



Florida Division of Cultural Affairs  
08-6012 - Arts in Education - Partnership Level 2

Applicant: ArtSpring, Inc.  
Phone: (305) 278-1601  
Email: artspring@artspring.org

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Florida Department of Cultural Affairs  
Program: Arts in Education

Application: 08-6012  
ArtSpring, Inc.



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### Organization Profile

Organization Name	ArtSpring, Inc.
Chief Executive Official:	Nicole K. Bible
Address	PO Box 343432 Florida City, Florida 33034 County: Miami-Dade
Main Contact Phone #:	(305) 278-1601
2nd Phone #:	(305) 278-1603
Fax #:	(305) 278-1602
Alternative/Mobile Phone #:	(305) 798-0383
URL:	www.artspring.org
Tax ID#:	65-0347274
Fiscal Year Start / End:	January 1 - December 31
Florida Senate/House District #s:	39/119
U.S. Congressional District #:	21
Is the organization minority owned?	No
Is the organization state funded?	No
Is this an Arts Organization?	Yes
Accredited Museum?	No
Is your organization within a REDI designated area?	No
Has your organization ever received a grant from the Division of Cultural Affairs?	Yes - 2006
Organization Status:	Organization - Non-Profit
Primary Function:	Arts Service/Advocacy
Secondary Function:	Education
Institution Type:	Arts Service Organization
Organization Discipline:	Interdisciplinary -
Racial Demographic Characteristic:	No Single Group Listed Above
Organization Email:	artspring@artspring.org



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## Application Cover Page

Funding Category: Partnership Level 2

### NOT-FOR-PROFIT DESIGNATION:

I hereby certify that the above referenced applicant is eligible to receive grants from the Division of Cultural Affairs pursuant to the following not-for-profit status of the organization:

A not-for-profit Florida orporation according to these definitions:

- a. incorporated or authorized as a not-for-profit corporation, in good standing, pursuant to Chapter 617, Florida Statutes; (Chapter 623, FS. for private schools) and
- b. designated as a tax-exempt organization as defined in s.501(c)(3) or (4) of the Internal Revenue Code of 1954



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General Information

Contact for this application	Bible, Nicole
Proposal Title	Inside Out-Marion & Pinellas
Grant Amount Requested	\$15,000
Start Date	July 1st, 2007
End date	June 30th, 2008
Number of different events	10
Number of performances	10
Number of individuals expected to participate in the proposal activities	800
Number of youth expected to participate in the proposal activities	40
Number of elders expected to participate in the proposal activities	40
Number of artists expected to participate in the proposal activities	5

A/V Materials

1 copy of VHS tape showing excerpt of previous Inside Out community presentation at Broward Correctional Institution and a short documentary on the Inside Out program at the Pinellas County Jail

AMERICANS WITH DISABILITIES ACT (ADA) INFORMATION

Are the applying organizations's facilities and PROGRAMS accessible to persons with disabilities?	Yes
Has an ADA self-evaluation of the organizations's facilities and PROGRAMS been conducted?	No
Have policies and procedures been established which address nondiscrimination against persons with disabilities?	Yes
Do you have a complaint process for discrimination on the basis of disability?	No
Designated staff person responsible for Section 504, ADA and Florida Statutes 553 Compliance	Nicole Bible
Are other staff members informed and trained in access issues?	Yes

Mission Statement

ArtSpring's mission is to support individual self-growth and effective life skills through art-making. ArtSpring believes in the power of art to transform individuals and communities. ArtSpring serves a diverse ethnic, age and racial demographic through interdisciplinary arts programs that incorporate movement, theatre games, writing, drawing, drumming, singing, story telling, meditation, guided imagery and performance as transformational tools for self-reflection and personal change.



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### Grant Counties

These are the counties in which project / programming will actually occur:

Marion, Pinellas



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Operating Budget - Expenses

Expenses	FY 2005	FY 2006	FY 2007
1. Personnel - Administrative	\$89,139	\$50,547	\$102,126
2. Personnel - Artistic	\$38,116	\$66,156	\$102,126
3. Personnel - Technical/Production	\$0	\$0	\$0
4. Outside Artistic Fees & Services	\$29,336	\$28,080	\$38,260
5. Outside Other Fees & Services	\$10,837	\$7,650	\$15,150
6. Space Rental/Rent or Mortgage (interest only, not principal portion)	\$6,357	\$6,431	\$6,300
7. Travel	\$13,291	\$8,395	\$12,433
8. Marketing	\$1,921	\$594	\$1,039
9. Remaining Operating Expenses	\$11,723	\$7,480	\$9,630
10. Total Cash Expenses (add lines 1-9)	\$200,720	\$175,333	\$287,064
11. Total In-kind Contributions	\$16,843	\$1,400	\$8,500
12. Total Expenses (add lines 10 + 11)	\$217,563	\$176,733	\$295,564



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Operating Budget - Income

Income	FY 2005	FY 2006	FY 2007
13. Admissions	\$0	\$0	\$0
14. Contracted Services	\$5,740	\$5,800	\$70,000
15. Other Revenue	\$220	\$411	\$0
16. Corporate Support	\$1,150	\$0	\$1,500
17. Foundation Support	\$106,200	\$147,500	\$177,000
18. Other Private Support	\$7,705	\$2,650	\$3,300
19. Government Support - Federal	\$0	\$0	\$0
20. Government Support - State/ Regional	\$0	\$6,020	\$10,000
21. Government Support - Local/County	\$4,774	\$4,706	\$3,500
22. Applicant Cash	\$74,931	\$8,246	\$21,764
23. Total Cash Income (add lines 13-22)	\$200,720	\$175,333	\$287,064
24. Total In-kind Contributions	\$16,843	\$1,400	\$8,500
25. Total Income (add lines 23+24)	\$217,563	\$176,733	\$295,564
26. Cash Reserves (line 25 minus line 12)	\$0	\$0	\$0



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## Grant Proposal Summary

Identify the goals of the proposal. List the specific objectives and provide an overview of the methods.

### Goals

ArtSpring offers the longest running arts-based educational programming in correctional facilities in the state of Florida. Inside Out-Expressive Arts Workshops for Incarcerated Women is designed to promote individual self-growth through art-making. This proposal supports the expansion of Inside Out from the South Florida area to two more correctional facilities in Florida: Lowell Correctional Institution in Ocala (Marion County) and Pinellas County Jail in St. Petersburg (Pinellas County), representing the achievement of our goal to offer Inside Out in every maximum security state facility for women in Florida.

In 1994, two dedicated women began teaching female inmates at Broward Correctional Institution with limited resources and a passionate belief in the power of art-making. ArtSpring has since increased to 13 artists teaching in correctional facilities in South Florida. We now offer weekly, ongoing programs at Broward Correctional, Homestead Correctional, Dade Correctional and the Miami-Dade Juvenile Justice Detention Center. Over the past 13 years, the Florida Department of Corrections has recognized the value of our ongoing programming offered in the South Florida region and has encouraged our expansion to other facilities.

### Objectives

Specific objectives of this proposal are to increase our program offerings in St. Petersburg and Ocala. The Inside Out program in St. Petersburg has been offered at the Pinellas County Jail since 2000. In partnership with Project Success, the program has proven to be effective in increasing self-esteem and self-control. The Inside Out program at Lowell Correctional Institution began November 8, 2006. Lowell CI is the largest state prison for women Florida and is in great need of gender-specific programming. Both sites are currently offered with funding through 2006.

Both programs exceed the boundaries of our local community-based support, therefore we respectfully request support from the Florida Division of Cultural Affairs to enable the Inside Out programs in Ocala and St. Petersburg. Our objectives are to continue our commitment to ongoing programming within both correctional facilities.

Additionally, the objectives of ArtSpring's programs are to:

- \*Offer arts based workshops to a diverse group of people within a community to promote respect, cooperation and cultural understanding
- \*Explore issues of self-esteem and stimulate personal responsibility through the creative process
- \*Present opportunities for participant's creative work to be shared that can create a bridge of interaction, visibility, engagement and exchange between isolated communities
- \*Provide program participants with opportunities to learn, through the arts, behavioral and social skills that will ultimately aid them in their life transitions

### Activities

The state of Florida continues to cut budgets within the Department of Corrections, which reduces all educational opportunities for inmates. Upon release, they face a myriad of personal challenges and impose additional challenges on our communities. The most effective way to break the cycle of recidivism is to begin preparing for successful reintegration while in prison. Programs offered by certified volunteers such as ArtSpring are some of the only opportunities available to incarcerated populations.

Inside Out is based on a unique interdisciplinary curriculum developed by Leslie Neal, Founder and Artistic Director of ArtSpring, who is an Associate Professor of Dance at Florida International University. Ms. Neal's research is in the field of community arts and the value of the arts as tools for intervention. Inside Out incorporates movement, theatre games, writing, drawing, drumming, singing, storytelling and performance as tools for personal development. The program meets weekly for 2 hours and extends over a 3-month period. Original work by the participants explored in the workshop becomes the material for the creation and production of live presentations. Each program culminates in a performance/presentation for facility staff, inmates and, when approved, invited guests from the outside community.





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Activities (Continued)

Activities covered in this proposal include the continuation and expansion of ongoing Inside Out programs at Pinellas County Jail and Lowell Correctional Institution. ArtSpring will offer four 12-week sessions at Pinellas serving 120 participants and six 12-week sessions at Lowell serving 170 women.

Evaluation Outline

In addition to monitoring weekly attendance of the participants, ArtSpring conducts pre and post qualitative and quantitative evaluations of workshop participants to measure their progress throughout the program. A professional evaluator continues to oversee ArtSpring's evaluation initiative with Institutional Review Board approval of the use of standardized, research-based self-esteem measurements, including self-concept, self-esteem and locus of control. Initial analysis of the Inside Out program's impact by our program evaluator states "It is impossible to ignore the impact this program has had on the women who have been able to participate.... They have grown as individuals and as part of the community in which they are incarcerated. Participants wrote of sharing a bond of mutual understanding, growing trust, and personal growth."



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Grant Proposal Budget - Summary

Expenses

Expense Category	State Grant	Cash Match	In-Kind Contributions
Personnel - Administrative	\$2,100	\$6,300	\$0
Personnel - Artistic	\$2,800	\$5,600	\$0
Personnel - Technical/Production	\$0	\$0	\$0
Outside Artistic Fees & Services	\$7,800	\$5,200	\$0
Outside Other Fees & Services	\$1,000	\$1,600	\$7,740
Space Rental/Rent or Mortgage	\$525	\$0	\$0
Travel	\$0	\$0	\$0
Marketing	\$0	\$0	\$0
Remaining Operating Expenses	\$775	\$2,160	\$0
A. Total Expenses	\$15,000	\$20,860	
B. Total In-kind Contributions			\$7,740
C. Total Proposal Costs	\$43,600		

Income

Income Category	Cash income
Admissions	\$0
Contracted Services	\$0
Other Revenue	\$0
Corporate Support	\$0
Foundation Support	\$20,860
Other Private Support	\$0
Government Support - Federal	\$0
Government Support - State/Regional	\$0
Government Support - Local/County	\$0
Applicant Cash	\$0
D. Total Cash Income	\$20,860
E. Grant Amount Requested	\$15,000
F. Total Cash Income (D + E)	\$35,860
G. Total In-kind Contributions (from B, proposal expense page)	\$7,740
H. Total Project Income (F + G, Must equal C, proposal expense page)	\$43,600
I. Percent of Total Project requested from State	34 %



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Grant Proposal Budget - Expense Details

Expense Category	State Grant	Cash Match	In-Kind Contributions
<u>Personnel - Administrative</u>			
Executive Director	\$1,400	\$2,800	\$0
Administrative Asst.	\$700	\$3,500	\$0
<u>Personnel - Artistic</u>			
Artistic Director	\$2,800	\$5,600	\$0
<u>Personnel - Technical/Production</u>			
<u>Outside Artistic Fees &amp; Services</u>			
Facilitator Fees	\$7,800	\$5,200	\$0
<u>Outside Other Fees &amp; Services</u>			
Videographer	\$0	\$600	\$0
Legal Services	\$0	\$0	\$4,740
Evaluator	\$1,000	\$1,000	\$3,000
<u>Space Rental/Rent or Mortgage</u>			
Office Space	\$525	\$0	\$0
<u>Travel</u>			
<u>Marketing</u>			
<u>Remaining Operating Expenses</u>			
Postage and Supplies	\$315	\$1,200	\$0
Printing and Photocopying	\$250	\$750	\$0
Utilities	\$210	\$210	\$0
A. Total Expenses	\$15,000	\$20,860	
B. Total In-kind Contributions			\$7,740
C. Total Proposal Costs	\$43,600		



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Grant Proposal Budget - Income Details

Income Category	Cash income
<u>Admissions</u>	
<u>Contracted Services</u>	
<u>Other Revenue</u>	
<u>Corporate Support</u>	
<u>Foundation Support</u>	
Private Foundations	\$20,860
<u>Other Private Support</u>	
<u>Government Support - Federal</u>	
<u>Government Support - State/Regional</u>	
<u>Government Support - Local/County</u>	
<u>Applicant Cash</u>	
D. Cash Income Subtotal	\$20,860
E. Grant Amount Requested	\$15,000
F. Total Cash Income (D + E)	\$35,860
G. Total In-kind Contributions (B from previous section, proposal expenses)	\$7,740
H. Total Project Income (F + G, Must equal C from previous section, proposal expenses)	\$43,600
I. Percent of Total Project requested from State	34 %



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## Narrative Questions

### 1. Organization

History Give a brief history of your organization.

ArtSpring was founded on the belief that art and culture are fundamental aspects within a healthy society and seeks to achieve its vision by providing arts-based programming to underserved communities. ArtSpring is nationally recognized for the longest ongoing arts in corrections programming in the state of Florida. Since 1994, ArtSpring has offered specifically designed interdisciplinary arts-based workshops in female prisons and in juvenile facilities through its two principal ongoing programs: Inside Out-Expressive Arts Workshops for Incarcerated Women and Breaking Free-Arts for Adolescent Girls. These programs serve women and girls representing a diverse ethnic, age and racial demographic who have an overwhelming number of needs that are not being met adequately by community resources. Because these populations are incarcerated, victimized, and often forgotten, our gender-specific programs encourage a process of personal reflection: self-awareness, acceptance, commitment, tolerance and personal choice-making that provide participants better tools for survival inside and upon their release.

In 2005, based upon the success of the adult female programs inside, and the desperate need for programs for adult men, ArtSpring expanded programming to include Rites and Passages (RAP) an ongoing program for male inmates.

All of our programs are based on a unique interdisciplinary curriculum developed by Leslie Neal, the Artistic Director and Founder of ArtSpring, who is also an Associate Professor of Dance at Florida International University. Leslie Neal founded ArtSpring, Inc., formally known as Leslie Neal Dance, Inc. (LND), in 1992. The organization was established as a community-based, arts organization dedicated to utilizing dance movement and the process of making art to empower individuals and thereby transform communities. LND's main goal was to educate individuals and our community at large about the value of the arts in our everyday lives. The organization served as a performance vehicle for Leslie Neal's choreography and presented five to six performances a year in a variety of venues throughout South Florida and the Southeast. Amongst the most impressive venues were the 1996 Olympic Arts Festival in Atlanta, Georgia and the 1996 National Coalition Against Domestic Violence Conference in Charleston, South Carolina.

Since 1994, Artistic Director Leslie Neal has increasingly devoted the organization's focus to community arts intervention programs that utilize a combination of art forms in a thematically designed arts curriculum. As a reflection of this change in program emphasis, LND changed its corporate name to ArtSpring, Inc. in the summer of 2000 to more accurately reflect its community-based focus. Today, ArtSpring is nationally recognized as one of several arts-based organizations that provide an arts-based educational curriculum to underserved and institutionalized female adult and youthful offender populations. Current programming has expanded to include a codified Artist Facilitator training and curriculum, with 15 Artist Facilitators providing over 35 programs for men, women and girls each year in 5 juvenile and adult correctional institutions, and a residential facility for sexually abused girls in the foster care system.

### 2. Artist

Description Provide a description of personnel and artists involved in the project; we recommend submitting the artist's resume as a support material.

ArtSpring's Inside Out Artist Facilitator at the Pinellas County Jail is Deborah McEnteggart. (Please see biography included as Item #3 in Other Support Materials and Audio/Visual documentary included as Item #1 in the Support Materials.) Deborah was one of the original participants in the first Inside Out program offered at Broward Correctional Institution in 1994. She was the first female inmate to teach Inside Out in prison upon her transfer to Jefferson Correctional Institution in 1997. This was unprecedented at that time, and now the Florida Dept. of Corrections no longer allows inmates to teach programs. She assisted Artistic Director Leslie Neal in developing a codified curriculum and Leslie was able to travel to Jefferson and continue to train Deborah in her artistic work and teaching skills. She spent 14 years in prison and by her own account was incorrigible before coming into contact with the ArtSpring program in prison. Although she was serving a life sentence, she was released on Executive Clemency through the efforts of attorneys working with the Battered Women's Clemency Project. When released on



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## 2. Artist

Description Provide a description of personnel and artists involved in the project: ... (Continued)

clemency in 1999, she started a new life in Hillsborough County, Florida with a job in the public defender's office. She began the Inside Out program in the Pinellas County Jail, which has been ongoing for over 5 years. While in prison, Deborah also participated in visual art classes and became a certified yoga instructor. Deborah is a powerful mentor for the women she teaches in the Jail and is proof that the Inside Out program can assist others, through the arts, to live positive and productive lives. ArtSpring has changed lives that are, in turn, changing lives.

Victoria Angela (please see resume included as Item #4 in Other Support Materials), besides her work as a songwriter/performer, also has a degree in substance abuse counseling and has worked in a variety of jail and prison settings in mental health and addiction counseling. Victoria has studied theater, dance, yoga and is certified in massage therapy. She is also a Sufi Master and spends most of her time now performing and recording her original vocal work. She approached ArtSpring because of her interest in combining her artistic and creative skills with her background in counseling and mental health in order to offer a more in-depth program for women in prison.

ArtSpring's organizational staff centers around two devoted individuals: Leslie Neal as Artistic Director, and Nicole Bible as Executive Director. (Please see Key Staff biographies included as Item #5 in Other Support Materials.) These women are also the founding members of ArtSpring who, until 2004, volunteered their time to administer and manage ArtSpring's organizational activities. Both have worked tirelessly to build an organization that blends the strengths of a community arts-based curriculum with the administrative and fiscal capacity of a nonprofit charity. Additionally, all levels of our core staff, from the Administrative Assistant to the Executive Director, teach weekly in the field and assist in training and support of ArtSpring Artist Facilitators.

ArtSpring's uniquely designed arts-based curriculum allows each Artist Facilitator to utilize their training in a particular discipline. The curriculum encourages deep reflection in order to begin to understand the personal and social issues that have haunted many of the women and girls for years and are at the root of their incarceration. Underlying the curriculum design of Inside Out and Breaking Free is the belief that creativity is inherent in art-making and art-making is inherently meaningful, therapeutic, and educational. Creating involves an immediate relationship to 'Self'. The act of creativity involves a willingness to turn the attention or focus inward. This acknowledgment and exploration of self results in greater self-awareness, which is recognized as a contributing factor in emotional, physical and psychological health. By examining past experiences, not in a judgmental way, but through creative formats, many participants have shared a new awareness or knowledge of their history and begin to release their shame and silence. They begin to reconnect to themselves - their bodies, their mothers, their children, and their lost humanity.

One of the most outstanding characteristics of the Inside Out program, which distinguishes it from other prison-based programs around the country, is that it emphasizes nurturing long term, open ended, ongoing collaboration between the artists and the inmates. Even when a woman is transferred from one prison to another (which is often the case), the Inside Out program is consistent and available for their continued participation. This has allowed for the development of deep meaningful relationships between the participants and the Artist Facilitators as well as an impressive personal and artistic development by all involved.

## 3.

Partners Describe your partner(s) - such as school district, community, social service or other; address how partners will be involved financially and otherwise. Remember an organization that provides money to your project is not necessarily an involved partner, but often a funding resource to the project.

ArtSpring believes in creating alliances and partnerships with other agencies and organizations in order to work together to provide qualitative arts programs. For this proposal our partners are the Florida Department of Corrections – Inside Out in Marion County, and The Pinellas County Jail, "Project Success" – Inside Out in Pinellas County. Neither one of these partners assists in funding ArtSpring's programming.

As a collaborative partner, ArtSpring has assisted the Florida Department of Corrections in their mission



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3. Partners Describe your partner(s) - such as school district, community, social service or ... (Continued)

to provide qualitative educational programming for female offenders since 1994. Through changing administrations, ArtSpring has continually served in the Florida correctional setting and maintained stability and consistency when many other programs have experienced attrition due to shifts in public policy and budget priorities. ArtSpring has delivered programming at the Hollywood Work Release Center, Broward Correctional Institution, Jefferson Correctional Institution, Hernando Correctional Institution, Gadsden Correctional Institution, Homestead Correctional Institution, Lowell Correctional Institution, and Dade Correctional Institution.

ArtSpring maintains excellent relations with those at the highest levels of administration of the Florida Department of Corrections (currently Secretary James R. McDonough, Deputy Secretary Laura E. Bedard, Ph.D., and Deputy Asst. Secretary of Programs Fran Barber) to the regional level (Regional Director Marta Villacorta) and works directly with the institutional wardens and correctional staff. (Please see attached letter included as Item #6 in Other Support Materials.)

"Project Success", located in the Pinellas County Jail in St. Petersburg, Florida was established in 2000. It is a six-month residential substance abuse treatment program for incarcerated adult females, followed by 12 months of aftercare in the community. ArtSpring delivers an ongoing Inside Out workshop program once a week taught by a very special ArtSpring facilitator who is herself a released offender and alumna of the ArtSpring original Inside Out Program from 1994 to 1997. "Project Success" is a federally funded program with a program director, and several staff. Inside Out is a welcomed addition to their substance abuse curriculum.

4. Project Impact Describe how the proposed program will make an impact in your geographic or program area. Demonstrate how your project will serve rural or underserved counties and/or neighborhoods. Address the racial and cultural diversity of your project participants. Also provide information on the counties and populations you will be servicing.

The state of Florida has the fourth highest prison incarceration rate in the United States. Roughly 95 percent of the nearly 2.1 million Americans in prison today will eventually get out. It has been proven that inmates who complete programs are more successful after release than those who do not participate. By investing in resources while individuals are incarcerated that help them to prepare to re-enter society, we make our communities safer. ArtSpring is offering women a program that, through the arts, allows them to address the issues that led to their incarceration, re-evaluate how they make choices, and reflect on their future goals upon release. The proven increase in self-esteem by the participants in the Inside Out program allows them a greater chance of survival as they transition back into our communities throughout Florida.

Even though statistics show that the rate of incarceration for women continues to be far lower than for men (51 out of 100,000 women versus 819 out of 100,000 men), the number of women in prisons and jails is growing at a faster rate than the number of men. Women in prison have needs that are different from men's, resulting in part from women's unequal victimization from sexual or physical abuse and in part from their responsibility for children. The U.S. Bureau of Justice Statistics survey of state prison inmates reported that female offenders are also more likely than men to have become addicted to drugs, to have mental illnesses, and to have been unemployed before incarceration. Female facility administrators struggle to achieve gender equality in correctional programming. By Florida law, women must have the same range of opportunities as men, and their needs must be met equally. This standard is difficult to achieve because women make up just a fraction of the total inmate population. Their needs can easily be overlooked when programs are designed and resources allocated, Florida's budget cuts since 2000 have resulted in a tremendous lack of programming for women – they no longer offer educational programs, substance abuse programs, transition programs or Wellness programs in most institutions. More and more, the Department is relying on community volunteers to offer programs for their inmate population.

Research supports the need for gender-based programming for women with an understanding of their specific needs in these institutionalized settings in order to implement reform. ArtSpring's unique gender-



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#### 4. Project

##### Impact Describe how the proposed program will make an impact in ... (Continued)

specific programming is designed to address the mental, physical, emotional and psychological needs of women in Florida prisons and jails.

"Targeted interventions work. In particular, highly structured programs that help prisoners understand the motivations underlying their actions and the consequences of the behavior can reduce misconduct and lower recidivism. These "cognitive-behavioral" programs are becoming more common. If implemented nationwide, they would reduce the number of people re-incarcerated by tens of thousands." (Confronting Confinement Report by The Commission of Safety and Abuse in America's Prisons.)

In December 2005, the Vera Institute of Justice released the report Smoothing the Path from Prison to Home. This report documents research findings regarding Project Greenlight, an ambitious prison-based re-entry pilot project for male inmates at Queensboro Correctional Facility in Queens, New York, 2002-2003. The results are startling and surprising. Project Greenlight sought to reduce recidivism by working with corrections and parole staff to address re-entry issues in an 8 week focused program. In the final evaluation Vera researchers found that recidivism rates among Greenlight's 348 participants were significantly higher than those of two different comparison groups. After the U.S. Justice Department conducted an independent peer review and found nothing to account for this disappointing finding, the Vera research staff had to consider the possibility that the program itself was responsible for the negative outcomes.

As a result, researchers speculated on possible reasons why Project Greenlight did not produce the hypothetical results anticipated. In an informal discussion by Vera researchers and staff, several key issues were raised that may provide some answers, several of which are pertinent to this proposal: moving inmates to a different facility less than a month prior to release, the need for a longer more in-depth pre-release program and most importantly, the need to offer programs that address individual change. Below, a quote from a roundtable discussion published along with the report at [www.vera.org](http://www.vera.org): "This is kind of a different topic, but is it maybe that the targets were wrong? A lot of our research points to the role of work and family bonds in reducing recidivism. But when I've evaluated correctional programs, what has ended up being effective are the individual change programs: education, vocational education, cognitive skills, drug treatment. So one of the problems could be that Reasoning and Rehabilitation didn't work with this group, so we really didn't see a change at the individual levels. Prior to getting a job you really have to get an education, or change your attitudes towards work. So the focus may have been on building those bonds and ties but the focus needs to be maybe on individual-level change."

Women who have been incarcerated face a myriad of personal challenges upon release, in addition to the challenges they impose upon their communities. The most effective way to break this cycle is to begin preparing for successful re-integration while women are in prison. ArtSpring's Inside Out program has proven successful. We hope to continue program expansion throughout the state as well as sustain the ones that are currently being offered.

"Into the Cocoon I crawled  
Broken, fragmented  
In the Cocoon I lay,  
Mending, Healing  
Out of the Cocoon I flew,  
Whole, reborn."  
-composed by an Inside Out participant

ArtSpring is requesting programming support for two Inside Out programs: one in Pinellas County and one in Marion County, a rural / underserved community. Both programs represent an expansion from serving female inmates in South Florida to reaching our goals of offering Inside Out in a variety of correctional facilities throughout the state. While ArtSpring has been fairly successful in supporting our programming in Miami-Dade County and Broward County, seeking funding in other counties outside of the region is more challenging.

Participants in Inside Out represent a diverse ethnic, age and racial demographic who have an overwhelming number of needs that are not being met adequately by community resources. They enroll





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#### 4. Project

Impact Describe how the proposed program will make an impact in ... (Continued)

voluntarily and upon completion of the course in 12 weeks they receive a certificate that is included in their files.

Inside Out in the Pinellas County Jail serves approximately 30 women every 12 weeks throughout the year, averaging 120 women each year. Their enrollment is voluntary. The female participants are adjudicated to the "Project Success" Program as a final intervention before being sentenced to prison. The women are isolated in a designated area at the jail and focus on issues that relate to their substance abuse and addiction. The Inside Out program serves as a positive and adjunctive program to their daily curriculum and is offered for two hours each week in the evening.

The Inside Out program at Lowell Correctional Institution was implemented on November 8, 2006 at the request of the Florida Dept. of Corrections Deputy Secretary, now temporarily acting in the capacity of Warden at Lowell. (Please see attached newspaper article from the Gainesville Sun included as Item #7 in Other Support Materials.) The Assistant Warden over Programs was in full support of bringing Inside Out to the institution. (Please see attached letter included as Item #8 in Other Support Materials.) Lowell is the largest state prison for women in Florida, housing roughly 3500 women. Lowell is unique in that it houses all the state's youthful offenders, expectant mothers, the elderly, and Death Row. There is a tremendous need for programming. While we will have the possibility of a large enrollment, in order to maintain the quality of our program, we cannot accept more than 30 women in each class. Currently this newly implemented program is being offered once a week for two hours. Within the timeline for this funding proposal we plan to add an additional Inside Out program for the Youthful Offenders, as they are isolated from the other inmates. As we are able to expand our program offerings, we will be able to serve more every 3 months. The estimated number to be served is 170 women in 2007/08.

Another goal of our programming in both Pinellas and Marion counties is to utilize college students as interns. Both counties have exceptional universities and ArtSpring's Artistic Director continues to travel and speak to groups of college students in the two counties.

#### 5. Project

Benefit Describe how your project will benefit the community and participants.

ArtSpring's program expansion has led to an exciting process of curriculum development that encourages a multi-disciplinary approach within our workshop programs. Working with a variety of artists from diverse backgrounds, we have been able to design a flexible curriculum that embraces quality along with our unique ArtSpring methodology that explores self-reflection and self-examination within creative exercises. ArtSpring has successfully recruited some of the best artists from a variety of disciplines working in the Florida community to deliver our unique curriculum. Our highly qualified artists have professional training and experience in theatre, dance, yoga, visual arts, West African dance and drumming, voice, writing and journalism, and body therapies. Artist Facilitators must provide detailed lesson plans and curriculum that integrate educational standard components of artistic expression and address life and learning skills involving multiple intelligences. Our quarterly artist training seminars have proven to be highly effective laboratories for processing and sharing information. By virtue of these laboratories, ArtSpring has developed a training manual that will enable ArtSpring to provide consultation and training for artists working in community settings on a local, regional and national level as opportunities are identified.

Local artists who wish to work with ArtSpring, who have not worked in correctional settings before, must first agree to a voluntary internship with an artist in one facility for one full 3-month workshop session, after which they are paid a nominal fee for another workshop session as an apprentice. The Artistic Director, together with the intern and the artist they are training with, monitors and evaluates their progress and determines when and if he or she is ready to lead their own workshop program. At that point, they are paid a set Artist Facilitator fee for each workshop. Fundamental to the success of our programs is to ensure that our teaching artists are able to meet the challenges of working in adult prisons and jails.

Funding that will allow us continued expansion outside of the South Florida area will enable us to recruit additional artists in other Florida communities. As we have done in South Florida, we will continue to forge partnerships with other organizations in the local area to gain awareness and community support.



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## 5. Project

Benefit Describe how your project will benefit the community and participants. (Continued)

Artistic Director Leslie Neal has begun meeting with community organizers and women's' groups in both Marion County (through the Appleton Museum and Central Florida Community College) and in Pinellas County (University of Tampa, and women involved in Community Corrections).

## 6. Evaluation

Plans Expand on the evaluation plan for this project. Describe how the information will be gathered, analyzed and used.

ArtSpring has implemented a comprehensive quantitative evaluation component for all of our programming. Because of our unique ongoing programming (as opposed to a residency with a set beginning and end), there are no models to follow; thus there is a constant need to keep evaluating and reflecting on the impact of our programming and how to continually make it more effective. In 2004, ArtSpring contracted two professional evaluators to research and develop a logic model and identify appropriate instruments to measure our programming outcomes, which were identified as increased self-esteem, self-concept and locus of control. ArtSpring's evaluation strategy was approved under the Institutional Review Board at Nova Southeastern University.

Under the approved study, ArtSpring conducts pre and post qualitative and quantitative evaluations of workshop participants to measure their progress throughout the program using 3 standardized, research-based self-esteem measurements: Rosenberg Self-Esteem Scale, Nowicki-Strickland Locus of Control Scale and Tennessee Self-Concept Scale. Evaluation assessments have proven that ArtSpring programs are highly successful in promoting self-esteem and personal growth. Artist Facilitators monitor the participants' progress and, along with the standardized instruments, distribute qualitative, open-ended evaluation forms to compile the participants' feedback on workshop content, the facilitators and what they feel they learned.

Ultimately, the greatest measurement is seeing the personal growth and achievements made by each woman and girl that completes our program: the sense of self and pride that can only come from achieving a personal accomplishment. Initial analysis of the Inside Out program's impact by our program evaluator states "It is impossible to ignore the impact this program has had on the women who have been able to participate.... They have grown as individuals and as part of the community in which they are incarcerated. Participants wrote of sharing a bond of mutual understanding, growing trust, and personal growth."

Video documentation of the final presentations of the adult inmates' work in all our programs adds to our extensive library of material. Assessment tools are used to assist program facilitators, participants, grantors, and board members involved in the organization to gather feedback for program development and improvement.

Of the 30 women now released who participated in ArtSpring's programming while incarcerated, not one has committed a crime that has brought them back into the criminal justice system.

## 7. Public

Participation and Marketing Describe community involvement in project activities (planning, production, evaluation and/or attendance). Also describe the methods used to inform the community of your project. Include detail on marketing activities.

Participants enroll in ArtSpring's programs voluntarily and are informed of the program by materials posted in common areas within the prison grounds, as well as through word of mouth and previous presentations by the participants in the programs. At Lowell Correctional Institution, Artistic Director Leslie Neal traveled to Ocala to offer a week of workshop programs in order to introduce the program to the general population and to gather interest in enrollment. In addition, women who had participated in Inside Out in other facilities and who were transferred to Lowell assist in promoting the classes and participate as mentor/assistants in the current programs.

ArtSpring actively promotes our programming within the communities where they are offered. ArtSpring staff members often travel to these two facilities outside of South Florida to view classes and/or



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## 7. Public

Participation and Marketing Describe community involvement in project activities (planning, production, evaluation ... (Continued)

presentations, meet with local community members to educate them on the programs, and encourage their support and advocacy for Inside Out. Informing local women's organizations, arts agencies, college and university arts programs, media, and prominent community members about our work assists ArtSpring in promotion and securing sustainable programming. Presentations by Inside Out participants are attended by fellow inmates, staff, as well as invited guests of the community when approved. Guests who attend these presentations are deeply impacted and return to their communities to promote ArtSpring's programming and its impact upon the participants.

## 8. Project

Timeline Provide a description of the timeline of project activities occurring during the grant period. Do not include activities that take place before or after the grant period.

As our programs are ongoing, the timeline of activities during the grant period July 1, 2007 through June 30, 2008 would involve six 3-month sessions at Lowell Correctional (with the expansion to two days program offerings per week) and four 3-month sessions at Pinellas County Jail. Each 3-month session ends with a presentation/ performance of the participants work to approximately 50 audience members. Therefore, the target total audience for both programs would be 500 members who would see the program's results.

## 9. Project

Description Describe your project. Be sure to identify the focus areas required by your funding category. Consider how your project addresses those focus areas.

ArtSpring is applying under the Arts Education Partnership Level II Funding Category, specifically in focus areas of "Development of arts education programs for adults designed in collaboration with the criminal justice system" and "Development of programs that focus on the integration of the arts into non-arts curriculum." The Inside Out program at the Pinellas County Jail interfaces with a strict substance abuse program, and the Inside Out program at Lowell Correctional utilizes the skills of the Artist Facilitator both as an accomplished artist and as a certified mental health counselor.

Criteria One – Quality of project including activities to expand arts education: ArtSpring offers the longest running arts-based educational programming in correctional facilities in the state of Florida. Its impact can be seen not only by the participants but by community members and guests who have attended presentations inside. Joy Thomas Moore, Consultant with the Annie E. Casey Foundation writes: "It's not often that a program touches me..., and I have seen countless many during the course of my 14-year-tenure as a program manager at the Annie E. Casey Foundation. It was clear as I interacted with the inmates, watched their performance, and later saw the impact of the women's stories on the young girls in detention that ArtSpring has developed a unique rehabilitative and restorative model. By touching the creative centers of these women on the inside, you are creating an avenue paved with self-esteem, pride, and commitment to achieve that will stay with them for the rest of their lives." (Please see Joy's full letter included as Item #9 in Other Support Materials).

This proposal seeks funding to support the expansion of Inside Out from the South Florida area to two more correctional facilities in Florida – Lowell Correctional Institution in Ocala, Florida (Marion County, a rural / underserved community) and the Pinellas County Jail in St. Petersburg, Florida (Pinellas County).

Criteria two – Evidence that the project would increase the number of individuals participating in arts programs within correctional settings: Continuing the expansion of our ongoing programming in Pinellas County and Marion County would greatly increase the number of female inmates participating in art-based programs. With an average of 30 women in each class, and an estimated 10 programs in the calendar year at both institutions, roughly 800 women will be impacted by our programs, including those who observe our presentations.

Criteria Three – Strength of partnerships between participants as demonstrated through their consistent participation and commitment to sustained support: ArtSpring has been in partnership with the Florida



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### 9. Project

Description Describe your project. Be sure to identify the focus areas required ... (Continued)

Department of Corrections since 1994 and maintains a contract executed by a formal Memorandum of Agreement with the Department in effect through 2008. ArtSpring Founder and Artistic Director has been invited to speak at Florida Female Offenders conferences and has represented the Department at two meetings of the Governor's Ex-Offenders Task Force regarding volunteer programming for female inmates in Florida. Leslie is also working with the Department on a proposal she has developed for Project Return, a pre-release program curriculum for women within one year of their release from prison.

ArtSpring has had a committed partnership with the Pinellas County Jail "Project Success" since 2000. Members of the Public Defender's Office of the Sixth Judicial Circuit of Florida are responsible for adjudicating women to the program have been extremely impressed with the Inside Out program as a "positive mechanism for accomplishing true rehabilitation."

Criteria Four – Potential for the project to continue after the grant is completed: As evidenced by our programming history, ArtSpring believes in ongoing programming and long-term partnerships with our community partners. As a community arts organization, ArtSpring recognizes the value in consistency and commitment to the men, women, and girls that we serve, as many of them have never had consistency from others before. ArtSpring makes every effort possible to avoid grant funded programs that make an impact and then end once the money is no longer available. Our Board and fulltime staff work extremely hard on sustaining programs through fundraising. After delivering ongoing programs for over 12 years, ArtSpring will persist in searching for and acquiring the means to ensure these programs will continue.

10. Accessibility/ADA compliance Describe efforts within your project to meet ADA compliance regulations. Identify and describe ongoing measures to increase accessibility. List measures currently in place as well as any that may take place in the future. Also describe efforts to make your program inclusive for participants of all ages, backgrounds, experience levels and abilities.



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### Final Submission

Application Status: The application was submitted electronically on November 17th 2006, 11:08 pm

#### CERTIFICATION:

I certify that the information contained in this application, including all attachments and support materials, is true and correct to the best of my knowledge and that I will abide by all legal, financial, and reporting requirements, such as matching funds and final reports, for all grants received by this organization from the Division of Cultural Affairs (Chapter 1T-1.001, Florida Administrative Code).

NOTE: BY SUBMITTING THE INFORMATION BELOW, THE AUTHORIZED OFFICIAL CERTIFIES THAT THE LAST COMPLETED FISCAL YEAR INFORMATION PROVIDED ON THE OPERATING RESULTS AND PROJECTIONS PAGE (FORM B) IS COMPLETE, ACCURATE, AND CORRECT TO THE BEST OF HIS/HER KNOWLEDGE.

Name of Authorizing Official: Nicole K. Bible  
Title of Authorizing Official: Executive Director  
Telephone # of Authorizing Official: (305) 278-1603  
Date of certification: November 17th, 2006

#### Support Materials

1. BGAP Presentation / PCJ Documentary [VHS, 1]  
A 24-minute video showing an excerpt of a recent Inside Out presentation and a mini-documentary about the program at Pinellas County Jail
2. Executive Director Letter [9]
3. Artist Biography: Deborah McEnteggart [9]
4. Artist Resume: Victoria Angela [9]
5. ArtSpring Staff & Contracted Artist Biographies [9]
6. Letter from DOC Deputy Secretary [9]
7. Gainesville Sun 10/23/06 Article [9]
8. Letter from Lowell CI Asst. Warden [9]
9. Letter from Annie E. Casey Fdn [9]
10. Press Release 3/10/06 Bridging the GAP [9]
11. ArtSpring Organizational Chart [9]
12. ArtSpring Board List [9]
13. ArtSpring Fall 2006 Newsletter [9]
14. Inside Out 10/22/06 Presentation Program [9]
15. Rites and Passages 9/23/06 Presentation Program [9]
16. ArtSpring Info Brochure [9]