

## Newspaper: Peace Education Program Helps Incarcerated With Mental Health



The Central Virginian newspaper marked "Mental Health Awareness Month" on May 12 by publishing an article that highlights how the [Peace Education Program](#) "can help improve mental health and well-being." The article also highlights The Prem Rawat Foundation's [partnership with GTL](#) to offer the program to incarcerated people via the [GTL's Inspire Inmate Tablets](#).

Read the full article, "[Mental Illness Affects 1 in 5 People, Incarcerated Individuals Included - How Correctional Facilities Can Provide Beneficial Resources.](#)" or read an excerpt below.

Learn more about the Peace Education Program [here](#).

### Article Excerpt:

Mental illness does not discriminate based on age, race, or gender. It also does not discriminate based on incarceration status. In fact, incarcerated individuals are more likely to have a mental health issue than other population groups. A 2005 study by the [Bureau of Justice Statistics](#) indicated that 56% of state prisoners, 45% of Federal prisoners, and 64% of jailed inmates suffered from a mental illness. However, only 33% of state prisoners, 25% of Federal prisoners, and 17% of jail inmates suffering from mental illness received treatment during incarceration.

"The 2005 study might seem outdated, but the numbers remain about the same—across the U.S., there are more individuals with mental illnesses incarcerated than in psychiatric hospitals," said Pelicia Hall, GTL Senior Vice President, Reentry Programs. "However, while not enough, there are many valuable resources available to help reduce the number of incarcerated individuals with mental health issues, to provide treatment to those that are incarcerated, and to offer continuing help to returning citizens after they are released. As a company focused on corrections technology, GTL is dedicated to providing resources and solutions that help to address this problem. With the current pandemic situation affecting everyone in the United States, physical and mental health are of the utmost importance. There is an unfortunate stigma surrounding mental health issues that keeps many from seeking treatment. That needs to change."

GTL is one small piece of the solution, offering resources that incarcerated individuals can access on tablets.

GTL has [partnered](#) with [Breaking Free Group](#), a UK-based digital health and behavioral science company that has pioneered the utilization in corrections settings of clinically-robust digital behavior change interventions for addictions, to offer the "Breaking Free from Substance Abuse" digital program via secure [GTL inmate tablets](#). The program assists incarcerated individuals in achieving and maintaining recovery from dependence on over 70 different substances, including opioids, stimulants, prescribed medications, and alcohol.

GTL tablets also provide access to the [Peace Education Program from The Prem Rawat Foundation](#), which helps participants discover a renewed sense of purpose, including how to use their own inner resources and lead more fulfilling lives through the exploration of 10 thought-provoking themes: Peace, Appreciation, Inner Strength, Self-Awareness, Clarity, Understanding, Dignity, Choice, Hope, and Contentment. This program can help improve mental health and well-being.