

Name _____

Chillicothe Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries
5/15/2024

Branch of Service U.S. Air Force

DATE 05-15-2024

THIS ANGER MANAGEMENT COURSE THAT "OTTO" DONE WAS THE GREATEST MOST INFORMATIVE CLASS I HAVE TOOK ON ANGER MANAGEMENT IN MY 12 YEARS OF PRISON. I LEARNED TO RESPOND THAN REACT, WALK AWAY THAN TALK AWAY AND SAY THE WRONG THINGS TO MAKE THE SITUATION WORSE. I ALSO LEARNED THAT A SOFT ANSWER TURNS AWAY WRATH. TOO, FORGIVE THAN HOLD RESENTMENT AND BITTERNESS TOWARD THE SITUATION OR PERSON.

TEN SECONDS OF ANGER CAN COST YOU TEN LIFE TIMES OF PRISON. BEING A VETERAN WITH PTSD, ANXIETY & DEPRESSION HAS INCREASED MY ANGER! BEING MEDICATED AND USING THE ANGER MANAGEMENT TOOLS FROM THE BOOK AND APPLYING THEM ON A DAILY BASES CAN HELP WHILE I AM IN PRISON AND RELEASE TO THE REAL WORLD.

EMOTIONAL INTELLIGENCE IS JUST AS IMPORTANT AS A COLLEGE EDUCATION. I RECOMMEND THIS ANGER MANAGEMENT COURSE TO PRISONERS, FAMILY ON THE STREETS, FREE OR BOUND PEOPLE. IT CAN SAVE YOU FROM ONE WRONG DECISION THAT COULD COST YOU EVERYTHING. THANK YOU OTTO FOR YOUR TIME, COMMITMENT TO US VETERANS THAT ARE IN PRISON (POW). UNTIL NEXT TIME

USAF

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Chaplain Otto Ministries
5/15/2024

Branch of Service Navy

I have had anger issues since leaving the Navy in 1986. I can't put my finger on what the cause may be but the issue has caused a loss of life and a lot of people hurt.

I have taken Anger management, Resolving Conflict, Thinking For a Change, The Horizon Program (A 1yr Live in Faith Based program) and now Chaplain Otto's Anger Management Program.

Out of all the programs above this program has had the greatest impact on me. Some of it has been the Material "What Good about Anger", but the greatest impact has been Chaplain Otto's presentation method with Great Material. His involving each participant in class discussion has led to a profound comprehension of how anger rears it's potentially ugly head, how we must seize this moment to begin to understand how and why it has surfaced, then we can focus to turning that potentially negative emotion into a positive force.

I have come to comprehend that anger isn't a bad emotion. It only becomes bad by how we react to it. If we choose to use it in a positive way it can profoundly alter our lives and how we interact with those we encounter.

Since taking the Anger Management Class, my life has become more relaxed and calm than ever in memory.

Now I know I can't stop from having Anger Arise from time to time, but I now know that I can focus that potentially destructive energy into a positive force for Change and for Good. I would highly recommend this program to every Veteran I know and to anyone interested in finally understanding the How and Why's of anger, and how to harness anger's highly charged energy so you can Redirect it for good and positive Change. Well Done Chaplain Otto!

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Chaplain Otto Ministries
5/15/2024

Branch of Service Army

This class has been an enormoush help to me as it not only taught me how to manage my anger but also dispelled some of the typical myths about angry. Two of the biggest myths it dispelled is that the only type of anger of anger is explosive anger and that there is nothing good about anger. I've taken an anger management course before this one which leaned into these two myths and I found that doing so caused the course to help me very little. However, this class explains that anger can show up not only as explosive anger but also as silent anger which fits exactly with how I experience anger and allowed me to better manage my anger. Furthermore, since the class dispels the myth that there is nothing good about anger it allowed me to not feel guilty when I get angry and helped me to harness my anger in a more productive manner than I was previously using it. Lastly, having the class taught by chaplain Otto who is a veteran and being surrounded by other veterans and those that support veterans really helped make me feel more willing to participate in the class.

ANGER MANAGEMENT

Chaplain Otto

TESTIMONIES - 1

I've NEVER PARTICIPATED IN ANY SORT OF ANGER PROGRAM. I've ALWAYS CONSIDERED MYSELF AS A LESS ANGRY PERSON, HOWEVER WITH THE POTENTIAL TO SNAP ON OCCASSION. WITH MY MARINE CORPS BACKGROUND, I've HAD MY MOMENTS. I TOOK THIS PROGRAM, NOT FOR MY ANGER ISSUES, WHICH ARE MINIMAL. BUT TO CONFIRM THAT THE METHODS I USE ARE EFFECTIVE.

HOWEVER, THIS COURSE HAS BEEN FANTASTIC. THE MOST EFFECTIVE CONTRIBUTOR TO IT, HAS TO BE THE FACILITATOR, "CHAPLAIN OTTO". WITH HIS OUTGOING PERSONALITY, LIGHT CONVERSATION, REALITY EXPERIENCES, THIS COURSE WAS EXCITING, CONFIRMING AND WORTH WHILE. PROFESSIONALLY FACILITATED.

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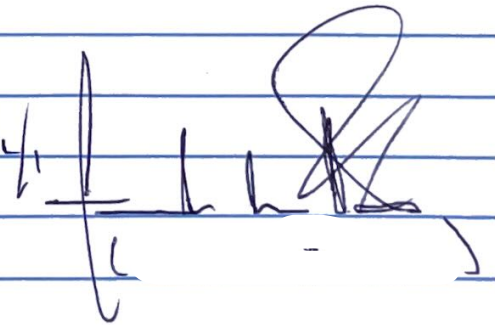
Chaplain Otto Ministries
5/15/2024

Branch of Service Associate

The Anger Management 12-week course was very productive in helping me deal with issues that i didn't even know i was dealing with. My anger was caged in but very ~~violent~~ violent, i was dealing with true hidden issues of rage. Being in this class has helped me face these issues and has shown me different ways of handling rage and anger.

It has taught me how to handle things in ways i would've never thought of without the camaraderie of the group environment or the bonding together and sharing as well as insights of the Veterans around me. This program is and will continue to be very beneficial to those individuals dealing with anger, PTSD, and many other ailments that can lead to unproductive behavior patterns. I would love to see this program continue on and i will steer other veterans and associate members towards learning how to better deal with these issue within themselves.

In Solidarity,



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Chaplain Otto Ministries

Branch of Service Associate

5/15/2024

Proverbs 22:6 says, "Train up a child in the way he should go, and when he is older he will not depart from it." That is so true. A lot of people don't realize that many of our anger issues are from what we learned growing up.

I know from my personal experience a lot of my anger issues are from the people I was around growing up and from actions that both my parents showed. What wasn't shown to me was how to identify triggers, redirect anger into a positive outcome, and implement remedial actions for anger. During this 12-week course I learned a lot about these solutions along with my walk with Christ.

I highly recommend anyone who is dealing with Anger, Stress, P.T.S.D. or erratic behaviour to come and give Chaplain Otto a chance with his class. Not only can he relate to Anger Problems / Management, but he is also one that will listen without judgement and he will be pro-active as much as possible. Chaplain Otto has given me tools to be successful in the future with issues that can possibly arise. I've learned how to recognize and redirect thoughts, words, and actions before it's too late.

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Chaplain Otto Ministries
5/15/2024

Branch of Service Army

The Chaplain Otto Ministries Anger Management course exceeds what I have come to expect from anger management courses within ODRC. I have completed the Mental Health Department's and a staff lead Anger management course. Both were only one hour a week. Taking an average of 45 minutes. These courses were also just 8 weeks long. In the case of the staff lead anger management course the program material was copies of copies, and showed signs of how dated the material was. Chaplain Otto's Anger Management course is two hours a day, one day a week, for 12 weeks. This allowed for a much more in depth program. Topics were covered in greater detail which lead to better understanding. Chaplain Otto's course uses new and ~~up~~ up to date books which the participants are allow to keep. All in all I found this course more effective than any of the ~~past~~ past anger management courses I have taken, and have come out of this Program with a better understanding of myself and anger.

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Chaplain Otto Ministries
5/15/2024

Branch of Service U.S. Army

Hello, My testimonial to Anger Management is the learning that I've come to learn while in Anger Management. My ability to Emotional intelligence brought me to have better emotions with others and to control better motivate and recognize. To better use my Self-awareness, self-management use my development in relationship to negotiate & develop better skills.

Empathize with Others, help me to stay away from negative ways in my Journey. Teaching me to stay away from conflicts. Most of all I have a better respect for people. I gives me better mental insite with slightest disruptions

Most of all I learned very much incite
in this program, I pray all will take this Anger Management
Program it will help you.
Thank You.

Name _____

Chillicothe Correctional Anger Management 12-week review by participant of the effectiveness of Program.

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Chaplain Otto Ministries
5/15/2024

Branch of Service USMC

To whom it may concern, The anger management course I just completed has been very beneficial to my personal development. (Chaplain Otto's presentation of the material) was more effective for me, due to the fact he was not presenting material that he didn't actually live using. Much like the effect of one addict helping another. Otto was able to relate to life experiences of the results and causes of anger issues.

The information and tools presented by the course, has given me and strategies to several techniques I have used to deal with my anger issues. This course has given me more information and help to identify and avoid the negative results that anger can cause in my life.

I hope that all people who could benefit from this course are allowed to participate. I could and would recommend this course for anyone who has unresolved and uncontrolled anger issues. It is the best tool I have come into contact with so far.

Sincerely

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Chaplain Otto Ministries

Branch of Service USMC

5/15/2024

I would like to say how helpful this class has been to me by, first, telling you I used to be angry all the time. I used to wake up mad & go to sleep mad. I would eat while angry & shower angry. It isn't healthy. This class helped me to see that sometimes not responding in anger can have a bigger impact. I have since learned how to control my breathing, walk-away, and let things go.

Thank you Chaplain Otto for bringing this class to CCI!

Name _____

Pickaway Correctional Anger Management
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of this program.

ID# _____

Branch of service USAF

Chaplain Otto Ministries
2-29-2024

This was a program that literally opened my eyes. I am now a better person because it made me think and act on a subject I never thought of. The class made me think of the past. It brought out how to recognize anger causes and how to handle anger and diffuse the situation. I highly recommend this program as it will help in the handling the problem from start to hopefully conclusion. The instructor presented the program in an outstanding manner. I feel better about myself and I have used what I learned daily.

Name _____

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
of this program.

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Branch of service Army

Chaplain Otto Ministries
2-29-2024

This program has been one of the best I've been able to take in over 50 years that that has helped me.

It has helped me to learn how not to get angry by teaching me to think of ways to change the way I think. And to help me find ways to keep anger out of my mind when I do get upset over something that happened while being in prison. Its not easy for me at times but the program works very well for me.

Name _____

ID# _____

Branch of service WSDC

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
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Chaplain Otto Ministries
2-29-2024

I would like to let you know that this is the kind of programming that is needed throughout the state. And if you could sit down and listen to the individuals who have participated in the group you just might think different about this group.

Name _____

ID# _____

Branch of service U.S. NAVY

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
of this program.

Chaplain Otto Ministries
2-29-2024

To Whom It May Concern,

I am going to attempt to provide some information about this course and how it has helped my rational cognitive thought process. The Seventeen lessons provided ranged from recognizing anger and how it presents itself, how it can, if unchecked, change your physiology.

The course addresses capabilities to practice control of the physiological changes so as to reduce or eliminate the progression of the anger actions. Other parts address the ways to divert the thought process from irrational to rational. These functions, taught to me, have enabled me to stay "ship stable" and to remove myself from situations that can or could cause issues. Thank you.

Name _____

ID# _____

Branch of service ARMY

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
of this program.

Chaplain Otto Ministries
2-29-2024

I have tried to get into several programs including Anger Management for the past 6 years, and finally was able to take this class - it was worth waiting for because this class had a lot of veterans.

The classes have been a very big help in more ways than I can imagine, both in helping to explain some form of anger, its warning signs, and how to control myself in most situations. I thought I was beyond help; but, I did get that help from these classes and its instructor (teacher).

So, thank you for being here, and using situations as lessons we all understand, not to mention appreciate.

Respectfully,

Name _____

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
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Branch of service Army

Chaplain Otto Ministries
2-29-2024

There are some of us who have been forgotten in many ways since being incarcerated but that is okay because this has become a minor setback for a major comeback. I'm so thankful for this class in many ways because we all are able to express ourselves and learn from each other. I honestly am grateful for all that I learned and this class will help others as well.

May God continue to bless us all and bring others to Him if others want true peace. Thank you for your time and may things prosper for you and others as well.

TAKE CARE
Always,

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Branch of service MARINES - ROTC

Chaplain Otto Ministries
2-29-2024

THE ANGER-MANAGEMENT PROGRAM HAS BENEFITED
ME DEEPLY IN MANY WAYS:

WHEREAS, IN THE PAST, I ASSAULTED MANY OTHERS...
NOW, THAT I BEEN TAUGHT RATIONAL THINKING,
I AM ABLE TO DISCERN ACTING OUT FEELINGS
OF ANGER, AND TO DIVERT THE THOUGHT
PROCESSES WHICH, IN THE PAST, LED TO
VIOLENT RESPONSES, REGRETS, AND SHAME.

Name _____

ID# _____

Branch of service USMC

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
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Chaplain Otto Ministries
2-29-2024

HAVING THIS COURSE HERE WITHIN THE INSTITUTION HELPED ME TREMENDOUSLY BECAUSE I STRUGGLE WITH ANGER MANAGEMENT & P.T.S.D. THE INSTITUTION DOES NOT OFFER ANY SERVICE RELATED TO COMBAT VETERANS WHO SUFFER FROM COMBAT STRESS OR ANY LIKE CLINICAL COUNSELOR.

CHAPLAIN OTTO SERVES THIS COMMUNITY THROUGH THIS ROLE AS ONE WHO CAN RELATE AND SHARE EXPERIENCES BY WHICH ALL THOSE ACTIVELY INVOLVED CAN IDENTIFY WITH AS WELL AS ACQUIRE THE NECESSARY TOOLS TO FACILITATE IN MAKING A PLAN TO DO BETTER FOR ONESELF.

FOR ME, THIS COURSE CAME AT A MUCH NEEDED TIME IN MY LIFE. THE INFORMATION PROVIDED TRANSCENDS ANY BACKGROUNDS AND CAN BE A VALUABLE HELP FOR ANYONE SEEKING TO IMPROVE THEMSELVES.

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Pickaway Correctional Anger Management
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ID# 1.

Branch of service U.S. Navy

Chaplain Otto Ministries
2-29-2024

This program has taught me a lot about controlling and managing my anger. The instructor was very insightful and what I found ~~to~~ to be profound is learning about the many faces of anger and how to deal with rage. I never really knew just how powerful anger really is yet this course has educated me on how anger has been detrimental to my life. Importantly I have realized from taking this course the importance of fighting impulsivity when I get angry. Being able to pause and not react when angry can change the outcome significantly.

This course has made a difference in how I perceive anger and I believe it is necessarily vital to continue this course for others who follow. We reside in such a negative and unpredictable environment and I can now say that having PTSD and anger issues I now have tools to utilize when I get angry. This course has really helped and it is paramount that this course presents all the evidence that it is effective.

Name _____

ID# _____

Branch of service USAF

Pickaway Correctional Anger Management
12-Week Review by participants of the effectiveness
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Chaplain Otto Ministries
2-29-2024

To whom it may concern,

I am writing today to urge you to consider the validity of Chaplain Otto's Anger management Class as a valuable and viable path for incarcerated individuals to learn proper life skills. I have attended every class and although I am not religious, I have found that Otto's teaching style does not inhibit understanding to non-Christian students. As a veteran, most of Otto's stories and references are military based, but even a non-veteran would understand his plain spoken, honest approach to anger management. Chaplain Otto lives the class he teaches. He strives to impart understanding to us as inmates in terms we can understand. The skills learned here are very relevant to non-incarcerated life and will definitely help someone who wants the skills to stay out of prison upon release. For this reason alone, he should be GRAS certified.

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Branch of service ARMY

Chaplain Otto Ministries
2-29-2024

My name is _____ and when
i was told about this class i was NOT a
person that most people would call a com person
and had a lot of anger.

i started out at Leb. went to lucasville for
man. weapons then set to DSP for hurting
2 staff clo's spent 2 1/2 years in a cell
by my self. so you could say ya i
had a anger problem.

so when i was ask to just speak with
chaplain otto. i was a little hesitant.
but after giving him a chance i felt
a little easier on it so i took his class
and now i have a different out look
and on a lot of thing.

and with all of the vets in prison
and chaplain otto being a vet.

it has been a lot easier opening
up to hem. . prisons need a lot more
like chaplain otto his class has helped
me a lot

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Branch of service US ARMY

Chaplain Otto Ministries
2-29-2024

By Participating in this program and Applying the things that I have learned; I have become much calmer and less likely to "fly off the handle" at anyone who decides that they feel the need to confront me or cause me grief in any way they can.

The program's curriculum has shown me the different ways of dealing with anger and the stresses that it can cause; I am able to recognize the triggers and instantly choose which coping mechanism to apply in each different situation. I have learned to empathize with individuals and their unique situations so that I can better understand their reasons for being confrontational.

The program has educated me on the many different facets of anger and how to use each one of them for good and not for anything bad.

I feel like a better human being now that I am better educated and equipped to deal with anger. And I believe that the way I deal with anger sets an example for others both veterans and non-veterans.

The instructor was very well equipped to teach the class and he, being a veteran himself, knew exactly how we think, and used his training and experience to teach the best class I have been in to date.

Thank you

Name _____

Pickaway Correctional Anger Management
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Branch of service USMC

Chaplain Otto Ministries
2-29-2024

I have not taken or been accepted into an Anger Mgmt group since 1991 or 1992, and yet for many years have been critiqued and criticized for anger issues with which I present.

And those observers were quite right and their concerns valid.

I have welcomed this course, its lessons and arrangement of those lessons. It may contain a host of typo-o's, but its spirit, aims, simple yet insightful examples, thought provoking scenarios, and the ability to explore orally in a group of fellow veterans, whether they struggle with anger or PTSD issues like me or not, has been priceless.

I felt safe to discuss my issues. Safe to be emotional if overwhelmed with it, and the practical "where the rubber hits the road" examples in the book elicited, at least from what I witnessed, open and sincere "how did I apply" the lessons this week... last week... and I witnessed myself working the problem. That dynamic of organic evolution week-by-week was timely and beneficial to promote change.

The spiritual emphasis as well was most welcome, healing, inspirational, and Chaplain Otto an enthusiastic, passionate, joy to interact with whose departure always came too soon.

This should be offered to everyone!

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Chaplain Otto Ministries
5/15/2024

Branch of service Air Force

I AM GENERALLY A GOOD NATURED PERSON WHO UNDERSTANDS THAT THE ONLY PERSON THAT CAN UPSET YOU IS ... YOU! HOWEVER, THE ANGER MANAGEMENT CLASS OFFERED BY REV. OTTO AT CHILICOTHE CORRECTIONAL FACILITY GAVE ME ADDITIONAL TOOLS THAT CAN BE UTILIZED TO DEAL WITH ANTAGONISTIC SITUATIONS IN THE FUTURE. THE CLASS WAS TAUGHT WELL AND THE TIME ALLOTTED WAS APPROPRIATELY UTILIZED. I BELIEVE THAT MANY OF THE PARTICIPANTS LEARNED NEW TECHNIQUES TO DEAL WITH THEIR ANGER ISSUES. I WANT TO PERSONALLY THANK REV. OTTO FOR THE MANY HOURS HE DEDICATED TO THE CLASS AND TO THE VETERAN'S COALITION AS A WHOLE.

THANK YOU AGAIN,



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Chaplain Otto Ministries

10/29/2024

Branch of service ARMY ABN

I didn't take the course because I felt like I needed it. I just wanted to have something to do. The course however was interesting and I did learn a lot. Before I became a Christian I did have an anger problem. And this help from the course would have been much more appreciated at that time. My answers to the questions each week may be confusing because I didn't know when to answer from my previous life or from my life as a Christian. The course was helpful for me even now. I still get angry but it doesn't rule my life as I pray each morning to be filled with the Holy Spirit. I believe the part about empathy is most important. We need to understand the other persons point of view. We don't have to agree with it, but sympathize with them because their world view is not the same as ours. Also everyone is a product of their environment or family life. Love is not an emotion, but an act of the will. To listen to a persons problems and give them your attention is an act of love. And love conquers anger.

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Chaplain Otto Ministries

Branch of service U.S. Air Force

10/29/2024

Otto,

I just wanted to say Thank You. Thank you for taking your time and coming to teach this class to us here at SCI. It means more than I could ever put into words. I've noticed a change within myself as well as friends and family. I've also been able to help others as I go through my journey in this program. It's helped me learn better ways of thinking when I get angry. Better ways of relaxing when angry. And most importantly to my self, just a whole better understanding and outlook on being angry, what to do, how to handle it, and how to manage it.

My relationships have gotten better with friends and family and I personally feel better and live a better, happier and slightly less stressful life. Even given my current situation. Thank you so much. I hope and wish for nothing but the best for you and this program. And look forward to possibly take it again.

Sincerely,
Tyler

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Chaplain Otto Ministries

10/29/2024

Branch of service Army

This class has reminded me of many things I used to do when my anger would be raised, things that would calm me down and keep me from doing something stupid.

Being backed into a corner, pushed way too far is when I have gotten in trouble. This is what I have had to work on. Since I accepted Christ as my Saviour a little over 3 years ago rebuking the devil and prayer (letting go and letting God) have been my first used weapons on my anger followed by time in God's word.

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Chaplain Otto Ministries

Branch of service Army

10/29/2024

Good Afternoon,

My name is Edward Hogsten!

I was Honorably discharged from the U.S. Army in 1979!

Unfortunately I have been around here for awhile!! Incarcerated
that is!! I have been through a lot of programs!

Anger/Motiv; for one!

I went through ~~the~~ the Re-integration Program in CCI!

Was a Program Aide/Peer Adviser! I earned 6 certifications

while in the program!! I facilitated each one!! I enjoyed my
work while doing it & tried to facilitate programs ~~with~~ that dealt
with Cognitive Thinking! As that's a issue I've dealt with

most of my life! This Program with Chap. Otto is the real deal!

It opens your think to a new level! He's smart - and sincere
in his facilitatg!! He knows the work he's doing! I think it would
be a valuable asset to the D.R.C. to accept this program as a

Re-Entry Approved program! ~~for~~ for the entire General Population
here and other institutions!! and not just for The Veterans!

So, with that being said - there's others here that ~~may~~ ^{may} want
to speak! Have A nice Day!!

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Chaplain Otto Ministries

Branch of service U.S. Navy

10/29/2024

Chaplain Otto's course is informative, easy to understand, and very worth the time. Chaplain Otto himself has an attitude and exuberance that makes the class interesting and keeps you awake and interested.

Each one of the classes holds information that makes you think about the various different kinds of anger, their effects on yourself and others, and ways to deal with them correctly. This is a definite benefit to every veteran and would be of help to everyone else as well.

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Chaplain Otto Ministries

Branch of service U.S. ARMY

10/29/2024

THIS ANGER MANAGEMENT COURSE HAS TAUGHT ME A LOT ABOUT HOW TO CONTROL FEELINGS OF RESENTMENT THAT CAN LEAD TO UNHEALTHY ANGER AND RAGE. IT HAS TAUGHT ME HOW TO LET GO OF PAST RELATIONSHIPS THAT HAS LED TO ANGER AND TO FOCUS ON A POSITIVE FUTURE OF JOY AND HAPPINESS. BEFORE THIS COURSE, I WAS IN A BAD PLACE MENTALLY. I NOW FEEL I AM READY TO TACKLE LIFE AND IT'S HUNDREDS A LOT BETTER AND I AM GRATEFUL FOR IT.

THE COURSE BY CHAPLAIN OTTO WAS A RELAXED ATMOSPHERE THAT MADE IT EASY TO OPEN UP ABOUT ISSUES THAT BOTHERED ME. HOW HE SHOWED EMOTIONS ABOUT HIS ISSUES THAT MIMICRED MY PAST BEHAVIORS MADE ME FEEL COMFORTABLE TO TELL MY STORY. ALSO, THE FACT THAT HE IS A FORMER MILITARY GAVE ME A SENSE THAT HE WAS FAMILY. I RECOMMEND THIS COURSE VERY HIGHLY. THANK YOU CHAPLAIN OTTO AND I WISH YOU WELL IN YOUR FUTURE ENDEAVORS

M. R. L.

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Chaplain Otto Ministries
10/29/2024

Branch of service Army

During my 12 weeks, through this anger management course I have found several ways to deal with anger.

I am typically not an angry person. After I got out of the military I was diagnosed with chronic PTSD. Once I started going to the V.A. for health related services, they had me start taking classes through what they refer to as the PTSD university.

Through this course I have found positive ways to deal with my anger.

Through this course I would have to say that it is very positive, and it broadens my train of thought in how to deal with/cope with certain things that anger me. That is to say when certain things do anger me.

My biggest takeaway from this class is that there are always positive and productive ways to deal with certain issues.

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Chaplain Otto Ministries
10/29/2024

Branch of service ARMY SSM

THIS CLASS HAS HELPED ME TO MANAGE MY ANGER MORE EFFECTIVELY. A COUPLE OF WAYS BEING TO EXERCISE INSTEAD, OF EXPLODE. ANOTHER BEING TO TALK IT OUT INSTEAD OF HOLDING IT IN. I USE TO JUST HOLD IT AND HOLD IT UNTIL EVENTUALLY I WOULD EXPLODE...

EVALUATING PAST EPISODES PUTS DIFFERENT VIEWS ON HOW I DID HANDLE IT COMPARED TO HOW I HANDLE IT NOW.

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Chaplain Otto Ministries
10/29/2024

Branch of service Army 92G

This class finally showed me how to figure out what my trigger points are. By knowing this it helped me start dealing with my stress and anger. I know now that im on a path were I can handle myself better and I truely believe this is going help me for the rest of my life. All thats left is to lead by example and help others identify and manage their anger. Thank you for everything you helped me with by bringing this program to my camp.

I'm not good with words and things like expressions but I know I feel better after being here.

Name _____

SCI Lancaster Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries
10/29/2024

Branch of service Army

This class has taught me how to deal with my anger in positive ways. AND to recognize my triggers. It has been very helpful AND I was glad to be a part of it. Otto connected with us on a personal level AND WAS A GREAT MENTOR.

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

11/7/2024

Branch of service Army

I'll start by saying chaplain Otto thank you from the bottom of my heart for doing all that you do! I joined this class because of the faith based curriculum along with it being for the veterans from a veteran. I've always told myself I didn't need anger management that I can control my anger just fine. Little did I know there is more to anger management than what I initially thought. Your class taught me how to slow down in the heat of the moment. It taught me how to self talk better in times of need. Most importantly it taught me that anger isn't always a bad thing! when controlled properly. The thing that I admired most about this class though was you leading it. Your attitude towards all of us was that of friendship! You made it feel personal instead of just reading out of a book. You showed me that even a man that tries to walk with the lord has problems that we are far from perfect and that no matter what we always have a chance to be better! Thank you chaplain Otto for your selfless service, your friendship and most importantly thank you for being you!

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

Branch of service _____

11/7/2024

Gracias Por enseñarme que

Todo tiene una solución

Muchas gracias y que Dios le Bendiga

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

Branch of service _____

11/14/2024

Just wanted to say I enjoyed this class and Otto was amazing at putting forth the information in the Book so that I could understand what the authors had to say. The other classes I took did not come close to this class at getting me to understand how to control my anger. I use this information everyday and will continue to do so. It has made me a better person to see that with a little work my anger does not have to be in control. I have found that by talking and thinking things out that I can do better each day.

Thank you Otto so much

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

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Chaplain Otto Ministries

11/14/2024

Branch of service _____

I went into this class with low expectations, having taken both of the other classes offered.

My experience in this class was amazing. Otto brought the learning matter with personal experiences and our personal experiences. It was awesome not being judged and treated like a human being.

The information was brought to us very thoroughly and thoughtfully. I finally understand anger. I am constantly using the tools learned in this class to control and use it to my advantage.

I strongly urge anyone that can to take this class. I will miss the comrades and friendships that have developed with this class.

Thank you for the opportunity of learning about anger management.

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

Branch of service _____

11/14/2024

ANGER MANAGEMENT CLASS

IN MY SEVENTEEN YEARS AS A TEACHER OF 11-12TH GRADERS, AND ALL THE COLLEGE CLASSES I HAVE TAKEN, THIS WAS THE BEST ONE I HAVE EXPERIENCED.

REV. OTTO'S KNOWLEDGE, PROFESSIONAL PRESENTATION, AND SHARING OF HIS PERSONAL EXPERIENCES WITH ANGER WAS VERY HELPFUL. IT HAS RENEWED AND STRENGTHENED MY AWARENESS ON HOW TO CONTROL THE ANGER WITHIN ME AND THE TRIGGERS THAT IGNITE THAT ANGER AT PCI.

MY STRONG POINTS IN THE PAST HELPED ME DEAL WITH EVERYDAY SITUATIONS WITH MY FAMILY AND STUDENTS. I HAD MORE PASSION FOR OTHERS AND HELPED THEM DEAL WITH EVERYDAY PROBLEMS. AS I WENT THROUGH THIS CLASS, I REALIZED I WAS LETTING THE PROBLEMS OF OTHERS GET TO ME IN WAYS I HAVEN'T EXPERIENCED BEFORE AND REDIRECTED MY ANGER WHERE I HAD CONTROL AGAIN.

I WANT TO THANK OTTO FOR HIS FRIENDSHIP AND KINDNESS AS HE PRESENTED THIS MATERIAL. GOD SPEED TO HIM AS HE PRESENTS THE SAME TO OTHERS IN NEED.

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries
11/7/2024

Branch of service Army

Through Mr. Otto's Anger management course I've learned to be more patient with others, to give credence to ones thoughts. I've also been able to walk away in heated moments, turn away from verbal issues as well as to be more humble. While I've never really been the angry type. This class has shown me that anger in any form is anger none the less.

I am grateful for the chance to participate in this group, and even more thankful for the individuals who sat and listened and gave helpful thoughts to myself and others in our class.

Thank you Volunteers for your ongoing support.

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

Branch of service GP

11/7/2024

When I first started this program,
I was a ticking time bomb. Everything
that could go wrong was wrong.

What this program has taught me is that
there are different ways to deal with
anger and rages. You must use tact
when dealing with yourself and others.

Think before acting, use the different
behavior alternatives that are
described. So to say this does the
program work, (yes) it worked for
me without it, I can't describe the
feelings of anger and rage.

Thank you for your time and wisdom.

Name _____

PCI Pickaway Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# _____

Chaplain Otto Ministries

Branch of service Army

11/7/2024

To Whom It May Concern:

Chaplain Otto, The program effectiveness has been a learning experience of knowledge for me, a big brother too say the least. A good opportunity to see how we all act to negative situations and problems we face in life.

Myself, I couldn't wait until the next week for class. The people in class was kind to one another and well mannered, just nice individuals to be around. "outstanding" #2
But to be successful with any program and not backslide, we my need to have a course of action in place.

A follow up program to keep it working why it's still fresh in your mind.

Don't wait for weeks to go by, have information on something to go too. You have to work it to have it work.

I want to thank you for this opportunity. And will keep this learning experience with me always.

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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ID# _____

Chaplain Otto Ministries

11/27/2024

Branch of service G.P

I GOT TWO YEARS
IN Chillicothe PRISON FOR MY ANGER.
I would be Hatefull TO MY love ones
and Friends, DRINKING HAD it'S PART
in MY ANGER, I WANTED TO BIAME,
EVERY BODY FOR MY ANGER and FAULT'S
I WAS REALY ANGRY when I lost MY
mom ON OCT-21-2024 WHY I WAS IN THIS
PRISON AND IT REALY GOT MAD AND
BLAMMED EVERYONE IN MY FAMIly AND
Friends MY MOM WAS 87 YEARS old she
had A MASSIVE STROKE I had TO SIGN The
PAPERS FOR her TO Be PUT in A NURSING
Home while I'm in PRISON WAS ONE OF
The HARDEST THINGS in life I had TO EVER
DO in my life I had A lot OF ANGER in Side
me. I TOOK ANGER MANAGEMENT CLASS FOR
HELP. The CLASS taught me How to relate
TO The ANGER I had in A good way. GOD
HAS my mom with him she is well TAKEN
CARE OF SO I DON'T NEE TO BE ANGRY OR
MAD I WAS BLESSED AND SET FREE FROM
my ANGER AND DRINKING A PERSON SHOULD
NOT Be ANGRY OR MAD AT ANYONE, we
Should Love, RESPECT, CARE, help EACH other
GOD will Be with you iF you allow him to
Be. He HAS BLESSED me with This CLASS.

Name ... DEN ...

CCI Chillicothe Correctional Anger Management 12-week
review by participant of the effectiveness of Program.

ID# ...

Chaplain Otto Ministries

11/27/2024

Branch of service US AIR FORCE

I decided to take Chaplain Otto's Anger Management class just to have something to do. I never realized that the program would actually help. I realize that I was holding onto my anger and it was causing both physical and mental damage to me. It was also causing damage to my relationships with others.

As we went through the course, I learned what my triggers were. I learned how to take my anger and work through it. Most importantly, I utilized my anger for a positive purpose by using it to build relationships instead of tearing them apart.

I appreciate Chaplain Otto taking his time to come in and share the program. Most of all, and most important to me, it let me know that the bond that I shared with my battle buddies and service members is still strong. Chaplain Otto exemplifies that bond by letting us incarcerated veterans know that we are not left behind and someone has our back.

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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Chaplain Otto Ministries

11/27/2024

Branch of service ARMY All the way

I remember the first day in this class: I was mad at the world I hated all and didn't want to be in the same room, but I stated to see if this would help me or not.

I was mad at people breathing to loud what they said. I was taught not take shit from any one or give it back. People were are so in bread and self centered on them self. I trusted OTTO with this class to help me to understand how that it was ME NOT THEM. I ~~had~~^{learned} to use my coping stiles to deal with my anger? The way he pointed me ~~to~~^{wright} detection. I would have never knowing that I could chell out and relax. The way his ~~word~~^{word} and speeches and understanding the anger within me and how to chell out and NOT let others try to wedge in my mental and phiscal heath to snap. I don't like the Rage me I like the calm me. This has been the best class where I learned to deal with ANGER. I've taken other anger classes that did NOT help but this one did a bunch. Thank You OTTO and OTTO'S Wife for letting him have this great class Thank You

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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ID# _____

Chaplain Otto Ministries

11/27/2024

Branch of service ASSOCIATE - (ARMY BRAT)

THIS ANGER MANAGEMENT CLASS HAS REALLY HELPED ME REGARDING MY FIANCEE & SON. I'VE LEARNED HOW TO DEAL W/ CERTAIN THINGS THAT PISS ME OFF & CONTROL MYSELF IN CERTAIN SITUATIONS. BEFORE I WOULD JUST SNAP OR FLY OFF THE HANDLE & TAKE IT OUT ON WHOEVER WAS AROUND & MY FAMILY DON'T DESERVE THAT. UNDER THESE CIRCUMSTANCES, W/ ME BEING IN PRISON FOR AS LONG AS I'VE BEEN GONE WE'VE GOT ENOUGH PROBLEMS TO DEAL W/ - I DON'T NEED TO CALL HOME & BE PISSED OFF OR HAVE MY FIANCEE WORRY ABOUT ANYTHING EXTRA. NOW WHEN I CALL HOME I TRY TO FILL OUR PHONE CALLS W/ LOVE & LAUGHTER. I TRY TO BE THE VERY BEST FATHER & FIANCEE I CAN BE NOW & I HAVE TO CREDIT ALOT OF THIS TO THIS ANGER MANAGEMENT CLASS & TO CHAPLAIN OTTO. HE IS SUCH A GOOD PERSON & HE REALLY CARES ABOUT US ALL! CHAPLAIN OTTO WANTS US ALL TO BE THE VERY BEST VERSION OF OURSELVES THAT WE CAN BE & I'VE GOT TREMENDOUS RESPECT & LOVE FOR HIM. I NEEDED THIS CLASS & I'M SO GLAD I TOOK IT & COMPLETED IT B/C ITS HELPED ME MORE THAN ANYONE KNOWS. THANK YOU CHAPLAIN OTTO YOU'VE HELPED ME BECOME A BETTER PERSON, FOR MYSELF & FOR MY FAMILY. KEEP DOING THIS B/C IT DON'T GO UNNOTICED & ITS VERY APPRECIATED & NEEDED.

-N.C.
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Name _____

CCI Chillicothe Correctional Anger Management 12-week
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Chaplain Otto Ministries

11/27/2024

Branch of service Navy

I believe this program because Chaplain Otto is real, a man that's flawed and wise that it feels he's allowing his heart to guide him to do the right thing - and he's helping us - he's helping himself.

With that -

The biggest tool is here ^{for me} - is the importance of what I'm getting angry about.

With that -

I had an issue I thought was so serious and the frustration, anger, stress - was nothing. ... a commercial of Saint Jude's with young children & their families dealing with their child having cancer - put me to tears. - This day care program - helped me to see the serious problem these poor families deal with. ... this program gave me the tool I needed to accept the importance of my anger. I have the control to prioritize my anger - see the importance.

Thank you

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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Chaplain Otto Ministries

11/27/2024

Branch of service Veterans Coalition Member

I've been incarcerated 30 years, and there is a lot of stigma on incarcerated people and largely we are the forgotten. In reality most of us will eventually be released back into communities just like yours. When the prison doors slam behind an inmate he doesn't lose his or her humanity or human qualities, they don't become closed to ideas, their intellect doesn't cease to feed on free & open exchange of ideas or opinions their yearning for self-respect doesn't end nor is their quest for self-realization concluded, if anything, the need for identity and self-respect are more compelling in the dehumanizing prison environment.

The work Chaplain Otto Ministries does with us is so important on so many different levels, and its impact has the potential to reduce the cycle of violence there for potentially reducing recidivism, there for making communities safer. It also shows that there are still people who care and take action to make a positive difference, so if you are reading this you have an opportunity to also contribute for the pleasure of God to a cause that is truly worthy and will surely be a way to gain God's favor.

In closing understand that your contribution could make a real impact on people who are ~~incarcerated~~ ^{incarcerated} in such a positive way and make the loneliness and despair of prison life easier to cope with, to extinguish the flames of anger & bitterness, & live a purpose driven life even inside the prison walls. I thank you for your time & consideration & taking an interest in my life.

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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Chaplain Otto Ministries

11/27/2024

Branch of service ARMY

This class has changed my life for the better. I have learned so much from Chaplain Otto, from understanding my action tendencies, to being careful of confirmation bias within interpersonal communication. Understanding others points of view, facial display, haptics, gesticulation, or even emotional contagion are all covered in this amazing course. I would recommend this course to anyone, and all education levels. This helps with one's facework, critical listening, and understanding indirect conflict, interpersonal conflict, or even metacommunication. I have had issues in life, where my issues have issues, but this course has helped me as a man, and son of God. I try not to have any form of neuroticism in my life, but it can be hard in this place. Thank you ever so much Otto, for standing in the gap and help anyone in need.

There is so much to learn from this course, from having empathy, meekness, to not being passive aggressive to others. This class will change ones overall perception and hold on life. Being careful not to fall into rebuttal tendency, or having a negative regulator control the context of the conversation. It is important to have self-monitoring ideals when trying to control one mind, it takes Jesus to overcome all this pain. Stonewalling others is not solving the issue at hand. I have learned to put others before myself, using turn-taking signals when in conversation in conflicts. Para language or vocalics are important, and this course has elevated me in my college studies, and as a Stephen's minister. Holding on to ethnocentrism in our culture is the wrong angle to have, we have to be careful not to fall into secondary deviance because we are misunderstood.

"Turn" →

I am praying For you Otto, may the "Lord bless you and keep you in all your ways" sir (Number 6:22-28). I am blessed to call you a brother in Christ Jesus, under our Abba Father. Thank you for having a true heart that I envy, you have passion, and agape love. Thank you for your service, and being a warrior of God, our true calling that will always come first in our life. Thank you for the hell you went through for us all, may your life be filled with the heseed of our Shar shalom, you are the head and not the tail, you are a leader, a awesome little brother, and I am so excited to see all the rewards that Jesus places upon you in heaven. Keep fighting the good fight, stand the gap in Faith, you are called and chosen. May your marriage and future ~~be~~ be fruitful and full of bliss by the grace of God. I pray I am exonerated in due time to share my testimony, and give all who have helped me ^{with} a brotherly hug and praise to the Lord, until then I will keep truckin, and trust the Lord in all that is going on in my life. I am never forgotten or alone, thank you Otto, I mean that sir.

Godspeed and God bless,



— your goofy brother in Christ!

This class has shown me where I have come from, all glory to God!

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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ID# _____

Branch of service Navy

Chaplain Otto Ministries

11/27/2024

I feel that this class was informative. The materials and discussion enlightened me on some things in my past. The book had a lot of good information in it. I am also appreciative of Chaplain Otto giving his time to bring us this class. I really hope this class gets approved to go on our ORAS (DOTS). I think it should be included since it is nationally recognized. This class helped me see how wrong I was in getting angry over certain things. In my past I would get angry over things that weren't really that important. My outlook on things has totally changed and now I give it all to God. He, first and foremost, is why I am a changed person.

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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ID# _____

Chaplain Otto Ministries

Branch of service ARMY/AIRBORNE

11/27/2024

BEING DIAGNOSED WITH PTSD - DUE TO TRAMATIC EXPERIENCES
SOME LIFE LONG, AND UNABLE TO CONTROL MY RAGE,
BROUGHT ME TO THE POINT OF ENDING ANOTHER MAN'S LIFE,
"MORE TRAMA" THIS TIME TO THE POINT OF NO RETURN -
AND ON TOP OF PRISON, BEING SENTENCE TO LIFE W/O PAROLE
ON TOP OF THAT BEING LOCKED UP WITH THOSE OF WHOM
WHO ALSO HAD BEHAVIORAL PROBLEMS, PUT ME IN ANOTHER
MENTAL HELL, YET COMING TO THE LORD BY SURRENDERING
MY LIFE TO HIS GRACES, AND WITH THE HELP OF THIS
PROGRAM, AND OTHER COGNITIVE BASED PROGRAMS ALONG
THE WAY, MY LIFE HAS CHANGED EXPONENTUALLY -
WHERE I WAS STRESSED, I FOUND CALM, "ANGER", I
LEARNED WAS A NEED TO CONTROL, WHEN FORGIVENESS
WAS THERE TO HELP ME CUT THINGS LOOSE -
AND MOSTLY LISTEN INSTEAD OF PURPORTING MY OPINIONS
TO OTHERS, THIS PROGRAM HAS ENRICHED MY LIFE
AGAIN AND I AM NOW A MAN WHO LIVES WITH
GRATITUDE, AND FAITH IN MY LORD & SAVIOR JESUS CHRIST
I HAVE PURPOSE, IN THAT I CAN BE A LIGHT TO
MENTOR OTHERS, AND INSTEAD OF LIFE W/O PAROLE
I'LL LIVE A LIFE UNDER CONTROL! PRAISE GOD HIS
MERCY ON ME, AND FOR THOSE WHO'S HEARTS,
HE HAS ENTERED, AND BROUGHT INTO MY LIFE!
I AM NOW A ~~NEW~~ CHANGE MAN! BECAUSE OF
THIS PROGRAM, IT WORKS!

Name _____

CCI Chillicothe Correctional Anger Management 12-week
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Chaplain Otto Ministries

Branch of service Resident

11/27/2024

This program (and the Bible) doesn't tell us that we shouldn't feel angry, but points out that it is important to handle our anger properly ("Be angry and do not sin" - Ephesians 4:26, Psalm 4:4). If vented thoughtlessly, anger can hurt others and destroy relationships. If bottled up inside, it can cause us to be bitter and destroy us from within. The Bible tells us to deal with our anger immediately in a way that builds relationships rather than destroy them. If we nurse our anger, we will give Satan an opportunity to divide us.

This program has helped me tremendously with my Christian lifestyle, and I will recommend it to whoever needs an adjustment with their anger.

Name _____

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Chaplain Otto Ministries

11/27/2024

Branch of service ARMY

As I came into the year 2024 I had lost my youngest sister to breast cancer. Then losing my brother to suicide. I had a bitter start for 2024, and I was hot headed. I had carpal tunnel surgery Jan 8th, 10 days later I had infection in my right arm. I came close to losing my right hand. This only let my anger grow towards anything. Then again in August my hip kicked out of socket as I was cleaning in the Veterans dorm. This turned into a brush with death. It took me 19 hours to get up to O.S.U. and see a doctor. Spending all that time on the same gurney with my hip out of socket was no treat. I was angry at anything I could be. Then I signed up for Chaplain Otto's Anger Management class. As we moved along with a few classes, and all the talking with the whole class. I picked up on a great idea, If I never brought myself to prison this all may not of happened. So actually I didnt know it but, I was to blame, not all the other people. This class has turned my thinking pattern around for the better. At the Veterans family day visit, my daughter and her son never showed up. Before this class this would of put me through the roof with anger. But even after giving her 9 month head start on this visit she always told me she couldnt wait to be here with me. I didnt even let this get to me at all. I said to myself; If I never put myself in prison this wouldnt of happened.

Thank you So much Chaplain OTTO