



**2023-2024**  
**ANNUAL**  
Report



**THE HINDA INSTITUTE**  
Helping Individuals Ascend

Our Mission: 0% Recidivism, 100% Acceptance

# ABOUT THE HINDA INSTITUTE



Break the Cycle Annual Event

Delivering Passover Meals to Correctional Institutions



Hinda Awesome Kids Receiving Chanukkah Gifts







*"I was feeling very depressed, isolated, and anxious. Hinda's services helped me improve in all areas of my life. The amount of support I get is very valuable to my well-being. It saved my life."*  
- Hinda Client

For over 40 years, the Hinda Institute has provided counseling, visitation, and support predominantly to Jews who have encountered the criminal justice system. Our goal is to lower recidivism rates and ensure that those coming out of correctional institutions do not return. The Hinda Institute is a beacon of hope for families facing the harsh realities of the criminal justice system. Many innocent families are torn apart, grappling with financial devastation, emotional turmoil, and a sense of isolation, and we provide a nonjudgemental and caring support system.

Due to the support of our sponsors, the Hinda Institute has provided staggering results in the realm of recidivism. Our pervasive, holistic, and personal approach is responsible for our recidivism rate of less than 10% compared to a national recidivism baseline rate of over 75%.

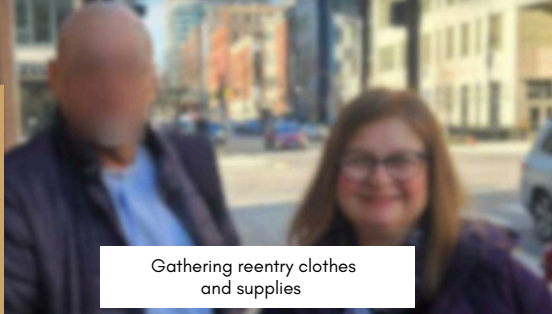
## ESSENTIAL AND UNIQUE ROLE

-  Dynamic re-entry program assists casework clients and families in rebuilding their lives for good.
-  Monthly reentry education programs and classes.
-  Supports family members, spouses, parents, and children: the innocent collateral damage of crime.
-  We are the Jewish prison chaplains for Illinois. Monthly visits to Federal, State correctional institutions as well as jails throughout Illinois.

## SERVICES

- |  |  |
|--|--|
|  Counseling               |  Casework                             |
|  Support Groups           |  Legal Advisory Committee & Referrals |
|  Family Services          |  Courses/Education                    |
|  Probation/Parole Support |  Finding Employment                   |
|  Finding Housing          |  Spiritual Connections                |

# COUNSELING AND CASEWORK



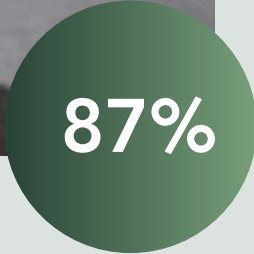
Gathering reentry clothes and supplies

The Hinda Institute's casework and counseling program assists some of the most under-served and vulnerable, populations in the Jewish Community. Most of our clients are in desperate need and are dealing with severe poverty and employment problems. Additionally, this population faces tremendous challenges in self-esteem and dealing with trauma.



ABOUT US

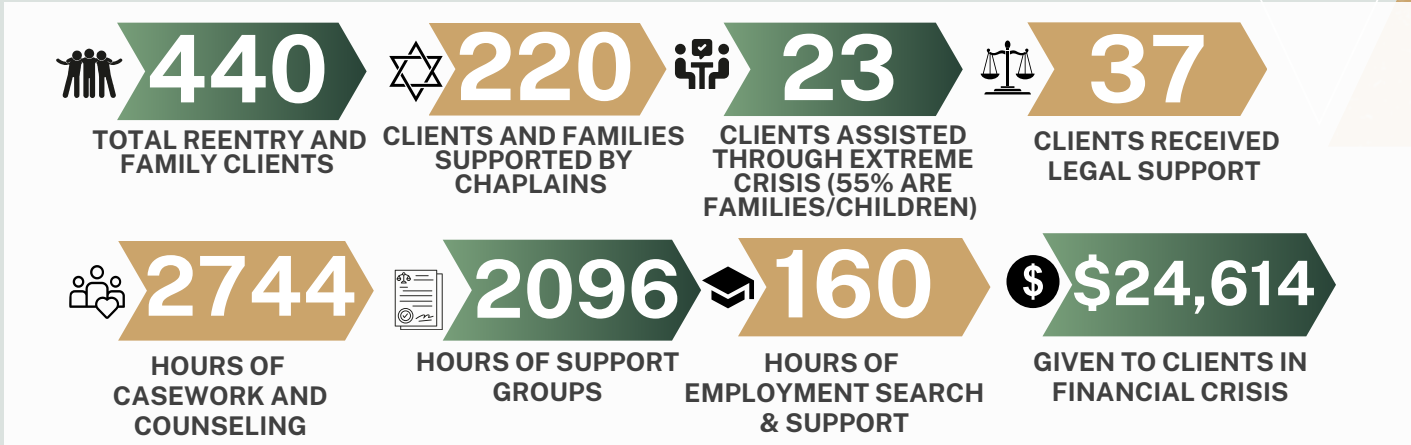
The Hinda Institute has a unique and critical role in the Jewish community. We assist families and clients desperate for hope, counseling, empathy and resources. We assist in unique areas such as dealing with parole and probation, finding employment and housing post-incarceration and legal research. In the past 2 years, our casework has doubled and our staff has grown to include caseworkers, re-entry peer support specialists, counselors, contracted LCSWs and chaplaincy support.



87%  
Stated our services improved their emotional well-being

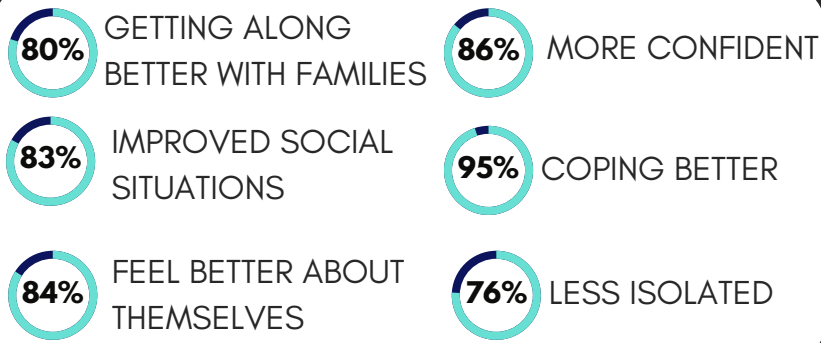
“  
Hinda has filled a need for myself and my son that no one else could address.  
”

IN NUMBERS



IMPACT

## IMPACT- OUR CLIENTS REPORT



## SUPPORT GROUPS

- PICS (Post-Incarceration Syndrome)
  - Rebounders
  - Addiction
  - Family (CARES)



Gathering reentry clothes and supplies

## LEGAL ADVISORY TEAM



The Hinda institute has a legal advisory team and paralegal that guides our families in navigating the legal system, and provides referrals.

# CARES FAMILY SUPPORT

Counseling, Advocacy, Restorative Justice, Education, and Support

## HELPING FAMILIES The Innocent Victims and Collateral Damage of Crime



Preparing for a CARES presentation

ABOUT US



138 Jewish families who benefit from our family counseling programs and weekly support groups.



Assist families find financial resources and casework support. (More than 50% are beneath poverty-line or low income)



Supported 30 families this year through the legal process; support in the courtroom; legal consultations and advocacy.



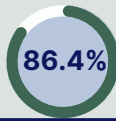
Provide a safe place for social events and classes.

IN NUMBERS

## AFTER OUR PRESENTATIONS



Aware of the challenges of these families



Will be more inclusive



Have more empathy



Understand families more who have a loved one who is incarcerated

IMPACT

"The Hinda Institute initiated the CARES Family Support Group after we repeatedly heard the realities of the families that had a close family member who was detained. They were devastated financially, were suffering from PTSD often for years, had been "snubbed" in their synagogues and were suffering multiple psychological stresses. Family structures were fractured. The CARES group was a place where voices could be heard and validated. Our survey of the needs of these families in April 2021 found that the impact was even greater for children. Through no fault of their own, the women and children were the unrecognized "collateral damage of crime."

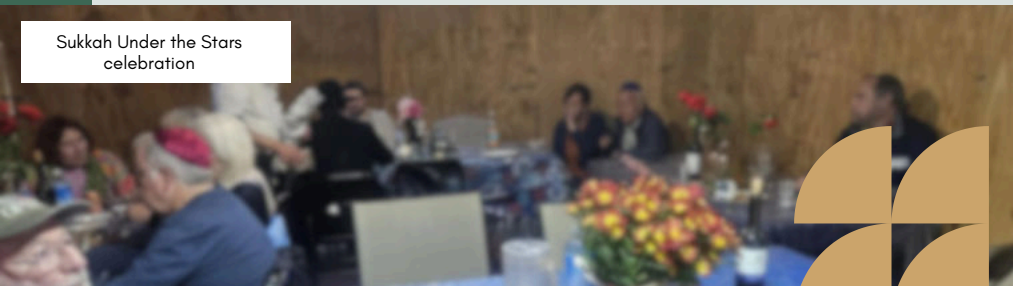
**-Coordinator of CARES program**

*"I found myself with a group of people who understood and supported us. We no longer hang our heads in shame."*



The Hinda institute has empowered our families to advocate in order to sensitize the community to the devastation of incarceration on wives, mothers, fathers, and children. We have brought our documentary film, along with presenters to over 15 critical agencies and institutions working to create awareness, sensitivity and

Sukkah Under the Stars celebration



# REENTRY EDUCATION PROGRAM



ABOUT US

The Hinda Institute Reentry Education Program was developed to assist individuals reentering society with the goal of rebuilding their lives for good. Our program offers unique and relevant courses aimed at addressing psychosocial challenges, practical essentials such as employment training, financial management, and legal guidance. Our clients are success stories; they are individuals who have transformed their lives and rebuilt them in spite of significant challenges and prejudice. The majority of our clients successfully transition to gainful employment and contribute positively to their communities. They achieve success where others have struggled, and we are committed to supporting them throughout their journey.

## SOME GUEST FACILITATORS



Manis Friedman,  
Renowned Speaker



Dr. Kutzen,  
Professor LCSW



Elizabeth Kelley,  
JD



Alan Mills,  
JD



Mark Weinberg,  
JD



Adele Nicholas,  
JD



Liz Margolies,  
LCSW

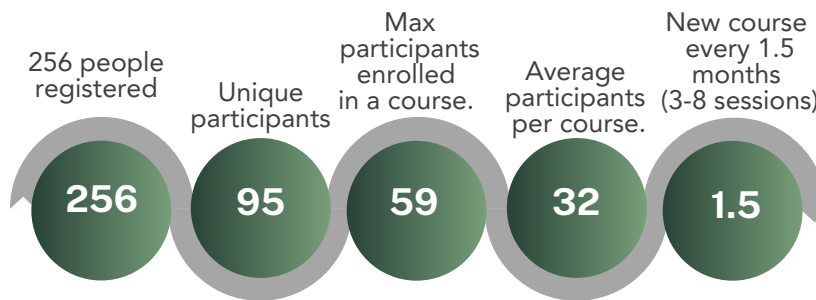


Bonnie Lane, MS  
Therapeutic  
Consultant

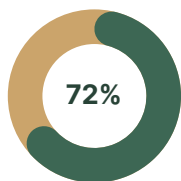


Rahmiel Drizin,  
JD

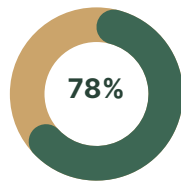
IN NUMBERS



## SKILL AND KNOWLEDGE BUILDING



Knowledge of incarceration and reentry grew



Better understanding of legal rights.

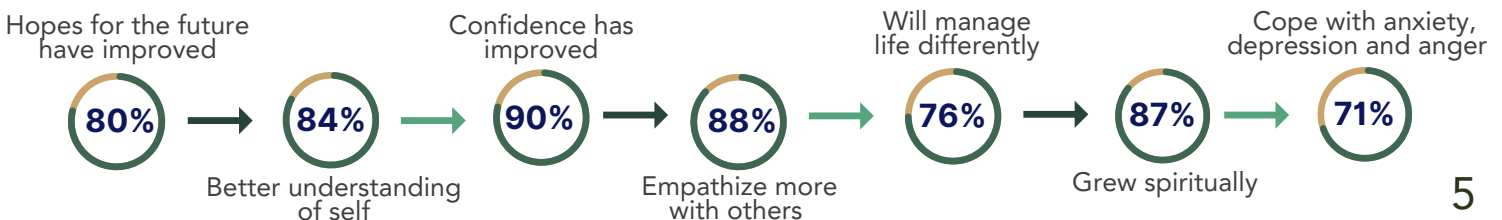
“  
For the past two years I have been participating in various Hinda courses. They have inspired me to believe in myself again. Gave me courage to rebuild my life. They gave me a feeling of belonging and a purpose and what to look forward to.  
”

### Peer Support Specialist Certification

The Hinda Institute Reentry Peer Support Program offered a 10-month series of training courses and reflection sessions designed to support individuals with lived experience to provide peer support to support graduates/participants in reentry after incarceration.

Completed our first cohort.

## IMPACT - OUR CLIENTS REPORT



IMPACT

# VISITING CORRECTIONAL INSTITUTIONS



Menorah lighting in Correctional Institutions

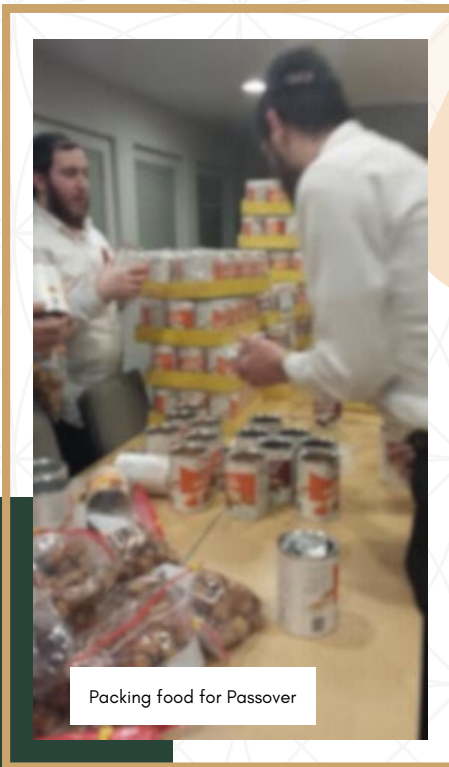
The Hinda Institute currently visits 150 to 200 clients every month within federal and state correctional institutions as well as weekly within jails. The Hinda Institute chaplains travel over 45,000 miles across Illinois to visit these Jews who have often been virtually forgotten by their communities. The chaplains offer support to these Jews who are alone in the abyss of prison and give them hope for the future.

## HINDA HERO

*"My son is currently fighting a court case in Cook County Jail. Chaplains from the Hinda Institute visit my son every week. They support me each time I am in the courtroom and have formed a defense support team. They even helped me secure a rehabilitation facility."*



Religious rights









Packing food for Passover



Counseling in IDOC

ABOUT US

### ACTIVITIES:

-  Counseling and mentoring
-  Ensuring that the client's religious rights are respected in accordance with American law.
-  Facilitating Jewish burials and divorces.
-  Educational courses
-  Correspondence program
-  Lending library

Chaplains and dedicated volunteers visit correctional institutions during the Jewish Holidays. Provide Holiday food and religious items and most importantly the joy of celebration in a place of tremendous darkness. Bringing the joy of Jewish holidays to our isolated clients.

*"I just returned from the kitchen. I was called over there to pick up the box of food you sent to me for Passover. As I sat here in the quiet solitude of my cell, unpacking it, I began to cry. I was reminded of Passovers that I shared with my brother and parents as a child and with friends, family, and xxx as an adult. I cried because as I touched each item, especially the hand-crafted Seder Plate, I realized there is an anonymous Jewish community that cares. It more than offsets the abandonment I feel ..."*

We provide for the spiritual needs of our clients and families through classes and rabbinic chaplaincy and helps them integrate socially.

Provides a home away from home a warm and accepting place for the holidays or services for isolated families and clients. The Hinda Institute wants them to know that they are not alone and that someone cares.



Services on the holidays for those who have nowhere to go.



70-80 holiday packages.

# HOLIDAYS AT HINDA



Upon Receiving a Package

*"You have made an amazing difference in my life during a time of such uncertainty. Much appreciated."*



Delivering Matzos to our clients and families



Chanukah presents for Children of Hinda Families

## MENTAL HEALTH Highlight

There is no dichotomy between mental health and incarceration; 71% of people with mental health issues have encountered the criminal justice system. People with mental health challenges are overrepresented in our nation's jails and prisons. Additionally, people with mental health issues often use drugs to treat their unresolved mental health issues.

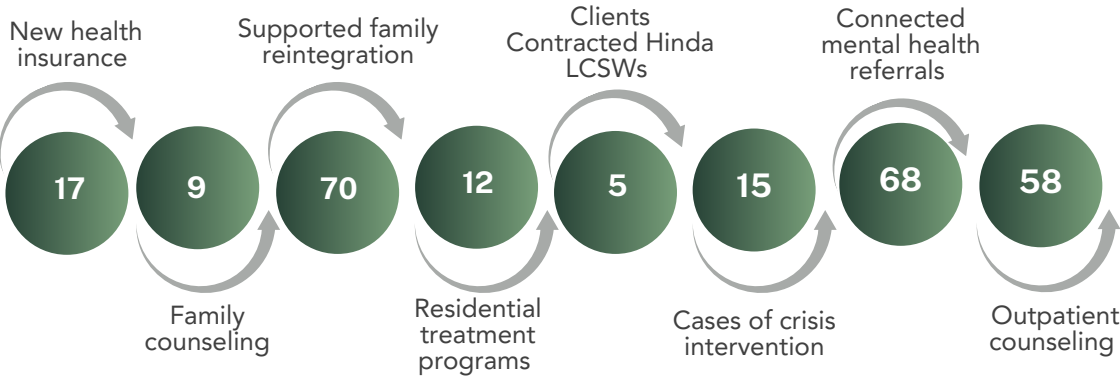
We are committed to providing support to one of the most under-served, vulnerable, and stigmatized populations suffering from mental health issues within the Jewish community. Hinda provides support or a link throughout long referral processes finding expert services that are sensitive to justice-impacted individuals.

79%

Of reentry clients have mental health challenges. This is due to trauma, Post Incarceration Syndrome (PICS) or disorders such as schizophrenia, bipolar disorder and/or anxiety.

35%

Of our clients who reported behavioral health issues indicated substance use.



### ADDICTION SUPPORT:



Clients Supported with Sobriety Pathways



Clients with Harm Reduction



Clients Overdose Prevention Education

### HINDA HERO:

"I became acutely aware of how even strong intact family systems can become affected when our own daughter a University student and full bright scholar experienced a relapse of bipolar symptoms and was incarcerated for repeatedly texting.

After 18 months in jail, my daughter was released as innocent in mental health court. However, she was deeply traumatized by her experience and ended up serving a longer period than she would have had she actually been charged. There was no exit strategy. Hinda visited my daughter while detained and supported me with judgment and an open heart throughout the process.



# HELP US TO BREAK THE CYCLE AND MAKE REAL CHANGE

**WE WANT TO THANK  
OUR SPONSORS**

**THE CASLOW FOUNDATION**

**STERN FAMILY FOUNDATION**

**LAVIN-HERBECK FOUNDATION**

**THE KLAFF FOUNDATION**

**THE COOPERMAN  
FOUNDATION**

**WILDER**  
FOUNDATION  
POWERING A SUSTAINABLE FUTURE

 **Crain-Maling  
Foundation**