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Executive Summary

Over fifteen years experience serving others as a teacher, coach, team builder, course developer, project coordinator and program facilitator traversing the expansive field of holistic health and wellness. Developed a multitude of physical fitness and cognitive behavioral awareness programs, specifically designed to strengthen and empower all participants fully committed to becoming their best selves, regardless of life circumstances. Inspired countless individuals to "live into" their full potential while leading thousands of classes and engaging legions in critical discourse course directed toward total life transformation. Cultivated strong leaders, equipped each of them with the enhanced interpersonal skills of life coaches, and encouraged them to make a positive impact within their community. Influenced a paradigm shift that resulted in the cultural transformation of an entire prison community leading the way in criminal justice system reform.

Reentry Services Background

Reentry Team Leader

2012 to Present

Federal Bureau Of Prisons

Bradford, PA

Supporting men in transition by providing them with the essential knowledge and information needed to succeed both while incarcerated and upon release. Providing every "Admission and Orientation" seminar attendee access to cognitive behavioral awareness courses and personal/group coaching directed toward comprehensive life plan development. Managing collateral responsibilities that include reentry event planning, set-up, presentation, and community member/organization engagement.

- Challenge: Provide meaningful reentry services to a community (most often) unwilling to engage with authority figures in a positive or productive way.
- Action: Created the Peer Facilitated Learning Model (PFLM) to connect invested residents, turned trained reentry program facilitators, with their fellow incarcerated community members in a deeply meaningful manner, and to assist the delivery of life affirming information utilizing a "coach approach."
- Result: Dramatically increased inmate access and receptivity to cognitive behavioral awareness programming while subsequently reducing the rate of serious incidents between inmates and inmates and staff.

Cognitive Behavioural Awareness Courses Developed

- HOPE Coaching Project
- Setting Intentions
- F.A.C.T.S.
- Victim Impact 2014 & 2015
- RAISE Reentry Project
- Catalyst
- New Beginnings
- H.O.N.O.R. Group

Health and Wellness Service Background

Fitness Program Coordinator

2001 to 2010

Federal Bureau Of Prisons

White Deer, PA

Supporting men in becoming their best selves physically while also challenging them to set health and wellness goals that, once achieved, result in greater mental fortitude, emotional balance and spiritual enlightenment. Creating curricula, designing floor plans, developing trainers, and assessing community health and wellness needs.

- Challenge: Provide holistic health and wellness programming to a population in dire need of constructive outlets for naturally occurring hostilities and frustrations resulting from the prolonged, extreme restrictions of high security confinement.
- Action: Created a multitude of novel fitness programs that challenged participants both physically as well as mentally inside a controlled, positively charged environment.
- Result: Fitness Course participants became more deeply committed to their personal health and wellness goals and often supported their peers in attaining their stated goals.

Fitness Courses Developed

- F.A.S.T.
- Stability Ball Training
- H.I.I.T.
- Advanced Indoor Cycling
- SMART Nutrition
- 50 and Over
- Get Fit Camps
- Ultimate Core Concepts
- Sports Yoga
- Dynamic Stretching
- Medicine Ball Training
- Foam Rolling

Additional Experience

Plenary Presenter <i>National Conference on Higher Education in Prisons</i>	2015 University of Pittsburgh, PA
Presenter <i>Rethink Prisons</i>	2014 Vanderbilt University, GA
Event Co-coordinator and Featured Speaker <i>FCI McKean 2016 Reentry Summit</i>	2016 Bradford, NJ
Tour Guide and Featured Speaker <i>FCI McKean 2016 Reentry Expo</i>	2016 Bradford, PA
Presenter <i>North Carolina U.S. Attorney's Video Conference</i>	2016 Raleigh, NC
Contributor <i>Strong Prison Wives and Families</i>	2013 to Present online
Contributor <i>MercyMe924c</i>	2014 to Present online
Creator <i>Prison Body Fitness</i>	2010 to Present online

Certificates

Certified Coach, CC <i>Institute for Life Coach Training</i>	2014 Columbus, OH
Fitness Coach <i>Nautilus Inc.</i>	2008
Indoor Cycling Instructor <i>Schwinn Corp.</i>	2008

Affiliations

- International Coaching Federation, 2013. Governing body for Life Coaching within the United States providing ethical standards and practices for all certified coaches.

Honors

- Keynote Speaker, Graduation Ceremony, Institute for Life Coach Training, FCI McKean, 2015



MONDAY MORNING

September 5, 2016

HIGHLIGHTS

FCI McKean Hosts Reentry Expo

On July 25 and 26, 2016, FCI McKean hosted a reentry expo. Reentry Affairs Coordinator Cheri Harrington and Supervisor of Education Denny J. Whitmore coordinated the event with participation from representatives from the U.S. Attorney's and U.S. Probation Offices (Eastern and Western Districts of Pennsylvania, Western District of New York, and the Northern District of West Virginia), the Department of Justice, and the Legal Aide Bureau.

On June 25, the event featured a "Walking Tour" which gave visitors a real feel for what it is like to live in prison. Each stop on the tour route featured a presentation by an inmate involved in a reentry initiative. Following the tour, discussion sessions between the various district representatives and the inmates releasing to those districts were held.

On June 26, the institution screened "Pull of Gravity," a documentary about three men in different stages of reentry. The film followed these men over a two-year period and revealed the real-life challenges facing those reentering society, many who return to communities and neighborhoods not conducive to living a crime-free life. Following the screening, a Q&A session was held with El Sawyer, one of the men featured in the documentary, Executive Assistant U.S. Attorney (AUSA) Robert Reed and AUSA Cyndi Zuidema. Mr. Sawyer highlighted for the inmate audience how unusual such a "reentry expo" event is and how fortunate they were to have the programs and opportunities available at FCI McKean. He encouraged them to take advantage of all that is offered.

At the conclusion of the reentry expo, Executive AUSA Robert Reed stated, "I am inspired. You have something special going on here at FCI McKean. We are impressed and inspired by the collaboration between your staff and the men we met; by the substance of their programs; by the passion they conveyed for their work; and for the efforts they are making to transform themselves and others inside prison. None of this would be possible without Warden Recktenwald's leadership and the impressive efforts of the staff. El, Cyndi and I agree that your efforts at FCI McKean provide a model and great foundation for other federal and state institutions."

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Mission of the Bureau of Prisons
It is the mission of the Federal Bureau of Prisons to protect society by confining offenders in the controlled environments of prisons and community-based facilities that are safe, humane, cost-efficient, and appropriately secure, and that provide work and other self-improvement opportunities to assist offenders in becoming law-abiding citizens.