

PROJECT INSAN MUKMIN

CLF Best Practices Forum
28 March 2015, Mendaki

SCOPE PRESENTATION

Key features of Insan Mukmin (IM)

Outcome of the project & Impact on the organization and community

Service and capability gaps addressed through this initiative

How project contributed to capacity building and social innovation



KEY FEATURES OF IM

PRINCIPLES

IN THE NAME OF ALLAH MOST GRACIOUS MOST MERCIFUL

“Successful indeed are the believers. Those who offer their *Salat* (prayers) with all solemnity and full submissiveness. And those who turn away from *Al-Laghw* (avoid vain deeds and evil vain talk, falsehood, and all that Allah has forbidden). And those who pay the Zakat. And those who guard their chastity. Except from their wives or (the captives and slaves) that their right hands possess, for then, they are free from blame. But whoever seeks beyond that, then those are the transgressors. Those who are faithfully true to their *Amanat* (all the duties which Allah has ordained, honesty, moral responsibility and trust etc.) And to their covenants. And those who strictly guard their (five compulsory congregational) *Salawat* (prayers) (at their fixed stated hours). These are indeed the inheritors.”

[Al-Mu'minun]



PROJECT INSAN MUKMIN

OBJECTIVES

- ❑ To provide our Muslim Offenders the necessary skill sets of an Insan Mukmin.
- ❑ To support their reintegration back into the family circle and community.
- ❑ To decrease their addictiveness towards substance use and immoral related activities with the new found knowledge.

PHILOSOPHY*

To review and reflect back on their past mistakes and life whilst introducing them to the concept:

- ❑ Review (preparation of oneself to the good muslim identity)
- ❑ Rehab (preparation for reintegration into the family & community)
- ❑ Restart (reintegration into the family & community)

- ❑ Muhasabah (reckoning of oneself)
- ❑ Taubah (repentance) & Maghfirah (forgiveness)
- ❑ Mujahadah al-Nafs (spiritual struggle against own self)

*Based on the findings from FGDs conducted by Singapore Prison Services in November 2013.



INSAN MUKMIN CONTENT PHASE 01 (IN-CARE)

PHASE 1: MUHASABAH

Lesson	Topic	Content
1	Muhasabah	Positively engaged through a spiritual review of their life.
2	Iman	Positively engaged the offenders to more meaningful outlook of their life
3	Islam	Positively engaged them to the importance of strong Islamic values and traditions
4	Ihsan	Positively engage them to goodness and excellence based on the strong Islamic values
5	Solah	Positively engaged them the importance of Solah
6	Doa	Positively engaged them the importance of Doa



INSAN MUKMIN CONTENT PHASE 02 (IN-CARE)

PHASE 2: TAUBAH & MAGHFIRAH

Lesson	Topic	Content
1	Taubah	Actively encourage the offenders to the path of self reflection and repentance
2	Istighfar	Actively encourage the offenders to continuously seek forgiveness
3	Alkhawf Wa Ar-Rajaa'	Inculcate hope and fear in Islam
4	Taqwa	Actively encourage to profound obedience in Allah
5	Taqarrub	Actively encourage the path of getting closer to Allah
6	Amr Maaruf Nahi An Mungkar	Actively encourage them to enjoining the good and steer away from the forbidden

PHASE 2: TAUBAH & MAGHFIRAH

Lesson	Topic	Content
7	Ukhuwah	Actively encourage and instill them the importance of family and community
8	Amanah	Actively encourage and instill the importance of integrity in life



INSAN MUKMIN CONTENT PHASE 03 (AFTER-CARE)

PHASE 3: MUJAHADAH AL-NAFS

Lesson	Topic	Content
1	Istiqamah	Promote the importance of being steadfast in upholding the Islamic traditions
2	Khalifah	Promote the importance of adhering to the leadership qualities as an Imam within the family
3	Syukur	Promote the importance of blessings
4	Itqan and Sabar	Promote the importance of being positive and patience
5	Ilmu	Promote the importance to continue the path of seeking knowledge

PHASE 3: MUJAHADAH AL-NAFS

Lesson	Topic	Content
6	Tawakkal	Promote the importance of full reliance based on the Islamic Traditions
7	Mujahadah Al-Nafs	Promote the importance of continuous effort of spiritual struggle against own self and change
8	Amal	Promote the importance to motivate and increase the level of confidence of the offenders
9	Nafs	Promote the importance of resilience in life
10	Zikrullah	Promote the importance of constant remembrance in Allah

METHODOLOGY

Reflection
session

Interactive

Presentation

Video

Discussion

Case Studies

Cognitive
Behavioural
Therapy (CBT)

Weekly
Journal

Daily
supplications



EXAMPLE OF INSAN MUKMIN (IM) LESSON

METHODOLOGY

Reflection
session

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REFLECTION SESSION

*REFLEKSI IM

Soalan	Skala 1-10	Sebab
Sejauh mana bersedianya saya untuk integrasi semula bersama keluarga dan masyarakat?		
Sedalam mana rasa gentar serta kesediaan untuk mendekatkan diri dan menghitung kembali kesilapan lama dan seterusnya bertaubat kepada Allah dan menjadi IM		



INTERACTIVE

*MUHASABAH ADALAH...





DISCUSSION

*DISKUSI

Bincangkan langkah-langkah yang harus dilakukan oleh mereka yang ingin menilai dirinya melalui muhasabah.

[Break each group into 4-5 groups, and each group leader or participants to share their discussion] * Taken from Lesson Plan, Lesson 1 - Muhasabah, Phase 1.

***Taken from Lesson 1 Slides - Muhasabah. Phase 1.**



VIDEO

VIDEO



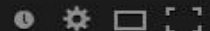


DAILY SUPPLICATION

DAILY SUPPLICATION

Ilaa hilaastu lil Firdausi
ahla, walaa aqwaa 'alaa
Naaril Jahiimi...
Allah, fahablii taubatan
waghfir dzunuubii, fainnaka
Ghafirun dzambil
'adziimi...

0:30 / 3:41





CASE STUDY

*KES STUDI I

- ❑ Don seorang yang ramah dan banyak teman-teman. Sering mengikut mereka berfoya-foya dan berhibur sehingga lewat malam.
- ❑ Don akan pulang malam dalam keadaan mabuk dan tiap kali ketika pulang malam dia akan melihat ibunya sedang bersolat memohon keampunan untuk anaknya.
- ❑ Terdetik dihatinya untuk berubah namun desakan kawan-kawanya terlalu kuat untuk Don tangkis.
- ❑ Akibat tidak mahu malu dan kehilangan teman-teman, Don terus tidak memperdulikan permintaan ibunya agar dia berubah sehingga kematian ibunya.

*KES STUDI I

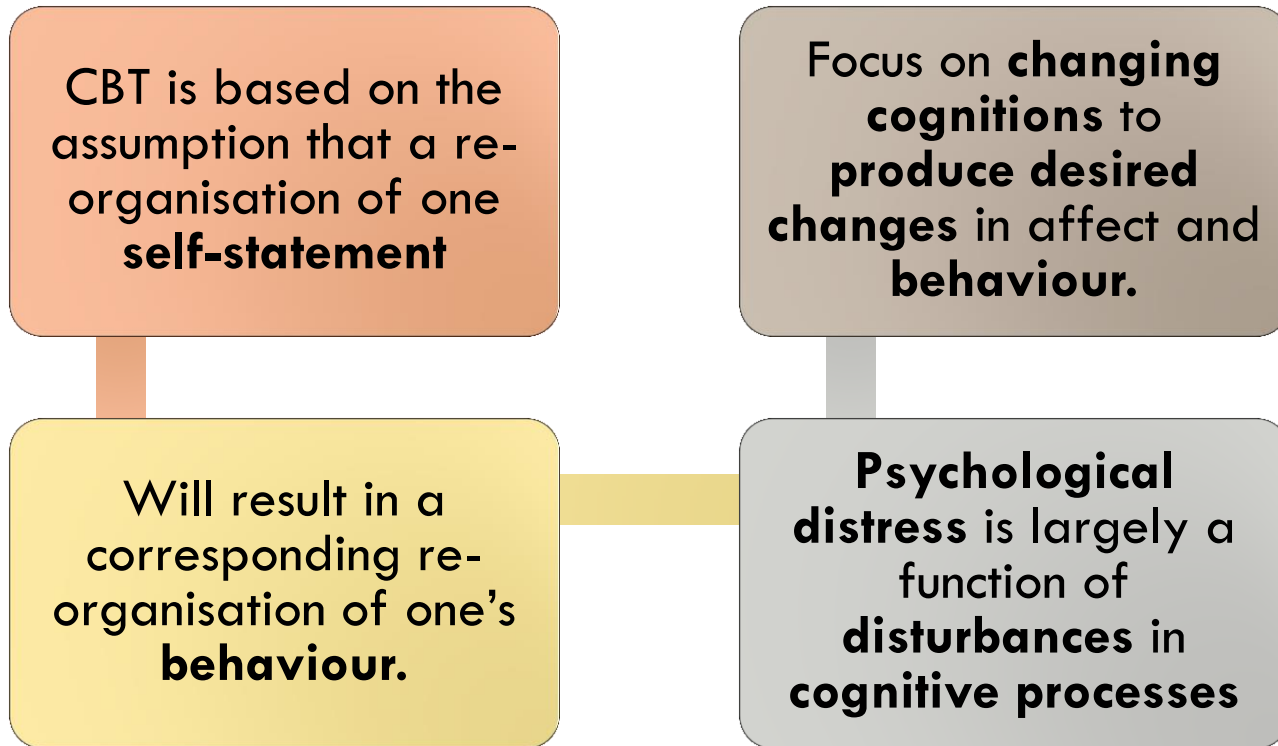
- Apakah yang membuat dan mendorong Don tidak putus-putus membuat kesilapan?
- Apakah yang sepatutnya Don laksanakan?

[Bertanya secara rambang 3-4 peserta untuk berkongsi jawapan] *Taken from Lesson Plan, Lesson 1 - Muhasabah, Phase 1.



COGNITIVE BEHAVIOURAL THERAPY

INTRODUCTION



KEY CONCEPT

- ❑ **Emotional problems** are the result of **our beliefs**, which need to be **challenged**.
- ❑ ABC theory of personality: **A** is the **actual event**, **B** is our **belief system**, **C** is the **consequence**.
- ❑ We do **not need to change A to change C**, we **only need to change C**
- ❑ Psychotherapy → Beliefs can be changed

KES STUDI II

- ❑ Boy seorang anak yang penyayang, namun dibelenggu pelbagai masalah keluarga
- ❑ Dia berkenalan dengan teman-teman yang menghilangkan stress dan kekecewaannya melalui arak, dadah, tatoo
- ❑ Boy terjerumus kedalam penjara kerana cubaan mencuri dan dadah.
- ❑ Selepas mengetahui dirinya akan dibebaskan dari penjara, Boy berhasrat untuk berubah dan menyesali akan kesilapan lama. Namun apabila keluar dari penjara, yang menantinya bukan keluarga tetapi kawan-kawannya.
- ❑ Boy merasa kecewa dan cuba hilangkan stress dan kehampaanya dengan arak dan dadah. Boy merasa gunannya untuk berubah kerana kecewa dan ingin membalas rasa kecewanya ini.

*DISKUSI

Pecahkan setiap kumpulan 4-5 orang bagi mencari huraian untuk perkara **B**eliefs, **D**isputing & **E**ffect. Kemudian minta wakil atau mana-mana peserta untuk berkongsi dapatan mereka.

SOLUSI

Activating Event

- Sering lepak
- Bergaul dengan teman-teman yang melakukan aktiviti yang tidak sihat

Beliefs

Consequences

- Terjebak dengan godaan teman-teman yang menyuruhnya menyertai sekali aktiviti tidak sihat mereka. (dadah & tinggalkan solat)

Disputing

Effect

SOLUSI

Activating Event

- Minum arak , dadah dan mencuri

Beliefs

- Stress dapat dihilangkan apabila berfoya dan disertai dengan arak, dadah dan mencuri

Consequences

- Terus-terusan melakukan dosa walaupun ada niat untuk berubah pada mulanya

Disputing

- Adakah dengan berfoya-foya, minum arak dan dadah dapat hilangkan stress dan kecewa

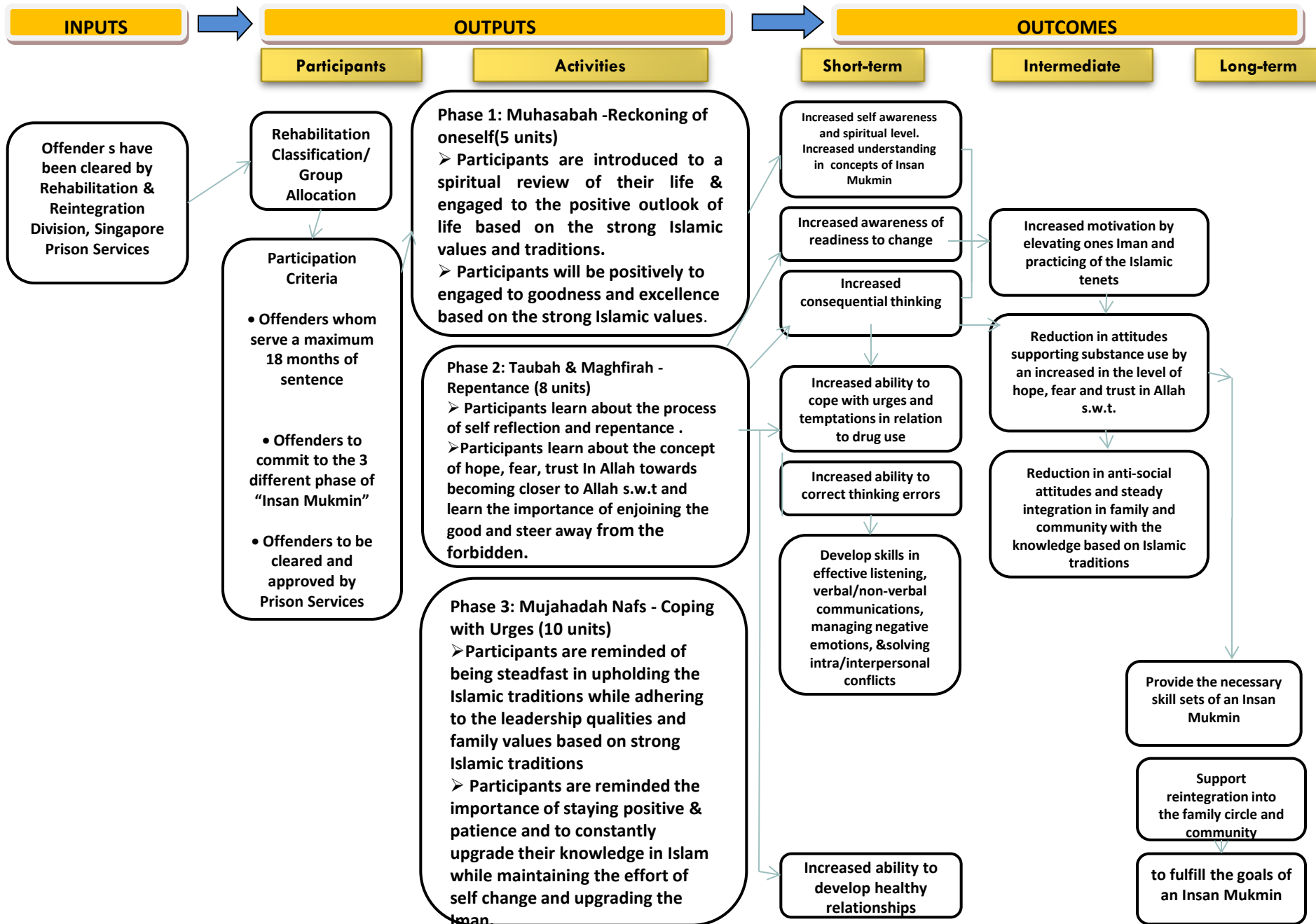
Effect

- Perlu bermuhasabah bahawa dadah dan arak tidak dapat selesaikan masalah, tetapi sebaliknya makin memburukkan keadaan dan menimbulkan masalah lain.



OUTCOME OF THE PROJECT & IMPACT ON THE ORGANIZATION AND COMMUNITY

Insan Mukmin Logic Model



OUTCOME FOCUSED*

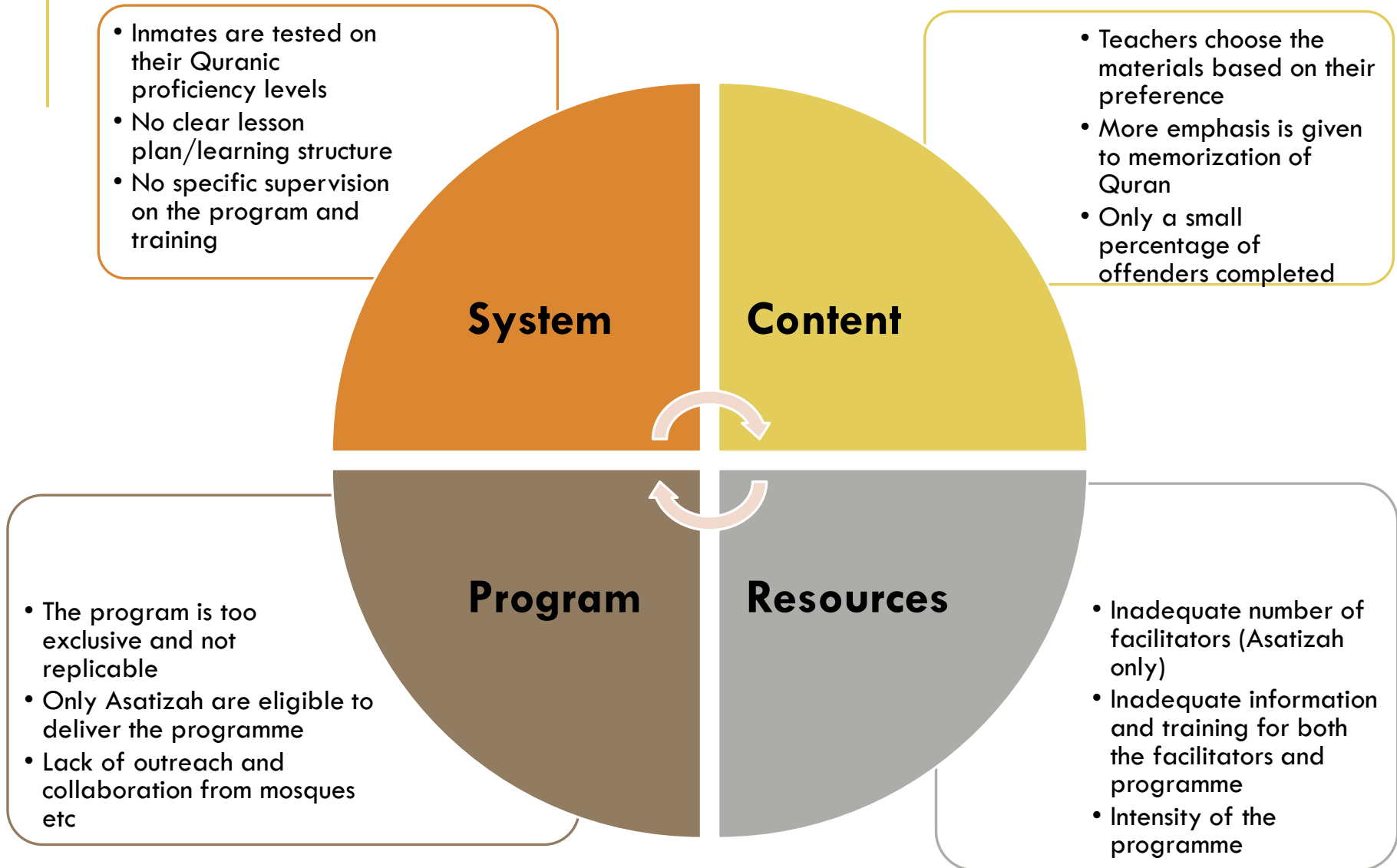
- To facilitate the re-integration of the inmates into the family and society
 - ✓ 60% of the inmates agreed upon the skills taught assisted in their facilitation back into their family and society
- To facilitate the change of attitude among the ex-offenders
 - ✓ 50% of the ex-offenders family noticed a change of attitude based on the skills taught.

*Prison program should be focused on specific outcomes. Please refer to: Programs that Help Offenders Stay Out of Prison, MTC Institute, pg.5.

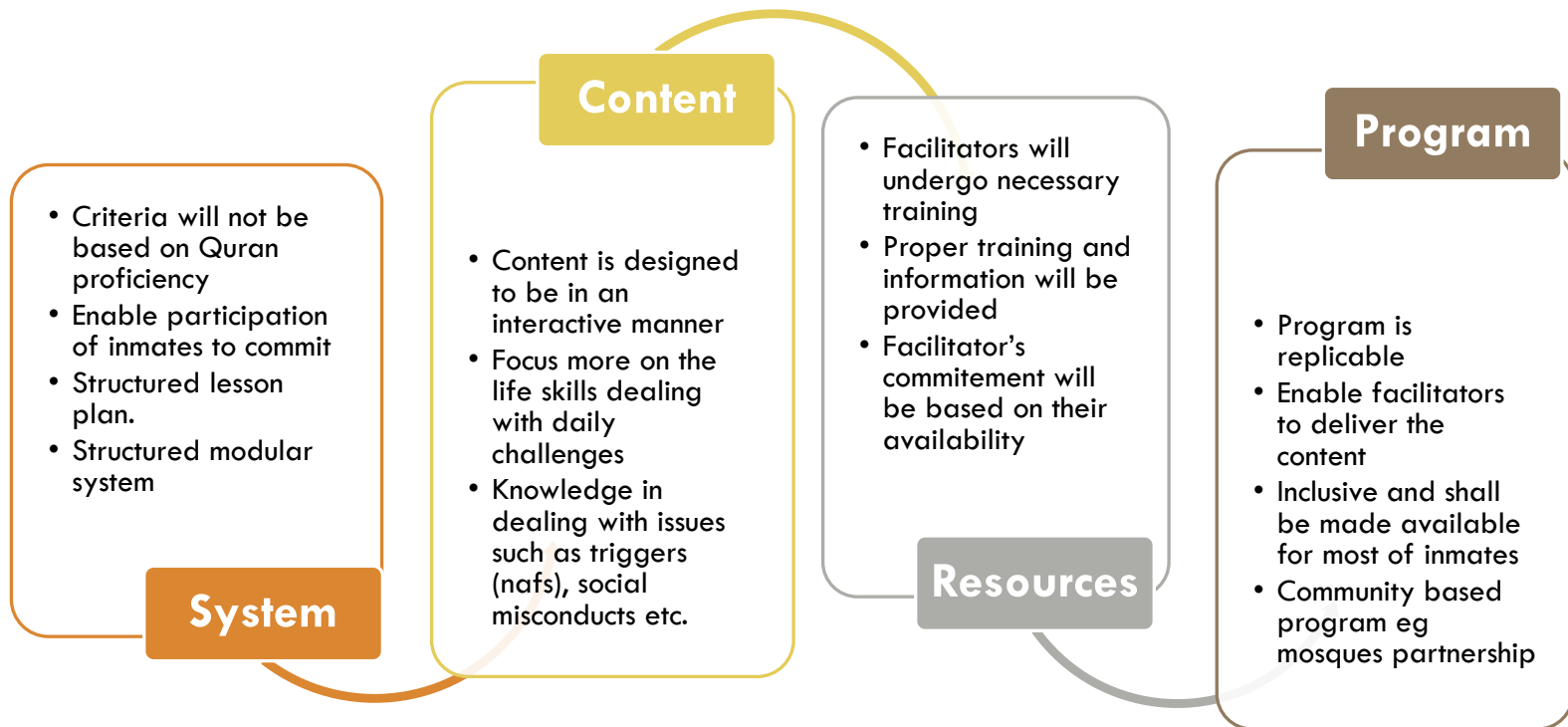


SERVICE AND CAPABILITY GAPS ADDRESSED THROUGH THIS INITIATIVE

OVERVIEW OF THE OLD SYLLABUS (MIRCP)



CHARACTERISTICS OF THE NEW SYLLABUS (IM)



PARTICIPATION CRITERIA

-Offenders whom serve maximum 24 months of sentence (DRC)

-Offenders whom serve 10-18 months of sentence (Prison)

Offenders to commit to the 3 different phase of “Insan Mukmin”

Offenders to have been cleared and approved by Prison

DURATION AND INTENSITY*

Review

- 6 sessions (12 hrs) of the program upon their 6 months into the sentence (Prison) or immediately (DRC).

Rehab

- 8 sessions (16 hrs) of the program upon their 6 months into ending the sentence.

Restart

- 10 sessions (20 hrs) of the program upon their release. (Recommended for 5 sessions)

*Formal education programmes should be appropriate duration, intensity and continuity. For maximum effectiveness: 1. Offenders must be engaged in an educational program for at least 6 months or longer to meet learning objectives. 2. Programs need to have mandatory class attendance with minimum interruption. Tony Fabelo(2002), Overview of the Inner Change Freedom Initiative: The Faith-Based Prison Program within the Texas Department of Criminal Justice, Criminal Justice Policy Council, pg.11

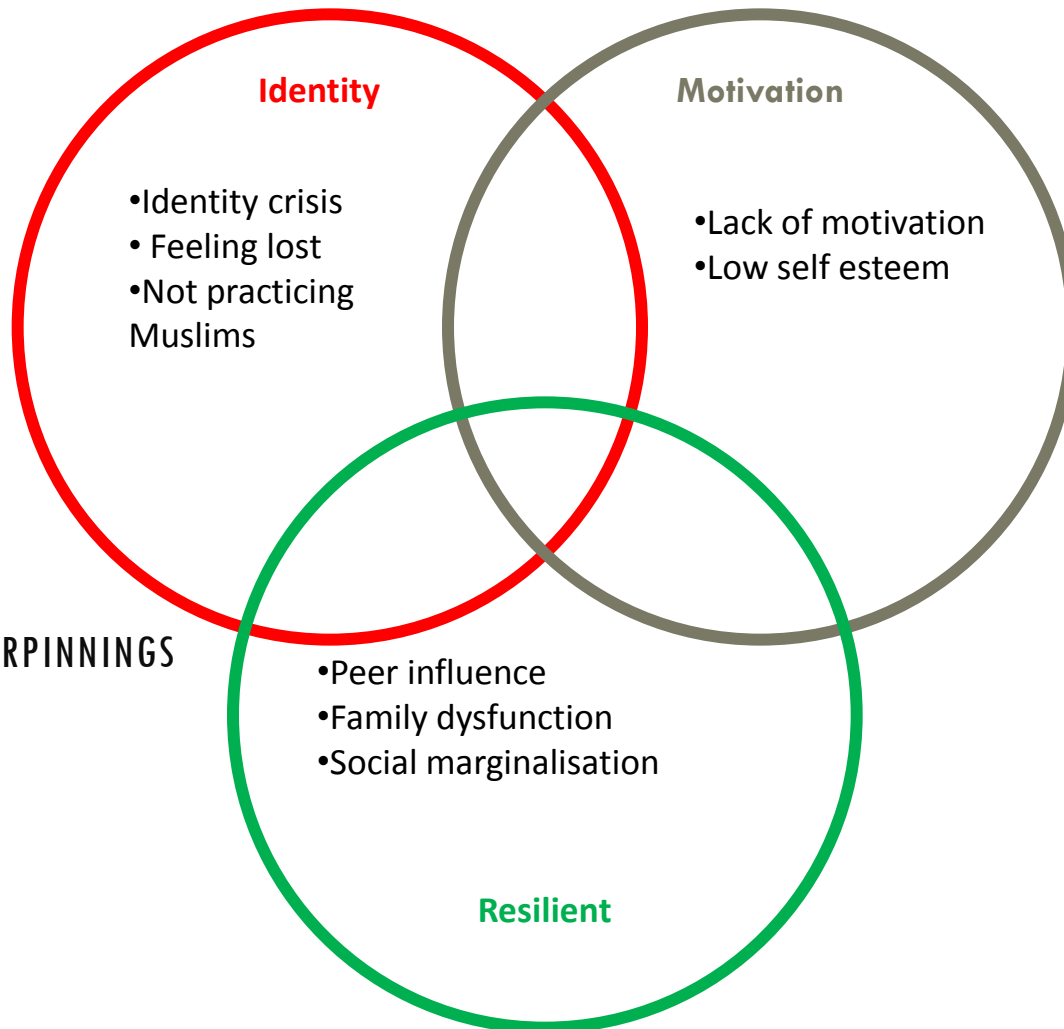


HOW PROJECT CONTRIBUTED TO CAPACITY BUILDING & SOCIAL INNOVATION

EVIDENCE BASED FINDINGS

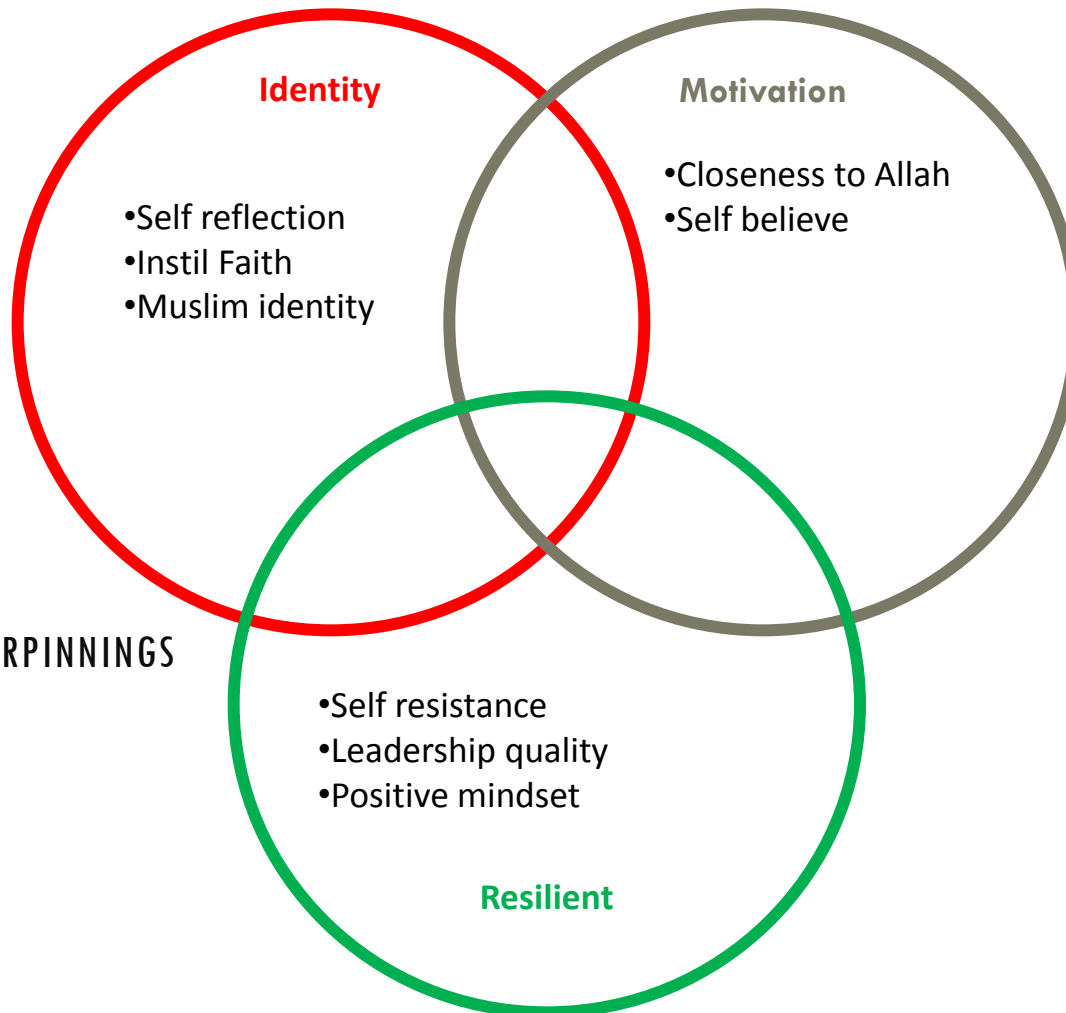


EVIDENCE BASED FINDINGS



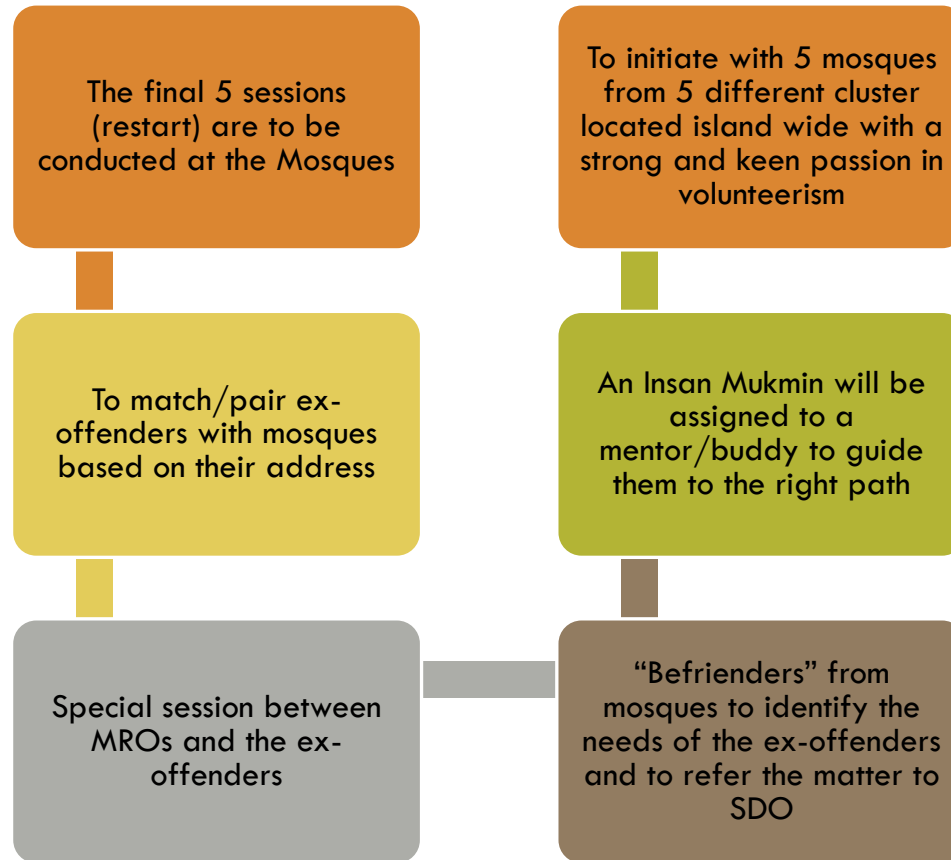
THEORETICAL UNDERPINNINGS

EVIDENCE BASED FINDINGS

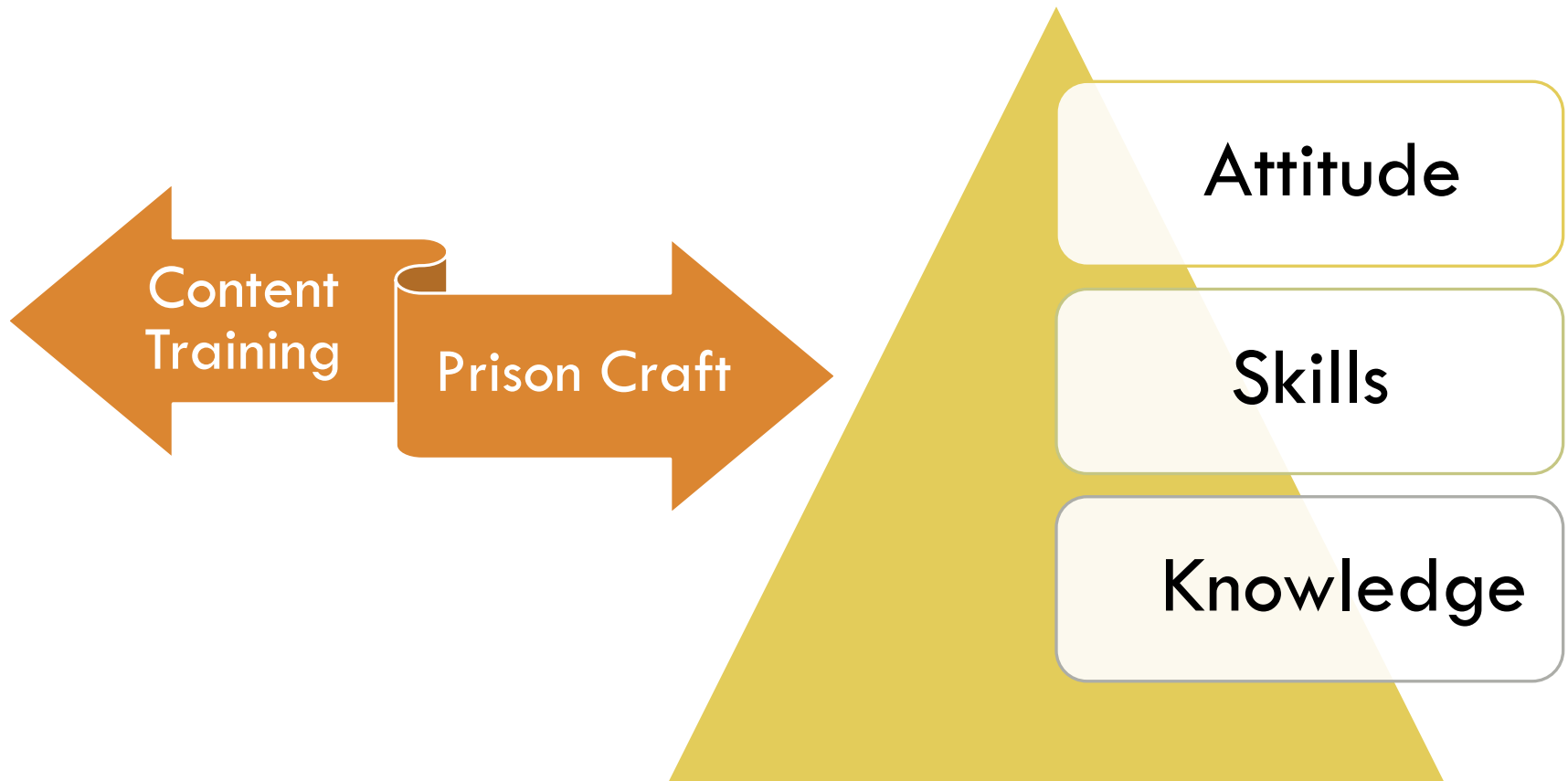


THEORETICAL UNDERPINNINGS

INCORPORATION OF MOSQUES FOR PHASE 03



TRAINED FACILITATORS



جزاك الله
JAZAKALLAH