articles, domestic violence statistics and facts. Our goal for the reader is to gain a greater insight into the ongoing work of transforming themselves and their inferior belief systems. AIDA hopes that all who read the AIDA Chronicles will gain insight into ending domestic abuse in America.*

## 10 Years of Programming at CTF Central Soledad

In 2014 with an idea to offer more options and opportunity, five men came together at CTF Soledad to form an inmate leisure time activity group (ILTAG) called Awareness Into Domestic Abuse (AIDA). Now 10 years later the AIDA Program is thriving and has served more than 500+ community members. Through the changes of administration, along with the release, transfer, and transition of facilitators the need is still being met to serve. Intimate Partner Violence, Domestic Abuse, or Domestic Violence all are major forms of abuse that have become an epidemic in our society. Reentry is a focal point of where AIDA seeks to be of greater service in the future. The need for instruction as well as internalization of healthy relationships for residents who have abused is not just necessary but a must. As community residents continue to build coping mechanisms to not commit any more forms of abuse, there must be mechanisms in place for residents to have the proper tools to return to society and be successful within all relationships. AIDA hopes to be an ongoing resource and program provider for the next decade as well at CTF Soledad and across the state. Here's to 10 wonderful years of transformation, growth, and rehabilitation...all from the inside-out.



Participants, facilitators, and AIDA Staff gather for a group photo in the Chapel of CTF Soledad in celebration of closing out a program cycle on October 12, 2023. Congrats to all the graduates!

## MCSP Graduates



Participants, facilitators, and AIDA Staff gather for a group photo in the Chapel of MCSP in celebration of closing out our first ever cycle inside of MCSP on November 12, 2023. It was a true honor to serve you and looking forward to many cycles to come. Congrats to all the graduates!

## SQ Graduates



Participants and facilitators gather for a group photo outside the Education Building of SQ in celebration of closing out a program cycle September 18, 2023. We also had Earned Living Unit(s) in Alpine and Donner that graduated as well (not pictured). We congratulate all graduates!

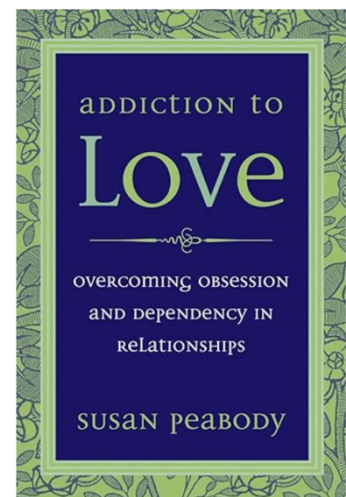
## WHAT'S THE DIFFERENCE TOXIC vs. ABUSE



## Suggested Book Reading!

Addiction to Love  
By: Susan Peabody

Addiction is most associated with drugs/alcohol however love can be just as addictive. This book can help you discern how to develop a healthy relationship.



## A Working Model

By: Floyd D. Collins

Program Director

Awareness Into Domestic Abuse



On November 30, 2023, after 27 years I was released from San Quentin Rehabilitation Center. Prison was a place of rescue for me, more so from myself than anyone else. I am in a place that many of us feel we want to be yet, know nothing about... SOCIETY!!! Everyone incarcerated seeks to be FREE, what does that mean? To go into the parole board and present oneself as a changed individual, is a detriment to one's future success, if the change is only superficial, meaning fake!! Change begins in your heart and climbs into your mind. I sadly admit my change came 14 years into my sentence, and I didn't change because I had to, I changed because I wanted to. And in society, with the speed of life, I am being tested mentally and emotionally to see the true merit of my relapse prevention plan. This should be my moral compass, and the guiding light to never again reoffend. I stand by who I am and vow to never revert to old behavior, but what happens when this vow is challenged?

As a formerly incarcerated individual, I think of those who are still seeking to regain their freedom before I make a choice that will put myself back within an institutional setting. If I fail, I cast a shadow of a doubt on those who follow behind me going before the board, because whichever Commissioner and Deputy Commissioner signed their names on my suitability will have the lingering thought in their mind of the one who got away. I won't be that person, and I don't want to be that person. I'm a working model though, the guy who created AIDA. Well, I admit I struggle too with understanding how to consistently maintain a high level of emotional intelligence.

Freedom is the goal; however, the knowledge of learning self is priceless and needed to succeed in a world that most are decades removed from. Relationships, whether intimate, or interpersonal are a gift and a curse. The fact that you think you have it all together inside and come out to a world that has no mercy, care, or concern for the time you've served is an eye awakening experience that will reset your entire thought process if you are truly unprepared.

My point in writing this is... everyday inside or out is a struggle. The common denominator is "you". The person reading this, looking at this picture, wondering "how did he do it?" ... I just know I had to crawl before I could walk (October 4, 2019, five-year denial). Success doesn't come in the form of suitability; a person succeeds when they truly can walk with integrity and genuinely know deep down that the change others see is real. Be the working model and find your ultimate freedom! I encourage all of you inside to keep seeking growth and master who you are. The accomplishment of learning self is what insight truly is.

Where are you today? I ask that from a place of genuine concern...not physically what institution are you in, rather where are you today in your life? Are you "double dipping" or "straddling the fence?" When it comes to gaining your freedom, it starts within you, and from there it comes out in your daily walk. There is no one perfect and we all make mistakes. It's the lesson we learn from those mistakes that will propel an individual to a place of clarity to succeed in all one seeks to accomplish. So, I smile, yet cry on the inside because we all who have changed deserve to be free. What I will continue to commit to is being A Working Model.

If you have any questions or concerns feel free to reach out to me through AIDA.

## FREE WILL

By: Linda Ricchio, CIW

Free will is the essence of one's ability to make choices, to decide for oneself. Free Will is a privilege commonly gone diminished, or taken for granted, or in the extreme, abused. Often, acted upon, or reacted upon emotionally without first giving thoughtful, logical pause or consideration to consequence or alternative.

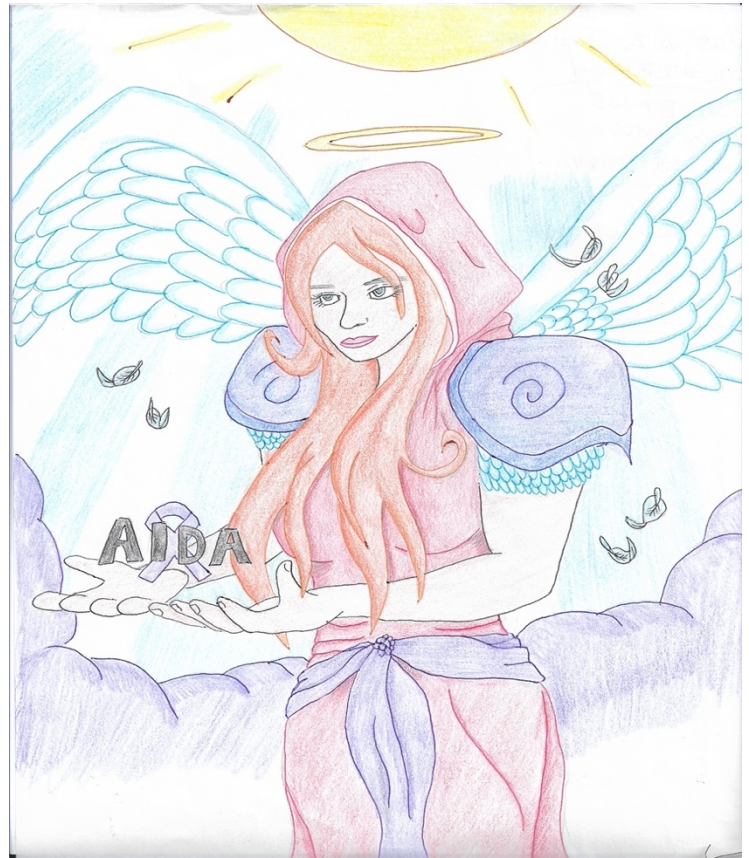
Free Will is the space of first determinations. It is a space of empowerment and also of dislodgement. Those among us who live forms of incarceration, whether bound by a penal system or restrained by domestic force, experience teaches us varying degrees of free will's loss, both as victim and as perpetrator. These realities, when purposefully and meaningfully assessed, as AIDA's courses provide, aid in the understanding of free will and one's reactions and responses to decision-making.

AIDA's correspondence courses are excellent in-depth resources for personal exploration into assessing free will from one's earliest childhood memories through the commitment offense, and on into post self-discovery. By addressing deep core factors rooted in personality, behavior and thinking patterns, or free will, one better connects the WHY'S of their personal choices.

Free Will is not commonly associated as being a privilege, until the context of one's life becomes questioned by change, as with incarceration. Incarcerated individuals do not lose free will entirely. Choice continues to remain everywhere, surrounding the imprisoned daily. There is time and opportunity to be self-aware, to un-layer the past and to commit or to recommit to eradicating violence and abuse from the inside out.

AIDA courses provide the initial introductions for eradicating domestic abuse and bringing awareness to healing and self 'FREE WILL'. Free will is a privilege. Honor this by your choices.

## ARTWORK By: Joshua Vasquez, MCSP



### WHEN WRITING US:

Don't forget that AIDA is not:

- A Pen-Pal Agency
- A Legal Assistance Program
- Able to write support letters currently.
- A point of contact
- If you send any romantic or explicit content in your letters you will be removed from our member list.

The postal service will return mail if it is not addressed to the organization correctly. Please address it as follow:

#### Awareness Into Domestic Abuse

PO BOX 5323

SACRAMENTO, CA. 95817

*We can be reached via the GTL Tablets. Please follow the guidelines from above and be patient in waiting for a response. Sending multiple messages will not expedite a response. Thank you!*



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