

FOR IMMEDIATE RELEASE

From Prison to \$40/Hour: St. Louis Program Defies National Recidivism Trends, Achieving a 93% Success Rate for Returning Fathers



ST. LOUIS, MO — As the nation observes Second Chance Month, [Fathers & Families Support Center](#) (FFSC) is unveiling the blueprint behind one of the most successful re-entry initiatives in the country. While Missouri's average recidivism rate remains a significant challenge at 35%, FFSC's [Re-Entry Project](#) at the Transition Center of St.

Louis (TCSTL) has achieved a staggering **7% recidivism rate**, proving that empowered fathers rarely return to a cell.

The program, a partnership with the Missouri Department of Corrections, focuses on a "transformational" six-week curriculum that replaces the "shackles of incarceration" with a strategic plan for responsible fatherhood and economic mobility.

"We aren't just teaching these men how to find a job; we are teaching them how to find themselves," says Charles Barnes, FFSC Director of Community Outreach. "When a man realizes his value as a father, his motivation to stay out of the system becomes unshakable."

The Human Face of Transformation: Antwane White

After serving 10 years in prison, [Antwane White](#), 43, was haunted by the time lost with his children. "When you're locked up, you can't stop thinking where you went wrong in life, and how you'll make everything okay again," White explained. "But I had no plan... and I had my kids to think about."

Upon his release, Antwane enrolled in FFSC's program at TCSTL. He committed from day one, seizing the opportunity to break the mental and emotional habits formed by a decade of incarceration.

"FFSC taught me how to talk to others and express feelings, which helped me become a better man and parent," says White. *"I realized that being a man wasn't about the street; it was about being there for my family."*

Economic Impact: A Career, Not Just a Job

FFSC's employment team secured a temporary cooking job for Antwane in 2019. Within months, he transitioned to an entry-level wash-line position at Faultless Healthcare Linen, earning \$11 per hour. His trajectory since has been meteoric:

- **Reliability:** Proved his work ethic and was quickly promoted to Driver.
- **Expertise:** Promoted again to Route Specialist; he now earns **\$39.64 per hour**.
- **Community ROI:** Antwane's success contributes to the **\$10.3M total economic impact** FFSC graduates provide to St. Louis annually through child support and taxes.

A Legacy Restored

Today, Antwane has primary custody of his 12-year-old son and provides love and guidance to his 24-year-old daughter and one-year-old grandson. "My life now compared to my past is like night and day," White says.

His story mirrors that of other FFSC graduates, like **Anthony Palmer**, who broke a three-generation cycle of incarceration. *"If you went through this program and didn't learn anything, you are lying to yourself about who you truly are,"* Palmer notes. *"It's about ending the 'fatherhood via phone call' legacy."*

Media Opportunity: Re-Entry Month Interviews

FFSC is inviting journalists to the Transition Center of St. Louis to see this "secret sauce" in action. Interview opportunities include:

- [Antwane White](#): A first-hand account of moving from a decade in prison to a high-earning career and full custody.

- **Charles Barnes (FFSC):** On why mentoring and "walking the walk" with justice-involved men is the key to a 7% recidivism rate.
- **Outcomes Data:** Detailed insights into how FFSC's **\$18.65/hour average graduate wage** (significantly higher than the state minimum) stabilizes the St. Louis workforce.

About Fathers & Families Support Center (FFSC)

FFSC is a nationally recognized agency dedicated to breaking the cycle of poverty and child neglect by preparing fathers and mothers to be financially and emotionally present. **Since its first class in 1998, FFSC has supported 23,000 men on their journey to responsible fatherhood, benefitting over 57,000 children** with parents who can support them emotionally, developmentally and materially. As a United Way Member Agency, FFSC provides "full immersion" parenting education, legal services, and employment mentoring to foster healthy, cohesive families.

- [Agency Programs and Outcomes](#)
- [2025 Annual Report](#)
- [Watch what we do!](#)
- [Antwane White video](#)

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