



LifeChangers Legacy
Chebar Ministries, Inc.

Incentive Mentorship Program



www.LifeChangersLegacy.net

www.LifeChangersLegacy.org



LifeChangers Legacy

*Prison and Reentry Mentorship Program
Chebar Ministries Inc.*



Dr. Pamela Hillman
(Winderweedle)
Founding President & CEO

Author and developer of the:

“I See ME Free”

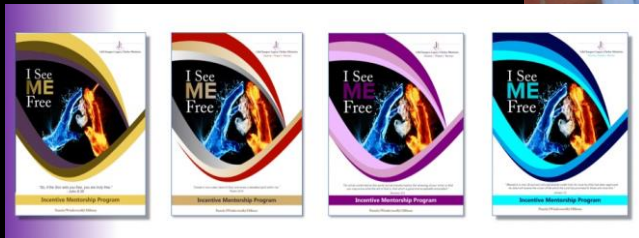
**1-to-1 Computer-based,
Proven, research-evaluated, evidence-based, best-practices
4- Phase Incentive Mentorship Curriculum Program
For Men and Women**

Dr Pamela Hillman has been *set free* since Feb 24, 2010, and now helps thousands *be* set free globally.

These Manuals are created for
Godly Character Development and
Equipping for the
Kingdom of God Impact



LifeChangers Legacy
From the Inside OUT!



Mission: To empower, train and equip prisoners and “returning citizens” through our mentor-led, life-transforming programs to eliminate recidivism, reduce homelessness and restore families.

Mike Lindell, CEO, My Pillow Company
“Partnering to Set the Captives Free”

Mike Lindell Endorsement

“This is one of the best programs I have ever seen. This is why I have chosen to partner with Pamela and Life Changers Legacy, and the “I See ME Free” programs. I am endorsing them, and I encourage you to support this life-changing ministry as well. This is one of the best ministries ever!”

Mike is using our workbook programs in his
Lindell Recovery Network

Mike Lindell, CEO, My Pillow Company, Inc.



“When I first learned about Pamela Hillman’s personal story and the LifeChangers Legacy, Chebar Ministries, I realized it was a “divine appointment by God” and He had brought us together to help many who struggle with drug addiction. We were both victims of drug abuse in our own lives and found freedom through Jesus Christ. Pamela’s unique “I See ME Free” one-to-one mentoring program for those in prison and coming out provides a Christ-centered solution to overcome destructive life patterns that can lead to drug addiction and homelessness when released. Her 12-month mentoring curriculum is being used to transform so many lives within the prison gates throughout the United States and around the world!”

“This is one of the best programs I have ever seen. This is why I have chosen to partner with Pamela and LifeChangers Legacy, and the “I See ME Free” programs. I am endorsing them, and I encourage you to support this life-changing ministry as well. This is one of the best ministries ever!”

– Mike Lindell, CEO, My Pillow Company, Inc.

Watch Mike’s video endorsement at:

LifeChangersLegacy.net

Introduction

“Those from among you shall build the old waste places; you shall raise up the foundations of many generations; and you shall be called ‘The Repairers of the Breach, the Restorer of Streets to Dwell In’.”

Isaiah 58:12

The **“I See ME Free”** Program is to empower, train and equip the incarcerated, and ‘Returning Citizens’ coming out of prison, to restore and reconcile them to their families, living a new lifestyle and giving back to society. We help break the cycles of limiting wrong beliefs.

Dr. Pamela Hillman is founding President and CEO of LifeChangers Legacy, Chebar Ministries Inc., a 501c3 non-profit prison and community-based ministry that helps women and men, incarcerated and ‘returning citizens’ from the revolving doors of the prison systems nationally, and internationally in 40 prisons, since 2012.

This organization is designed to break the cycle of addiction of those in and coming out of jails, prisons, and difficult circumstances. We empower women and men, and their families by providing the tools necessary to equip and achieve personal growth, health and wellness, family restoration, financial independence and good stewardship with job assessment and placements through a strong spiritual foundation of continual education.

We help replace wrong thinking, emotional patterns, and limited beliefs into healthy, effective ones through our customized Therapeutic Interventions combined with Biblical Specialties. Our “I See ME Free” Incentive Mentorship Program is a one-to-one 12–18-month proven research-evaluated, evidence-based, best-practices, Therapeutic Interventions of the TREM, Cognitive Behavior, Critical Thinking, Criminal Thinking, Emotional Intelligence, Stages of Change combined with Biblical Specialties program developed by Pamela Hillman. This includes interactive workbook learning and weekly mentor support and is applied from the convenience of the mentor’s home, via email and video visit.



- Founding President and CEO, a 501c3 non-profit prison and community-based ministry that help at-risk women and men incarcerated and ‘returning citizens’, and the families nationally and internationally, since 2012.
- “YouNiquely You” Health and Wellness Resource Center with a Hyperbarics Oxygen Therapy with a personalized health and wellness protocol designed for each individual, and Thrift Store in Cumming Ga.
- “I See ME Free” Incentive Mentorship Program is a one-to-one 12-18 month proven research-evaluated, evidence-based, best-practices, Therapeutic Interventions combined with Biblical Specialties program developed by Pamela Hillman.



Pamela's prison picture 2010

Sexual abuses by 3 men with death threats at early ages
35 -year cocaine and alcohol addict in response to the pain.
Many near-death experiences.

Went to prison in 2010 for 18 months for selling and using drugs
(became my college campus). God birthed a prison ministry through me while in prison.

I've been set free from all addictions & traumas since Feb 2010

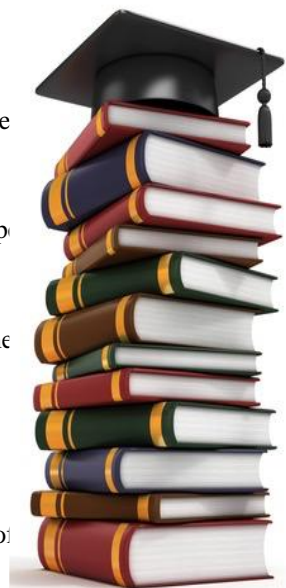
We have ministered to women and men throughout Georgia since 2012 (and now in other states). We have been in 40 prisons in Uganda and Kenya and Tanzania since 2016. We are in all the women's prisons and 9 men's prisons in Ga, now in 2022. We serve in the UK, Jamaica, Panama, Australia, the Bahamas, and Canada is now duplicating our model as well. Many programs are offered within the prisons and once released, and to the community. This is a program creating a cross pollination throughout the country and the world with a two-edged sword approach, mentor and mentee receiving healing and becoming better equipped to further God's Kingdom on earth as it is in Heaven.

Our "See ME Free" Transformational Living Home, through these methodologies and our unique individualized protocols of holistic health and wellness for the whole person with Hyperbarics Oxygen Therapy and vitamin supplements, with energy restoring shakes, we bring healing of mind, body, spirit and soul exponentially. We help with family restoration and counseling, personal sexual and inner trauma healing, financial stewardship and leadership, job-readiness and placement, business and entrepreneur courses, with business ownership opportunities, (and much more).

Dr Pamela (Winderweedle) Hillman is uniquely qualified due to her earned certifications and diplomas in various fields of counseling and Christian education, along with all her shared challenges of past addictions and having started this ministry while been in prison in 2010.

Dr Pamela's Degrees

- **2023: Tabernacle Bible College and Seminary** - Doctorate in Divinity, Major in Pastoral Counseling
- **2020-2022: Tabernacle Bible College and Seminary** degrees – Bachelors, Masters in Christian Education
- **2021: Governor Nathan Deal**, Second Chance Reentry Award
- **2021: AACC American Association of Christian Counselors Association**
- **2020: IFOC International Fellowship of Chaplains**
- **2021, 2018, 2016: Paracletos Institute International:** Therapeutic Intervention of the Trauma Recovery Empowerment Model; Cognitive Behavior; Critical Thinking; Stages of Change; Critical Thinking; Emotional Intelligence; Criminal Thinking; Internal Family Systems; Combined with Biblical Principles.
- **2021: ACTS Counseling Training;** Trauma Prevention and Relapse Prevention
- **2019: Lee Enterprise Life Coaching –** Ordained Licensed Christian Life Empowerme Coach
- **2019 and 2017: Georgia Criminal Justice System;** Healing communities, Station of Hop I Choose Support
- **2018 and 2016: TL Transform Lead:** Transformational Leadership Life Empowerme Coach
- **2014 and 2013: Guide Training:** Cultural Competence for the Prevention Professional; Ethics and Prevention
- **2012: Atlanta Interventions:** Fundamentals of Prevention and Addiction; The History of Addiction



She is a member of the AACC American Association of Christian Counseling and has taken many courses in Trauma Recovery, Childhood wounds, Amen Clinics, and many more through AACC.

She is an avid steward of continuous education and growth in the learning of God's Word.
 "Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." **2 Timothy 2:15**



The American Association
of Christian Counselors

GGRA PRESENTS THE 2021
NATHAN DEAL SECOND CHANCE AWARD

CONGRATULATIONS!

Pamela Hillman, LifeChangers Legacy



ght

**Governor Nathan Deal's
"Second Chance Award"
Awarded to LifeChangers Legacy**



Our Vision

Communities thrive due to Biblically transformed individuals from jails and prisons, and their families, actively living their lives with purpose, on purpose, for God's purposes.

Our Mission

Train and equip those in prison with incentivized transformative Therapeutic Interventions combined with Biblical Principles workbook programs through mentors serving electronically from home to reduce recidivism and prevent homelessness, bringing families back to wholeness.

Our Goal

To bring awareness of the problem of the high recidivism rates of those returning to prisons and bring reform to the judicial system, to change mindsets (public and individuals impacted) of the solutions & to restore the lives of women and men in prison, the 'returning citizens', and their families.

The Program

The “I See ME Free” program is a solution to the huge problem of the “Recidivism Rate”, which statistics reveal that of those incarcerated 83% return back to prison within 3 years after being released and helps prevent homelessness. The goal of our program is to break the cycle of addiction and reduce this rate to 20% or less. We have accomplished an even greater goal of 2% in 2021. These “returning citizens” will be coming out into our communities so it’s important that we teach, train, and equip, *preparing them* to have a better second chance of re-entering society free of those issues that may have contributed to their problem through our soft-skills, job readiness and placement.



Our program is heavily invested in Mentors on the outside who volunteer to be highly trained as Mentors to those who are incarcerated, and it is done from the convenience of their home through emails and video visits. This is the heartbeat of what we do. No going into the prison is required, unless you choose to go in with our teams.

The program uses our unique 4-Phase “I See ME Free” Curriculum Manuals developed by Dr Pamela Hillman with partnering materials from many renowned Dr’s in Counseling, prolific communication pathologist and cognitive neuroscientist, and many other leading experts within the community of reentry, leadership, finances, family restoration, brain and emotional science, each over 200-pages that cover the 12-18 month committed mentoring period, or until completion of program.

Mentors are critical for the success of this program and for individuals that want to succeed in all walks of life. This program allows the incarcerated Mentee/Student that is in our program to send the assessment that is at the end of every week’s lesson of our “I See ME Free” workbook to their matched and assigned Mentor on the outside all through email by computer from the convenience of your home. We have a specialized software created specifically for our match process that works accurately to match through interest and similarities of each.

“Incentive” Program

The program is called an “Incentive” Program because we have learned that inmates need an incentive or reward to take the initiative to invest their time into any program. We send them a package after the completion of each workbook equivalent to \$50 dollars each. They choose between tennis shoes, clothing package, or food package that is ordered through the state website. As many of us on the outside do as well. We all need a Mentor for success and an incentive for change ourselves, how much more for those who are incarcerated? If we want them

to be changed individuals with new mind-sets when released, it must start while they are in prison. We are to be the hands, feet, voice, and love of Jesus within the gates, and this gives everyone the opportunity, without having to go into the prison to help change a life, from the inside out.

"Then the King will say to those on his right, 'Come, you who are blessed by my Father; take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.'"

Matthew 25:34-40

Prison Ministry Comparison

Following are features of LifeChangers Legacy, "I See ME Free" Incentive Mentorship Program in comparison to other prison ministries.

FEATURES	CELEBRATE RECOVERY	KAIROS	PRISON FELLOWSHIP	"I SEE ME FREE"
Monthly visits in prison Some weekly visits	YES	YES	YES	YES
Personalized matched mentor Weekly email correspondence	NO	NO	YES	YES
Video visits weekly Money on books Incentives	NO	NO	NO	YES
Package Incentives 2x a year Cards/Letters bi-weekly	NO	NO	NO	YES
4-Phase Workbook-text Measurable Outcomes	NO	NO	NO	YES
Send books in throughout year Family advocacy/liason program	YES	YES	YES	YES
Follow-up after prison for 1 year	NO	NO	NO	YES

Above is a comparison chart that describes the programs we provide the incarcerated individuals versus other prison organizations that go in only once a month, some bi-weekly.

"The Spirit of the Lord is on me, because He has anointed me to preach the gospel to the poor, He has sent me to proclaim freedom for the prisoners, recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord's favor." Luke 4:18

What we do through our Health and Wellness and much more:

- Educate on lifestyle stressors and changes in life that disrupt physical and cognitive function.
- Provide suggestions to help prevent the aging process on the body and mind, in conjunction with our health and wellness screening assessments, supplement and shake protocols, and Hyperbaric oxygen chambers.

- Review electronic screening results and suggest alterations to diet, habits, and supplements to help brain functionality.
- Illustratively explain different types of brain conditions linked to symptoms and bring awareness to impediments that may grow in severity.
- Coach on “Positive Truth-Thinking Techniques” that have a positive effect on brain chemistry.
- Coach on the interconnectivity between the Spirit/Soul connection, the Biological, Psychological, and Social of an individual.



- Provide the revelatory truths of the types and shadows, and Tabernacle patterns through Dr Tony Tudela, who has created an exact replica of the Ark of the Covenant (above), with the “First Fruits” classes of Tabernacle Truths; Paracletos Biblical Specialties counseling; Sexual Inner Healing; Transformational Leadership Coaching; Health and Wellness through Essential Health, International Therapy, Optimal Chiropractic Health, Living Fuel, LifeVantage, and Hyperbrics Oxygen Therapy PHP with Bill Schindler; and focus to all the above, and below.

Addressing Issues and Recognizing Brain Injuries

According to the Amen Clinic research:

- Mild traumatic brain injuries are the major cause of psychiatric illnesses.
- Bullet how could these injuries happen: begin with traumatic jarring of head.
- Falling off a ladder.
- Sports injuries - boxing, soccer, football, even dance.
- Car or recreational vehicle accidents.
- Chronic hits to the head or shaking the body and head.
- Combat-Veterans
- Physical abuse.
- Lack of oxygen – carbon monoxide poisoning

Undiagnosed brain injuries are the major cause of:

ADHD

Depression

Drug/Alcohol abuse

Panic Attacks

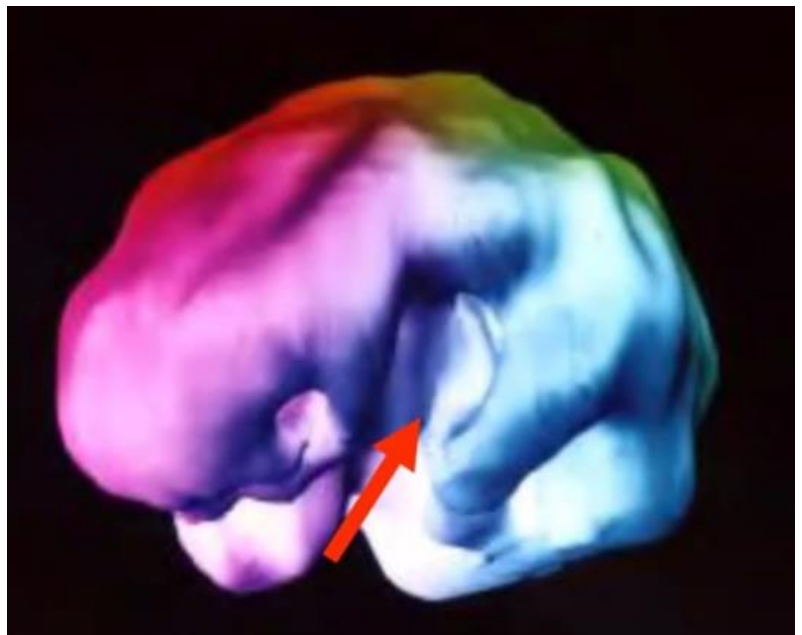
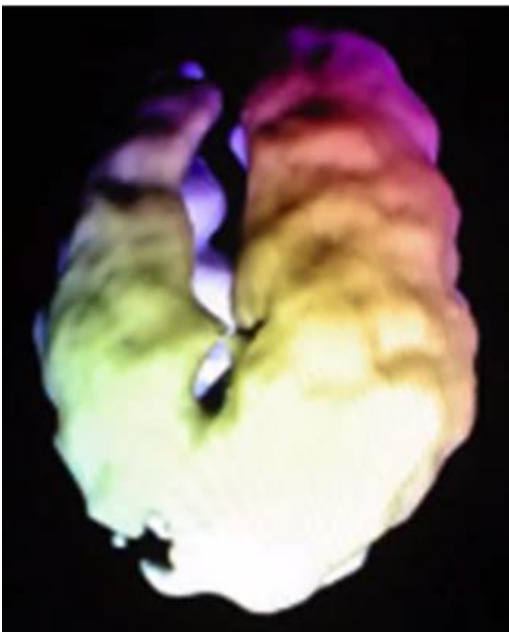
Suicide

Homelessness

And it cost families and communities countless heartache and financial tolls.

Why does this matter?

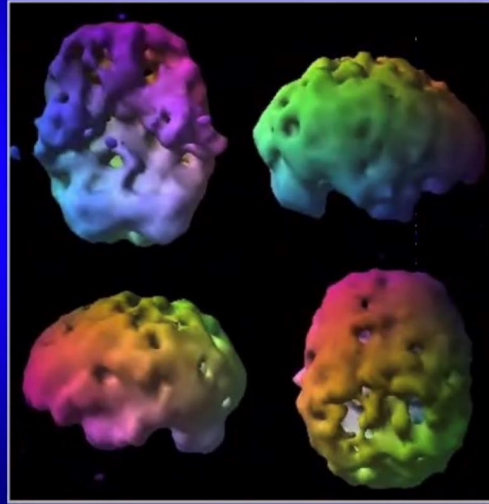
Area damaged can correspond with behavioral problems.



A brain linked to abuse

Differential Diagnosis of a Toxic Brain

- Drugs
- Alcohol
- Environmental toxins
- Chemotherapy
- Infections
- Low thyroid
- Hepatic/kidney failure
- Anoxia
- Anemia (B12)
- Medication (benzo)



Courtesy Amen Clinics, Inc. www.AmenClinics.com

Courtesy Amen Clinics, Inc. www.AmenClinics.com

- Brain injuries
- Drugs & alcohol
- Obesity
- Lack of activity
- Poor diet
- Insomnia/apnea
- Nicotine/ ↑↑ caffeine
- Environmental toxins
- Diabetes, high BP
- Low O3 ratio
- Low hormones
- Chronic stress
- Emotional trauma
- Untreated depression
- Poor decisions
- Unhealthy peer group
- **Not knowing your own brain's vulnerability**

Courtesy Amen Clinics, Inc. www.AmenClinics.com

Courtesy Amen Clinics, Inc. www.AmenClinics.com

Environmental Toxins

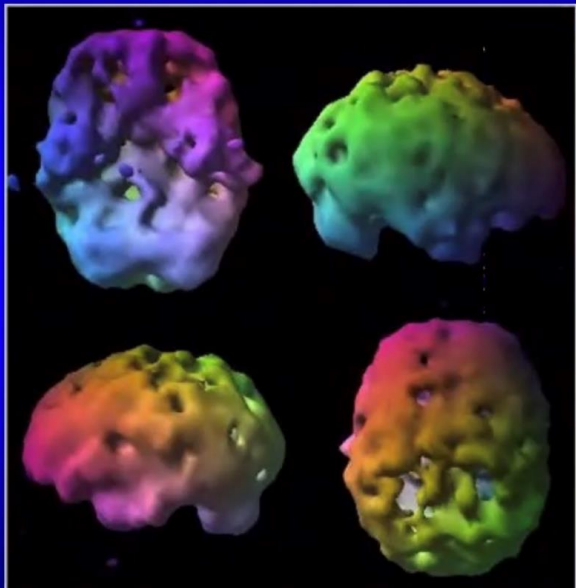
- Pollution
- Aluminum
- Arsenic
- Cadmium
- Lead
- Mercury
- Carbon monoxide
- Bismuth
- Organophosphates
- Pesticides, Agent Orange
- PCBs
- Phlates
- BPAs
- Volatile solvents
- Mother's smoking or drinking, drug abuse

Courtesy Amen Clinics, Inc. www.AmenClinics.com

Courtesy Amen Clinics, Inc. www.AmenClinics.com

Differential Diagnosis of a Toxic Brain

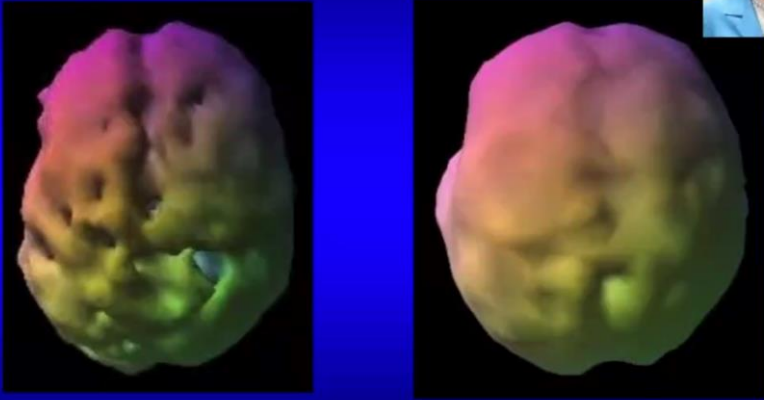
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Courtesy Amen Clinics, Inc. www.AmenClinics.com

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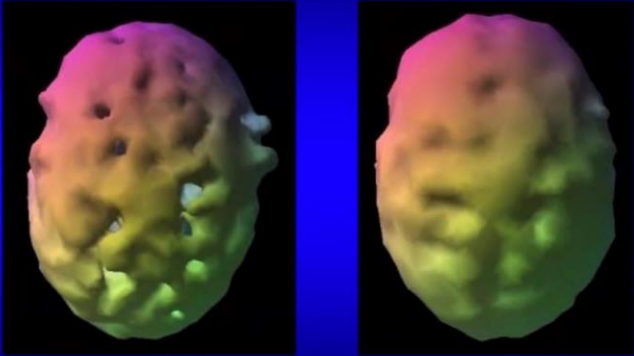
Typical 82 **Doris Rapp 82**



You have a choice in how fast your brain ages!

Courtesy Amen Clinics, Inc. www.AmenClinics.com Courtesy Amen Clinics, Inc. www.AmenClinics.com

Andy's Brain Aged Backwards



1999 **2010**

Courtesy Amen Clinics, Inc. www.AmenClinics.com Courtesy Amen Clinics, Inc. www.AmenClinics.com

Images given by permission by Kristie Lefferts and Amen Clinics.

Start repairing your brain now!
 Avoid life-stealing toxic, disabling limited-thoughts and start your wellness program with us at

Health and Wellness
 Hyperbaric Oxygen Therapy



*Age and sickness don't have to be a curse. **You can choose!***



The Lifestyle Questionnaire Completion

Why Is It Important?

History Of Head Trauma and Recognizing Areas Of Impact

Compare Behavioral Or Cognitive Function Challenges With Area Of Damage

Understand Possible Genetic Link

Exam Possible Links To Other Health Issues Such As Inflammatory Diseases

Discover Possible Linkage Of Toxic Exposures

Retool Ideals Of Healthy Brain Habits

Develop Supplemental Suggestions To Consult With Medical Doctor

Move Beyond Strictly Cognitive Behavioral Therapies

Good baseline for efficient brain health

Good Multivitamin: Avoid hard capsule vitamins, end up in septic systems

Possible Additions: Vitamin D is Crucial! Others to consider adding more would be Vitamin B Complex, Magnesium Citrate (not oxidate)

Turmeric Is Excellent For Reducing Inflammation- linked to Alzhemier's

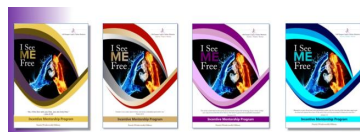
Good Source of Omega 3's- Fish, Avocados, or Supplements

Gingko Bilboa- Good For Circulation

Returning Citizen Life Transformation Cycle

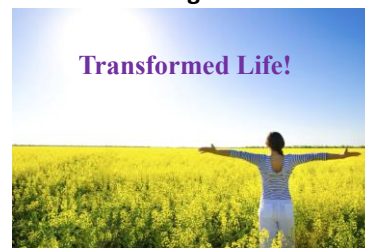
LifeChangers Legacy Program

The Big Mistake



In-prison Program

"Returning Citizens"



"See ME Free" Transformational Living Home



Stable Long Term Apartment Living



Job Readiness and Placement, and more



The Problem We Solve? Reducing Recidivism & Preventing Homelessness

In 2022 —3,823 in the
“I See ME Free”
program.

Currently – 98%
success rate.


90% come out each
year.

**Need? “See ME Free”
Transformational Living
Home.**

Full Wrap-around Services Provided

- Healing Sexual Hurts courses, through Dr Sam Serio
- Thinkific course, through Rick Araujo
- “Professionally You” Job-readiness, through Bruce King
- “Soft Skills” course through Emma Reynolds
- 5-Fold Biblical Financial Courses
- Business and Entrepreneurship through Gwinnett County Education
- “Kingdom Trucking” Business Training through Pastor Nate Allen
- Health and Wellness through Pamela Hillman and Joyce White
- SmartCredit Repair through Mechelle Benjamin
- Employment through our “LifeChangers Staffing Company”

Hear What Some of Our Mentees Say

Hello my name is Roland Watson and I am 23 years old. I am a part of the "I see me free" Incentive Mentorship Program. I haven't been in the program that long but I have been in it long enough to know its better for me to be involved in it than not. For me its safe to say I'm still learning who I am and what is my purpose on Earth. I been locked up since I was 15 years old due to the wrong perception and guidance of my company that I kept. Morals and principles that I had were on a weak foundation, with too many questions with not enough answers that made sense to me even then. I saw myself locked in on a path full of pride leading to destruction. But now I can sincerely say "With the power of my words" which is one of my favorite modules from the workbook. "I see me free" I can say it with clarity and feel it and live it! Backed up by scripture 'Isa 55:11' So shall my words be that goes forth from my mouth, and it shall not return to me void, but it shall accomplish that which I please, and it shall prosper in the thing which I sent it." Amen. That alone changed my attitude towards my words on how I use them and what comes out my mouth. To me this program is helping me Choose Habits Around New Growth Everyday, thats amazing to me how it fits into the life I see myself living. Its a blessing in the open to whoever is ready to shove negativity and embrace positivity, peace, love, Freedom, Laughter(Joy). Life Changers Legacy is pretty smooth for walking the talk because I see me free and I'm committed to it. If I've made 1,000 bad choices in my life I'm 1 for 1 on good decisions for choosing to see myself free! Thank you Mrs. Hillman for the opportunity!
Life Changers Legacy on the back of my Jersey! 

"I hope this email finds you in the best of health. As for myself I'm blessed and highly favored. I want you to know that I love your program and I love my mentor! She has become more than a mentor to me; she's the Mother I never had! We have so much in common, and we have been through some of the same stuff. Thank you for this opportunity!"

• **Lakeisha S., a LifeChangers Legacy Client**

"Last night I slept with my workbook, I See Me Free. Your story is MY story, and I cried tears (when I realized) I'M NOT THE ONLY ONE! Everyone's situation ends differently, but your story is MY story. With my workbook, I'm praying to bring more ladies in (to the program). Now everyone is different. I'm very serious about my life, it's not what anyone can do for me, it's MY STORY TO HELP OTHERS because GOD saved my LIFE. I'm not a lifer, until God steps in, so I'm very GRATEFUL FOR A SECOND CHANCE AT LIFE."

• **Rochelle, a LifeChangers Legacy Client**

Hear What Some of Our Mentors Say

Diana Ashworth



Card Ministry Director
Mentor Director
Pamela's Virtual Admin
Mentor to 30 women

When I became a mentor with LifeChangers Legacy, I believed that I was doing it to help someone. I believed I could pour into them what Jesus has shown me throughout my life. Mentoring is about so much more than that. My mentees poured into me. I have 30 women I am Mentoring within the prison system, and each one of them shows me something different. Each one of them is hungry for the word of God. They love Jesus so much, and they show it in their words, and them being so hungry for the word of God and for someone to help them get closer to Him. This mentoring experience

has changed my life, and I will be forever grateful I took advantage of this opportunity.

Thank you, God and Pamela.
---Diana Ashworth

Nancy Boger



I am Nancy Boger, and I became a mentor in April of 2019. Since that time my mentee and I have become like mother and daughter, and it has been such a blessing to me. When she first started the program, she was a little bit reserved, which is to be expected but it wasn't long before we warmed up to each other and began openly sharing about our backgrounds and our challenges. Going through the workbooks in the "I See ME Free" program has really been instrumental in both of our lives. We both have learned and grown through these workbooks and Lakisha commented about how Mrs Pamela's story really touched her and she could relate to it so well, so she was grateful for Pamela sharing her story and developing this program to help other people. I have seen tremendous growth in Lakisha in the past year and a half and even some of her friends, fellow inmates have commented to me in phone conversations about how she's just blossomed. She not only has a mentor who does just truly care for her, but she's also grown in her walk with the Lord through this program. She has faced the issues of her past and been able to deal with them. With the Lord's help, she has written letters extending forgiveness to family members who were abusive to her and letters asking for forgiveness for what was needed. So, she's just truly an example of what Christ and the Holy Spirit can do when they get in a person's heart and life and we both have LifeChangers Legacy and the "I See ME Free" program to thank for just truly a life turned around. Lakisha has shared about the program with other people, she's very enthusiastic about it and she is looking forward to the day when she's released from prison, and she can help other people with her story and she looks forward to being a mentor to other ladies as well. So please take a look at this program and please support it, because it truly is life-changing, it truly is biblical, and it is what God has called us to do. Thank you.



Walette McCall *(In Loving Memory of my best friend and Mentor for 5 years)*

Hebrews 13:3 says, "Remember them that are in bonds, as bound with them; [and] them who suffer adversity, as being yourselves also in the body." Being a mentor for LifeChangers Legacy has been life changing for me. There is nothing more fulfilling than hearing your mentee expressing the gratefulness for having someone who cares for them. My mentee calls me "her angel". I get to encourage her, contact family and friends for her, and pray for her. What I do gives hope to a woman who felt hopeless in the past. There are so many who are incarcerated that need someone to walk along side and help them stay focused on what is important. It is very important to have LifeChangers Legacy to help incarcerated women and men know their purpose, have a goal, and be encouraged to move from the past to a glorious future.



Susan Brown

I have to admit that I was a little apprehensive about becoming a mentor to a woman in prison as I've had no experience with those in prison. However, as soon as I began talking with my mentee through emails, I knew that God's hand was at work. He immediately removed my fears and opened my heart to a stranger, a woman who is one of His very own, hungry for connection and the Word of God.

This program makes it so easy to get to know one another by doing a book study together where we share our struggles, challenges, desires and love of God. It's been a wonderful surprise to discover that we have more in common than I ever imagined! I want to thank Pamela for this life-changing program that affects the destiny of both mentor and mentee!



Kathleen Hughes

First and foremost, I am a Daughter of the King. I have been married for forty-one years, have eleven children and fifteen grandchildren. Over the years we have endured addictions with three of our children and other family members. It has been very painful, but God has always been good and faithful through it all. Because I have seen first-hand the broken penal system, and the need for reform and support, I'm grateful to serve as a mentor for those in need. God will rescue, revive and restore lives through this ministry.



The following are some examples of the “I See ME Free” curriculum designed to cover the following areas (and much more) in the first 12 months inside the prison:

Our Acronym for CHANGE:

The graphic features a woman with her arms outstretched, floating in a blue sky with clouds. Her body is composed of intricate, swirling pink and purple patterns. The text is arranged around her:

- Center: **Prison becomes the launching pad to freedom.**
- Left side (vertical list):
 - C**-hooose
 - H**-abits
 - A**-round
 - N**-ew
 - G**-rowth
 - E**-veryday
- Right side (yellow text):
 - Through Memorization of the Word of God*
 - Rewires the Brain-Changes old mindsets
- Bottom right corner: A small logo with the letters 'JL' in a stylized font.

Commitment

5 C’s –Courage, Commitment, Change, Character, Contribution

a. **Assessment & Match Process** –

Includes the history of each mentee/student, stress and trigger related issues, family information and reconciliation issues, commitment to change, rules and their importance, matching process to their personal mentor through our specialized software, and other forms to sign to better assess them.

b. **Awareness** - Includes perspectives; memorization; journaling; gossip; distractions; power of words; applying scripture to prayers and goals; and awareness of triggers.

Identity

Self-Discovery- who we **are** in Christ (Spiritual, Mental, Physical, and Emotional)

- c. **Surrender & Acceptance** - Includes denial, confession, appreciation, honesty; attitudes; decisions/choices.
- d. **Self-Realization** - Includes understanding the 3 parts of you- spirit, soul, and body as 1 in Christ; confronting core and limiting beliefs; habits; attitudes; pride, selfishness; fear and faith; rejection; co-dependency; and your thoughts create. “YouNiquely You, by Design”.

Growth

Cognitive Re-Programming & TREM (Trauma Recovery Empowerment Model)

- a. **Mindsets** – Includes changing old patterns and creating new patterns in the brain through the Word; beliefs and why; and perceptions and manipulations.
- b. **Removing the Obstacles**- Includes fatherless/motherless issues; Your view of God, self and others, resentments; establishing forgiveness; blame, shame; ego –easing God out; anger and conflict resolution; and our past/present/future today.
- c. **The Brain & the Emotions** - Includes understanding how the brain and emotions work together; positive/negative/; and listing resentments and revealing hidden triggers; forgiveness is in every phase workbook. How nutrition plays an important part in brain function and emotions. Hyperbarics oxygen therapy, along with our nutrition protocols of Living Fuel-amino and micros, as well as, Dr Axe Collagen Bone Marrow Protein, and Life Vantage Protandum NRF2 and Trisynergizer are the keys to optimum wholeness for brain and complete wellness.

Wholeness

Fullness for Freedom

- d. **Cultivating New Behavior** - Includes social & relational skills, or walking in the fruit of the Spirit; The Trinity, establishing intimate relationship with Father God, Lord Jesus Christ, and Holy Spirit; attitude of gratitude; building new value systems.
- e. **Dreams and Goals** - Includes learning positive affirmations toward self and your future; writing your dreams and scriptures that apply then speaking God’s promises into your dreams & goals; and the power of visualization.

Gratitude

The Seed to More - Attitude of Gratitude

- f. **Love Yourself** – Includes building self-respect, honor; love and honesty; confidence and God-dependence; and health & wellness, ‘Uniquely You’, by design etiquette program.
- g. **Tools for Success** – Includes preparation for life and soft skills with Emma Reynolds, and the business world through our partner Ford Taylor with Relational Leadership courses. We help with
- h. **Building Blocks** – Includes expectations, alternatives, action steps and priorities; reconciliation with families; reaching the children of the incarcerated.

1-Month Preparation for Job-readiness Program – Once our returning citizens go through the 1-month program we will provide an additional program designed for those released into our transformational home. This program covers the following areas:

- a. Soft skills- Etiquette and Personal Appearance

- b. Personal finance and budgeting
 - c. Nutrition, fitness and hygiene
 - d. Preparing resume's
 - e. Importance of time...EVERY day
 - f. Solving problems
 - g. Changing friends and places
 - h. Family counseling and restoration
 - i. Becoming a productive member of society –giving back. ‘See a need, fill it’.
 - j. Developing people, social skills
 - k. Assessing and developing specific job skills-matching process through ‘Professionally You’
 - l. Developing goals and objectives
1. We assist in the moving of each inmate into a transition home upon their release and while there:
 - a. Provide assistance in a job readiness program
 - b. Training on how to maintain their job
 - c. Maintain the Mentor relationship for 1 more year.
 2. We keep good records on each inmate to assist in analyzing the measurable outcome of each inmate and verifying the results of the Re-Entry Program. The Mentors are one of the vital keys to the entire program. Without mentors, the success of each individual would be questionable. We all need a mentor in life, of course someone incarcerated, who is desiring change, would need one even more.



Become a Mentor or Partner today!

Meet Our Team



CASE STUDY #1 Jenny

- 5 Year prison term
- Mentored by Janice for 2 years
- Helped her transition out of prison.
- Received clothes, car, and a job when she got out.
- Jenny is now living successfully and giving back to society.



“LifeChangers Legacy and the I See ME Free programs saved my life. They were there when I most needed someone. I don’t know what I would have done without them and this program.”

We are Better Together!

**Partner with us today!
With your participation, we can impact so many more lives!
Teamwork makes God's dream work!**

***LifeChangers Legacy
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To learn more or make an appointment, contact us at:
Pamela@LifeChangersLegacy.org
678-768-1978

See our website for more details under *Programs
www.LifeChangersLegacy.org
www.LifeChangersLegacy.net

Join us:

**Every day at 5:55AM EST for Daily Prayer Call
978-990-5212,,,,,,2668828#**

Allow it to ask you 2 times to put your code in and then it will automatically enter you into the call.

**Tuesday night 6:30 -7:30 Zoom for our "I See ME Free" Study Group
<https://zoom.us/j/7737373737>**

**Monday night with Dr Tony Tudela, Tabernacle Truths, First Fruits Study Group
<https://zoom.us/j/7737373737>**

**Join Sunday 8 AM for Dr Tony Tudela "First Fruits" Communion and Teaching
<https://us02web.zoom.us/j/86410122422?pwd=MUVEWIFsN05DQ05EdzF4K2JKeVRxdz09>**