

“Changed Choices helps me look within myself to see potential, that in spite of my past choices, I am still valuable to God and have a future and hope.”

- Dravia, client

THE CYCLE OF POVERTY AND TRAUMA

What leads women to prison? Arrests for women are often the result of efforts to cope with childhood trauma, domestic violence, poverty, unemployment, and significant physical or behavioral health issues.

Nearly **80%** of women in jail are mothers, and typically the sole caregiver for their children. For those children, having an incarcerated parent increases their risk for trauma and toxic stress.

With limited resources, the justice system is ill-equipped to address these challenges. Without intervention, **2/3** of women will be rearrested.



In 2005, Ruth Snyder incorporated Changed Choices with a vision to encourage and equip incarcerated women to achieve their God-given potential by walking with them, providing stability they can rely on.

What makes it possible for women to succeed after incarceration?



Less than 8% of women served through our Care Program have been rearrested.

The Changed Choices Approach

CARE (Comprehensive Approach to Re-Entry)

This program, the heart of Changed Choices, wraps around highly motivated women throughout their sentences and re-entry. Holistic services delivered through dependable relationships allow women to reimagine their future and increase their social capital.

Jail Services

We teach evidence-based programs to women in the Mecklenburg County Jail, including parenting classes and weekly mentoring. In Mecklenburg and Union counties, volunteers lead weekly Bible studies and Moms in Prayer.

Counseling

We provide free professional counseling to any woman incarcerated in Mecklenburg County, allowing women to process trauma and gain new coping skills vital to successful re-entry and family reunification.

How you can help:

- **Connect with Changed Choices on Facebook to learn about emerging needs and opportunities**
- **Invest in our programs (www.changedchoices.org/donate)**
- **Attend an orientation to learn how you can volunteer**