Dear Friends,

We are celebrating our 30th Anniversary! I founded PDN from my prison cell in 1989, and here we are 30 years later, a thriving organization serving at-risk, incarcerated and reentering youth and adults as well as everyone working in, and impacted by, our criminal justice system. On behalf of our PMI-EMI staff and board, I want to express deep appreciation and thanks to all of you for your generosity, collaboration and trust over this past year and, for many of you, over the past 30 years. It is only because of your visionary support that we are able to continue to double down on our efforts in this challenging political climate. We are working hard to transform our criminal justice system into a more humane and effective system that actually enhances public safety while healing lives, supporting communities and building a more resilient society.

It's hard to believe that it has now been three years since we moved to our new home, the Windhorse Hill Retreat Center, our new headquarters and training center, in Deerfield, Massachusetts. We have made numerous improvements to the property and it's absolutely gorgeous as spring arrives this year. The participants who attend our many retreats rave about the beauty of the retreat space and the surrounding wooded hills overlooking the Connecticut River. We are looking forward to having our cohort of 35 EMI Mindfulness Teacher Training students here in May for their final retreat and training, leading to the 300-hour EMI certification, which is fully accredited by the new International Mindfulness Teachers Association (IMTA).

Our Path of Freedom® (POF) Mindfulness-Based Emotional Intelligence programs for at-risk, incarcerated, and reentering youth and adults continue to expand and flourish with more than 65 POF programs in 22 states and seven countries. Our newest POF program launched recently in Manazales, Colombia. We ran our very popular, six-week online Path of Freedom® facilitator training three times in 2018, training over 80 new POF volunteers, and our POF graduates continue launching new POF programs throughout the country and around the world.

Our Center for Mindfulness in Public Safety’s Mindfulness-Based Wellness and Resiliency (MBWR)® programs for law enforcement and criminal justice professionals are flourishing in Oregon and California. We have trained almost a thousand jail deputies through a new MBWR® program for both Santa Clara County and Los Angeles County Sheriff’s deputies in 2018. We also began offering weekend mindfulness immersion retreats in Oregon for Department of Corrections managers and our MBWR program facilitators. We will be training over 400 Santa Clara County patrol deputies (police) in January of 2019 and launching an MBWR pilot with 240 correctional officers and probation and parole officers in Ontario, Canada in February of 2019.

We certified 35 graduates from our third 300-hour Mindfulness Teacher Training (MTT) cohort in June 2018, and a fourth MTT cohort of 35 participants are set to graduate in June of 2019. We also certified another 14 graduates of our 500-hour Mindfulness Teacher Training in June 2018.

The prospects for significant criminal justice reform remain cloudy in the current political landscape. Nonetheless, we are committed to continuing our efforts to organize for genuine smart-on-crime reforms, while bringing the healing and transformational power of mindfulness to as many of our fellow citizens touched by the system as possible: prisoners, families, victims, and criminal justice professionals.

May 2019 be a year of profound healing and transformation for all those we serve and also a safe and rewarding year for all of our courageous partners – volunteers, criminal justice professionals, community leaders and all of you, our loyal supporters and partners in this work.

With deep gratitude,

Fleet Maull, PhD, CMT-P
Founder & Board President
Prison Mindfulness Institute
MISSION

PMI’s mission is to provide prisoners, and those who work with them, with the most effective contemplative tools for self-transformation and rehabilitation. We support at-risk and incarcerated youth and adults in their contemplative practices and path, with an emphasis on mindfulness and awareness meditation, yoga and proven-effective, mindfulness-based interventions (MRI’s) like MBEI and MBSR. We also support prisoners in their study and practice of the contemplative teachings of various Buddhist and other world wisdom traditions. We promote these paths of wakefulness and non-aggression as ideal vehicles for self-rehabilitation and personal transformation. We believe in the power of the various mindfulness-awareness practices and body-mind disciplines of the world’s contemplative traditions to change behaviors, transform lives, and ultimately reduce recidivism, prevent crime, and enhance community safety and well-being.

We also provide Mindfulness-Based Wellness & Resiliency (MBWR™ training and Mindfulness-Based Emotional Intelligence (MBEI) training for correctional officers and other criminal justice and social services professionals. As well as mindfulness teaching certifications for those who work with at-risk individuals and underserved communities.

VALUES

We believe in the basic goodness of all human beings and in their innate potential for healing and transformation.

We favor the healing and transformational paradigm of the Restorative and Transformative Justice models of criminal justice over the more punitive paradigm of Retributive Justice.

We support all prisoners, prison volunteers, and corrections professionals, regardless of race, ethnicity, gender, religion, political views, or sexual orientation, offering every individual the utmost respect and dignity.

We believe in spiritual, humanistic, restorative, and empowering models for self-transformation and rehabilitation, following the principle “give someone a fish and you feed him for a day. Teach the person to fish, and you feed her for a lifetime.”

VISION

Transformative Corrections
We envision correctional facilities and community corrections programs that promote healing, education, and personal transformation, genuinely supporting rehabilitation and making use of proven-effective, evidence-based methodologies from the body-mind awareness disciplines of the world wisdom traditions and contemporary psychology.

Successful Reintegration
Through the success of such programs, we envision a faster and more successful reintegration of rehabilitated prisoners into the community. We envision a gradual shift towards more reliance on community corrections programs to keep individuals in the community – working, paying taxes, supporting their families and parenting their children.

Transforming Community Leadership
We further envision a growing number of prisoners and ex-prisoners emerging as community leaders and change agents working to heal individuals and communities both inside and outside the walls of our correctional institutions, thus contributing significantly to the overall health and well-being of society.

“It is important that we do not forget what happens in our prisons, nor what they are for. Prisons should not only be focused on punishment, but also on rehabilitation. No one is entirely evil, for everyone does possess a basic sense of humanity at some level. Indeed we Buddhists believe that everyone has Buddha nature, the potential to become a Buddha. In our various communities it is important to ensure that the prison system functions in the interest of us all.

I am pleased to learn that the Prison Dharma Network [Prison Mindfulness Institute] is working to support rehabilitation through education and other activities within the prison system. I am confident that these projects will be of long term benefit both to prison inmates and society at large and offer my prayers for their success.”

~H.H. Dalai Lama

prisoner art
The Challenge

With nearly seven million men, women and children under some kind of correctional supervision in the U.S., our criminal justice system has devolved into a self-perpetuating industry that warehouses human beings deemed to be expendable. This industry is siphoning away critical community resources from health, education and infrastructure, while actually diminishing overall public safety. Correctional facilities offer their unfortunate occupants little hope of ever having a better, more productive life.

Our Solution

Mindfulness-based programs offer prisoners new hope for changing and transforming their lives for the better. Current neuroscience research has demonstrated clearly the positive impact of consistent meditation practice on human development, brain function and behavior. Mindfulness-based emotional intelligence (MBEI) training has demonstrated significant positive impact for persons suffering from depression, as well as attention deficits, poor impulse control and other behavioral issues prevalent in the prison population. Prison Mindfulness Institute continues to develop, implement, and promote transformative evidence-based programs for the mainstream of corrections practice. Our flagship Path of Freedom program presents an MBEI approach to relieving suffering and promoting positive behavior change.

Our Strategy

We are working to actualize our PMI mission of transforming lives and society with three principal strategies:

- Leading the field as an innovative developer and direct provider of mindfulness-based emotional intelligence (MBEI) training for prisoners, mindfulness-based wellness (MBWR) and resiliency training for public safety and corrections professionals, and mindfulness teacher training for those aspiring to bring mindfulness into their communities, agencies, and workplaces.
- Conducting quality research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions and programming as evidence based practice (EBP) in the field of corrections.
- Growing and resourcing an international, contemplative and mindfulness-based prison work movement — providing prisoners, prison volunteers, corrections staff and over 150 PDN-member prison projects and organizations with the most effective mindfulness-based tools, training and resources available.

“I have tremendous respect for the work of the Prison Mindfulness Institute. It nurtures freedom, inner peace, and human kindness in places where there is precious little of it... a true example of rehabilitation in its deepest sense: learning to live inside (one’s own body and heart) again. This is necessary work in our society, which, believe it or not, incarcerates a higher percentage of its population than any other country in the world.”

~Jon Kabat-Zinn
Since launching the POF online course in 2009, over 900 participants from around the world have completed the POF facilitator training. The majority of these participants are volunteers or professionals already involved in corrections, treatment, or at-risk youth programs of one kind or another. The Path of Freedom™ and Mindfulness-Based Emotional Intelligence intervention is a uniquely integrated rehabilitation and personal development curriculum. It incorporates mindfulness training, cognitive-behavioral training, and social-emotional learning in a pragmatic twelve-session, experiential course that can be delivered in a variety of settings and in various formats.

In 2018 we offered three Path of Freedom trainings, training a total of 85 people. We are running four POF online trainings in 2019 and hope to train another 100 people.

Spanish & Italian Translations
We completed a draft Spanish translation this year and an Italian version of the new workbook is in the works for 2020.

“Train the Inside Trainer” Project
In 2018 we continued to offer our Path of Freedom programs in several facilities throughout the Rhode Island Department of Corrections, the Franklin County Jail, in Massachusetts. There are currently 68 active POF programs in 22 states and 6 countries.

2018 also saw the advent of a new program, “Train the Inside Trainer,” where prisoners who had previously participated in a Path of Freedom course were taught how to facilitate the course. The pilot program launched in Washington state with three prisoners becoming facilitators of the Path of Freedom. In 2018, these three men will facilitate the program to 17 men in the Washington facility.

“I can honestly say I have never been in an online course that kept me so engaged. I felt your commitment to goodness and quality instead of overselling. The message and presentation feels pure and incredibly well thought-out. Rooted in ancient wisdom and deep understanding of the path to wellbeing and freedom. Fleet Maul is an absolute heartfelt genius and seemingly effortless communicator. I am so grateful for his insights as a person who found this path while inside himself. I am truly impressed and look forward to learning about next steps. THANK YOU for the opportunity to learn from you and hopefully serve with you.”

~Participant, POF Online Training

“The program thoroughly met, challenged and surpassed all my hopes and desires. I am excited about my future with Mindfulness”

~Participant, POF Online Training
**Prison and Facilitator Trainings**
During 2018, PDN Founder Fleet Maull led POF, MBWR and other mindfulness-based emotional intelligence trainings for: prisoners, corrections professionals, and other public safety professionals in Alabama, Connecticut, Los Angeles, St. Louis, Oregon, Poland, Rhode Island, Santa Clara County, South Dakota, and both Smith College and the Franklin County Jail in Massachusetts.

**Networking and Community Building**
We have worked for nearly 30 years to build a well-resourced, national and international prison meditation movement. We provide support, resources, and training - both in person and online - to prisoners, prison chaplains, prison volunteers, corrections professionals, and mindfulness teachers.

**Online Network Database**
Our searchable online database includes 158 Prison Dharma Network member organizations worldwide.

― Participant, Engaged Mindfulness Institute Teacher Training Program

― Participant, Path of Freedom Class

― Prisoner, Path of Freedom Class

“**New Community Site!**
In 2018 we opened a new engaging community site where we hope to continue to grow our online community and create a space where people can actively participate in discussion, share their stories, resource and collaborate on projects. So far, several hundred active prison volunteers have joined.

Our active Facebook pages have 10,073 followers and our Twitter feeds have 15,508.

“**This program totally exceeded my expectations. It is full of rich and powerful material. I thought I was going to do a course that would teach me how to deliver mindfulness to a particular group - in fact, it’s been a massive period of personal growth as well as teaching me skills that I can pass on (and pass on in a far more effective and compassionate way). I think it’s a wonderful course! I will be fully recommending it to others (I already know of one person who is planning to do it after hearing me enthusing about it. I also want to say that the people behind the course - Fleet, Kate and John - make it so effective by embodying the work. It’s so great to be taught by such honest, humble, accepting people. A big wholehearted Thank You to you all.”

― Participant, Engaged Mindfulness Institute Teacher Training Program
Books Behind Bars: Support for Prisoners, Prison Chaplains, and Prison Libraries

We provide shipments of books on meditation, Buddhism, and other contemplative practices and teachings from the world’s great wisdom traditions to prisoners, prison chaplains, and prison libraries. This past year we have sent over 1100 books to prisoners and chaplains.

We continue to partner with Tricycle Magazine to provide chaplains and librarians with downloadable materials and resources on our website, including the Tricycle Meditation Kit, and the PMI Meditation Kit, as well as a yoga instruction kit.

Prison Dharma Press

As the premier publisher of prison dharma literature, PDN has distributed over 10,000 copies of our publications to prisoners, prison libraries and volunteers nationwide, including: Sitting Inside: Buddhist Practice in America’s Prisons, Dharma In Hell: The Prison Writings of Fleet Maull, and Path of Freedom Workbook.

“We wish to express our gratitude for the donation of books you made to our Chapel. The inmates have been taking advantage of the books you sent and are finding them very helpful. Their options in prison are limited and the books help them to better themselves. It also helps to remind them that, even though they are in prison, not everyone in society has given up on them.”

~Chaplain, Books Behind Bars Program Recipient

“We should make this class mandatory for everyone. I keep telling my counselors this. I’ve been in and out of here many times and they made me take all sorts of programs about what I ‘should’ do but it wasn’t until I learned mindfulness that I learned what I needed to be able to deal with any of that stuff.”

~Prisoner, Path of Freedom Class

Accomplishments
Prison Mindfulness Research Project
PDN has established a stellar committee of seasoned researchers to develop research programs designed to scientifically evaluate and improve current programs and to establish mindfulness-based interventions as evidence-based practice (EBP) in corrections.
Please visit our website prisonmindfulness.org, for information regarding our published research and current research initiatives.

PMI’s Research & Program Evaluation Committee
Brad Bogue, M.A.
Willoughby Britton, Ph.D.
Jennifer Clark, M.D.
Kate Crisp, B.A.
Sam Himelstein, Ph.D
Jennifer Johnson, Ph.D.
Fleet Maull, Ph.D., CMT-P
Dave Vago, Ph.D.

Center for Mindfulness in Public Safety (CMPS)
We created the Center for Mindfulness in Public Safety so we could develop, implement, and research Mindfulness-Based Wellness and Resiliency (MBWR) programs for public safety professionals including law enforcement, corrections, the courts, and reentry services.
Since its inception in 2012 over 1,500 public safety professionals have completed the training. We offer weekend immersion retreats, intensive daylong programs, and 10-week Community of Practice (CoP) trainings.
Public Safety professionals in Boston, Louisville, Los Angeles, Oregon, Rhode Island, and Santa Clara County have participated in the MBWR trainings and have reported success. Research from the Oregon DOC program has demonstrated significant improvements in participants’ capacity for mindfulness, emotional intelligence, and their overall wellbeing and job satisfaction. The majority of participants reported significant improvements in their quality of life at home and at work, including very specific improvements in their physical health.
See: www.mindfulpublicsafety.org

“These exercises help to provide a space between the incident and our reaction to it. In this space, becoming aware of the entire backstory we make up; assuming we know the intent of the other person (and that is bad intent), gives us the opportunity to stop assuming and start communicating. This has provided many a chance to address issues at a much lower level and to realize (the majority of the time) that we are wrong about the terrible intentions we thought others had towards us.”

~Participant, Center for Mindfulness in Public Safety’s MBWR Training Program
Engaged Mindfulness Institute

The Engaged Mindfulness Institute (EMI), formerly Peacemaker Institute, was founded in 2001. In 2015 we launched the Engaged Mindfulness Institute with a year-long 300-Hour Mindfulness Teacher Training and Certification program for aspiring mindfulness teachers bringing trauma-informed mindfulness to individuals in at-risk situations and underserved and marginalized communities. Then in 2016, we launched our 500-Hour Mindfulness Teacher Certification (Level Two) for graduates of the 300-Hour Level One program who seek a second year of advanced training and supervised practice-teaching. The Institute delivers trainings developed from a rich tradition of spiritually grounded, contemplative and mindfulness-based peace and social change work combined with the latest developments in neuroscience-based leadership training. Mindfulness is foundational to all of our trainings.

As of June 2018, a total of 103 participants have graduated from our Level One: 300-Hr Mindfulness Teacher Certification program. The fourth cohort of this program is currently underway, with 35 participants expecting to graduate in June 2019.

We are currently enrolling participants for our 2019-2020 trainings: the fifth cohort of the 300-Hr Level One Training and the third cohort of the 500-Hr Level Two Training.

See: www.engagedmindfulness.org

“I feel enabled to move forward in this role [as a mindfulness teacher] because of the teaching and practice supported (and demanded) in this training program. This learning has changed me profoundly as an individual and as a teacher. I am so grateful to you, and I look forward to many more years of learning in the years to come! I am proud to be an EMI graduate!”

~Participant, Engaged Mindfulness Institute Teacher Training Program

“This course has really enriched my own practice and sense of being connected to other practitioners. More than anything it has been a constant reminder to me of how, when my practice and thoughts about the practice are at the forefront of my life I am more satisfied and more open to receiving whatever comes my way.”

~Participant, Engaged Mindfulness Institute Teacher Training Program
“My job involves deciding how and when to charge a case. When I review a rap sheet and find this is the first offense for someone, I’ve started to think, “maybe we could help this person.” Normally, I see people going in and out of drug court and don’t think anything will change. But, after taking this training, I’m starting to think differently, to have more hope, that maybe this time it will click and things will change.”

~Participant (District Attorney), MBWR Training Program

STRATEGIC PARTNERSHIPS AND COLLABORATIONS

**Prison Dharma Network Organizational Members**
We are committed to supporting, promoting and facilitating the work of our 155 PDN member organizations. Our membership includes almost all of the organizations and groups, large and small, doing meditation-based or contemplative prison work in the U.S. and a number of groups working in Europe, Latin American and Pacific Rim Countries such as Australia and New Zealand.

**Justice Systems Assessment & Training (J-SAT)**
(Just-SAT) brings Evidence-Based Practices (EBP) and performance measurement strategies to federal, state, and local correctional agencies through evaluation, training, assessment and research services. PMI continues to partner with J-SAT to evaluate the effectiveness of Mindfulness-Based Wellness & Resiliency (MBWR™) training programs for corrections professionals, law enforcement, and criminal justice professionals.

**Mindful Justice Initiative (MJI)**
A collaboration with Transforming Justice catalyzing regional and national conversations among criminal justice thought leaders about the use of mindfulness-based strategies for developing a more humane, effective, and sustainable criminal justice system. To this date we have provided mindfulness training programs for judges, prosecutors, and public defenders in Santa Clara County.

See: [www.mindfuljustice.org](http://www.mindfuljustice.org)

**Each One Teach One Project**
We are collaborating with a group of our EMI grads to bring an “Each One Teach One” project to an urban Washington DC community to bring mindfulness to families and community members.
PMI: SUSTAINING THE CHANGE

2019 Development Campaign Goals
PMI is now bringing evidence-based mindfulness programming to the full breadth of the criminal justice system, from law enforcement and the court system to corrections, probation and parole, treatment and reentry programs. We are engaged in multiple research initiatives to drive innovative policy advancements. The bold effort to initiate system-wide change requires significant resources for program and faculty development, research, and training. We ask you to join with us in this exciting and challenging systemic change campaign to transform our criminal justice system into a vehicle for healing, transformation and hope, as well as public safety and security, by helping us to reach our fundraising goals for 2018:

- Annual Appeal: $250,000
- Major Gifts: $250,000
- Grants: $250,000
- Programs: $250,000

Total Fundraising Goal: $1,000,000

Support us in any or all of the following ways:
- Donate to the Annual Fund wholeheartedly so that we can achieve our goal of transforming our criminal justice system into a force for healing.
- Join our Legacy Circle with a multi-year gift of support for our Path of Freedom or Books Behind Bars programs. By committing and contributing to this fund in an ongoing way, you help countless youth and prisoners find a way to make their lives meaningful rather than harmful to themselves and others.

Every gift of any amount is greatly appreciated by us and all of the thousands of prisoners we serve. Your donations are tax-deductible and will make a difference in the lives of so many in need.

Gifts may be made online at: www.PrisonMindfulness.org

or send to:
Prison Mindfulness Institute
PO Box 206
South Deerfield MA 01373

“I have been honored to serve as a spiritual advisor to the Prison Dharma Network since its founding and fully endorse the work they continue to accomplish. Through my own experience with prisoners, I have directly witnessed the transformative potential of prison meditation programs. Please support Prison Dharma Network in any way you can.”

~Acharya Pema Chodron
On behalf of our Board and Staff we would like to thank our dedicated program facilitators and donors:

**FACILITATORS**

**Path of Freedom (East Coast)**
- Kate Crisp
- Jonah David
- Rebecca Foster
- Tom Lavin
- David Margolis
- Paul Mooney
- Mark O’Leary
- Susan Phenix
- Buck Reidy
- Gary Schapiro
- Claudia Summer
- Richard Sylvester
- Geoff Taylor
- Nealy Zimmerman

**Path of Freedom (California)**
- John MacAdams

**MBWR Program (Oregon)**
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- Kristen LeGore

**MBWR Program (San Jose)**
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info@prisonmindfulness.org

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