





The Choose Love Movement was born out of the Sandy Hook School tragedy, providing essential life skills for all ages. This Movement is utilized by schools, homes, communities, sport teams, workplaces, state departments, and organizations across the state and country.

BEHIND THE STORY



HOPE/ SOLUTIONS



**THE MAKING OF A
MOVEMENT**

NORRINGTON
HOLN
LAD

NURTURING HEALING LOVE

THE FORMULA FOR CHOOSING LOVE

NURTURING MEANS LOVING KINDNESS
And gratitude.

Healing mean forgiveness,

Love is compassion in action.



COURAGE
+ GRATITUDE
+ FORGIVENESS
+ COMPASSION
in Action

= CHOOSING LOVE

Jesse Lewis
CHOOSE LOVE FOUNDATION

What IS

Social

Emotional

Learning?

Recognize one's emotions, values, strengths, and limitations

Show understanding and empathy for others (we add compassion)

Form positive relationships, work in teams, deal effectively with conflict.

Manage emotions and behaviors to achieve one's goals.

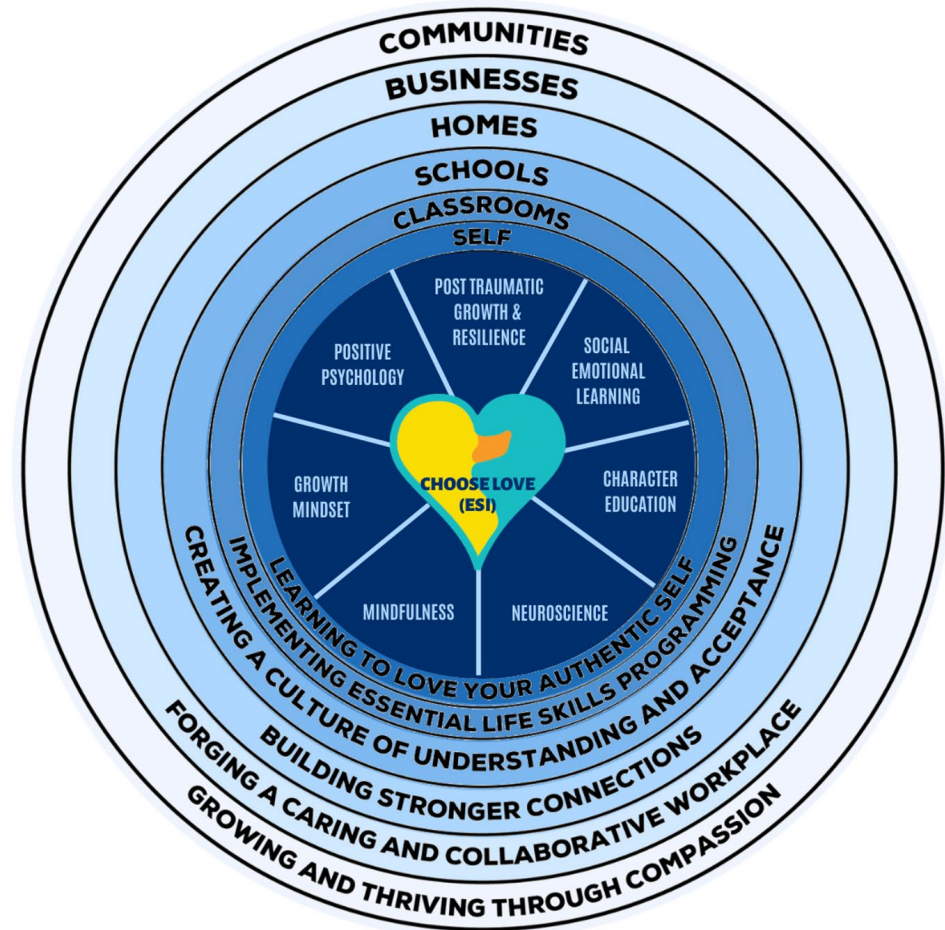
Make ethical, constructive choices about personal and social behavior



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NH LEADS THE WAY



New Hampshire Governor Chris Sununu



News Release

Search this site

For Immediate Release
July 5, 2018

Contact:
Governor Sununu Press Office
(603) 271-2121
Sununu.Press@nh.gov

School Safety Preparedness Taskforce Releases Groundbreaking Comprehensive Report

Taskforce Presents 59 Recommendations to Keep New Hampshire Schools Safe

Concord, NH – Today, the Governor's School Safety Preparedness Taskforce presented Governor Sununu with their final report, which comes after 90 days and more than 1,000 hours of research and discussion of the most pressing issues involving school safety and security. This report will help serve as a model across the country for other states looking to strengthen school safety. The taskforce conducted an incredibly comprehensive review of the state, local, and federal landscape, sought and evaluated public comments, visited schools, met with school administrators, staff, students and parents, and held discussions with local fire, police and first responders. The report identifies 59 taskforce recommendations, which will help the state of New Hampshire prioritize safety preparedness initiatives.

The taskforce was charged with providing practical, actionable recommendations from areas of agreement among taskforce members in order to provide state and local leaders, school administrators, students, parents, and first responders with the proper tools and recommendations to ensure New Hampshire schools are the safest in the nation.

"I could not be more proud of this comprehensive report. An incredible amount of work has been done in a very short amount of time," said Governor Chris Sununu. "This report is the single most important document this state has ever produced



FINAL REPORT OF THE FEDERAL COMMISSION ON
School Safety



Presented to the
PRESIDENT OF THE UNITED STATES

December 18, 2018

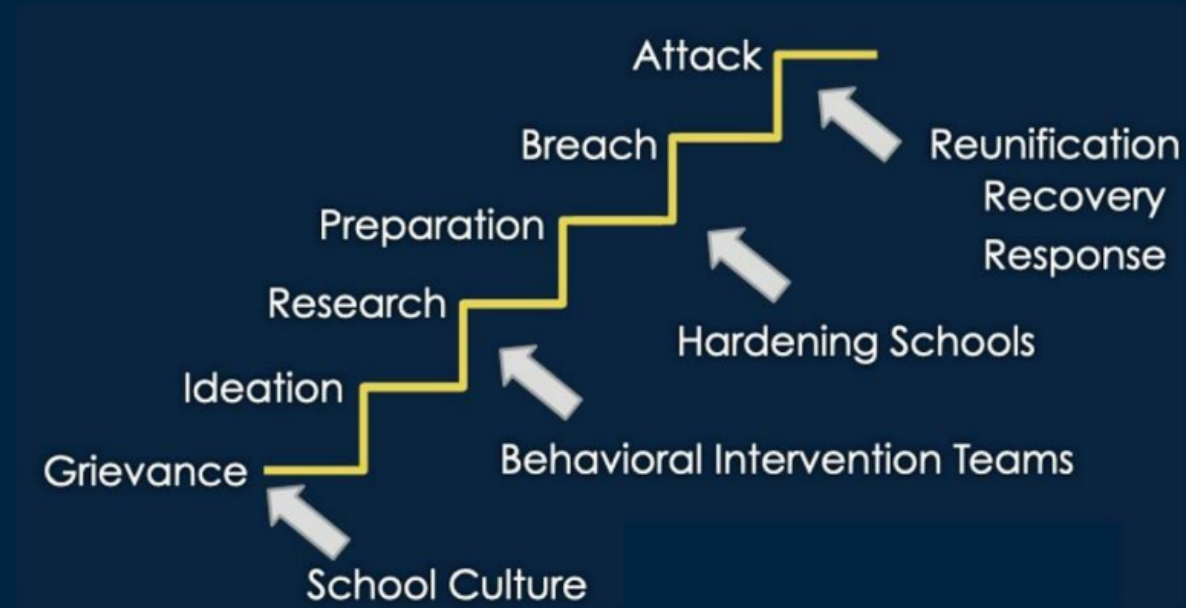


The Pathway of Violence

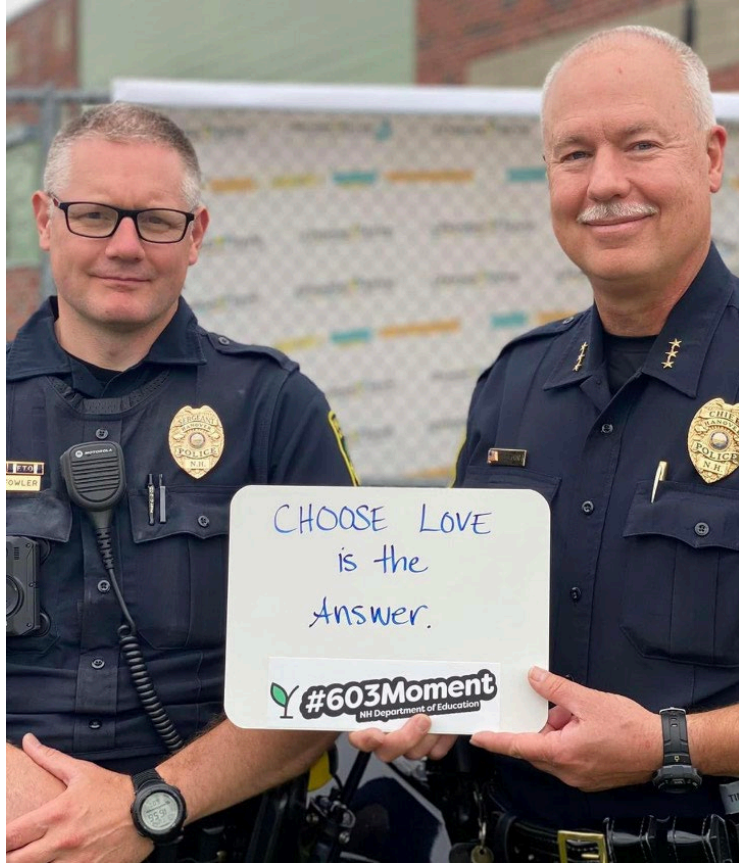


*Adapted from the Department of Justice's
Making Prevention a Reality Report*

Disrupting the Pathway of Violence

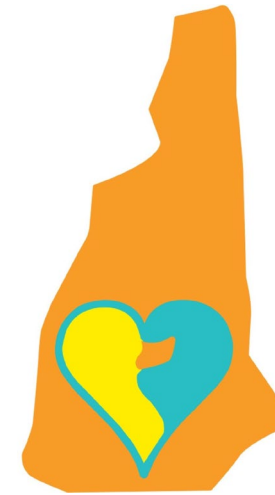


*Adapted from the Department of Justice's
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**Prenatal
Infant/Toddler
PreK- GRADE 12
HOME
COMMUNITY
Athletes/Coaches
Caregivers- CWEP
Corrections
Residentials**

NH- Workshops for the office



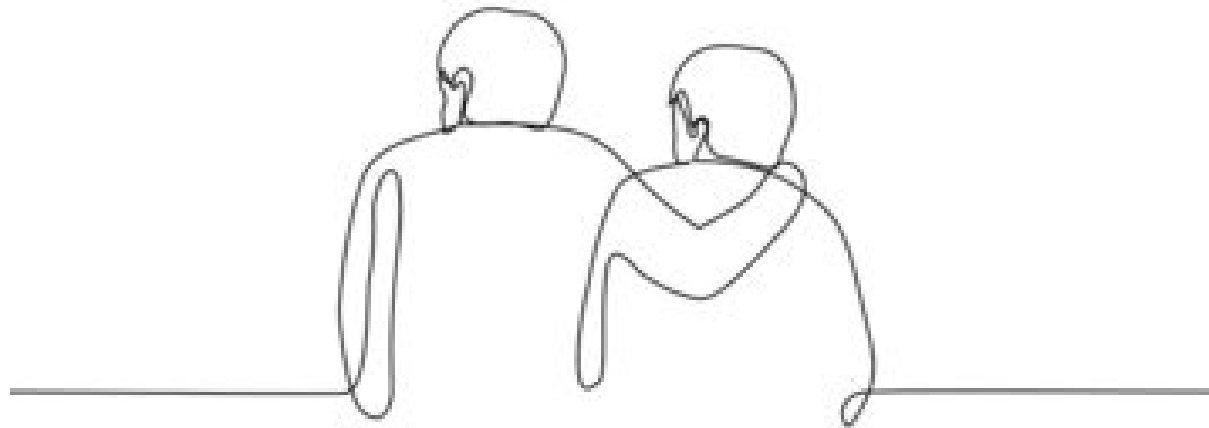
CONNECTION
HEALTHY RELATIONSHIPS
SAFETY

"Safety is not the
absence of
threat,

it is the
presence of
connection."

Gabor Mate





SAFE

SEEN



Above the surface you see the
Symptoms
of the problem

Dig deeper to find the
Root Cause
of the problem

Study links Social and Emotional Competency in Kindergarten to Adult Success...

(American Journal of Public Health, 2016)

- Kindergartners with good social skills are more likely to succeed as adults, study says
- Ability to share and cooperate in kindergarten was measured in 800 children over 20 years



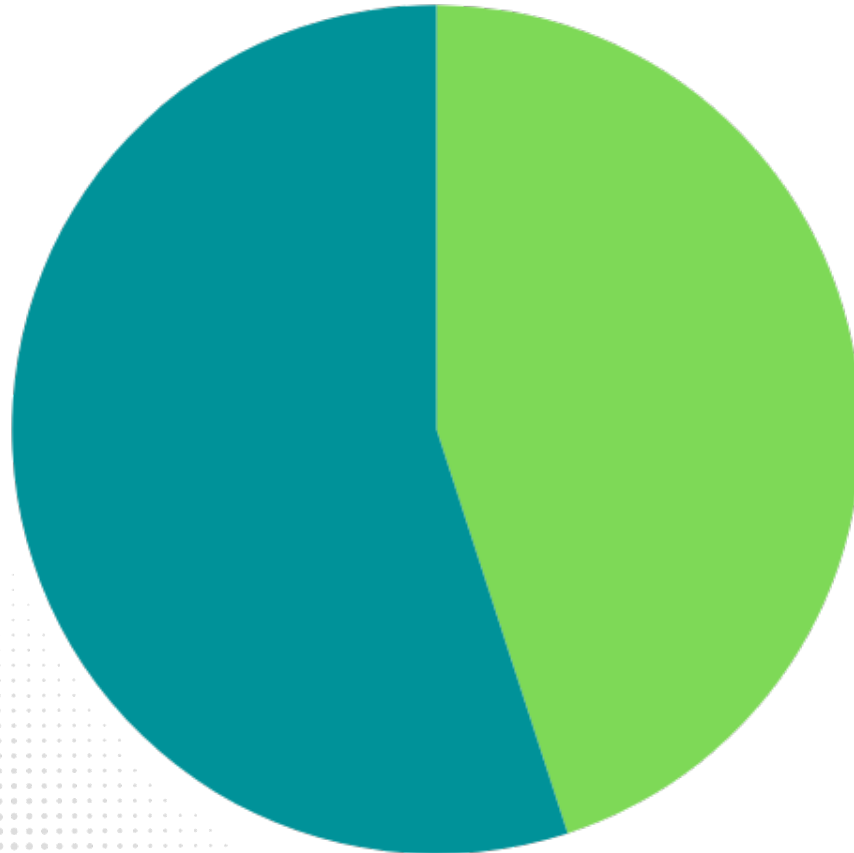
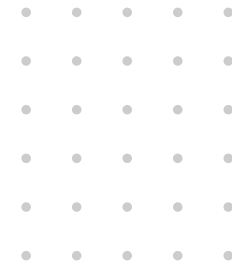
For everyone one-point increase a child's social competency score in kindergarten, they were twice as likely to obtain a college degree and 46% more likely to have a full-time job by age 25.



For every one-point decrease in a child's social skill score in kindergarten, he or she had a 67% higher chance of having been arrested in early adulthood, a 52% higher rate of binge drinking and an 82% higher chance of being in or on a waiting list for public housing.

Choose Love
Movement

PHYSICAL MANAGEMENT REDUCTION

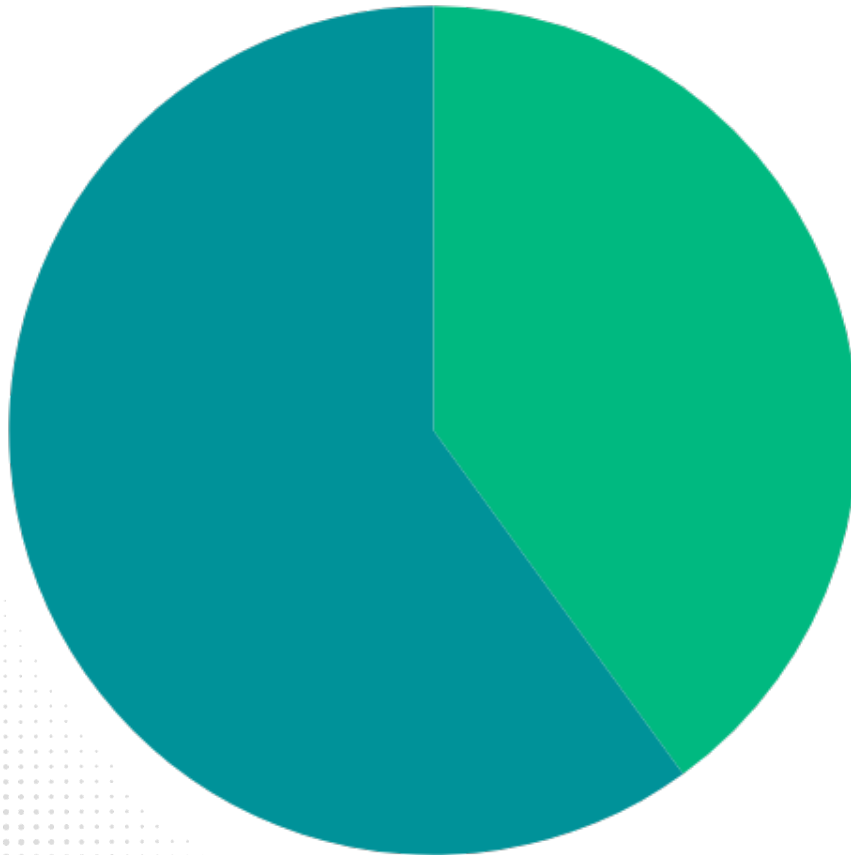
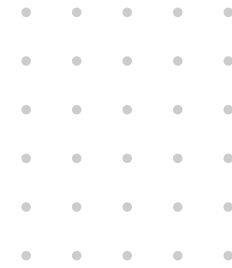


■ From school year 2023 to school year 2024:
Spaulding Academy & Family Services

45 % reduction

309 less physical managements

RESTRAINT REDUCTION



- From school year 2023 to school year 2024:
Spaulding Academy & Family Services

40% reduction

121 less physical restraints



Choose Love for Corrections





OVERVIEW:

The Choose Love for Corrections program first launched at the NH Correctional Facility for Women in October 2021 and then at the NH State Prison for Men in October 2022. The program incorporates the Universal Design for Learning framework to ensure the material is accessible in a prison environment. It includes engaging activities implemented during group sessions that reinforce and support social and emotional learning skills. This program teaches how to thoughtfully respond to any situation with inner strength and kindness by using the Choose Love Formula (Courage + Gratitude + Forgiveness + Compassion-in-Action). It teaches ways to handle adversity, have courageous conversations, increase self-regulation/self-management skills, and have healthy relationships. It promotes post-traumatic growth, resilience, self-empowerment, connection, and optimism.



- PROGRAM AT A GLANCE:**
- Peer-facilitators and staff mentors receive training prior to the classes commencing
 - In-depth curriculum using a developmental circle structure
 - Peer facilitators meet with staff mentors on a weekly basis to prepare, for approximately 1.5 hours
 - Weekly 2 hour classes
 - Autonomy: Peer facilitators can choose what lessons they would like to deliver
 - There is currently a total of 23 weekly lessons offered, co-designed by Choose Love, CAST (Universal Design for Learning), and residents inside both male and female facilities.
 - Class sizes: What has worked well in the NHDOC is 2 simultaneous classes, each with up to 10 residents and 2 facilitators.
 - A culture is created based of the Choose Love formula: Courage + Gratitude + Forgiveness + Compassion in Action
 - A graduation/recognition ceremony is offered at the end, should the facility choose to celebrate

CHOOSE LOVE FORMULA:

COURAGE
The willingness and ability to work through obstacles despite feeling embarrassment, fear, reluctance, or uncertainty.

GRATITUDE
Mindful thankfulness and the ability to be thankful even when things in life are challenging.

FORGIVENESS
Cutting the cord that attaches us to pain and taking back our own personal power. It is choosing to let go of anger and resentment towards someone else or ourselves, to surrender our thoughts of revenge, and to move forward with our personal power intact.

COMPASSION-IN-ACTION
This involves both the understanding of a problem or how a person feels and taking action to alleviate the problem or someone's suffering.

PROGRAM SUCCESS

WAIT-LISTED:
Residents who have expressed interest in the program and are awaiting enrollment.

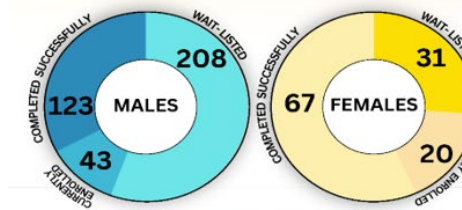
- 208 Males currently awaiting
- 31 Females currently awaiting

CURRENTLY ENROLLED:

- 43 Males
- 20 Females

COMPLETED SUCCESSFULLY:
Completed the program successfully.

- 123 Males
- 67 Females



LEARN MORE

ABOUT THE CHOOSE LOVE CORRECTIONS PROGRAM

<https://rb.gy/zmh88b>

INAUGURAL GRADUATION CEREMONY

<https://rb.gy/y2zbkn>

RESIDENT TESTIMONIALS

- “Choose Love has taught me I can correct myself in a positive way, where I came into prison hating myself. It helped me have more appreciation towards life.”
- “It taught me forgiveness of others and forgiving myself, which was so hard to do, but also love, compassion, understanding, and taking responsibility. I’ve hurt many people and also go hurt by many people, and I’ve forgiven them and myself. It touched me deep within. I’ve also learned to celebrate life instead of mourning it. I just wish I had learned all this before the date of the crime.”
- “...Your example of what can rise out of choosing love is inspiring and has made us all recalibrate our minds and hearts. We now pause and step back, asking ourselves, what happened to someone instead of asking what’s wrong with them.”
- “Choose Love has taught us to be grateful and self-aware. Being grateful has been a struggle for some but when embraced, it has positive ripple effects that ultimately lead to positive outcomes.”
- “Choose Love opened my eyes to be more positive, to forgive myself, to listen to others, and to be more self-aware of how your actions affect you and others around you.”
- “It has helped me to realize that most of us, regardless of our crimes, are carrying similar weight and this group helped us all by allowing us to open up, console, and nurture each other in a way I have never experienced. I hope this program continues to change lives the way it has changed mine.”



CHOOSELOVEMOVEMENT.ORG
OR
CORRECTIONS.NH.GOV

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DHHS DIVISION FOR BEHAVIORAL HEALTH:
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DAILY NEWS

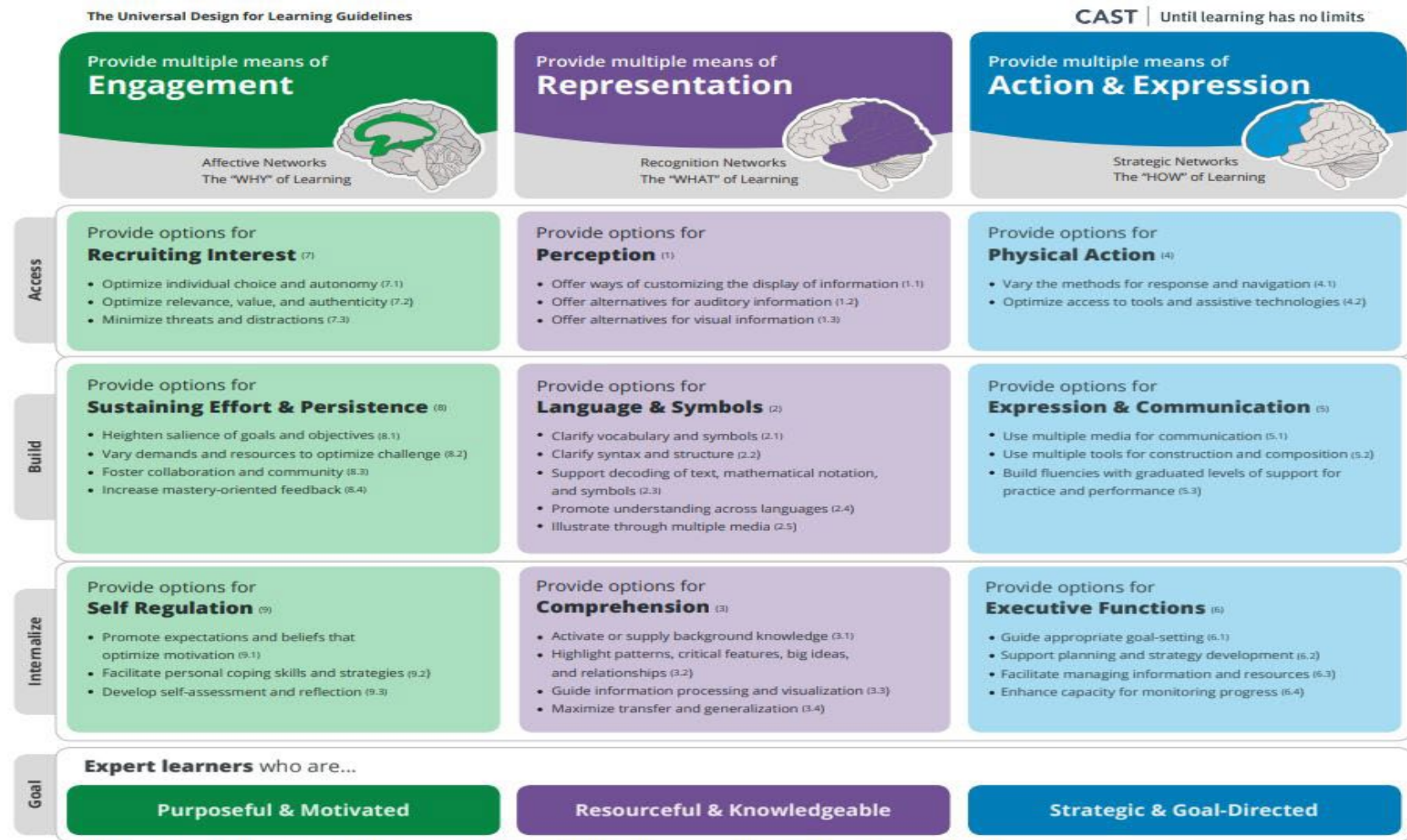
FROM 'TODAY'S' FRONT PAGE

In the fleeting instant
that Adam Lanza's gun
jammed, brave Jesse
Lewis yelled 'run!'
to his classmates.
Six did, and lived.
Jesse didn't.



ON PAGE 5
A LITTLE BOY
WHO YELLED
"RUN!"
SAVED HIS
CLASSMATES
FROM A
SHOOTING
AT SANDY
HOOK
PAGE 5

LIL HERO



HOW AM I DOING TODAY...?

WHERE AM I AT???

Zzz... I SLEPT _____ HOURS LAST NIGHT

WHAT HAVE I EATEN/DRANK TODAY?

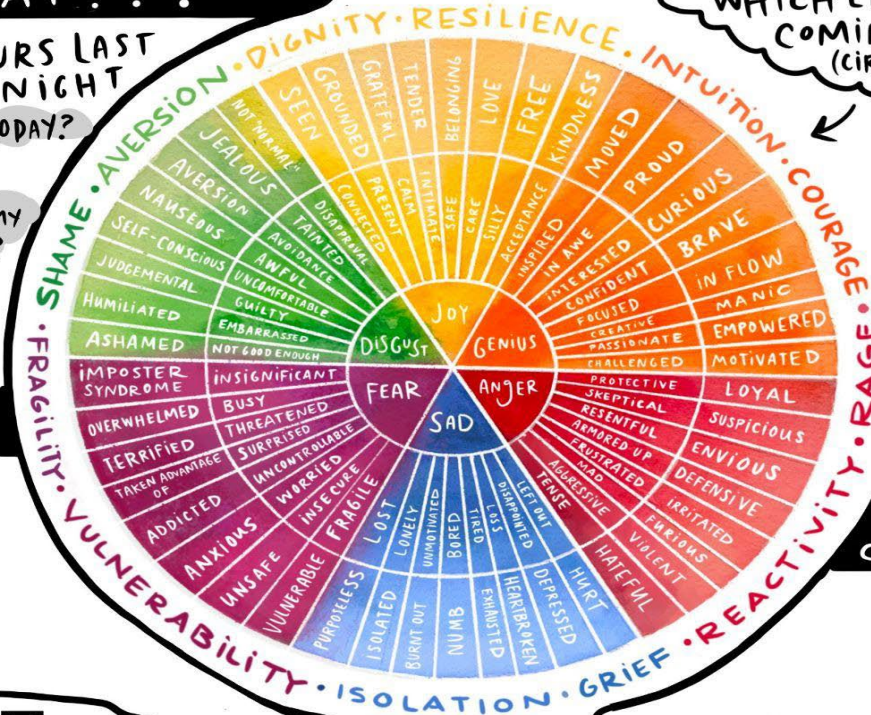
HAVE I GONE OUTSIDE? ... MOVED MY BODY?

TAKE A NICE BREATH ♥

WHAT'S GOING ON IN MY WORLD?



← IS MY CHECK ENGINE LIGHT ON?



WHICH EMOTIONS ARE COMING UP FOR ME? (CIRCLE 'EM)

WHERE DO I NOTICE THEM IN & AROUND MY BODY?



WHAT IS MY BODY TELLING ME? WHAT DO I NEED & HOW CAN I CARE FOR MYSELF TODAY?

@AVANMUIJEN

Choose Love in Corrections Lessons

- Why Are We Here
- The Choose Love Formula
- What is Expert Learning
- How Do We Learn
- Conflict Resolution
- What is expert Learning?
- Can Stress Be Good?
- Courage and Confidence
- Gratitude
- How Do I Form a New Perspective
- How Do I Forgive
- What is the Ripple Effect
- What if I Disagree?
- Healthy Assertiveness
- What is Active and Compassionate Listening
- Choice Moment: Conflict Resolution
- The Art of Understanding
- Shame
- Resilience
- What is Post Traumatic Growth?
- What is a Growth Mindset?
- How Do I Change the World?

A New Beginning

Tina Fournier

Upcoming:

Choose Love for Residentials

(to first serve staff within youth facilities)

**Choose Love for Families of Those
Incarcerated**

Special Collaboration with MPAL



Manchester



Police Athletic League

Questions?