

ANNUAL REPORT 2024-2025

# Better Decisions Annual Report



# Letter from the Board Chair

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## Caity Craddock

Board Chair of Better Decisions

This year marked a milestone for Better Decisions. We celebrated our 40th year serving women in the Nashville community. I am so proud of the legacy of women serving women and am excited for the future of this organization.

I have volunteered with Better Decisions since 2010 and been on the Board since 2016. I have always been interested in marginalized populations. When I saw a call for volunteers for Better Decisions, a group of women who mentor at-risk women, I was immediately hooked.

I have continued working with Better Decisions for all these years because of the difference we make in women's lives. We currently serve women at the Debra K. Johnson Rehabilitation Center at The Tennessee Prison for Women and at Thistle Farms. Through these sites, we are able to come together as a community of women to teach our 5-step decision making process to women during the darkest time of their lives.

We currently teach 4 cycles per year, but we want to do more. We would love to expand to other sites and increase our reach and impact. We need your support. Our volunteers are the lifeblood of our organization and without your gifts of time and money, we couldn't continue this important work.

We are grateful for your continued support of our mission and programs and look forward to serving more women together!



# Better Decisions Overview

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For nearly 40 years, Better Decisions has operated with a clear purpose: to equip women impacted by incarceration, and those facing other significant life challenges, with the decision-making strategies and skills needed to build a different future. We envision a thriving community of women empowered with lifelong understanding and the ability to make purposeful, intentional choices that lead to secure, productive, and fulfilling lives.

Our program combines structured curriculum with individualized, one-to-one mentoring, creating both accountability and community. We serve women at the Debra K. Johnson Rehabilitation Center and Thistle Farms, with four program cycles at each location annually, reaching between 40 and 48 women each year. The majority will continue to call Tennessee home after release or program graduation, making the work here both local and lasting.

We are a volunteer-driven organization. Since 1985, more than 1,200 women have been trained to serve as mentors, and together they have supported over 1,500 women in completing the Better Decisions course.

## Better Decisions Curriculum

Our curriculum is designed with our participants in mind, women navigating complex histories and significant personal challenges. It draws on Cognitive Behavioral Therapy (CBT), an evidence-based framework, to ground the work in approaches that are proven to support meaningful, lasting change. But it is also a living curriculum, one that evolves with each cohort and each setting. Students, mentors, and instructors all contribute feedback, and that ongoing input is what keeps the program responsive, relevant, and strong. We are grateful for every voice that has helped shape it.

### **Our curriculum is based on a five-step framework:**

See the situation clearly

Know what you want

Expand the possibilities

Evaluate and decide

Act!



# Better Decisions Impact

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During FY 2024 - 2025

29

Total Graduates

634

Total Mentor and Teaching Hours

17

Inmates Taught

6

Informational Sessions  
throughout Middle Tennessee

12

Women Taught at Thistle Farms

18

Total Volunteers Trained

“Meeting with my mentor made me realize that people really do care. We aren’t just forgotten and people don’t just expect us to fail. They want us to succeed and be prepared to be better people.”

-Anonymous, Better Decisions Student



# Financial Statements

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## Statement of Activity

July 1, 2024 - June 30, 2025

Actual Fiscal Year 2024

**\$52,739**

Revenue

**\$54,309**

Expenses

**\$(1,570)**

Net Revenue

### Revenue Details

Corporate Donations	\$2,050
Employer Sponsored	\$4,740
Foundation	\$250
Grants	\$23,000
Individual Donations	\$9,307
Religious Donations	\$10,875
Other Income	\$17
Sponsorships	\$2,500
<b>Total Revenue</b>	<b>\$52,739</b>

### Expense Details

Accounting	\$4,400
Copying & Printing	\$2,150
Dues & Subscriptions	\$2,585
Office Supplies	\$224
Marketing	\$1,012
Insurance	\$878
Meals	\$889
Merch Fees	\$227
<b>Total Payroll</b>	<b>\$40,790</b>
Postage	\$204
Professional Develop & Services	\$27
Programming Costs	\$784
Mileage Reimbursement	\$114
Volunteer Event	\$25
<b>Total Expenditures</b>	<b>\$54,309</b>



# Get Involved

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Better Decisions is a small, volunteer-powered organization doing meaningful work, and we can't do it without community support.

Every cycle at both the Debra K. Johnson Rehabilitation Center and Thistle Farms, we seek **eight** dedicated mentors per location, women ready to show up consistently and invest in a one-to-one relationship with a participant. If that sounds like you, we would love to hear from you. Please fill out a volunteer [application](#) to get started.

If you'd like to support the work financially, even a small gift goes a long way:

- \$15 provides a course manual for one student
- \$25 covers a student's graduation
- \$200 funds a class cycle dinner for an entire cohort
- \$300 supplies mentor manuals for a full cycle

Donations of any amount make a direct difference in the lives of women working hard to build something new. To give, visit [betterdecisions.org](https://betterdecisions.org)

Whether you offer your time, your resources, or both, thank you for believing this work matters.

