Initial Evaluation of Alternatives to Violence Program
Analysis of Participant Feedback Surveys

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AVP FINDINGS

This report compiles and analyzes participant responses to the Alternative to Violence Project (AVP) in New Mexico Prisons. We analyzed participant feedback surveys that were completed at the end of AVP Workshops. The data was gathered from 1,265 female participant surveys from the years 2005 to 2017. We constructed variables based on common responses about their personal experience in the AVP workshops. We created variables that represented how AVP has changed the participant's attitudes, as well as skills to deal with violence, self-reflection and interpersonal communication. Any answers that were left blank or indistinguishable were reported as missing values, and some questions were not included in all years. Thus, certain information reported is based on less than the total of 1,265 surveys.

AVP Workshop Levels

AVP offers three workshop levels arranged in a sequence. The Basic course (Level I) focuses on respect for self and others, communication, trust, teamwork, and conflict resolution skills. The Advanced course (Level II) focuses on exploration of inmate-chosen concerns such as anger, communication, relationship issues, with material on forgiveness and other tools provided. The final course is the Training for Facilitators (T4F) workshop, and it focuses on extensive personal development and learning to become an AVP facilitator.

Workshop Environment

Participants were asked a series of agreement scale questions. The questions included; workshop enjoyment, if they felt welcomed and included, if they learned new things, the quality of facilitators, if they want to learn more AVP ideas, and if they plan to use AVP tools and approaches. Participants were asked to rate these questions about the workshop environment on a 1 to 5 scale. 1 being no, 3 being somewhat and 5 being very much.

86.5% of participants enjoyed the AVP workshop. 89.2% of participants felt welcomed and included. 76% of participants believed they learned new things. 88.3% of participants felt the facilitators did a good job. 86.7% of participants wanted to learn more about AVP in the future. Additionally, 78.9% wanted to take the next AVP workshop. 82.9% of participants planned to use AVP tools and approaches in the future. Finally, 82.4% of participants were interested in becoming an AVP facilitator.

Most/Least Valuable Exercises

Participants were asked what were the most and least valuable exercises in the workshop. Both of these questions were open ended. We used these responses to calculate the total number of times an exercise was mentioned. We then compared the total number for each time an exercise was listed in either the most or least valuable category.

Table 1 states the more common exercises we found in the data regarding whether the exercises listed viewed as most or least valued throughout the AVP workshop experience.

Exercise * Least / Most Valuable

Table 1.

Count			
	Most Valuable	Least Valuable	Total
Animal Cooperation	1.01% (8)	9.54% (23)	**31**
Broken Squares	1.39% (11)	13.28% (32)	**43**
Concentric Circles	8.1% (64)	7.47% (18)	82
Conflicts Solved Non-Violently	5.19% (41)	1.66% (4)	45
Feeling Statement	11.39% (90)	6.64% (16)	106
Gathering	10.13% (80)	3.32% (8)	88
Light & Lively	4.18% (33)	23.24% (56)	**89**
Name Game	2.91% (23)	2.49% (6)	29
Quick Decisions	3.54% (28)	3.73% (9)	37
Role-Play	12.91% (102)	16.6% (40)	142
Transforming Power	9.75% (77)	2.07% (5)	82
What is Violence	4.43% (35)	2.49% (6)	41
Who Am I	25.06% (198)	7.47% (18)	216
Total	790	241	1031

Most Valuable Exercises

• Concentric Circles: 6.5% of all participants referenced this exercise. 5.1% found this exercise most valuable and 1.4% found it least valuable. The Concentric Circles exercise was found to be in the most valuable exercise category at a statistically significant level across all workshop levels.

• Conflicts Solved Non-Violently: 3.4% of all participants referenced this exercise, with 3.2% finding this exercise most valuable and 0.3% finding it least valuable. The Conflict Solved Non-Violently exercise was found to be in the most valuable exercise category at a statistically significant level in the Basic and T4F workshops.

• Feeling Statements: 8.4% of participants referenced this exercise, with 7.1% finding this exercise most valuable and 1.3% finding it least valuable. The Feeling Statements exercise was found to be in the most valuable exercise category at a statistically significant level across all workshop levels.

• Gatherings: 7% of participants referenced this exercise, with 6.3% finding this exercise most valuable and 0.6% finding it least valuable. The Gatherings exercise was found to be in the most valuable exercise category at a statistically significant level across all workshop levels.

• Name Game: 2.3% of participants referenced this exercise, with 1.8% finding this exercise most valuable and 0.5% finding it least valuable. The Name Game exercise was found to be in the most valuable exercise category at a statistically significant level in the Basic workshop.

• Quick Decisions: 3% of participants referenced this exercise, with 2.2% finding this exercise most valuable and 0.7% finding it least valuable. This exercise has statistical significance in the Basic and T4F workshops.

• Role-Play: 11.2% of participants referenced this exercise, with 8.1% finding this exercise most valuable and 3.2% finding it least valuable. This variable has statistical significance in the Basic and T4F workshops.

• Transforming Power: 6.5% of participants referenced this exercise, with 6.1% finding this exercise most valuable and five finding it least valuable. This variable has statistical significance throughout all workshops.

• What is Violence: 3.2% of participants referenced this exercise, with 2.8% finding this exercise most valuable and 0.5% finding it least valuable. This variable has statistical significance in the Basic and T4F workshops.

• Who Am I: 17.1% of participants referenced this exercise, with 15.7% finding this exercise most valuable and 1.4% finding it least valuable. This variable has statistical significance throughout all workshops.

Least Valuable Exercises

• Animal Cooperation: 2.5% participants referenced this exercise, with 0.6% finding this exercise most valuable and 1.8% finding it least valuable. This variable has statistical significance, as being least valued, in the Basic workshop.

• Broken Squares: 3.4% participants referenced this exercise. 0.9% of participants found this exercise as most valuable and 2.5% finding it least valuable.

• Light & Lively: 7% participants referenced this exercise, with 2.6% finding this exercise most valuable and 4.4% finding it least valuable. This variable has statistical significance, as being least valued, in the Advanced workshops.

See Appendix A for details on each exercise.

Most Significant Personal Learning

Participants were asked an open-ended question regarding their most significant personal learning during their AVP workshop. We used common phrases to create variables. Since individuals could include multiple statements and would refer to multiple things in a sentence those response may have been counted more than once.[1]

Table 2 provides information on the most significant personal learning that the participant has claimed for their AVP workshop. Table 3 shows personal learning broken up into workshop levels.

Most Significant Personal Learning

Table 2.

Exercises	Percentage
Self-Reflection	33.2%
Group Effect	24.6%
Learned Skills	17.9%
Positive Effects	14.4%
Forgiveness	12.1%
Communication	7.8%

[1] Example of how a variable may be counted in multiple categories includes, "how to learn to forgive myself and others." Was counted as self-reflection, forgiveness and relationships with others.

Most Significant Personal Learning by Workshop

Table 3.

	Count			
	Basic	Advanced	T4F	Total
Self-Reflection	30% (209)	35.59% (146)	32.83% (65)	33.2% (420)
Group Effects	22.68% (154)	22.16% (86)	35.86% (71)	24.58% (311)
Learned Skills	19.73% (134)	9.52% (38)	27.78% (55)	17.94% (227)
Forgiveness	0.88% (6)	37.11% (144)	1.52% (3)	12.09% (153)
Positive Effects	13.99% (95)	12.11% (47)	20.0% (40)	14.39% (182)
Communication	8.89% (61)	5.15% (20)	8.59% (17)	7.75% (98)

• Self-reflection: 33.2% of participants referenced how AVP affected themselves. Key phrases that we collected included terms and phrases that involved self-worth, discovering their own personal value and other phrases that the researchers thought were related to self-reflection. Self-reflection was the most common expression among participants in their most significant personal learning. Self-reflection includes self-awareness.

• Group Effects: 24.6% of participants claim that AVP has assisted in recognizing they are not alone, that they can have beneficial interactions, relationships, and common ground in working with others. Key phrases that we collected included terms and phrases that involved those around the participants, discovering the effects of others in the group, as well as other phrases that the researchers thought were related to group effects.

• Problem solving/Learned skills: 18% of participants referenced how AVP has taught them skills for dealing with violence. Key terms used in identifying this category were learning, skills, tools, alternative choices and other phrases that assisted in identifying there are other options to using violence to deal with situations.

• Forgiveness: 12.1% of participant's responses reference that AVP has assisted with their forgiveness. We identified that this could imply forgiveness regarding self and for others. Forgiveness is a popular topic chosen by inmates in the Advanced workshop.

• Positivity: 14.4% of participant's suggest the most significant learning throughout their AVP workshop was the joy of having a positive experience. This included participants having feelings of affirmation, acceptance, encouragement, and trust.

• Enhancing communication skills: 7.6% of participant's answer that AVP has aided in enhancing communication skills, specifically active listening skills.

How to Deal With Violence In The Future

Another open-ended question asked in the survey was how the workshop changed how a participant would deal with violence in the future.

Table 4 articulates the most common trends associated with participant's beliefs regarding what they will use to deal with violence in the future.

How to Deal with Violence in the Future by Year

Table 4.

Count						
		Learned Skills	Self-reflection	Relationships	Communication	Reported Total
Years	2014	76.64% (82)	31.78% (34)	20.56% (22)	11.21% (12)	107
	2015	79.75% (63)	40.51% (32)	22.78% (18)	15.19% (12)	79
	2016	76.92% (90)	49.57% (58)	26.5% (31)	8.55% (10)	117
	2017	74.8% (92)	37.4% (46)	26.02% (32)	15.45% (19)	123
Total:	**667**	331	174	107	55	440

Learned Skills: 75.2% of participants state that they will use the skills learned in AVP to assist in how they deal with violence in the future.

Self-reflection: 39.6% of participants stated that the information provided by AVP will alter how they handle future violence with self-reflection. These are identified as how they will personally handle and deal with situations, because they know how to reflect on themselves and recognize there are alternatives to violence. Self-reflection includes self-awareness.

Relationships with Others: 24.3% of participants claim that AVP will assist in future relationships with others, as a means to prevent future violence. These are seen as skills learned in AVP to contribute to finding common ground and aid in improving relationships with others.

Communication: 12.5% of Participants claim that the communication skills learned in AVP, will contribute to how they handle and react to violence in the future. Key terms used in identifying this category were comprised of terms enhancing both communication and listening skills.

Suggestions for Future Workshops

Participants were asked for suggestions and comments. In order for a category to be listed here, 5% or more of the population must have mentioned it.

Table 5 shows the suggestions made by participants over the years.

Suggestions for Future AVP Workshops

Table 5.

Count						
		Overall Great	No Changes	More AVP Workshops	Snacks	Reported Total
Year	2005	9	7	4	2	14
	2006	37	23	6	6	56
	2007	45	37	2	3	82
	2008	72	51	4	10	122
	2009	48	35	8	10	67
	2010	51	45	5	2	78
	2011	85	70	17	8	133
	2012	50	33	7	6	85
	2013	76	65	5	8	109
	2014	14	26	5	11	133
	2015	13	21	12	7	108
	2016	13	22	2	7	128
	2017	13	27	9	4	150
Total:		526	462	86	84	1,265

• Great Workshop: 41.6% of participant's state AVP as a great workshop or commented on facilitators doing an excellent job.

• No changes necessary: 36.5% of participants state there should be no changes to the AVP workshop.

• More AVP workshops: 6.8% of participants conclude that there is a necessity for increased AVP workshops. This includes more workshops, longer classes and more days offered.

•More Drinks and Snacks available: 6.64% of participants made comments about the available food during the workshop. These included more snacks and a wider variety of drinks and snacks available to them throughout the workshops.

What Would They tell Someone Considering Taking AVP

Participants were asked in an open-ended question what they would tell someone about taking AVP.

Table 6 shows how participants will inform those interested in AVP about the effects of AVP. This table is broken up into year and categories.

Comments to Someone Interested in AVP Across Years

Table 6.

		Count					
		Recommend AVP	Positive Experience	Self-Impact	Skills Learned	Future with Others	Reported Total
Year	2005	10	5	8	3	4	14
	2006	40	29	23	18	12	56
	2007	50	36	31	32	13	82
	2008	88	60	45	41	9	122
	2009	44	39	34	31	12	67
	2010	46	39	28	27	7	78
	2011	69	78	55	50	10	133
	2012	46	49	31	25	8	85
	2013	65	64	35	41	10	109
	2014	78	77	59	48	25	133
	2015	70	59	35	52	15	108
	2016	93	74	60	74	12	128
	2017	85	70	65	50	24	150
Total:		784	679	509	492	161	1,265

• Recommend AVP: 61.98% of participants state they would likely refer AVP to another person.

•Positive Comments Surrounding Workshop: 61.98% participants state that AVP was a positive experience. They found it was valuable, powerful, fun, and used other positive attributes to describe their experience.

•Impact Self: 40.24% of participants believe that AVP can and will help with self-reflection and deem it essential for those trying to better themselves. They identify that they will inform others interested in AVP, that this is a life changing experience and will be a new beginning to have a better life in the future without violence.

•Learn Skills: 38.89% participants state that they will inform those interested in AVP on the skills learned throughout the workshops.

•Affect Future with Others: 40.24% of participants claim they will inform people on the effect of AVP and relationships with others. Participants state how they will let others know that they will not only make friends within the workshop, but also identify that they are not alone.

Interest in taking the next AVP Workshop

In the surveys 79% of participants stated they were willing to take the next AVP workshop offered. Table 7 shows the responses broken out.

Would you like to take the next AVP Workshop

Table 7.

		Inmates	Percent
Valid	Unknown	239	18.9%
	Maybe	9	0.7%
	No	18	1.4%
	Yes	999	79.0%
	Total	1,265	100.0%

Interest in becoming an AVP Facilitator

Table 8 describes the responses of participants interests in becoming a facilitator. 82.5% of participants want to further their role in AVP and become a facilitator.

Interested in becoming a Facilitator

Table 8.

		Inmates	Percent
Valid	Unknown	87	6.9%
	Maybe	36	2.8%
	No	99	7.8%
	Yes	1043	82.5%
	Total	1,265	100.0%

See Appendices B through E for details on open-ended variables.

Conclusion

Overall, participants claim AVP is beneficial in how they deal with violence and how they work with the world around them. Prior research has provided evidence that AVP workshops have a correlation to decreased recidivism. To further understand if AVP decreases recidivism in New Mexico, we recommend a longitudinal study of New Mexico participants with their exposure to AVP and their recidivism rates after.

Contact Information

For information on Alternatives to Violence Project of Northern New Mexico (AVP-NNM) please contact:

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Appendix A

Concentric Circles across Years

Model 1.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	1	0	14
	2006	2	0	56
	2007	1	2	82
	2008	5	2	122
	2009	1	1	67
	2010	2	2	78
	2011	8	1	133
	2012	7	1	85
	2013	4	2	109
	2014	7	3	133
	2015	7	1	108
	2016	6	2	128
	2017	13	1	150
Total		64	18	1,265

Concentric Circles Across Workshop Levels

Model 2.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	30**	11	679
	Advanced	27***	7	388
	Training for Facilitators	7**	0	198
Total		64	18	1,265

*** p<0.001, ** p<0.01, * p<0.05

Conflict Solved Non-violently Across Years

Model 3.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	0	0	56
	2007	3	2	82
	2008	2	2	122
	2009	0	0	67
	2010	4	0	78
	2011	8	0	133
	2012	2	0	85
	2013	2	0	109
	2014	5	0	133
	2015	4	0	108
	2016	8	0	128
	2017	3	0	150
Total		41	4	1,265

Conflict Solved Non-violently across Workshop Levels

Model 4.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	35***	4	679
	Advanced	0	0	388
	Training for Facilitators	6*	0	198
Total		41	4	1,265

*** p<0.001, ** p<0.01, * p<0.05

Feeling Statements Across Years

Model 5.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	1	4	56
	2007	1	0	82
	2008	5	2	122
	2009	1	1	67
	2010	4	0	78
	2011	12	2	133
	2012	5	1	85
	2013	11	1	109
	2014	6	2	133
	2015	7	0	108
	2016	20	2	128
	2017	17	1	150
Total		90	16	1,265

Feeling Statements across Workshop Levels

Model 6.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	73	15	679
	Advanced	11	1	388
	Training for Facilitators	6	0	198
Total		90	16	1,265

*** p<0.001, ** p<0.01, * p<0.05

Gatherings Across Years

Model 7.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	1	0	14
	2006	7	1	56
	2007	7	0	82
	2008	12	3	122
	2009	7	0	67
	2010	3	1	78
	2011	8	1	133
	2012	2	1	85
	2013	3	0	109
	2014	11	0	133
	2015	7	1	108
	2016	3	0	128
	2017	9	0	150
Total		80	8	1,265

Gatherings Across Workshops Levels

Model 8.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	31***	5	679
	Advanced	23***	2	388
	Training for Facilitators	26***	1	198
Total		80	8	1,265

*** p<0.001, ** p<0.01, * p<0.05

Name Game across Years

Model 9.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	0	0	56
	2007	0	1	82
	2008	1	1	122
	2009	0	0	67
	2010	0	0	78
	2011	1	1	133
	2012	1	0	85
	2013	1	2	109
	2014	7	0	133
	2015	1	0	108
	2016	6	0	128
	2017	5	1	150
Total		23	6	1,265

Name Game across Workshop Levels

Model 10.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	19**	6	679
	Advanced	4	0	388
	Training for Facilitators	0	0	198
Total		23	6	1,265

*** p<0.001, ** p<0.01, * p<0.05

Quick Decisions Across Years

Model 11.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	0	0	56
	2007	4	2	82
	2008	1	0	122
	2009	2	0	67
	2010	1	1	78
	2011	2	1	133
	2012	2	2	85
	2013	7	0	109
	2014	1	0	133
	2015	0	1	108
	2016	7	1	128
	2017	1	1	150
Total		28	9	1,265

Quick Decisions Across Workshop Level

Model 12.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	19*	8	679
	Advanced	0	0	388
	Training for Facilitators	9*	1	198
Total		28	9	1,265

*** p<0.001, ** p<0.01, * p<0.05

Role-play Across Year

Model 13.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	1	1	14
	2006	5	1	56
	2007	9	12	82
	2008	8	7	122
	2009	1	0	67
	2010	6	0	78
	2011	5	1	133
	2012	2	1	85
	2013	12	2	109
	2014	12	3	133
	2015	14	3	108
	2016	12	6	128
	2017	15	3	150
Total		102	40	1,265

Role-play Across Workshop Levels

Model 14.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	77	29	679
	Advanced	4	1	388
	Training for Facilitators	21	10	198
Total		102	40	1,265

Transforming Power Across Years

Model 15.

Count				
		Most Valued	Least Valued	Total
Year	2005	0	0	14
	2006	6	0	56
	2007	6	0	82
	2008	3	0	122
	2009	2	0	67
	2010	3	1	78
	2011	3	0	133
	2012	5	0	85
	2013	6	0	109
	2014	8	1	133
	2015	11	1	108
	2016	6	2	128
	2017	18	0	150
Total		77	5	1,265

Transforming Power Across Workshop Levels

Model 16.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	39	4	679
	Advanced	12	1	388
	Training for Facilitators	26	0	198
Total		77	5	1,265

What is Violence Across Years

Model 17.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	0	0	56
	2007	0	1	82
	2008	4	1	122
	2009	2	0	67
	2010	2	0	78
	2011	5	1	133
	2012	4	0	85
	2013	5	1	109
	2014	1	0	133
	2015	1	0	108
	2016	6	0	128
	2017	5	2	150
Total		35	6	1,265

What is Violence Across Workshop Level

Model 18.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	28***	5	679
	Advanced	0	1	388
	Training for Facilitators	7**	0	198
Total		35	6	1,265

Who Am I Across Years

Model 19.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	1	14
	2006	6	3	56
	2007	23	0	82
	2008	12	1	122
	2009	12	3	67
	2010	12	2	78
	2011	21	1	133
	2012	11	2	85
	2013	20	0	109
	2014	24	1	133
	2015	8	1	108
	2016	26	3	128
	2017	23	0	150
Total		198	18	1,265

Who Am I Across Workshop Levels

Model 20.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	182***	16	679
	Advanced	9*	1	388
	Training for Facilitators	7*	1	198
Total		198	18	1,265

*** p<0.001, ** p<0.01, * p<0.05

Animal Cooperation Across Years

Model 21.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	1	14
	2006	0	1	56
	2007	0	0	82
	2008	0	0	122
	2009	0	0	67
	2010	0	0	78
	2011	0	0	133
	2012	0	0	85
	2013	1	5	109
	2014	4	7	133
	2015	1	2	108
	2016	2	5	128
	2017	0	2	150
Total		8	23	1,265

Animal Cooperation Across Workshop Levels

Model 22.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	8	22	679
	Advanced	0	1	388
	Training for Facilitators	0	0	198
Total		8	23	1,265

Broken Squares Across Years

Model 23.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	0	0	14
	2006	1	5	56
	2007	3	5	82
	2008	2	5	122
	2009	0	0	67
	2010	2	7	78
	2011	0	7	133
	2012	1	2	85
	2013	2	1	109
	2014	0	0	133
	2015	0	0	108
	2016	0	0	128
	2017	0	0	150
Total		11	32	1,265

Broken Squares Across Workshop Levels

Model 24.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	11	32	679
	Advanced	0	0	388
	Training for Facilitators	0	0	198
Total		11	32	1,265

Light & Lively Across Years

Model 25.

Count				
		Most Valuable	Least Valuable	Total
Year	2005	1	0	14
	2006	0	5	56
	2007	0	8	82
	2008	4	9	122
	2009	1	3	67
	2010	1	3	78
	2011	2	5	133
	2012	1	2	85
	2013	1	1	109
	2014	4	4	133
	2015	7	4	108
	2016	1	2	128
	2017	10	10	150
Total		33	56	1,265

Light and Lively Across Workshop Levels

Model 26.

Count				
		Most Valuable	Least Valuable	Total
Workshop Level	Basic	20	22	679
	Advanced	8	24	388
	Training for Facilitators	5	10	198
Total		33	56	1,265

Appendix B

Self-reflection Across Workshop Levels

Model 27.

Count				
		Self-reflection		Total
		Not Stated	Stated	
Workshop Level	Basic	69.22 (470)	30% (209)	53.68% (679)
	Advanced	60.65% (242)	35.59% (146)	30.67% (388)
	Training for Facilitators	67.17% (133)	32.83% (65)	15.65% (198)
Total		66.8% (845)	33.2% (420)	1,265

Group Effects Across Years

Model 28.

Count				
		Group Effects		Total
		Not Stated	Stated	
Workshop Level	Basic	77.32% (525)	22.68% (154)	679
	Advanced	77.84% (302)	22.16% (86)	388
	Training for Facilitators	64.14% (127)	35.86% (71)	198
Total		75.42% (954)	24.58% (311)	1,265

Learned Skills Across Workshop Levels

Model 29.

Count				
		Learned Skills		Total
		Not Stated	Stated	
Workshop Level	Basic	80.27% (545)	19.73% (134)	53.68% (679)
	Advanced	87.72% (350)	9.52% (38)	30.67% (388)
	Training for Facilitators	72.22% (143)	27.78% (55)	15.65% (198)
Total		82.06% (1038)	17.94% (227)	1,265

Forgiveness Across Workshop Levels

Model 30.

Count				
		Forgiveness		Total
		Not Stated	Stated	
Workshop Level	Basic	99.12% (673)	0.88% (6)	679
	Advanced	62.89% (244)	37.11% (144)	388
	Training for Facilitators	98.48% (195)	1.52% (3)	198
Total		87.91% (1112)	12.09% (153)	1,265

Positive Effects Across Workshop Level

Model 31.

Count				
		Positive Effects		Total
		Not Stated	Stated	
Workshop Level	Basic	86.01% (584)	13.99% (95)	679
	Advanced	87.89% (341)	12.11% (47)	388
	Training for Facilitators	79.8% (158)	20.0% (40)	198
Total		85.61% (1083)	14.39% (182)	1,265

Communication Across Workshop Level

Model 32.

Count				
		Communication		Total
		Not Stated	Stated	
Workshop Level	Basic	91.02% (618)	8.89% (61)	679
	Advanced	94.85% (368)	5.15% (20)	388
	Training for Facilitators	91.41% (181)	8.59% (17)	198
Total		92.25% (1167)	7.75% (98)	1,265

Appendix C

Learned Skills Across Years

Model 33.

Count				
		Learned Skills		Total
		Not Stated	Stated	
	2014	51	82	133
	2015	45	63	108
	2016	38	90	128
	2017	58	92	150
Total		934	331	1,265

Self-reflection Across Years

Model 34.

Count				
		Self-reflection		Total
		Not Stated	Stated	
	2014	99	34	133
	2015	76	32	108
	2016	70	58	128
	2017	104	46	150
Total		1091	174	1,265

Relationships Across Years

Model 35.

Count				
		Affect Future With Others		Total
		Not Stated	Stated	
	2014	111	22	133
	2015	90	18	108
	2016	97	31	128
	2017	118	32	150
Total		1158	107	1,265

Communication Across Years

Model 36.

Count				
		Communication		Total
		Not Stated	Stated	
	2014	121	12	133
	2015	96	12	108
	2016	118	10	128
	2017	131	19	150
Total		1210	55	1,265

Appendix D

Overall Great Across Workshop Level

Model 37.

Count				
		Overall Great		Total
		Not Stated	Stated	
Workshop Level	Basic	53.76% (365)	46.24% (314)	679
	Advanced	61.08% (237)	38.92% (151)	388
	Training for Facilitators	69.19%(137)	30.81% (61)	198
Total		58.42% (739)	41.58 (526)	1,265

No Changes Across Workshop Level

Model 38.

Count				
		No Changes		Total
		Not Stated	Stated	
Workshop Level	Basic	61.41% (417)	38.59% (262)	679
	Advanced	66.75% (259)	33.25% (129)	388
	Training for Facilitators	64.14% (127)	35.86% (71)	198
Total		63.48% (803)	36..52% (462)	1,265

More AVP Workshops Across Workshop Level

Model 39.

Count				
		More AVP Workshops		Total
		Not Stated	Stated	
Workshop Level	Basic	93.23% (633)	6.77% (46)	679
	Advanced	94.33% (366)	5.67% (22)	388
	Training for Facilitators	90.91% (180)	9.09% (18)	198
Total		93.2% (1179)	6.8% (86)	1,265

Snacks Across Workshop Level

Model 40.

Count				
		Snacks		Total
		Not Stated	Stated	
Workshop Level	Basic	92.93% (631)	7.07% (48)	679
	Advanced	93.04% (361)	6.69% (27)	388
	Training for Facilitators	95.4% (189)	4.55%(9)	198
Total		93.36% (1181)	6.64% (84)	1,265

Appendix E

Recommend AVP Across Workshop Level

Model 41.

Count				
		Recommend AVP		Total
		Not Stated	Stated	
Workshop Level	Basic	35.05% (238)	64.95% (441)	679
	Advanced	39.95% (155)	60.05% (233)	388
	Training for Facilitators	44.44% (88)	55.56% (110)	198
Total		38.02% (481)	61.98% (784)	1,265

Positive Experience Across Workshop Level

Model 42.

Count				
		Positive Experience		Total
		Not Stated	Stated	
Workshop Level	Basic	42.86% (291)	57.14% (388)	679
	Advanced	51.55% (200)	48.45% (188)	388
	Training for Facilitators	47.98% (95)	52.02% (103)	198
Total		46.32% (586)	53.68% (679)	1,265

Impact on Self Across Workshop Level

Model 43.

Count				
		Impact on Self		Total
		Not Stated	Stated	
Workshop Level	Basic	63.77% (433)	36.23% (246)	679
	Advanced	60.05% (233)	39.95% (155)	388
	Training for Facilitators	45.45% (90)	54.55% (108)	198
Total		59.76% (756)	40.24% (509)	1,265

Learn Skills Across Workshop Level

Model 44.

Count				
		Learn Skills		Total
		Not Stated	Stated	
Workshop Level	Basic	61.27%b (416)	38.73% (263)	679
	Advanced	63.4% (246)	36.6% (142)	388
	Training for Facilitators	56.06% (111)	43.94% (87)	198
Total		61.11% (773)	38.89% (492)	1,265

Affect Future With Others Across Workshop Level

Model 45.

Count				
		Affect Future With Others		Total
		Not Stated	Stated	
Workshop Level	Basic	87.78% (596)	12.22% (83)	679
	Advanced	88.92% (345)	11.08% (43)	388
	Training for Facilitators	82.32% (163)	17.68% (35)	198
Total		87.27% (1104)	12.73% (161)	1,265