

The Dareu2bu Victorious Living Program

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Academic Research Solutions, Inc. dba Dareu2bu Counseling Services is dedicated to transforming lives through educational, personal, professional, and spiritual development. Our experienced counselors and educators are committed to driving positive social change.

The Dareu2bu Victorious Living Program utilizes cognitive-behavioral therapy to address recidivism by promoting personal responsibility and developing interpersonal skills. It aims to reduce the rate of recidivism in forensic settings through psychoeducation and changing mindsets and behaviors.

"Empowering Offenders: The Dareu2bu-VL Program's Main Objective"

The DAREU2BU-VL program aims to act as an intermediary between correctional staff, mental health teams, and inmates to provide continuity of care for mental health support throughout incarceration and transition into the community. Research has shown that psychotherapeutic intervention can improve academic achievement and promote prosocial behavior, leading to positive outcomes such as financial success, high self-esteem, and internal locus of control. This is especially important for individuals with multiple psychological disorders who may struggle with functioning.

“Preparing for Life After Incarceration: Steps to Take Before Release”

Therapeutic interventions in prison can help inmates develop prosocial coping skills, preparing them for life after release and promoting continuity of care.

Project Overview

Our proposal aims to reduce recidivism by providing psychoeducation and promoting social-emotional learning and mental well-being. The DAREU2BU-VL program offers assessment, evaluation, and targeted support to needy individuals, helping them develop emotional maturity to address underlying issues that may contribute to recidivism. By addressing these factors, we hope to empower participants with the skills and knowledge needed to break the cycle of reoffending.

The problem:

- Limited access to health resources
- Individuals lack the necessary resources to address underlying issues that contribute to repeat offenses.
- Lack of social-emotional skills
- Many individuals struggle with the social-emotional skills necessary for successful reintegration into society.
- High recidivism rates

- Recidivism rates remain high due to the absence of comprehensive mental health support systems.

The Solution:

Our solution involves providing psychoeducation classes focusing on social-emotional learning to equip individuals with the skills needed for successful reintegration and reduced recidivism rates.

Proposed Classes:

1. Changing Your Eye-identity (Identity)

This class helps participants redefine their self-perception by exploring their unique traits and strengths. Participants can transform their opposing views and develop a prosocial identity by understanding how to use these attributes for good. Through discussions on past misunderstandings or misuse of strengths, participants gain a new perspective on their "Identity" and how it can open doors to new opportunities.

2. Changing the Narrative: Becoming a Positive Influencer Who Promotes Positive Change.

This class prompts participants to transform their story's narrative and inspire change in their community. Participants learn to model prosocial behaviors, evolve into their desired selves, and mentor others to have a positive impact.

3. Mastering the Power of Effective Communication

This class prompts participants to transform their ability to connect, influence, and persuade others through clear and impactful communication. Participants will gain practical tools and strategies to become master communicators in all areas of life.

4. Relationship Management After Incarceration

This course teaches practical and effective strategies for building and maintaining healthy relationships after release from incarceration. Participants will learn about emotional maturity, communication, conflict resolution, and rebuilding trust in personal and professional relationships. The focus is on developing skills to create meaningful connections with loved ones and colleagues. This course empowers individuals to take charge of their post-incarceration journey by enhancing their relationship management skills.

5. Decontaminating Your Incarcerated Mind

This course helps participants transition from incarceration to freedom by addressing cognitive distortions developed in prison. It provides tools to identify and challenge negative thoughts for a successful reentry into society. This comprehensive course is designed to help participants navigate the often-difficult transition from incarceration to freedom. It addresses the cognitive

distortions that may have developed during their time in prison and provides them with the necessary tools and strategies to combat them. Through specific recommendations, participants will learn how to identify and challenge these distorted thoughts and beliefs, allowing them to break free from the cycle of negative thinking. This course is for participants ready to take control of their lives.