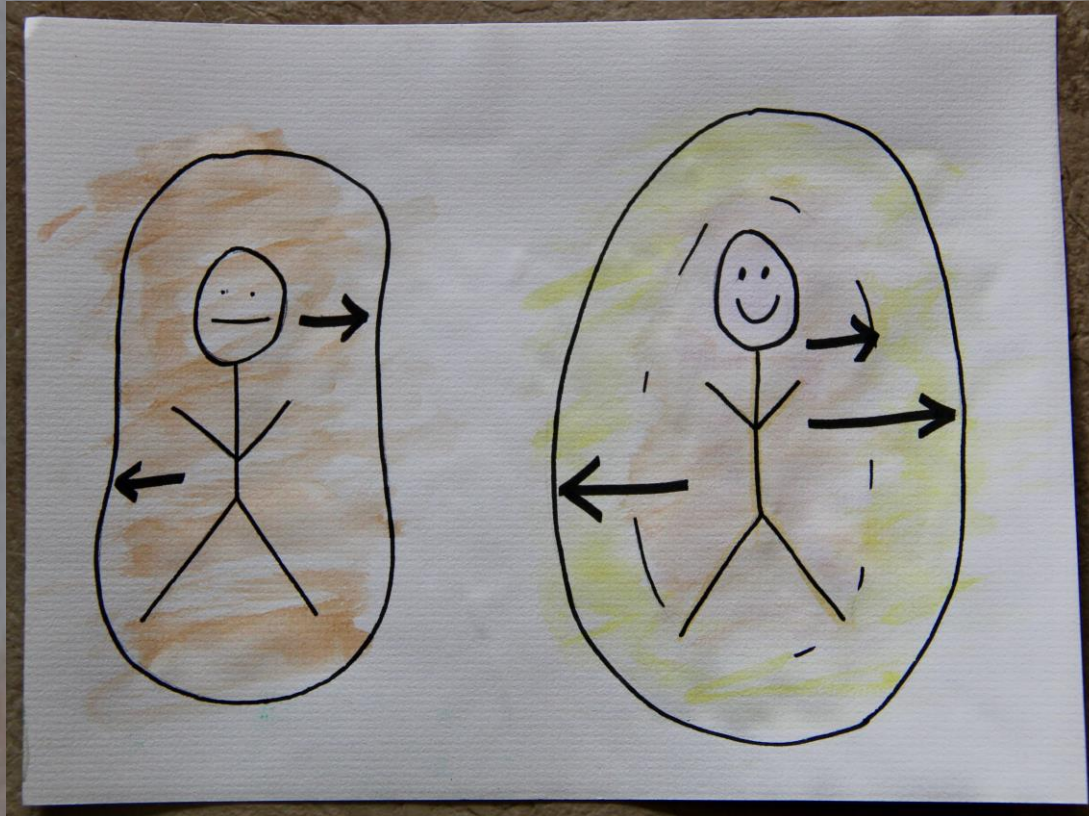


The RCY Prison Program.


Lisa Bickley
Greenough Regional Prison
Western Australia

*The Power of
'Red.Cream.Yellow'
in
Challenging and
Changing Thinking.*

Why is challenging and changing thinking important?



To motivate and inspire positive change and personal growth...
also to put back in touch with ***feeling***...



“You cannot teach
a man anything,
you can only help him
find it within himself.”

Galileo Galilei

What is RCY?


- Pictorial philosophical framework: a series of 20 pictures.
- Indicate that we can only be in one of 3 states of being at any one time. That is physically, mentally and/or spiritually.
- These states of being affect our mindset, our values, our beliefs and how we live our day-to-day lives.



Simple



Direct



Grass - roots



Picture series...

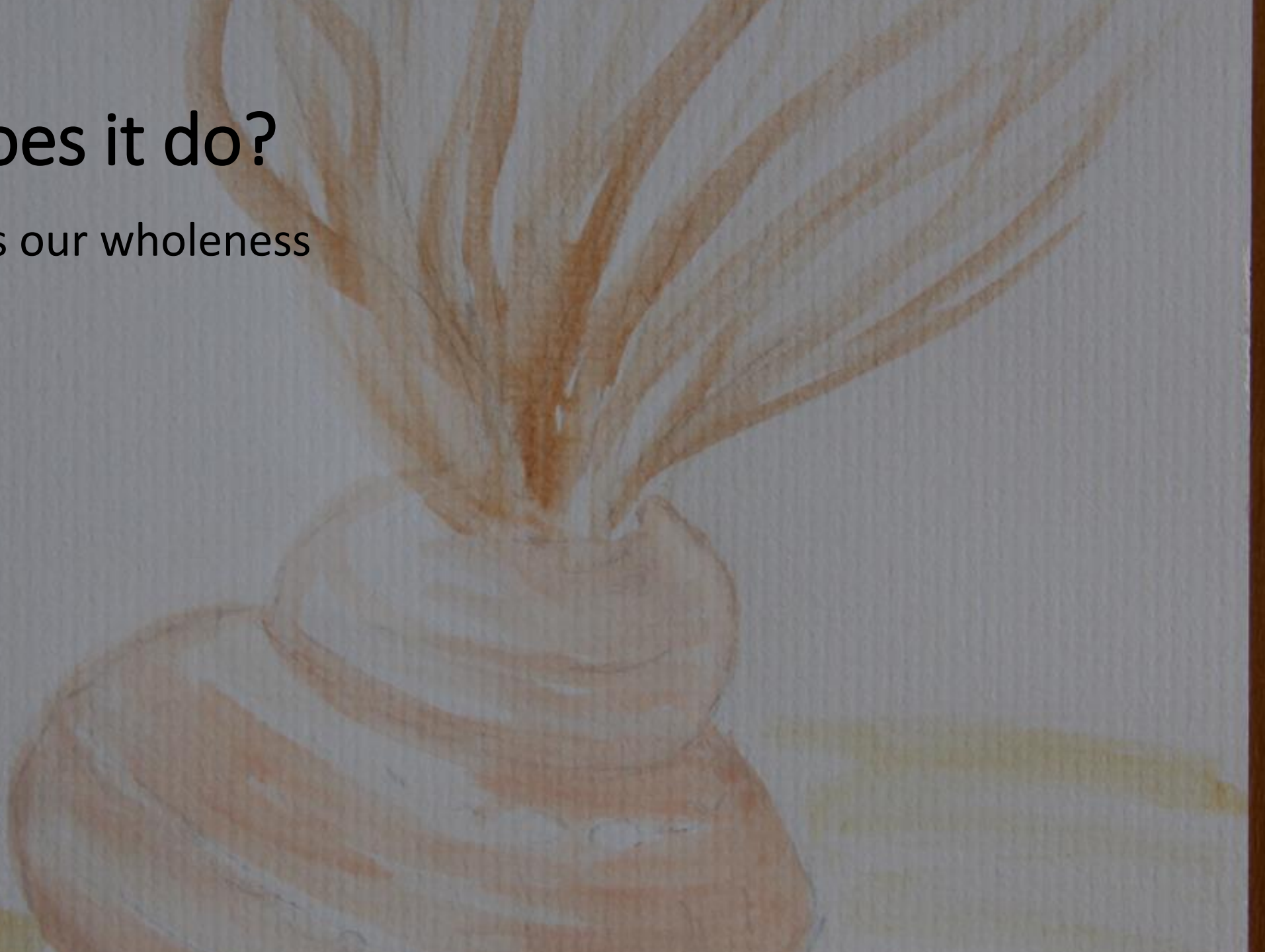


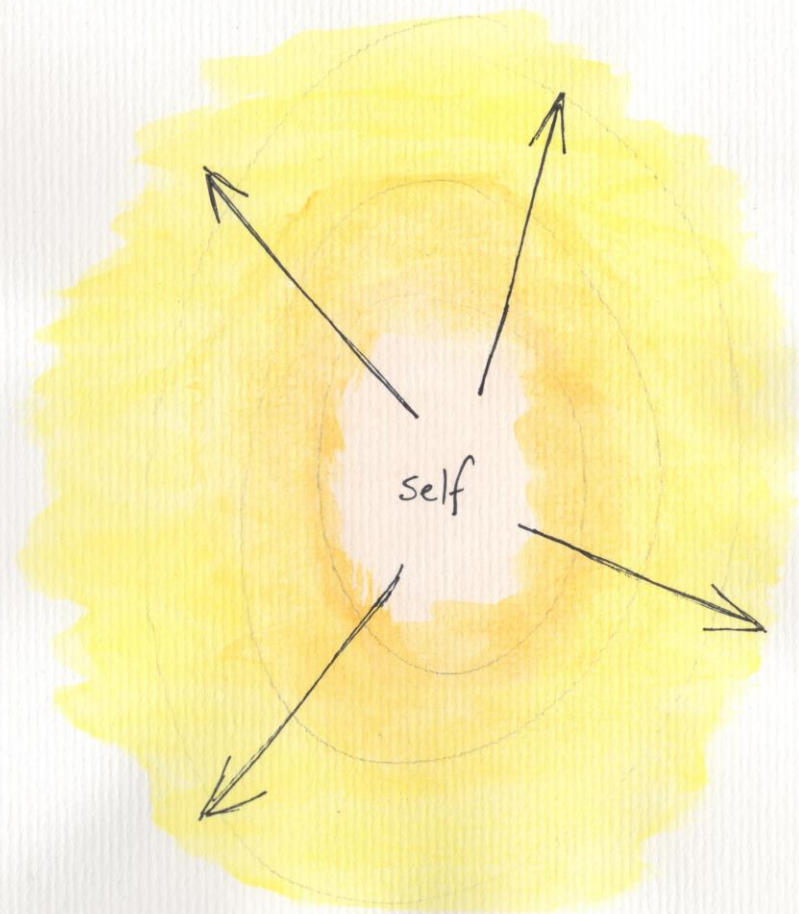
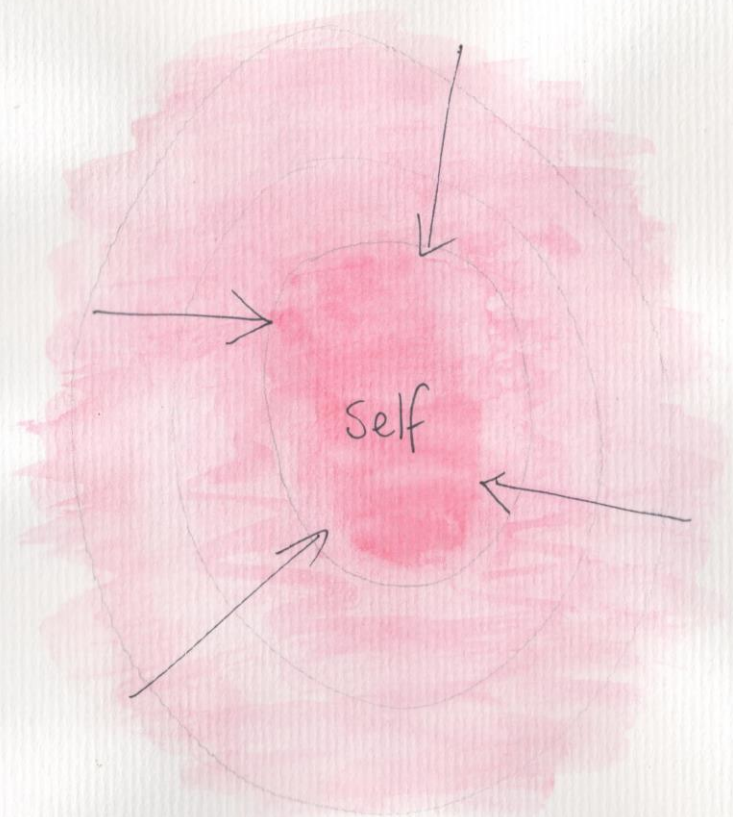
How does it work?

- Simplicity and graphic nature shocks - there is no hiding behind words
- Shifts paradigm - 'normal' is not normal
- Removes judgement – it just... is, and safe can always get safer...
- All genders
- All cultures
- Flexible
- Highlights change is a gradual process
- Put the work in and things will get easier = ↑motivation to really enjoy Life.
- Emphasizes simplicity and gratitude.

What does it do?

- Recognises our wholeness
- Questions
- Shifts
- Connects
- ↑
- Releases
- Allows
- Awakens
- Presents
- Motivates
- Inspires





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"THE SECRET OF
CHANGE IS TO FOCUS
ALL OF YOUR ENERGY,
NOT ON FIGHTING THE
OLD, BUT ON BUILDING
THE NEW."

— *SOCRATES*

How do I use it?

- Presentation, followed by display.
- Written in to any unit of work eg People as Community members.

Red	Cream	Yellow
Take drugs at home or in community	Look after my home	Participate in Beach Cleanup day.

- Culture of the Education Centre

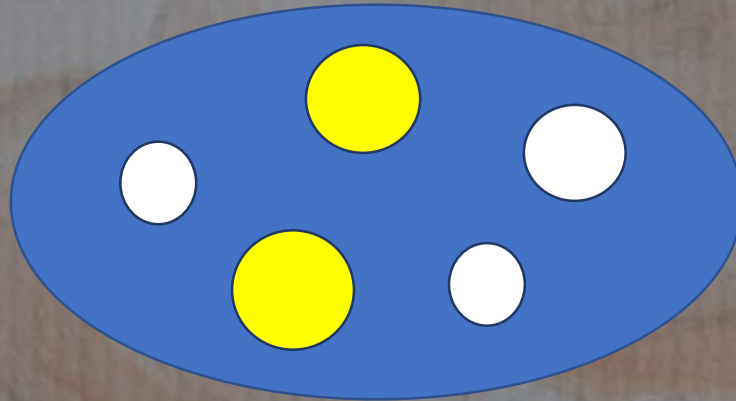
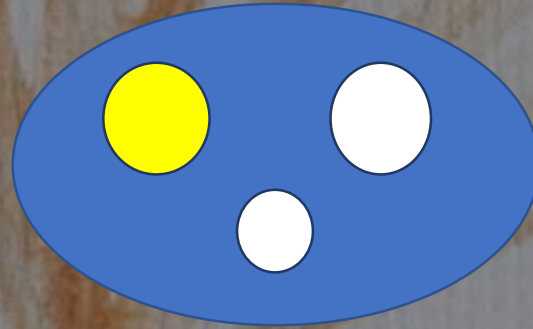
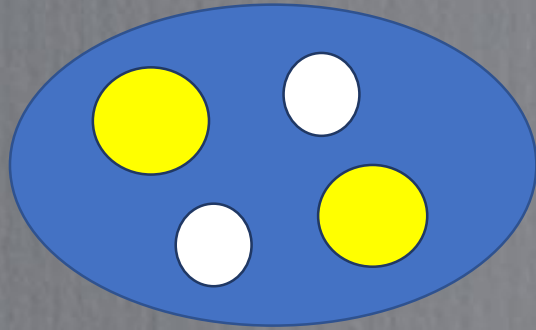
Aiding rehabilitation

- *Because of the emphasise on building a new life:*
- ↑ education enrolments and pathing
- Application in Vocational training
- Attending Counselling
- Enrolling in Pathways
- Sharing of success stories back for inspiration
- Now enquiring about Rehabilitation Centres, for a long term stay.

It's Daily Power...

- It's so simple!
- Does it make sense? Absolutely!
- What are you doing? Spreading the Cream and Yellow Miss. Do you still think about that? I use it every day Miss.
- Written in to the evaluations of teaching units as something they remember.
- Taking action to improve lives whilst incarcerated eg. Stopping smoking
- Moving to self-care side – did not know it was possible.
- Volunteer self enrolment in programs such as Pathways.
- Using their business brains and skills for good
- And those who have not returned...

Making lasting change...





Thank you...

Lisa Bickley
Prison Education Coordinator
Greenough Regional Prison
Western Australia