



REAL TALK WITH RESPECT



Her Time
UNWIND. UPLIFT. UNIFY.

“Community Support at its best”

Hang Time is a grass roots social justice program founded in 2014 by former Hamden police officer and community activist, Charlie Grady, to address the issues of gang and gun violence, PTSD and recurring recidivism experienced by returning citizens in CT. Hang Time provides a unique approach to community integration for those coming home from incarceration. It is run by formerly incarcerated individuals and operates more like a collective impact initiative or social services navigation hub for returning citizens, than a program. Attendance at Hang Time is completely voluntary and the majority (if not all) of our attendees hear about Hang Time through word of mouth. Hang Time’s long-term goal is to reduce the level of violence in the community and recidivism among returning citizens through empowerment, community engagement, and building connections. We currently run programs in Bridgeport, Waterbury and New Haven, with a goal of expanding it into other urban cities in CT and beyond.

Our Impact: 2014-2023

- Total attendees/meals provided: >3,700.
- # of Regular Attendees*: 1,148 (or average of 135 per annum)
- # Connected to employment or assisted with social services navigation: 938
- # of college scholarships provided (since 2020): 19
- # of students who participated in CHOICES youth violence prevention mentoring since 2022 :>100
- Recidivism: @ 90% of attendees have not recidivated. **
- # of CT DOC trainees engaged by Hang Time/HOC Inductees since 2021: 884
- # of CT Police Recruits engaging in educational forums with Hang Time/HOC inductees in 2022: 53 police recruits (representing 13 cities and towns)
- # of US District Attorneys engaged by Hang Time/HOC inductees in 2022: 35

*Those who have attended more than four sessions on a regular/weekly basis.

**The recidivism rate pertains to attendees that returned to prison within one year of being a Hang Time regular.

Hang Time Video: <https://vimeo.com/769222396/5253e0186f>

Our Programs:



Hang Time meets weekly in both Bridgeport and Waterbury. Approximately 40 people (men, women and youth) in each location attend a completely voluntary meeting, where they are provided a safe and respectful space to share insights as well as problem solve through discussion, receive an educational lesson on history or current events provided by Hang Time staff and/or outside professionals, are offered options in mental health treatment and assistance with social service navigation as well as a hot meal. It is not uncommon to see rival gang members, parole and police officers as well as mental health professionals sitting down together in a respectful manner, discussing current events and sharing a meal-something that was formerly unthinkable. In November 2022 a Hang Time program was launched in New Haven.



Her Time is a sister program for Hang Time which services women only. The women served are those women left behind to work multiple jobs and carry the load their spouse, boyfriend, girlfriend, son & daughter left by going to jail and/or have been incarcerated themselves and many are victims of domestic violence. These women invariably put their lives and dreams on hold to care for the family. We honor them with exclusive women's programming and resources to improve their quality of life, similar the resources that Hang Time offers for men. Since 2018, approximately 40 women attend monthly Her Time sessions in Bridgeport. Her Time programs have been launched in New Haven in May 2023 and Waterbury in June 2023.



In 2022, Hang Time launched a youth violence prevention and mentorship program called **CHOICES**, which focuses on high school athletes in urban communities that often find themselves lured into street life and violence when not on the field or court, etc. **CHOICES** utilizes formerly incarcerated mentors that look and speak like the students in the schools, who were also former high school, college and/or pro stand-out athletes. These mentors go into the high schools to discuss with students the consequences of their choices in life as well as issues related to physical and mental health, what legally constitutes sexual assault, how to react when engaging with police and other topics. It is the intent that the support and guidance of **CHOICES** mentors will empower these high school athletes/influencers to inspire the wider high school community to reject the lure of gun and gang violence in their communities. Over 100 students have attended **CHOICES** mentoring sessions in Bridgeport and Waterbury in 2022.



Hang Time Mobile takes youth and adults out of the inner cities to various historic locations for "hands on education". Many of our community members have an incomplete education due to spending their formative educational years in prison. Hang Time staff or other professional instructors seek to fill these educational gaps by teaching members about a historically significant event or location and then providing a hands-on learning experience visiting that location in a subsequent week. Hang Time Mobile trips have included educational excursions to Washington, DC, Newport RI, Boston, MA and various CT museums.



Additionally, Hang Time provides **Academic Scholarships** to graduating high school students that have been impacted by incarceration directly or through a family member. The award is based on an essay contest that must include what the student plans to do with their college degree to help stop the cycle of incarceration. Since 2020, Hang Time has awarded fifteen (15) scholarships to high school students accepted to college and four (4) to adults formerly incarcerated enrolling or returning to college. In 2023, Hang Time will award eight (8) scholarships to graduating seniors and/or formerly incarcerated adults.



In addition to its programming, in 2020 Hang Time founded the **CT Hall of Change** that works toward judicial reform, advocacy and education. It is the first program of its kind in the nation that memorializes the deeds of formerly incarcerated individuals who make significant contributions to helping others "coming home" as well in the communities they once violated. The CT Hall of Change was formed in partnership with the State of Connecticut Department of Corrections, Career Resources, The Arts, Preservation & Museums at DECD for the State of Connecticut and the Re-Entry Collaboratives of Connecticut, along with other vested groups. The Hall of Change honors four men and four women annually, known as "The Great Eight", who are then memorialized at the state museum at Old New-Gate Prison (the first state prison in early America). Their stories act as inspiration for all inmates who can read about life after incarceration. Honorees speak to the local communities about their success post incarceration as well as to cadet trainees and recruits in corrections facilities, which serve to humanize inmates to new correction officers. Since 2020, CT Hall of Change inductees have engaged with numerous Dept of Corrections officer trainees and new police officer recruits from various CT police departments. These discussions with DOC trainees and police officer recruits have been so impactful that the State of CT Chief State's Attorney's office has requested HOC Inductees and Hang Time members to present and educate all newly appointed state prosecutors and has become a staple of police officer candidate training.

To learn more about our programs or support us, please contact Charlie Grady at ckgrady6@gmail.com or Michele Litt at mlitt@hangtimerealtalk.com