



Facts Sheet (January 2025)

OUR WORK:

The Freedom to Choose Project is a 501(c)(3) California non-profit corporation. The name is based on the work of Viktor Frankl's quote: *"Between stimulus and response there is a space. In that space we can choose our response. In our response lies our growth and freedom."*

The Freedom to Choose Project is an educational non-profit that teaches skills in a unique and highly effective educational format that participants use to change their lives from violence and addiction to become productive and positive influencers in their families and communities.

History: – First workshop March 2004 at Valley State Prison for Women. Started as a personal service project by the co-founders: David Paul, M.D., Ph.D. and Bonnie Paul, Ph.D.

The programs proved to be very popular with incarcerated participants as they observed the positive changes in behaviors, attitudes and re-connections with family members. At one point, there was a 200-person waiting list for the large group workshops at Valley State Prison. The curriculum is in English and Spanish. Simultaneous translation is offered in large group workshops.

OUR IMPACT AND REACH SINCE 2004

In Prison Programs

- 7,462 incarcerated participants
- 239,705 in-person participant hours of education
- 724 volunteers -
- 95,800 volunteer hours

Correspondence Program

- Correspondence participant packets sent – 7,259
- Incarcerated participant education hours – 66,418 hours completed

THE FREEDOM TO CHOOSE PROJECT

A 501(c)(3) Non-Profit Organization • Tax ID#27-2521943
315 Meigs Road, Ste. A295 • Santa Barbara, CA 93109
(805) 323-6543 • www.FreedomtoChooseProject.org



OUTCOMES: MEASURABLE CHANGE

- 91% experience less conflict during and after incarceration
- 52% of in-prison program graduates were released from prison.

Programs and Locations:

- In-prison workshops and classes have been offered in these California prisons:
 - Substance Abuse Treatment Facility and State Prison
 - Valley State Prison
 - Folsom State Prison
 - California Men's Colony
 - Central California Women's Facility
 - California Institution for Women
 - California State Prison, Los Angeles County
 - California City Correctional Facility
 - Santa Barbara County Jail (correspondence only)
 - California Rehabilitation Center (to be launched in November 2024)

In response to the lockdown due to the Covid-19 pandemic, the Freedom to Choose Project created a correspondence curriculum that was mailed to all the participants of the in-prison programs. Volunteer readers reviewed their responses and provided encouraging feedback.

Unexpectedly, through "word of mouth" this correspondence program expanded to participants in every California state prison.

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