

# truth be told

Inspires Courage ~ Empowers Voices ~ Renovates Lives

## WHO ARE WE

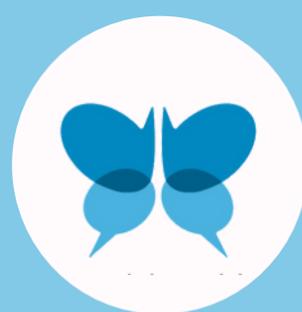
Truth Be Told is a 501(c)(3) nonprofit service organization providing trauma-responsive programming for justice-involved women, disrupting cycles of incarceration.

Our prison, jail, and reentry programs provide opportunities for personal growth and healing from past trauma through truth telling in safe communities. We offer six unique programs – all of which teach transformational tools of community building, communication skills, creativity, and self-care.

## OUR PROGRAMS

### TALK TO ME

Offered in three modalities, *Writing; Speaking; and Movement*, this 16-week series is our flagship program and focuses on helping participants gain a deeper understanding of the experiences and trauma that led them to incarceration.



### LET'S GET REAL

Our re-entry focused program, creatively-directed by a Peer Facilitator, focuses on mental wellness and shame resilience before shifting to housing & job planning.

### HEALING TRAUMA

Developed by Dr. Stephanie S Covington and Eileen M Russo, this 6-week program is a short intervention that focuses on identifying trauma, power & abuse, and teaching grounding techniques.

### PAY IT FORWARD

This peer-led program provides an ongoing support group for alums of the Talk to Me program with long sentences.

### EXPLORING CREATIVITY

A monthly program that brings a different artist to hold a healing workshop at the Hilltop Unit.

### BEYOND BARS

Our umbrella term for all graduate, post-release programming ranging from a check in system, weekly support Zoom calls, graduate retreats, a private facebook group and our quilt project.

OUR PROGRAMS  
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## THE 4 C'S



## HOW HAVE WE NAVIGATED THE PANDEMIC?

We've adjusted our programming to continue serving justice-involved women, while keeping everyone healthy & safe, by pivoting to Write to Me - a two-way correspondence program that aligns with our flagship Talk to Me curriculum, and additional virtual programs for formerly incarcerated participants. We are currently serving small groups inside the prisons with a reduced team of veteran facilitators.