



Taken from an actual California Parole Suitability Hearing

For many in prison self-destruction and self-hatred is life. It may have begun long before arriving at any State Prison. Given the prison environment, surroundings, atmosphere etc. how can a prisoner not feel pressure in some way to become intertwined in the negative actions, behaviors and fears some institutions call for. Many institutions provide the breeding ground for losing yourself and forgetting *Who You Were Born to Be* - loved, cared for, nurtured, and protected.

Families, friends, supporters must remember to always encourage and support in the ways that suggest the opposite of what may or may not be going on behind the wall. It may take days, months or years for a prisoner to reach the point to know self-worth and acceptance so that they may look to the right and left of them and not care for one second what that person may feel or think about them and that they are WORTH LIFE and SECOND CHANCES. This is when the cycle will break and the journey of RECOVERY, REHABILITATION, CHANGE will begin.

**EXCERPT:**

Commissioner: "And if you can tell the panel the difference between the person you were at 18 and the person you are today, what would the biggest difference be?"

Inmate: "The confidence I have in myself."

Commissioner: "And how is that different? You didn't have any when you were 18?"

Inmate: "No, no, ma'am. It was all, it was all bravado. But today, im comfortable with \*\*\*\* and who \*\*\*\* is, and I don't care what anybody else thinks of me today. I mean, I'm not gonna be liked by everyone and that fact doesn't bother me anymore, as long as I am happy with myself is all that matters."

This prisoner was convicted at 18 for a crime in which peer pressure was a factor. It was a part of his character defects before and after conviction for many years. At the time of this hearing this prisoner was 40 and on his way **home**.

# What do I need to know? Where do I start? **PAROLE BOARD 101**

Expect the California Parole Board to ask questions that require in-depth introspection that results in the answers to the below questions.

*How did I become capable of committing a life crime by hurting another human being?  
What did you do to change your life from that person?*

*How can you ensure that you will never return to that person again?*

**The CAPSHS program assists you with answering these questions by understanding the elements of suitability and how they apply in your life.**  
**Accountability, Responsibility, Remorse, Insight**  
**CALL OR WRITE TO ENROLL**

## Questions and More

How do I draft a Relapse Prevention Plan?  
How do I know which Book Report to do?  
Are there any Transitional Homes in a certain county?

Do I need to provide job letters?  
Which courses should I take?

**\*\*These are just a few questions you may ask us. If you have any questions, please contact us. We are dedicated in helping you in whatever you need that helps you on your journey of Suitability.**

## From Inside

"I have been to more hearings than I can remember, and I keep getting denied. What am I doing wrong? What can I do different?"

"I am going to my initial hearing soon and I don't know what to do. Where do I start?"

*Recovery, Rehabilitation, Change*



## Recovery

The action or process of regaining possession or control of something lost or stolen

## Rehabilitation

The act of restoration

## Change

The instance of making or becoming different

# ABOUT CAPSHS



Kathleen Rodriguez created CAPSHS in 2014 to assist individual prisoners and their support network with preparing for upcoming California Parole Board Suitability Hearings.

No matter where you are in the process of preparing, CAPSHS can offer guidance through a custom program designed for you based on your needs. Our mission, goal and passion is to work with you and help you come to learn what it means and what it takes to be found suitable for Parole.

Recovery, Rehabilitation and Change.

In 2021 CAPSHS merged with Choose Kindness Foundation to expand programs and services in California and across the country.

## CONTACT



California's Parole Suitability Hearing Support (CAPSHS)  
Mindful Kindness Program (MKP)  
Choose Kindness Foundation (CKF)  
Kindful Recovery Solutions (KRS)

PO Box 4760  
Riverside, CA 92514  
(805)622-7747  
(805)203-3159

CA INSTITUTIONAL CALLS  
ACCEPTED

CALL OR WRITE TO ENROLL IN  
ANY OF OUR PROGRAMS



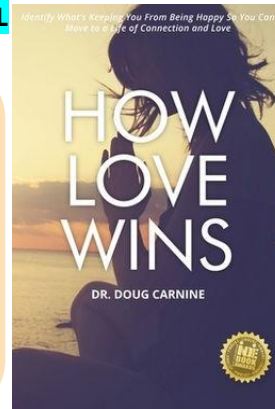
## MINDFUL KINDNESS PROGRAM

12 STEP CORRESPONDENCE COURSE

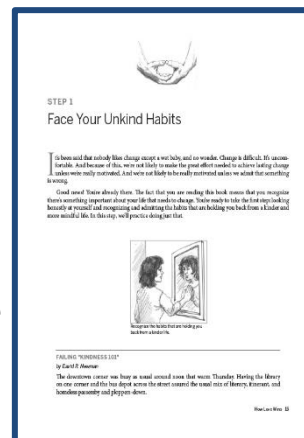
Learn how to build and use Mindful Kindness tools to increase happiness and well-being through positive enduring relationships with self and others at home, work, and in the community. The Mindful Kindness Program will give you the ability to rethink situations that will ensure Kindness and well-being throughout the institution.

CALL OR WRITE TO ENROLL

Become an **Active Mentor Leader** and Facilitate a group



You will be provided with the book How Love Wins along with the Workbook and Course Syllabus. The Workbook contains all the exercises to be completed and sent back to MKP.



## CELL PHONES

Cell Phones, Electronic Devices, Smart Watches, Chargers, Accessories

### Correspondence Course

This course is designed to provide you with an exploration of the BPH perspective in preparation for your Parole Hearing. It will help you discuss this negativity on your record and will assist you overall in understanding why denials of suitability can be a result of the inability to articulate an explanation in recovery (responsibility, remorse, insight) in regard to RVR's, Confidential Info and all other areas of your record.



CALL OR WRITE TO ENROLL

## INSIGHT

Root Causes, Character Defects, Contributing Factors, Causative Factors

### Correspondence Course

Questions about Causative Factors, Contributing Factors, Character Defects and Root Causes are posed in many questions in Parole Suitability Hearings.



These are the most important questions concerning your commitment offense. You also may be asked about them during a Comprehensive Risk Assessment (CRA).

These exercises will help you identify your Causative Factors, Contributing Factors and Root Causes and how they are tied together = **INSIGHT**

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