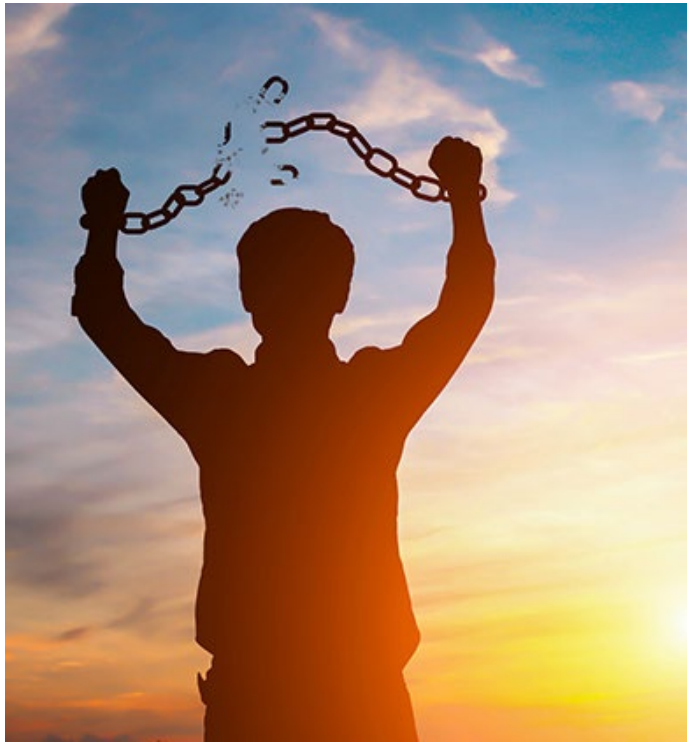


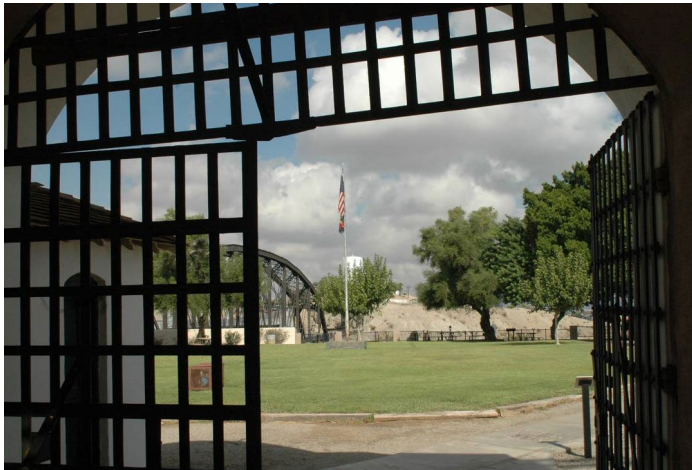
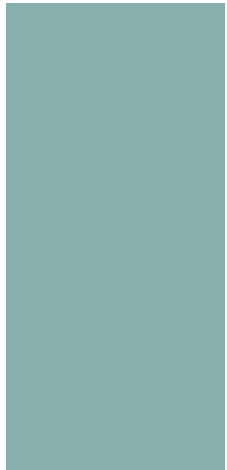
COLORADO DEPARTMENT OF CORRECTION'S NORMALIZATION INITIATIVE





WHAT IS NORMALIZATION?

Normalization aims to bring prison life as close as possible to normal life outside of prison.



INITIAL AREA OF FOCUS: CHANGE THE PHYSICAL ENVIRONMENT

Paint walls

Add color to communal spaces

Paint Murals

Add gardens

Add trees

Plant flowers

Plant fruits and vegetables

Integrate music

Change florescent lights

Add more green space

Create addition natural lighting

Additional cooking options

Unbolt furniture

Add décor

Change plumbing fixtures

Change lighting fixtures

MUSIC

Listening to classical or instrumental music increases relaxation and reduces anxiety, tension, stress, anger and aggression.

Music with fast rhythms or tempos can have similar beneficial effects when the individual selects the music.



BENEFITS OF LIGHTING

Dawn simulation lighting at wake-up time increased alertness during the day, positive mood, well-being and cognitive performance.

Artificial light exposure to blue light vs white fluorescent light increases positive mood, well-being, alertness, productivity and quicker relaxation following a stressor.

Natural light (During the Day) regulates circadian rhythms, improves sleep quality, reduces depressive symptoms, improves mood, increases productivity throughout the day.

WHAT IS GREEN SPACE?

Grass

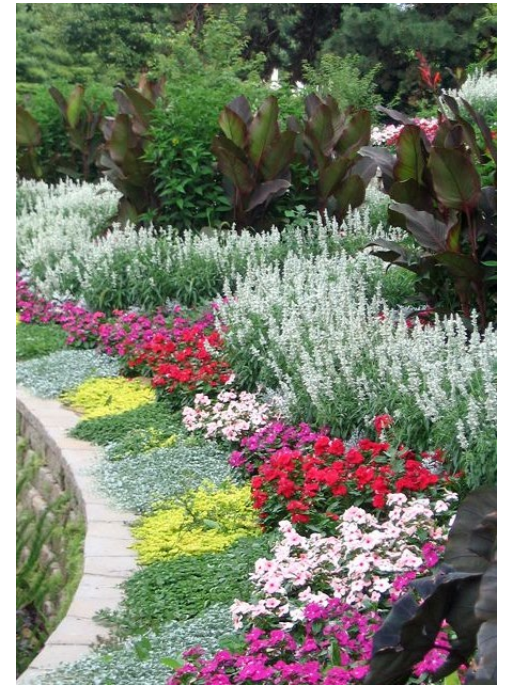
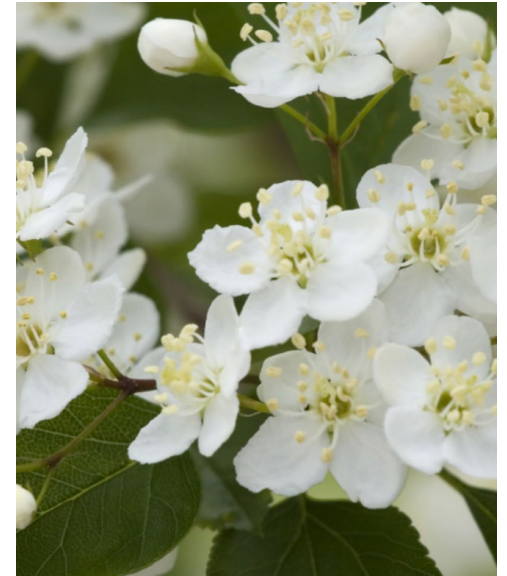
Gardens Structures

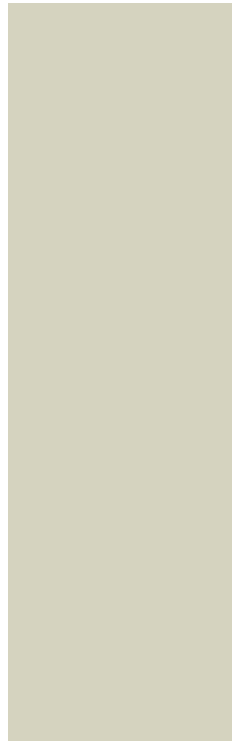
Trees

Flowers

Plants

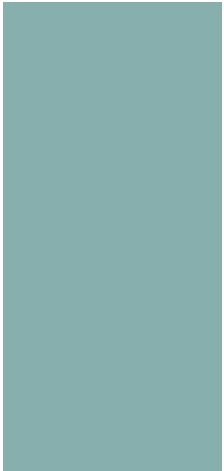
Landscaping





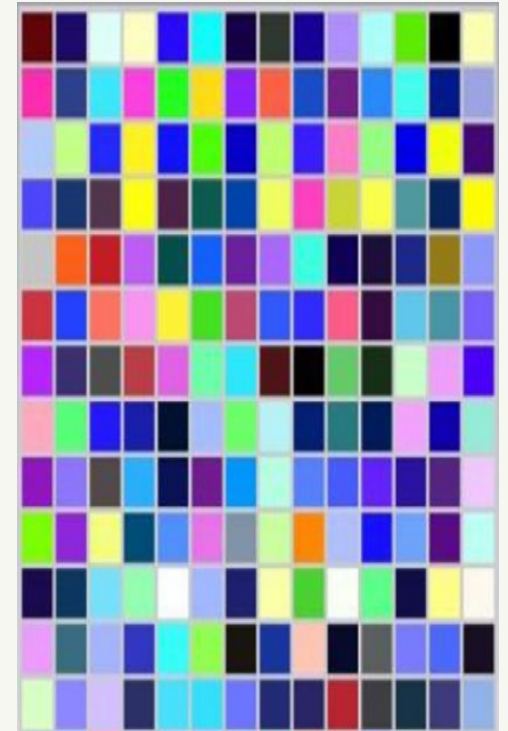
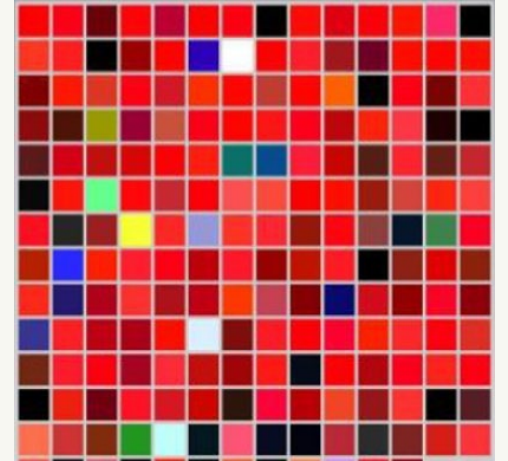
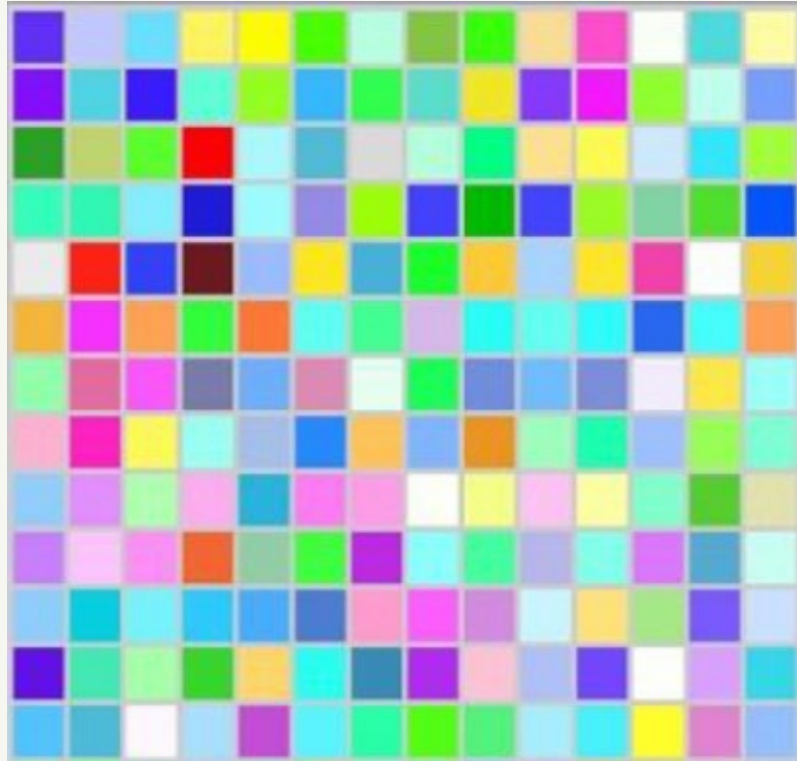
WHAT ARE THE BENEFITS OF GREENSPACE?

- Increases feelings of calm and peacefulness
- Increases physical health
 - Decreases feelings of pain, reduced heart rate, blood pressure, and cortisol levels
- Reduces negative emotions
 - Reduces stress, anxiety, depression, fear, anger, sadness, and irritability
- Provides a sense of normalcy and cultivates connection to the world outside of prison
- Associated with fewer infractions



ART/ COLOR

- Viewing art and images impact individuals' moods
- Emotions are associated with colors
- Color impacts feelings



QUESTIONS & CONTACT INFO

The Normalizing Initiative is in the early stage of development and is being directed by Matt Hansen, Prison Operations. A work group of representatives across CDOC have been assembled. We will be soliciting more information from you in the coming weeks.

The research evaluation is being done by researchers at UCCS. The primary points of contact are:

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What questions or comments do you have on the Initiative?

