

A Lessons For Life Book

Keith Hammond

How

Are

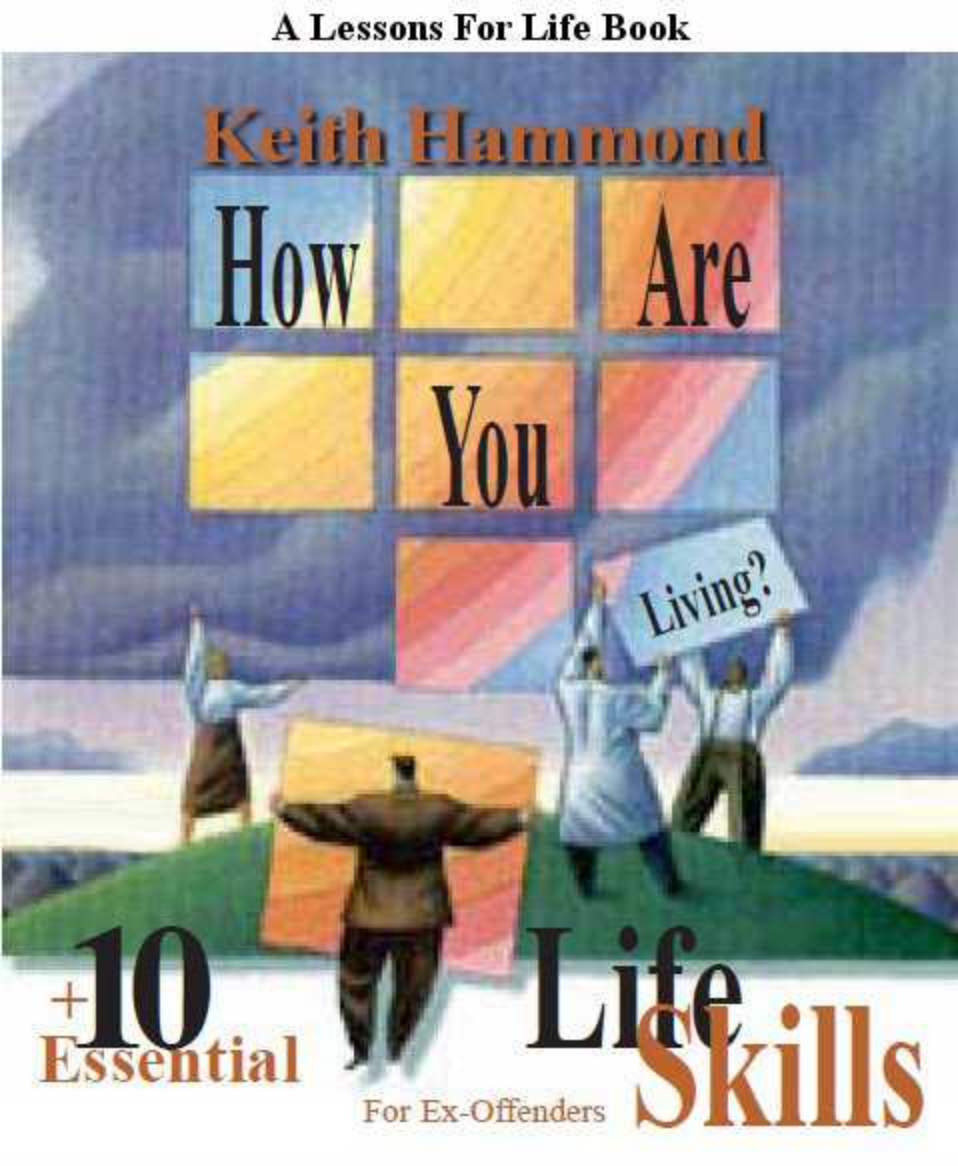
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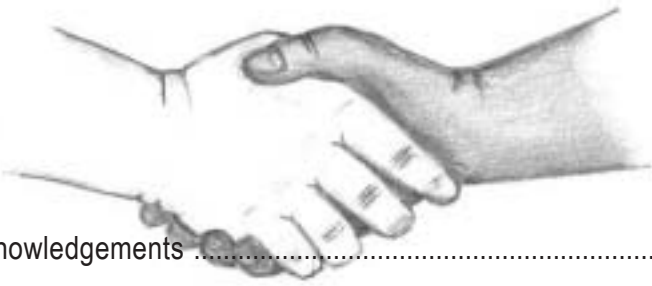
Living?

+10  
Essential

Life  
Skills

For Ex-Offenders

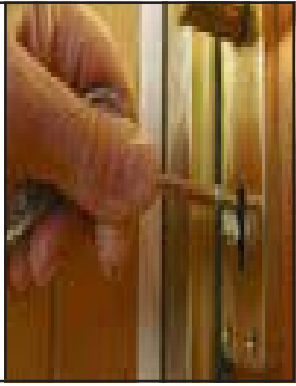




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# How Are You Living?

INTRODUCTION



**“Regular people go to prison.”** I say this because I’ve been there. I went to prison six months and jail six months. Today, I devote my life to helping and teaching others that if we’ve done things in the grey space that exists just outside the black and white area of the law, we can no longer live like that. Or, do things that way. We must let go of the actions in our negative past in order to embrace a positive future. We must learn to forgive ourselves. We must use the testimony of our past to help others in their future.

I developed this program after my first six months in prison. When I got out, I went to a halfway house, then home to my family. But because I didn’t change my behavior, bad business decisions that hadn’t been dealt with before I went to prison, landed me in jail. This time, I got out, went home to my family, wrote several books, and now do things that I know will keep me out of prison. One thing that I learned about me that is different from a lot of others being released from prison, is that I had a family and a home to return to.

Without housing, getting back on track after prison is tough. I saw firsthand from inside the system what it takes to stay out of the system. I’ve witnessed, researched, studied and talked to many people society wants to write off. I am identifying and writing about problems that are common to the lives of a large number of regular people who end up incarcerated. Don’t think for one moment that this project is a miracle pill. It isn’t. But if you’re one of the individuals that will be (1) honest about how you are living, (2) honest about the fact that you are missing some or all of these essential life skills, and (3) are willing to work hard at getting them, there is significant hope that you’ll change.

After enrolling in the residential housing program, and going through the classes I’ve designed to go along with this project, if you aren’t willing to change your thoughts, your attitudes and your actions, I can’t help you. But, if you’re tired of living the way you are living, and are willing to work hard at trying to change, then let’s do this together. I say together because even after going through the book, attending the classes, and changing your thoughts, your attitudes and your actions, if you don’t have a support system in place, and someone other than yourself to hold you accountable, you will most likely still fall short. So, if you’re ready and willing to try this, let’s get to work. Before you go any further, this project ask that you be look in the mirror, take a hard look at nearly every aspect of your life, bring it to the surface, and deal with it honestly. If you can do that, then I will introduce you...to TransiHouse.



**Imagine** you were this yellow duck. You returned home from prison after being away a long time, and everything about life has turned its back on you as if you no longer exist, or are no longer welcome. How would you feel?

**Imagine** you are away from home and unable to return for an extended period of time. You can't be there to greet your children after school, participate in family birthday parties, attend weddings, or celebrate Christmas. You are unable to care for an ailing mother or just cook your own meal. And, you cannot share a hug or hold a hand or wipe away a tear or just spend time with those you love.

This describes the lives of the approximately 2 million people in prisons in the United States today, more than half of whom are incarcerated for nonviolent crimes. According to a recent article in Newsweek magazine, it's estimated that some 14 million people will spend part of their lives in prison. In 1999, almost 1.5 million children in the U.S. had at least one incarcerated parent. There is a stigma, there are barriers, and often intentional hurdles in the way of ex-offenders who are trying to reintegrate into society. Although the intent of prison may be to reform and rehabilitate, the reality is that recidivism is on the rise due to lack of support upon release.

**The Mission of TransiHouse** is to help transform offenders lives through a structured housing program that is built upon accountability and focuses on Life Skills classes.

**The Vision of TransiHouse** is to become the first item in the list of rehabilitation resources that released offenders need.

**The Values of TransiHouse are:**

- To improve the quality of life for offenders.
- To show offenders how to keep away from crime.
- To help offenders maintain accountability in their lives.
- To teach life skills that help offenders to make better choices.
- To teach offenders information that empowers them to make informed decisions.

TransiHouse intends to realize this mission, vision and values through the experience of its founder, and the invaluable commitment and contributions of diverse stakeholders. Therefore, we look forward to making this project a tremendous benefit and success for all involved.

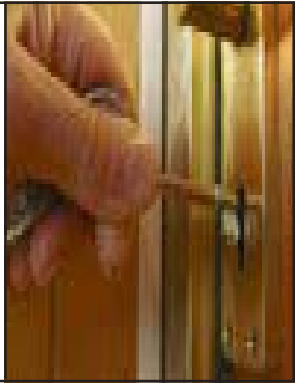
"For too long, government did not tap into the skills, talents and expertise of faith and community organizations, even though many of them are some of our country's most effective organizations when it comes to helping those in need....We must become a partner instead of a barrier to providing services."

**Governor Tim Pawlenty - November 8, 2005**

# How Are You Living?

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## THE PROGRAM



### Welcome to TransiHouse.

TransiHouse is the future of Residential Housing Programs for ex-offenders. The program isn't just housing, it also teaches life skills that I haven't seen taught in any one program overall. We have seen these components taught in multiple programs, but not in any one program. The classes are designed to help offenders look in the mirror and face the truth about various aspects of their life. The program is designed so that offenders are able to look in the mirror with confidence that gives them hope for the road ahead. Ex-offenders will learn simple methods

of achieving success in various areas of their life. TransiHouse offers classes on-site or in classrooms at the various Community Partnership Locations. The program is taught in two-hour classes, Monday through Friday, for ten-weeks. Ten essential Life Skills Classes cover the following aspects of an offenders life:

WEEK	CLASS TITLE	CLASS FOCUS
1	Residential	Permanent Housing
2	Spiritual	Faith and Fellowship
3	Vocational	Jobs and Careers
4	Financial	Budget Management
5	Emotional	Mind over Matters
6	Chemical	Staying Clean
7	Familial	Support System
8	Educational	Enhancing the Mind
9	Transitional	Adapting to Change
10	Societal	Summary of all classes

Each week of ten life skills classes ends with a competency exam that is required to receive the key for that level and move on to the next. A formal graduation is held at the end of every ten weeks because we believe in rewarding ex-offenders for their hard work and dedication. We also conduct exit interviews and discuss the finalization of graduate's transitions plans and schedule post-grad sessions. We are confident that our life skills classes will dramatically improve an offenders chance of success and help reduce recidivism.

We look forward to your approval and adoption of our methods.



Brother Keith Hammond

**ABOUT THE AUTHOR:**

Brother Keith is a born again Christian. He is a Spirit-led man of God, teacher and author. His life has been transformed from things such as pride and prison to passion and purpose.

God is the author of the Bible. It is meant to be our instruction manual, our roadmap home. Without it, we are lost. Use the information in these books to help you and others.

God destroys the darkness behind us, to direct us toward our destiny ahead. So whatever you do on your journey, never turn back. God bless you in your walk with Christ. Amen.

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