

Getting Out by Going In (GOGI)

Getting Out by Going In (GOGI) inspires incarcerated individuals to utilize the GOGI Life Tools for positive decision-making and share these simple tools with peers, family and friends.

“My Opinion Matters” Sampling Survey

On August 12, 2024, a third party organization requested feedback from 40 GOGI students leaders housed at California Department of Corrections and Rehabilitation - Calipatria State Prison. At this institution, 40 male GOGI leaders are housed in medium, maximum, and gang-affiliated participants located within four segregated facilities were asked to complete a 13-question sampling survey. The data in this document was analyzed by a third party.

GOGI



CDCR - Calipatria State Prison

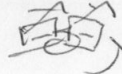
August 12, 2024 40 GOGI Leaders

SURVEY ANALYSIS

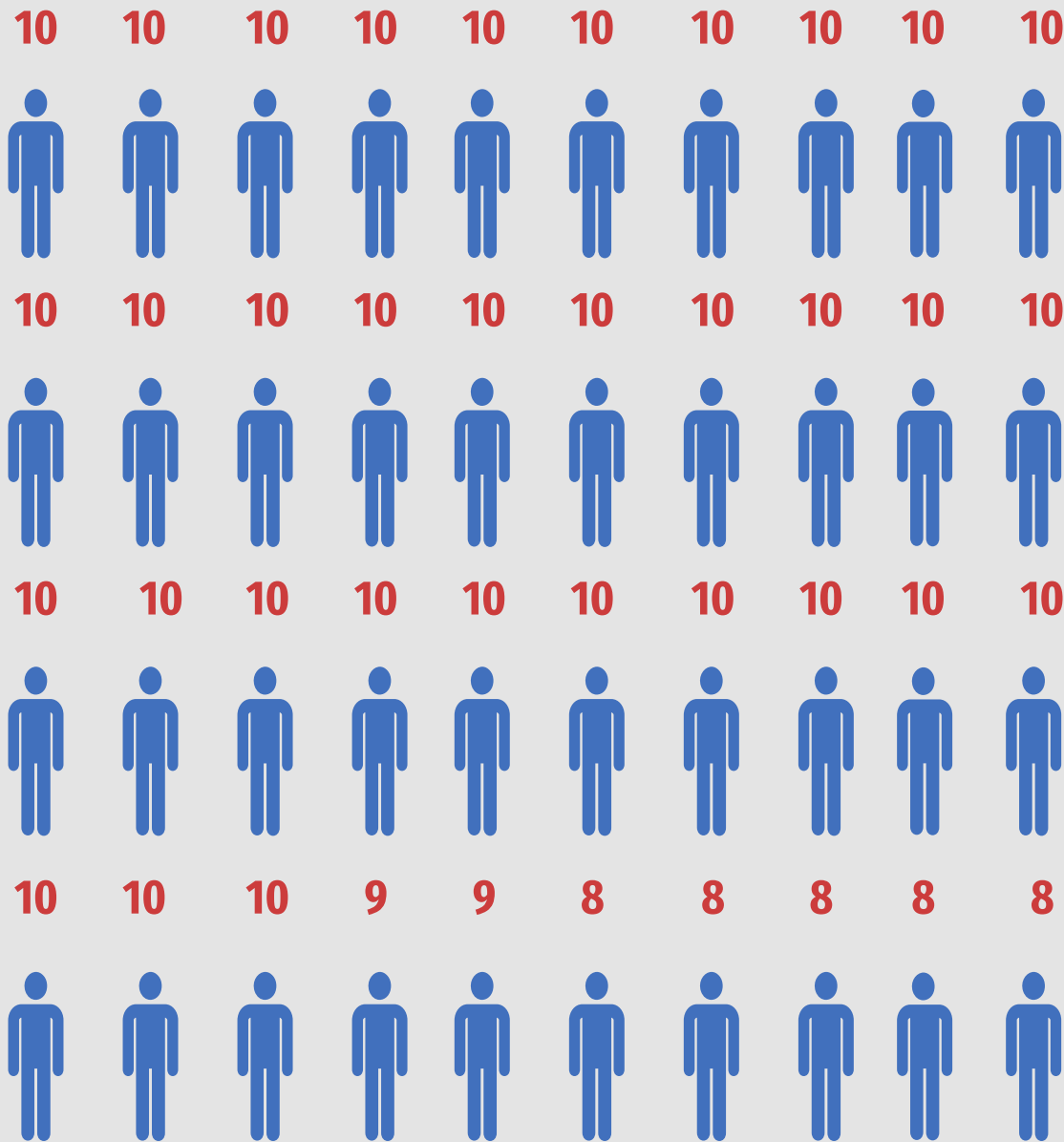
Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10⁺

Explain/Comment:

ARE YOU KIDDING ME, I HAVE NO WRITE UPS! 

Is GOGI an effective behavioral intervention?



Question: Based on what I have seen or experienced, in my opinion, GOGI Programming is an effective behavioral intervention.

Scale 1 - Disagree / 10 = Agree

40 Total Respondents

33 Respondents 10

2 Respondents 9

5 Respondents 8

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10
Explain/Comment: in 2017 while in the SHU I used GOGI studies to help transform my criminal thinking to pro-social thinking.

PROGRAM SURVEY RESULTS

QUESTION	SCORE
<p>GOGI's Programs help prepare me for success upon my release from prison.</p> <p>(1 = disagree / 10 = agree)</p>	9.800
<p>GOGI's Programs provide me with usable information I can apply to my daily life.</p> <p>(1 = disagree / 10 = agree)</p>	9.825
<p>Had I been willing to learn the GOGI Life Tools as a kid, I probably would not be in prison today.</p> <p>(1 = disagree / 10 = agree)</p>	9.425
<p>I would take more GOGI courses if they were offered by the prison.</p> <p>(1 = disagree / 10 = agree)</p>	9.775

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9

Explain/Comment: GOGI is thorough, very easy to learn, and easier to apply.

10

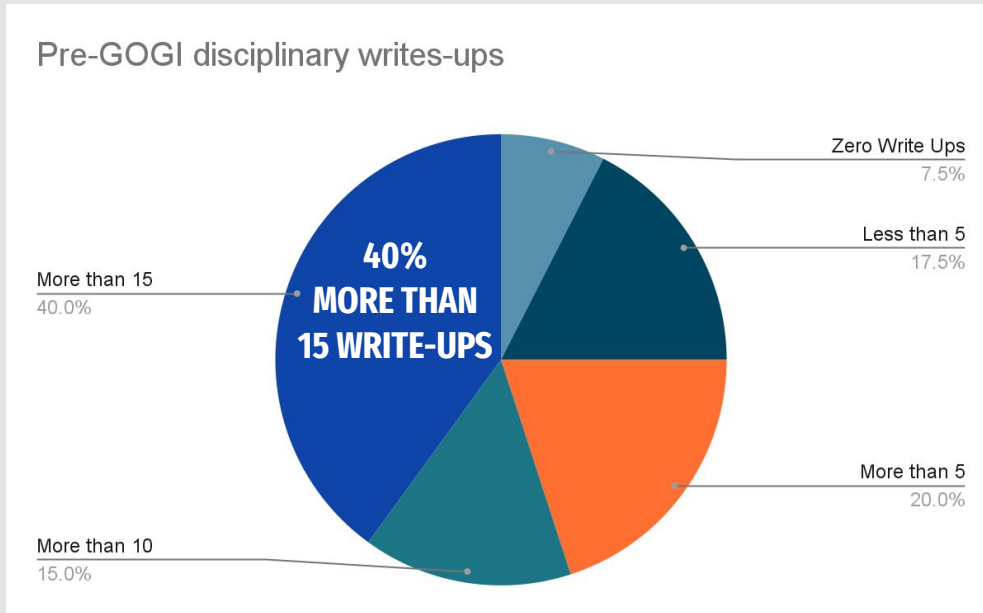
PROGRAM SURVEY RESULTS

QUESTION	SCORE
<p>In my opinion, GOGI is one of the best non-religious programs offered to prisoners.</p> <p>(1 = disagree / 10 = agree)</p>	9.700
<p>I would be interested in teaching the GOGI Life Tools to young adults.</p> <p>(1 = disagree / 10 = agree)</p>	9.725
<p>In my opinion, a GOGI Coach can help youth avoid gangs, drugs, or other destructive behaviors by empowering them with GOGI Tools.</p> <p>(1 = disagree / 10 = agree)</p>	9.625
<p>GOGI Programs can help reduce the likelihood or frequency of negative, reactionary, violent, or destructive actions.</p> <p>(1 = disagree / 10 = agree)</p>	9.775

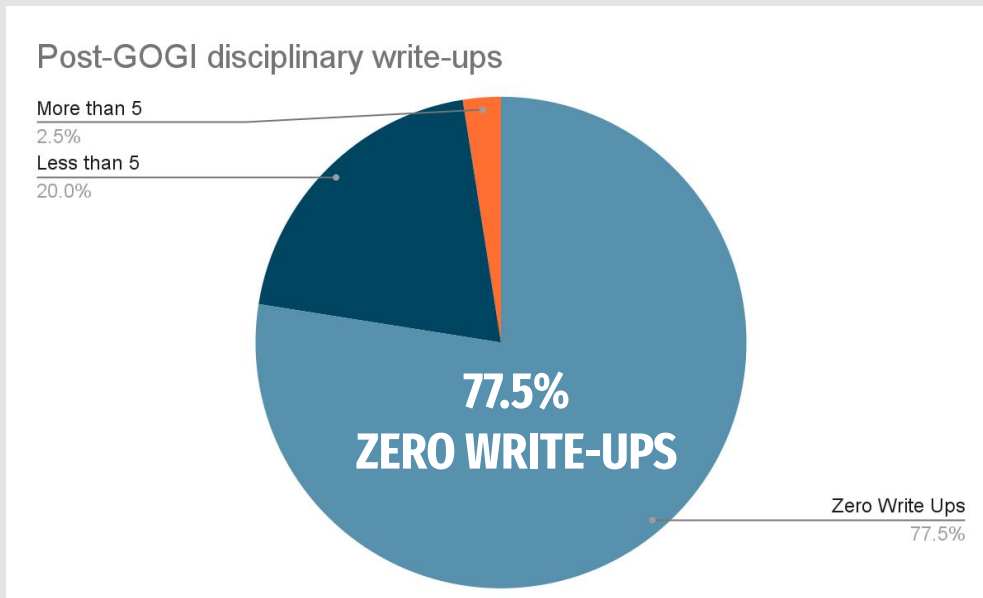
Explain/Comment: GOGI HAS HELP ME IN SO MANY WAYS. I HAVE DONE A 180 AND I OWE IT TO GOGI..

Pre-GOGI disciplinary writes-ups

Before GOGI, how many disciplinary write ups did you have?



# of Write-Ups	Respondents
Zero	3
Less than 5	7
More than 5	8
More than 10	6
More than 15	16



Post-GOGI disciplinary write-ups

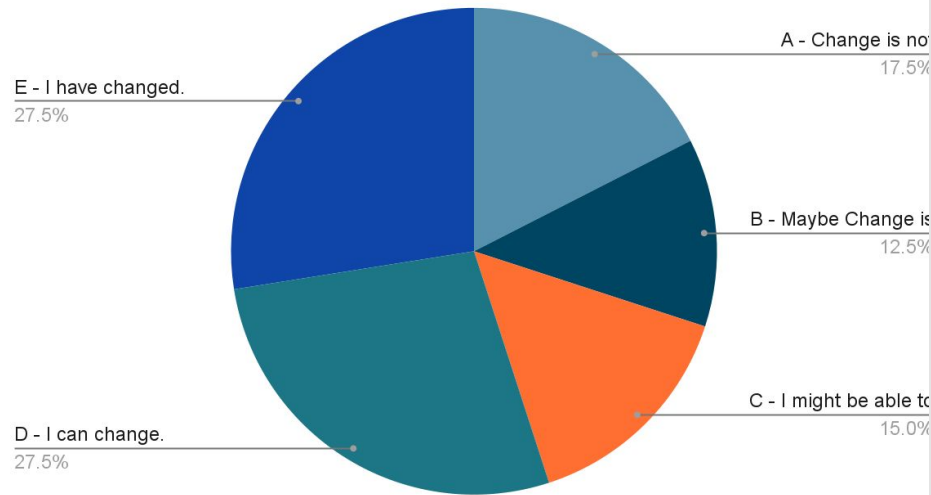
This past year, how many writes ups have you had?

# of Write-Ups	Respondents
Zero	31
Less than 5	8
More than 5	1
More than 10	0
More than 15	0

Explain/Comment:

Gogi tools allow me to de-escalate myself and others, which fosters positive decision making

Pre-GOGI Stages of Change

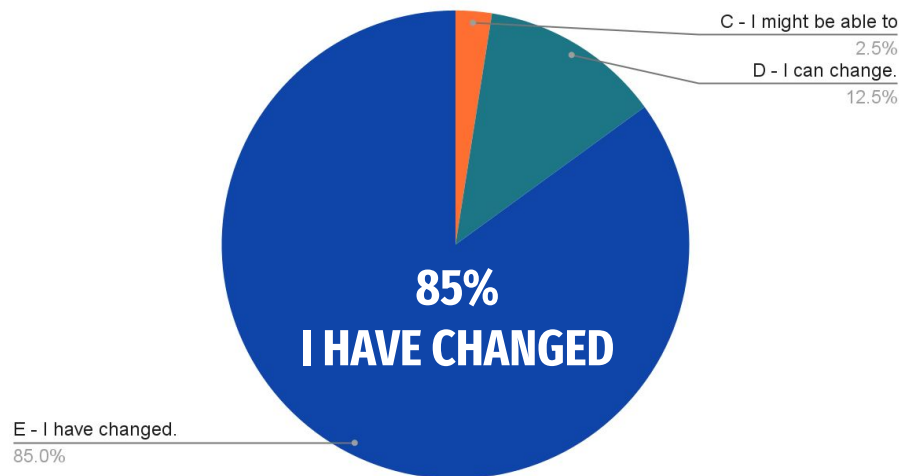


Pre-GOGI Stages of Change

Before GOGI Studies, please circle the stage of change that best defines what you believed:

- A - Change is not possible for me.
- B - Maybe change is possible.
- C - I might be able to change.
- D - I can change.
- E - I have changed.

Post-GOGI Stages of Change



Post-GOGI Stages of Change

Please circle the stage of change that best represents you today.

- A - Change is not possible for me.
- B - Maybe change is possible.
- C - I might be able to change.
- D - I can change.
- E - I have changed.

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 Explain/Comment: 2 when i first took a look at GOGI I remember I thought "DAMN THIS IS ALMOST COMMON SENSE" 3 I thought of this before I just never applied it or developed insight, GOGI IS "GREAT!" 4 5 6 7 8 9 10

IN THEIR OWN WORDS...

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment: I helps you be prepared for any situation on the fly.

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment:

Gogi has changed my life tremendously. 180.

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment: Having tools allows me to slow down my thinking.

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment: It real good program that has show me the positive way

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment: It makes you want more out of life

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment: IT ALLOWS ME TO THINK BEFORE I ACT

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.

1 2 3 4 5 6 7 8 9 10

Explain/Comment:

gogi teaches me coping skills to my triggers.

WHAT HAVE WE LEARNED?

Promising Outcomes

This and similar surveys being conducted across GOGI's student roster of more than 24,000 students indicate a positive self-report from participants regarding the effectiveness of GOGI programming.

Existing Data

Since 2016, GOGI has collected data on 24,000 GOGI students who have completed 46,000 GOGI courses. This data is being prepared for a variety of studies determining the efficacy of the GOGI Life Tools and the effectiveness of the GOGI Culture as best practices in peer support rehabilitative programming.

Additional Analysis Advised

Based on initial data analysis, further study of existing data as well as additional data collection and studies will be collected by GOGI and third party organizations throughout 2024 and 2025.

For More Information:

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www.GettingOutByGoingIn.org

Based on what I have seen or experienced, in my opinion, GOGI programming is an effective behavioral intervention.									
1	2	3	4	5	6	7	8	9	10
Explain/Comment: GOGI HAS BEEN THE BEST THING TO HAPPEN FOR ME.									