The Inside-Out Prison Exchange Program began in 1997 as a semester-long university class held in a prison, involving campus-based students and incarcerated students. It was offered through Temple University in Philadelphia, and since then, has become an international program, housed at Temple, involving hundreds of instructors and tens of thousands of students over the years. Inside-Out increases opportunities for men and women, inside and outside of prison, to have transformative learning experiences that emphasize collaboration and dialogue, inviting participants to take leadership in addressing crime, justice, and other issues of social concern.
Dear Friends...

It is such a thrill to have so many of us gathered here to celebrate the first 20 years of The Inside-Out Prison Exchange Program! What an amazing story. What began as an idea tossed out into the universe by Paul Perry, currently incarcerated at SCI-Graterford, became a semester-long class, which multiplied over the years into hundreds of classes in several countries. The 30 students in that first class in 1997 grew exponentially to 30,000 students over the past 20 years. However, the numbers are only part of the story.

Inside-Out classes allow incarcerated men and women and campus-based students to come together for a semester to dialogue about crime, justice, and related social issues. But Inside-Out is much more than just a class. What happens over the semester is a depth of learning and exploring that is extraordinary, far beyond the specific content of the course. Everyone involved – students from the outside, students from the inside, and the instructor – discovers dimensions of themselves, of others, and of life that they had never imagined possible. We each uncover our own inner voice, while we invite the voices of others to emerge... we recognize the many ways that we are each imprisoned, as we call forth to one another to find a new sense of freedom. We do this through the crucible of dialogue, through which – with both courage and conviction – we move beyond the walls that separate us.

We have watched as more than 800 instructors from throughout the U.S. and ten other countries have come to one of our 51 intensive, weeklong trainings – and left ready and eager to begin to take this methodology on the road, putting their unique stamp on the classes that they create. We see it as the sowing of seeds – the kind of seeds that can make real and lasting change in the world, through a change in the hearts and minds of individuals. It is less about a change in opinion; much more, a change in perspective – seeing realities that surround us in new and fresh ways. And seeing ourselves as instrumental in making change happen.

We have also watched as Inside-Out has grown from a very small operation to a quite sizable program with a solid base of support from an ever-widening network of inside and outside alumni, instructors, correctional partners, higher education administrators, foundations, and friends of the program. Inside-Out has grown over the years in a natural and organic way. Its growth has been – and continues to be – influenced by those who get involved in the program. For that reason, it is so exciting to be sharing these days of celebration with many of the very people who have had a lasting impact on the program. We are so grateful for and humbled by the incredible people who have been involved over the years. Literally, Inside-Out would not be what it is today without all of us – and the heart, soul, and passion that we each bring to its ongoing creation.

Finally, on a personal note: Over the years, various people have said to me: “Lori, this must be like a dream come true!” Actually, it is not... simply because I never dreamed of anything like this, for myself or anyone else. And in the end, that makes it all the more wonderful.

Keep doing great things!

Lori
The impetus for the creation of The Inside-Out Prison Exchange Program came from a trip in 1995 that some Temple students and I took to the State Correctional Institution in Dallas, PA (three hours outside of Philadelphia). We had a conversation with a panel of men who were serving life at Dallas and, as we finished, one of the men with whom we spoke that day, Paul, asked me if I had ever thought about having these kinds of conversations over a whole semester – like a seminar. Though we couldn’t do it at Dallas because of the distance, the idea captured my imagination.

That was the beginning. The rest, literally, is history.

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1997</td>
<td>First Inside-Out class, on Criminal Justice, is conducted in the Philadelphia jails</td>
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<tr>
<td>2000/01</td>
<td>Two other Temple professors begin Inside-Out classes in other disciplines</td>
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<td>2002</td>
<td>Inside-Out expands to the state prison in Graterford, PA</td>
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<td>2002</td>
<td>Weekly meetings of the Graterford Think Tank begin (group still meets weekly)</td>
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<td>2002/03</td>
<td>Soros Justice Senior Fellowship is granted to replicate the program nationally</td>
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<td>2003/04</td>
<td>Elements of the National Replication are developed in collaboration with people on both sides of the prison wall</td>
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<tr>
<td>2004</td>
<td>First Inside-Out Instructor Training Institute is held in July with 20 participants (Think Tank members co-facilitate parts of the training)</td>
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<tr>
<td>2005</td>
<td>Trainings for instructors from across the U.S. &amp; beyond continue</td>
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<tr>
<td>2007</td>
<td>National Steering Committee and National Research Committee are created</td>
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<td>2008</td>
<td>Inside-Out Regional Centers begin to be developed in areas around the country</td>
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<tr>
<td>2008</td>
<td>The first Inside-Out regional conference is held in Indiana at IUPUI</td>
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<td>2009</td>
<td>Mini-documentary on Inside-Out is produced at the University of Oregon</td>
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<td>2009</td>
<td>Day-long conference at Graterford Prison is conducted with attendees from the Annual Meeting of the American Society of Criminology</td>
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<td>2009</td>
<td>High-ranking officials of the French Ministry of Justice visit the Graterford Think Tank to discuss the Inside-Out program</td>
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<tr>
<td>2009</td>
<td>Film on Inside-Out is made at the University of Michigan-Dearborn</td>
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<tr>
<td>2010</td>
<td>Alumni activities begin in Oregon and Philadelphia</td>
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<td>2011</td>
<td>Theory Group in Michigan co-facilitates first regional training outside of Philadelphia</td>
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<td>2011</td>
<td>Inside-Out receives the Activist Award from the Justice Studies Association for its work in relation to social change</td>
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<tr>
<td>2012</td>
<td>ACE Think Tank in Oregon co-facilitates first regional training in Pacific Northwest</td>
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<td>2012</td>
<td>Inside-Out gives invited presentation at the Clinton Library in Arkansas</td>
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<tr>
<td>2012</td>
<td>Presentation on Inside-Out is made at the Fetzer Institute’s Global Gathering on Love and Forgiveness in Assisi, Italy</td>
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<td>2012</td>
<td>Talks on Inside-Out are included in two TEDx regional events in the Philadelphia area</td>
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<td>2013</td>
<td>Walls 2 Bridges Collective co-facilitates first training held in Canada</td>
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<td>2013</td>
<td>A special issue of The Prison Journal, an international publication on penology, is focused exclusively on The Inside-Out Prison Exchange Program</td>
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<tr>
<td>2014</td>
<td>Inside-Out assists in program development in the U.K. (England and Scotland) through presentations in various venues and other on-site support in both countries</td>
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<tr>
<td>2014</td>
<td>Inside-Out supports instructors in Australia, providing presentations on the program and on-site aid in program development</td>
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<tr>
<td>2014</td>
<td>The program receives a generous grant from the Ford Foundation to assist in expanding and deepening the work of Inside-Out in the U.S.</td>
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<tr>
<td>2016</td>
<td>Graterford Inside-Out Think Tank members complete the full Inside-Out Training Institute</td>
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<tr>
<td>2016</td>
<td>Lori Pompa receives the Lifetime Achievement Award in Teaching from the American Society of Criminology for her work in Inside-Out</td>
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<tr>
<td>2017</td>
<td>Inside-Out receives the Frederic Ozanam Award from St. John’s University, NY, for the program’s “contribution to education, social justice, and human rights”</td>
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<tr>
<td>2017</td>
<td>First training held in British Columbia, Canada</td>
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<tr>
<td>2017</td>
<td>Completion of our 51st International Training Institute, bringing the total number of instructors to 807 from 44 U.S. states and nine other countries</td>
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To date, trainings have been held in Philadelphia, Michigan, Oregon, Toronto, West Virginia, California, and British Columbia. Preparations are being made to hold trainings in Chicago, Mexico, the U.K., Arizona, and Australia within the next two years.
Inside-Out is a model of transformative education. Its unique methodology is consistent across all of its practices, whether classes, think tanks, workshops, conferences, or trainings. The program inspires and produces change in those involved – college/university students, prison participants, and instructors alike. Inside-Out has a growing international network of instructors who are taking this pedagogy forward in their own areas, both in geography and discipline. It has been exciting to see this expanding network of instructors take shape over the years, as each new instructor applies his or her own insight and creativity to the practice of the Inside-Out teaching model.

The Training Institute is a comprehensive seven-day, 60-hour intensive training program that covers everything necessary to develop a course in the Inside-Out model: curriculum development, setting parameters, institutional relationships, group dynamics, interactive pedagogical approaches, self-reflection, and much more. Three or more of the days provide an opportunity to learn this transformative educational method through hands-on experience, dialogue, and engagement with an Inside-Out Think Tank, a working group of inside and outside alumni, who have years of experience in the Inside-Out methodology. Training is followed by consultation to assist in on-site program development.

Since 2004, when the first Training Institute was offered, we have conducted 51 such trainings, involving 800+ instructors from 44 states and several other countries (e.g. Australia, Canada, Denmark, England, Mexico, Norway, Scotland). In the process, our Think Tank co-facilitators have enhanced and expanded their training and leadership abilities, providing distinctive expertise in coaching and facilitation techniques. As we continue the weeklong Training Institutes into the future, we are also working on several types of adaptations of the training model for various kinds of groups and areas of interest (e.g. community-based learning, training of correctional staff in dialogue and facilitation, training of prison/jail volunteers and teachers, etc.). Inside-Out’s focus on dialogue across difference provides a powerful and refreshing alternative to the conventional ways that people come together to grapple with issues of social justice.

“I learned more this week about learning than I ever have in formal education. I learned in a very powerful way the importance of process. Too often we get caught up in outcomes (which are important), but spend little time reflecting on how we learn. I am absolutely blown away by what I now consider the best learning experience of my life.”

(Inside-Out Instructor, reflecting on the weeklong training)

“I also feel like I have found a community that I did not know existed. It is a gift to be surrounded by people who understand what I am saying when I talk about prisons... people that I don’t have to explain everything to. And the training has stirred up an intellectual excitement that I have not felt in years.”

(Inside-Out Instructor, reflecting on the weeklong training)
Inside-Out Think Tanks

Think Tanks are groups of Inside-Out alumni (both incarcerated and non-incarcerated) and Inside-Out instructors who meet regularly on a volunteer basis at a correctional facility. The groups form organically, based on local interests and initiatives, and are a testament to the civic engagement, human connection, and sense of agency that Inside-Out courses inspire. The following is a partial list.

**ACE Think Tank**
(Oregon State Penitentiary in Salem, OR / University of Oregon)

**California Think Tank**
(California Rehabilitation Center – Norco / Pitzer College)

**Michigan Theory Group**
(Macomb Correctional Facility / University of Michigan)

**Elm Street Think Tank**
(Franklin County House of Correction in Greenfield, MA / Greenfield Community College)

**The Inside-Out Think Tank**
(The State Correctional Institution at Graterford, PA / Temple University)

**The Elsinore Bennu: An Inside-Out Think Tank**
(in transition)
(SCI at Pittsburgh, PA / Duquesne University)

**People for Change Think Tank**
(Toledo Correctional Facility in Toledo, OH / University of Toledo)

**SALT – Schools for Alternative Learning and Transformation**
(Riverbend Maximum Security Institution in Nashville, TN / American Baptist College)

**Maryland Positive Change Think Tank**
(Jessup Correctional Institution / Towson University)

**Hazelton Think Tank**
(USP Hazelton in Hazelton, WV / Fairmont State University)

**We Are Voices United Think Tank**
(FCI at Hazelton – Secure Female Facility / Fairmont State University)

**Hazelton Men’s Think Tank**
(FCI at Hazelton – Secure Male Facility / West Virginia University)

**New Leaf New Life Think Tank**
(Monroe County Jail Think Tank / Advancing Education Think Tank
Monroe County Jail in Bloomington, IN / Indiana University - Bloomington)

**Arizona Transformation Project Think Tank**
(Arizona State Prison Complex – Florence / Arizona State University)

**Big Bang Theory Group**
(Floyd County Prison in Rome, GA / Berry College)

**International Think Tanks**

**Australia Think Tank**
Dame Phillis Frost Center / RMIT University – Melbourne

**Frankland Think Tank (U.K.)**
HM Prison – Frankland / Durham University

**Low Newton Tanket (U.K.)**
HM Prison – Low Newton / Durham University

**Arizona Transformation Project Think Tank**
(Arizona State Prison Complex – Florence / Arizona State University)
Inside-Out... By the Numbers

All of this began with one class of **30** students...

**More than 100** higher education institutions, ranging from small liberal arts colleges to large research universities to local community colleges, sponsor Inside-Out courses.

**Over 100** correctional institutions based in urban, rural, and suburban settings, including county jails, state prisons, federal prisons, juvenile facilities, and community correctional facilities at all security levels, host Inside-Out courses.

**375+** Media Pieces on Inside-Out throughout the U.S. and Beyond (print, radio, TV, web)

**375+** Inside-Out classes offered to date

**800+** Instructors trained in Inside-Out

**30,000+** Inside and Outside Students have taken classes

Examples of Disciplines Offering Inside-Out Classes:

- African-American Studies
- Anthropology
- Criminal Justice
- Drama
- Economics
- Education
- English
- Gender Studies
- History
- Humanities
- Law
- Nursing
- Philosophy
- Political Science
- Psychology
- Public Health
- Religion
- Social Work
- Sociology
- Theatre
- Writing
- Women’s Studies

**1,000s** of People Involved in Inside-Out Classes, Workshops, and Community Events Each Year

As of **2017**, we have hosted **51** trainings, which have prepared more than **800** educators worldwide to facilitate Inside-Out and other community-based learning courses.

Nearly **350** Schools with Trained Inside-Out Instructors

There are now over **two dozen** Inside-Out think tanks meeting regularly around the world.

Inside-Out Instructors in **44** U.S. States and **9** Other Countries
Higher Education Partners

The following is a partial list of the colleges and universities where there are Inside-Out instructors who have taught at least one Inside-Out course since they have been trained.

AUSTRALIA
- RMIT University – Melbourne, Victoria

CANADA
- Ryerson University – Toronto, Ontario
- Simon Fraser University – Burnaby, British Columbia

DENMARK
- University of Southern Denmark – Odense

MEXICO
- Universidad Pedagógica Nacional Unidad – Guadalajara, Jalisco

UNITED KINGDOM
- Durham University – Durham
- Teesside University – Middlesbrough
- University of Kent – Canterbury

UNITED STATES
Arizona
- Arizona State University – Phoenix

California
- Imperial Valley College
- Pitzer College
- University of Redlands

Colorado
- Colorado Mesa University
- University of Denver

Connecticut
- Yale University

Delaware
- University of Delaware
- University of Delaware’s Center for Drug and Health Studies
- Widener University: Delaware School of Law

District of Columbia
- Howard University

Georgia
- Berry College
- Georgia Southern University
- Kennesaw State University
- University of Georgia – Athens

Illinois
- DePaul University
- Rend Lake College

Indiana
- Goshen College
- Indiana University Purdue University Indianapolis
- University of Notre Dame
- University of Notre Dame’s Center for Social Concerns
- Valparaiso University

Kansas
- Baker University

Kentucky
- Western Kentucky University

Maine
- Bowdoin College

Maryland
- Garrett College
- Goucher College
- Towson University

Massachusetts
- Amherst College
- Bay State College
- Bridgewater State University
- Framingham State University
- Smith College
- Greenfield Community College
- University of Massachusetts – Amherst

Michigan
- Central Michigan University
- Eastern Michigan University
- Michigan State University
- University of Michigan – Ann Arbor
- University of Michigan – Dearborn
- Wayne State University

Minnesota
- Hamline University
- Lake Superior College
- Minnesota State University – Mankato
- Riverland Community College

Nevada
- University of Nevada – Reno

New York
- Borough of Manhattan Community College – City University of New York
- State University of New York – New Paltz
- St. John’s University
- Vassar College

Ohio
- Antioch College
- College of Wooster
- Ohio Northern University
- Ohio State University – Columbus
- Ohio State University – Marion

Pennsylvania
- Arcadia University
- Bucknell University
- Cabrini College
- Chestnut Hill College
- Drexel University
- Duquesne University
- Haverford College
- LaSalle University
- Lafayette College
- Mount Aloysius College
- Philadelphia University
- St. Joseph’s University
- Swarthmore College
- Temple University
- The Philadelphia Center
- University of Pittsburgh
- University of the Sciences
- Westminster College
- West Chester University
- Widener University

South Carolina
- College of Charleston

Virginia
- Virginia Union University

West Virginia
- Fairmont State University
- West Virginia University

Wisconsin
- University of Wisconsin – Oshkosh

- Ohio State University – Newark
- University of Dayton
- University of Toledo
- Wittenberg University
- Xavier University

Oklahoma
- University of Oklahoma

Oregon
- Chemeketa Community College
- Clackamas Community College
- Lewis and Clark College
- Oregon State University
- Portland State University
- University of Oregon

District of Columbia

- Howard University

Ohio
- University of Massachusetts – Dartmouth
- Williams College

Michigan
- Central Michigan University
- Eastern Michigan University
- Michigan State University
- University of Michigan – Ann Arbor
- University of Michigan – Dearborn
- Wayne State University

Minnesota
- Hamline University
- Lake Superior College
- Minnesota State University – Mankato
- Riverland Community College

Nevada
- University of Nevada – Reno
The following is a partial list of the jails, prisons, or other correctional facilities that have partnered with higher education institutions to host Inside-Out courses.

**AUSTRALIA**
- Dame Phyllis Frost Center – Ravenhall, Victoria
- Margoneet Correctional Centre – Lara, Victoria

**CANADA**
- Mission Institution – Mission, B.C.
- Toronto East Detention Centre – Toronto, Ontario

**DENMARK**
- State Prison at Søbyøgård

**MEXICO**
- Centro de Reinserción Femenil, Puente Grande

**UNITED KINGDOM**
- HM Prison – Swaleside
- HM Prison – Frankland
- HM Prison – Durham
- HM Prison – Holme House
- HM Prison – Low Newton
- HM Prison – Swaleside

**UNITED STATES**

**Arizona**
- Arizona State Prison Complex – Florence

**California**
- California Rehabilitation Center – Norco
- Imperial County Jail – El Centro
- San Bernardino Probation Gateway Center – San Bernardino

**Colorado**
- Delta Correctional Center, Delta Colorado

**Connecticut**
- Manson Youth Institution – Cheshire

**Delaware**
- Howard R. Young Correctional Institution
- Plummer Community Correctional Center and Work Release Program

**Georgia**
- Athens-Clarke County Jail
- Cobb County Jail
- Emanuel Women’s Facility
- Floyd County Jail
- Floyd County Prison
- Smith State Prison

**Illinois**
- Cook County Department of Corrections
- Jefferson County Correctional Facility
- Stateville Correctional Center

**Indiana**
- Craine House for Women
- Dove Recovery House for Women
- Duvall Residential Center
- Elkhart County Correctional Center
- Indiana Women’s Prison
- Indianapolis Re-Entry Educational Facility
- Westville Correctional Facility

**Kansas**
- Topeka Correctional Facility

**Maine**
- Maine Correctional Center

**Maryland**
- Backbone Mountain Juvenile Facility
- Baltimore County Detention Center
- Christopher Place Transitional Housing
- Maryland Correctional Institution – Jessup
- Maryland Correctional Institution for Women – Jessup

**Massachusetts**
- Berkshire County Jail and House of Correction
- Bristol County House of Correction
- Franklin County House of Corrections
- Hampshire County Jail and House of Corrections
- Massachusetts Correctional Institution – Boston (Pre-Release Center)
- MCI – Framingham
- Mabel Bassett Correctional Center
- Massachusetts Correctional Institution – Plymouth
- Old Colony Correctional Center
- Plymouth County Correctional Facility
- Western Massachusetts Regional Women’s Correctional Facility – Chicopee

**Michigan**
- Central Michigan Correction Facility
- Cooper Street Correctional Facility
- G. Robert Cotton Correctional Facility
- Macomb Correctional Facility
- Women’s Huron Valley Correctional Facility

**Minnesota**
- Federal Correctional Institution – Waseca
- Minnesota Correctional Facility – Lino Lakes
- Minnesota Correctional Facility – Shakopee
- Northeast Regional Corrections Center
- Steele County Detention Center

**Nevada**
- Washoe County Detention Facility

**New York**
- Bedford Hills Correctional Facility
- Brookwood Secure Center – Claverack
- Rikers Island Jail
- Taconic Correctional Facility

**Ohio**
- Allen-Oakwood Correction Institution
- Dayton Correctional Institution
- Indian River Juvenile Correctional Facility – Massillon
- Lebanon Correctional Institution
- London Correctional Institution
- Ohio Reformatory for Women
- Southeastern Correctional Complex – Lancaster
- Toledo Correctional Institution
- Trumbull Correctional Institution
- Warren Correctional Institution

**Oklahoma**
- Mabel Bassett Correctional Center

**Oregon**
- Coffee Creek Correctional Facility
- Columbia River Correctional Institution
- MacLaren Youth Correctional Facility
- Mill Creek Correctional Institution
- Oregon State Correctional Institution
- Oregon State Penitentiary

**Pennsylvania**
- Allegheny County Jail
- Cambria Community Center – Philadelphia
- FCI – McKean
- FCI – Loretto
- Federal Detention Center – Philadelphia
- Montgomery County Correctional Facility
- Northampton County Corrections
- Philadelphia – Central Unit Modular III and Cannery
- Philadelphia – Curran Fromhold Correctional Facility
- Philadelphia Industrial Correctional Center
- Philadelphia – House of Correction
- Philadelphia – Riverside Correctional Institution
- Philadelphia Work Release Center
- Philadelphia – University Avenue Facility
- SCI – Chester
- SCI – Fayette
- SCI – Graterford
- SCI – Muncy
- SCI – Pittsburgh

**South Carolina**
- Coastal Pre-Release Center

**Tennessee**
- Lois B. Deberry Special Needs Facility

**Virginia**
- City of Richmond Justice Center

**West Virginia**
- FCI – Hazleton for Men
- FCI – Hazleton for Women
- U.S. Penitentiary – Hazleton

**Wisconsin**
- Taycheedah Correctional Institution
The Inside-Out Experience
Inside-Out in the Media

Inside-Out classes regularly receive attention in print, radio, and television, with more than 375 news pieces appearing across North America, Europe, and Australia featuring the Inside-Out model. Below are some selected print media sources, not including university and college publications.

- All Things Considered (NPR)
- Lumina Foundation Magazine
- VICE Media LLC
- OzTrekk (Australia)
- Life Matters: Australia Broadcasting Corp.
- The Toronto Star (Canada)
- The Copenhagen Post (Denmark)
- BBC News (U.K.)
- The Journal (U.K.)
- Arizona Correctional Educators (AZ)
- Arkansas Democrat-Gazette (AR)
- Rome News-Tribune (GA)
- The Indianapolis Star (IN)
- WISH TV (IN)
- Topeka Capital-Journal (KS)
- Associated Press, The Kansan (KS)
- KY Forward (KY)
- The Boston Globe (MA)
- The Providence Journal (MA)
- The Detroit Free Press (MI)
- The Michigan Journal (MI)
- St. Paul Pioneer Press (MN)
- Owatonna People’s Press (MN)
- The Star-Ledger (NJ)
- Corrections Today (NY)
- Cincinnati Magazine (OH)
- The Athens News (OH)
- The Eugene Register Guard (OR)
- Bend Weekly (OR)
- NewsWorks (NPR, PA)
- Radio Times (NPR, PA)
- The Philadelphia Inquirer (PA)
- Scranton Times Tribune (PA)
- The Tennessan (TN)
- Tennessee Bar Association Today (TN)
- HBCU Digest (VA)
- CEA-W Newsletter (WI)

Supporters

Foundations (Past and Present)

- The After Prison Initiative of the Open Society Foundations (Soros)
- The Brook J. Lenfest Foundation
- The Chace Granting Group
- The Douty Foundation
- The Ford Foundation
- The Gulati Family Foundation
- The Kalliopeia Foundation
- The Kathryn B. McQuade Foundation
- The Patricia Kind Family Foundation
- The Phoebus Criminal Justice Initiative (Bread & Roses Community Fund)
- The Threshold Foundation
- The Vital Projects Fund
- An Anonymous Foundation

We want to give special thanks to one of our instructors, Kate King, who, as she explained to us, would tell her mother all about what she was doing in Inside-Out and how important and transformative the program was for her. When her mother, Lucille Patlaf Ash, passed away, she bequeathed a very sizable gift to the Inside-Out program. This incredibly generous gift has allowed us to grow and expand in important ways over the past couple of years.

Please consider contributing to The Inside-Out Prison Exchange Program.

Your gift means that our exciting new initiatives will continue to take shape, and it will bring an unforgettable, life-changing experience to inside and outside students involved in the program around the world. You can contribute in two ways, online or by check. Please visit this page on our website for more information: insideoutcenter.org/our-supporters.html

The Inside-Out Center has significantly increased its social media presence in the past year. The Center now regularly posts to Facebook, Twitter, and Instagram. Facebook posts are typically viewed between 500 and 3000 times and they typically receive between 25 to 75 engagements (i.e. comments, liking, etc.). Over 100 new individuals followed Inside-Out on Facebook in the last year, bringing the total to 800. The new Twitter account now has 121 followers and the new Instagram account earned almost 40 followers in the first week.

In addition to social media efforts, The Inside-Out Center has begun producing a podcast featuring different aspects of the Inside-Out story. The episodes are available on popular outlets such as iTunes, Google Play, and iHeart Radio. The episodes are typically reaching more than 200 people. The numbers will continue to go up over time.

The various media efforts carried out by The Inside-Out Center have served to both increase public awareness of the program and provide platforms for members of the Inside-Out network to share news, updates, and inspiring stories.