

## RESTORATIVE JUSTICE INITIATIVE

**No Struggle No Success, Inc. (NSNS)** employs a comprehensive reentry model that fosters a sense of responsibility and encourages positive community connections, helping individuals build a pro-social identity and reduce the likelihood of returning to criminal behavior.



Workshops are held monthly, lasting between 2.5 to 4 hours, totaling 36-48 hours annually.

In-person sessions are preferred to facilitate engagement and connection.

We conduct follow-up safety checks with participants post-discharge to see how they are applying their trigger management strategies in real-life situations.

### KEY COMPONENTS

#### Accountability and Responsibility



Before release, NSNS emphasizes the importance of recognizing the harm caused by past actions and how to make amends. This approach promotes personal accountability and a commitment to change

#### Restorative Justice Practices



Learn to take meaningful responsibility for their actions, fostering a deeper understanding of the consequences of their behavior. This process encourages them to actively engage in making positive changes in their lives.

#### Central Dialogue



We believe that open dialogue about accountability and responsibility is central to all reentry home plans designed by NSNS. This conversation helps guide individuals toward constructive paths and reinforces their commitment to reintegration.

### ELIGIBILITY FOR TRIGGER MANAGEMENT WORKSHOPS:



All participants must be 24 years of age or older to be accepted.



Applicant must have been formerly incarcerated and served a minimum sentence of 10 years.



Individuals with court orders or community supervision conditions.



Those with relevant healthcare recommendations are also eligible.

# OBJECTIVES

## Healing Through Restorative Justice:

Create a healing environment that fosters accountability and understanding.

## Development of Safeguard Tools:

Equip participants with de-escalation techniques and safety protocols to promote constructive dialogue among peers and mentors.

## Conflict Management Skills:

Provide practical tools and strategies to enhance interpersonal skills, enabling participants to navigate challenges more effectively and support successful reintegration.



# FOCUS GROUPS & WORKSHOPS

## Pre-Release Status:

Workshops are also held for individuals "behind the wall" in Maryland prisons, offering guidance and preparation for re-entry into society.

## In-Post Release Status:

The monthly post-release partnership will foster a collaborative environment aimed at supporting individuals transitioning back into the community upon their recent release.

## Co-Facilitated Trigger MGMT Workshops:

Partner organizations work with us to co-facilitate workshops, ensuring diverse perspectives and expertise in managing triggers and building coping strategies.

## Focus Groups on Conflict Resolution:

Dedicated to conflict resolution skills, allowing participants to explore and practice techniques in a supportive setting, fostering healthier future interactions.

## Resource Sharing:

A centralized resource network to share information on housing, employment, mental health services, and legal assistance.

## Engagement in Community Events:

Collaborate on community events that promote awareness, connection, and integration, creating opportunities for participants to engage with their neighborhoods and develop a sense of belonging.

# ACTIVITIES

## STRESS MANAGEMENT & RESILIENCE PROGRAM: COPING STRATEGIES



### Stress Management Techniques:

Learn effective techniques for managing stress and maintaining composure during conflicts.



### Building Resilience:

Encourage practices that foster resilience and adaptability when facing conflict, to navigate complex social dynamics and rebuild trust.

## SELF-AWARENESS & EMOTIONAL INTELLIGENCE



### Self-Assessment:

Understand your own conflict styles (e.g., avoidance, confrontation, accommodation).



### Emotional Awareness:

Equip participants with skills to identify and manage their emotions so they can recognize emotional triggers.



### Rebuilding Trust and Relationships:

Address the significant challenges individuals face in reconnecting with family, friends, and their communities after incarceration.

## PRACTICAL EXERCISES



### Scenario-Based Practice:

Utilize role-playing to practice conflict resolution skills in a controlled environment.



### Feedback Sessions:

Offer opportunities for participants to receive constructive feedback on their conflict management approaches from peers and facilitators.

## EDUCATIONAL COMPONENTS



**Documentaries and Films:** Watch documentaries exploring victimization issues to understand real-life impacts and recovery journeys.



**Community Discussions:** Engage in community forums or discussions focusing on victim support and awareness.

## EXTERNAL TRAINING PROGRAMS



### Expert Engagement:

Seek training in active listening, crisis intervention, or counseling to better understand the victim's perspective.